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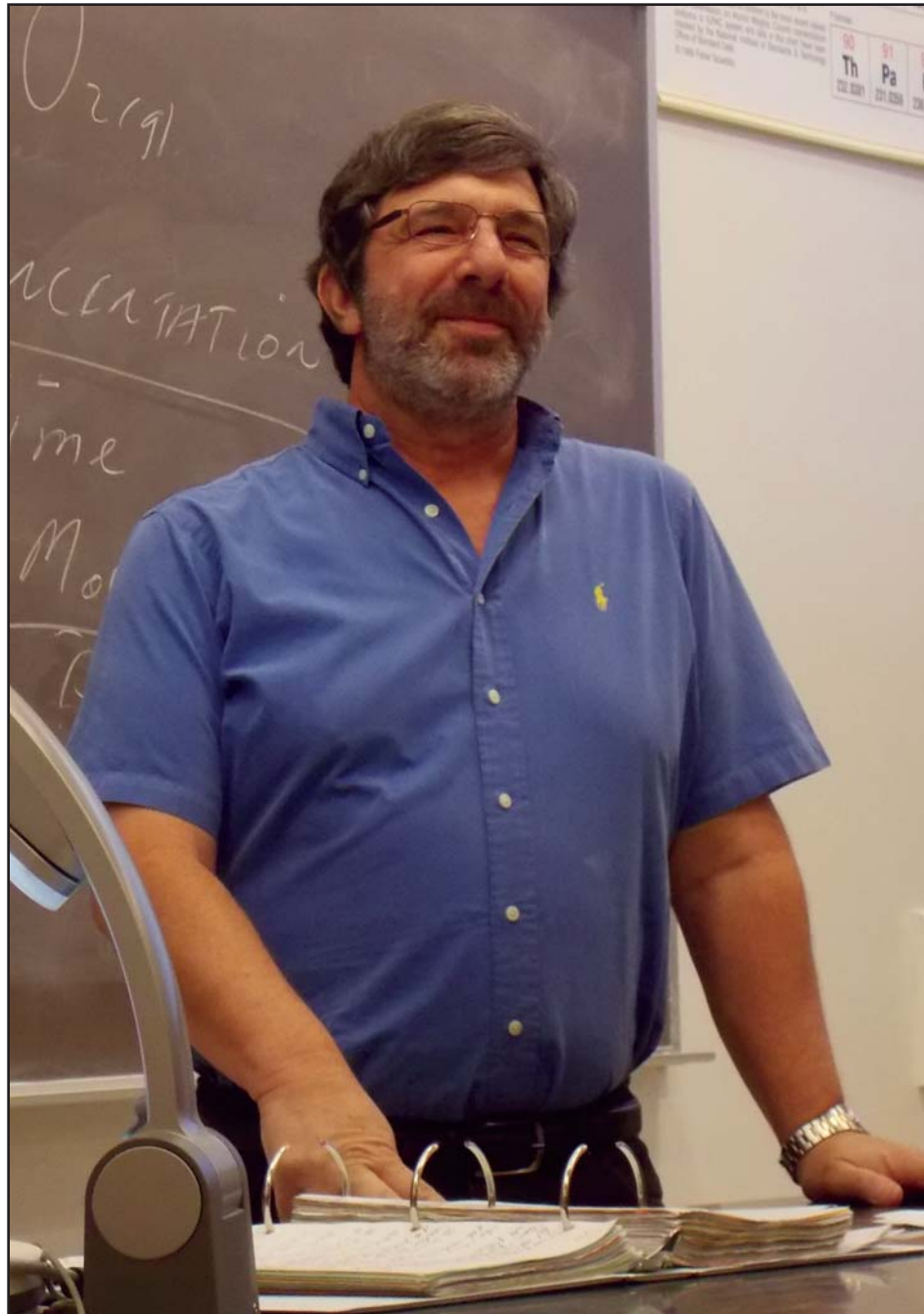


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Gloria Gutierrez / Chronicle Photo

Chemistry professor Dr. Larry Mink was awarded the prestigious Golden Apple Award by President Morales on Thursday.

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 D. 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.

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 commotion 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

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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 and panel on Wednesday, Jan. 22, 2014.

Both candidates addressed claims of dishonesty while furthering their political stances 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 officers association] moniker, that I was Morris II," said Davis. "Nothing could be further from the truth." During the debate, Davis argued for the revitalization of downtown SB and that we should seek help from the state.

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Photo courtesy of Robert Whitehead

Generation Now students partner up with *The Sun* in hosting the 2014 SB mayoral debate at CSUSB inside the theater.

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 4,869 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 which will continue to increase as more students attend one of the 23 campuses. A higher amount of students equals more tuition paid, which results in more revenue for the school system.

As this may sound like a great devel-

opment for students across the state, it also poses many potential problems, as it may become even more difficult to register for classes throughout the year.

“Although it is great more students are thinking about their future, it makes the graduating process of the already enrolled students that much longer,” said student Alyssa Gradias.

It’s easier to get classes with senior priority registration. However, as for the freshmen and sophomores its slightly harder to get General Education classes.

“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.

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.



Greg Avetisyan / Chronicle Photo

CSUSB received 7,383 applications for this Fall 2014 quarter, a 10.5 percent increase (6,682) from last Fall quarter 2013.

Mink accepts Golden Apple Award

Continued from Pg. 1

for this award was the students’ feedback and achievements after taking chemistry classes with him.

He says that teaching takes devoting enough effort in walking his students through chemistry. It’s important to help his students think about how to solve these problems from the ground up.

Mink claims that using overheads and his own hand written notes are some of his own special teaching methods that

seem to work for the 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.

Coyote Chronicle

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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.

“To promote the developmental health and well-being of children and their families, particularly in the inland empire,” said Professor Mark Agars Director of the Institute for Child Development and Family Relations when asked about CUIDAR’s goal.

“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 re-

search 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 icdfr.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 Developmental major feels as though the enrichment groups held within this program are most benefiting and explains, “If there’s anything 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.”

Some students may feel project CUIDAR doesn’t pertain to them, but Biochemistry 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 years old, there are caregivers available as well as parenting classes that are to be held.

All of these groups come with a small meal 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.



Clarissa Toll/ Chronicle Photo

President Obama attempts to reform U.S. citizens’ phone record collection policies, but is struggling with technical and political problems as well as from critics.

Obama launches spy reforms of phone records

By **CLARISSA TOLL**
Staff Writer

President Barack Obama has set out to reform the way Americans’ phone records are collected for the government’s use.

Obama intends to change the way these records are obtained, but is struggling with technical and political problems.

“Effective immediately, we will only pursue phone calls that are two steps removed from a number associated with a terrorist organization, instead of the current three,” said Obama in his recent speech about National Security Association reforms.

Currently, the records make up a data system of numbers and call length times that can be accessed to run assumed terrorists’ numbers against.

General Counsel for the NSA says they use “reasonable and articulable suspicion” when determining what numbers to target.

The possibility of phone companies taking over the collections of their customers records and holding them for governmental searches is a possible solution.

This would require new technology that would allow for the phone companies to store the collected data and provide a way for the NSA to search the multiple databases.

The collection of these records is said to be a violation of America’s Fourth Amendment by some.

“If people think that their conversations are being monitored, people will inevitably feel less comfortable saying what they think, especially if what they think is not what the government wants them to think,” stated the American Civil Liberties Union on aclu.org.

“I understand why they’re doing it, but I don’t really like it. I definitely don’t think it should be altered. I don’t think it’s a total invasion of privacy because it’s just times, not content,” said student Kelly Pearson.

“I have instructed the intelligence community and the attorney general to use this transition period to develop options for a new approach that can match the capabilities and fill the gaps that the Section 215 program was designed to address, without the government holding this metadata itself,” added Obama.

Per the Patriot Act section 215, collections of phone records began after the 9/11 terrorist attacks. Obama extended the act in 2011 and now seeks to reform its procedures before the re-authorization on Mar. 28.

The law that authorizes the collection of these bulk records is set to expire on June 15, according to The Washington Post.

Congress will determine if the NSA’s collections of phone records can continue, dividing many congressmen on the issue.

“The irony in this instance is that many of his critics come from his own party,” said Dr. Brian Janiske, professor and chair of the political science department at CSUSB.

Community gathers at Q&A with candidates

Continued from Pg. 1

McCammack said, “San Bernardino needs to stop being the poster child for homelessness.” She would like to see more citizens become homeowners as opposed to living in apartment complexes.

“Home ownership needs to be on the forefront of the community,” said Davis. When asked what principles they would uphold on controversial issues, both Davis and McCammack argued for clear communication and transparency with their citizens.

McCammack argued for no more “toxic budgeting,” while Davis argued that the city council has stripped too much money from the city’s budget and that they should stop doing so.

The questions were asked by a panel that consisted of San Bernardino Generation Now member Richard Tejada, Sun metro editor Ryan Carter, and CSUSB Political Science professor Alemayehu G. Mariam.

Members of the community also had the opportunity to write questions of their own on an index card so they could be read to the audience.

When asked what would each candidate do in order to take back the city from the gangs, both candidates said that changes would need to be made to the police force.

“We have had a revolving door of police chiefs these past couple of years,” said Davis, referring to the fact that San Bernardino has had a total of eight police chiefs in the past 12 years. Davis also said that the city council has to make the police department feel supported, as it is the city council who picks the police chiefs.

McCammack argued that fighting crime starts at the home. She argued for attempting to increase police morale for stability.

The mayoral election will be held next month on Feb. 4, 2014.

“The very act of bulk collection of private data is undermining Americans’ constitutional rights,” said Sen. Ron Wyden (D-Ore.) 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.

Drought emergency declared by Gov. Brown



Santiago Castillo | Chronicle Photo

Governor Jerry Brown has declared a drought emergency saying that if we do not see any significant rain fall in the following two months, wild fire may become a common occurrence.

By **SANTIAGO CASTILLO**
Staff Writer

Gov. Jerry Brown proclaims that California is in the midst of its worst dry spell in a century. Wildfires remain a threat due to the drought. According to *The Sun*, “Unless the state gets significant rainfall in the next two months, television sets glowing with wildfires could play like reruns throughout the year.” When asked about San Bernardino County being in danger of fire, Professor Joan E. Fryxell from the Department of Geological Science said, “The natural vegetation relies on winter rains as its primary moisture source. It hasn’t rained locally since mid-December, so the vegetation is much drier than average. That coupled with the warm air and the Santa Ana winds that we have experienced, puts the area at high risk for wildfires.” Plants suffering from lack of precipi-

tation combined with the high winds on our campus could increase the risk of a fire. Students presented their concerns on the situation as well. When asked what we can do to mitigate the risk of a fire during a drought, student Joshua Ocampo said, “One way we can minimize the risk of fire in California if rain doesn’t arrive soon is through hazardous vegetation management, making sure dead and highly flammable vegetation around areas where fire risk is high are removed so that risk of a fire to start is kept down.” Water conservation adds to the consequences that California faces because of the drought. CSUSB regulation of water usage may be mandatory if the drought continues. “Mandatory conservation will go, costs will rise to force conservation, and it may get so bad where there might not be enough for drinking water,” said Professor Norman Meeks from the Department of Geography and Environmental Studies about how the drought affects CSUSB.

Students have already begun to take actions that can help them conserve water. “One of the first things I would do is take short showers to reduce the loss of water,” said student Devonte Holston. Safety measures provide critical methods for Californians to stay safe and conserve water. Student Mike Slater stresses the importance of identifying fire hazards, especially in really high risk areas. According to Fryxell, safety measures practiced by Californians that will keep us safe are, “Make sure to remove anything flammable if you live in an area that has a high risk of a fire, keep vegetation watered adequately. Quit smoking. Be very careful with ignition sources.” “We don’t know how long this will last but if it stays as dry as it has been this month we are going to be in a real major crisis. If this continues for another two months we will be facing serious issues,” said Meeks. Brown believes that if the drought continues for another two months California will be in danger.

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 encourage 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 public 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 going to have to walk further. 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 Yucaipa, I won’t have much use for it. I’ll use my car because I will have control of my traveling time,” said Castanon. CSUSB transportation and parking officials 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.

CCBriefs:

By **DANIEL DEMARCO**
Assistant Features Editor

Pig virus continues to spread across U.S. (Jan. 18)
A deadly pig virus has reportedly spread to Wyoming and California, bringing the total number of states affected to 22 since it surfaced in the country last April. The virus is not harmful to humans, but is having a heavy effect on the pork industry where numbers are estimated to be in the millions of pigs lost to the virus. Student Christian Barker said, “I think that says something about our food industry when every year there’s some crazy new virus killing all the animals.”

Mystery rock recently found on Mars (Jan. 20)
As part of an exploration mission, a rover on Mars discovered a mystery rock that had not been there 12 days previously when the spot was visited before. Upon analysis the rock shows elements not seen on Mars before, leaving scientists excited and baffled. Scientists have no clue how it got there, but one theory is that it was simply kicked up from the rover wheels. Student Jo Reyes said, “Space is baffling, it seems like there are infinite things to discover out there.”

Black Widow bombers have Russian authorities on the search (Jan. 20)
Russian authorities are hunting down as many as four potential suicide bombers who are considered a threat to the upcoming Sochi Olympic games. The Black Widow bombers are an all female group of suicide bombers, and one of the suspects is believed to already be somewhere in the city. Student Amber Hubbard said, “It’s a shame that the upcoming Olympics have had so much controversy this year, it is all taking away from the Olympics.”

China pollution now reaching U.S. (Jan. 21)
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 majority of this pollution is being created from products heavily sought by the US. “Irony 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 China to avoid enormous consequences (Jan. 22)
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 economic consequences across the world. “Please let this get settled. We don’t need a major war getting started or another economic crisis,” said student George Steele.



Students can stop by the career center to get more information on local internships

Torilynn Qualls / Chronicle Photo

Get work experience, intern now

By **TORILYNN QUALLS**
Staff Writer

Poet John Keats once said, “Nothing ever becomes real unless it is experienced.” That quote holds true, because most jobs require applicants to have some sort of experience to get hired. I believe internships offer the training and experience necessary to obtain that dream job we have spent so many years in school preparing for. The National Association of Colleges and Employers conducted a recent survey which stated graduates who took internships had a starting salary that was roughly \$20,000 higher than the salary of graduates with no internship under their belt. However, some students believe that internships won’t help them secure jobs after graduation and are mainly massive amounts of busy work with little to no benefit. “I wouldn’t want to take an unpaid internship,” said student Michelle Hall. “Most people who take those opportu-

nities don’t get the leg up they hoped they would have after the internship is over.” 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.” **Ross Perlin**
The New York Times Student Courtney Garcia explained that, “no matter how tedious the job could be at an internship I would still be thankful for it.” “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. For example, the Communications major requires eight units of “practica” which can be fulfilled by enrolling in classes such as photo journalism, radio, public relations, and television production. The NACE’s 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 truthfully very beneficial when applying for jobs. Endure the ground work now in order to better your future.

Coyote Watch

Students share their favorite attributes of campus community

By **DEVIN RAMOS**
Staff Writer




Khris Ortiz

“I like that the library has sections that students know are for working or talking. For instance the fifth floor is for studying and most students know that the third floor is for talking.”



Gloria Magaña

“The staff here are super nice. Mark Agars has been a really great mentor to me and Donna Gotch is a great professor.”



Deshawnda Perry

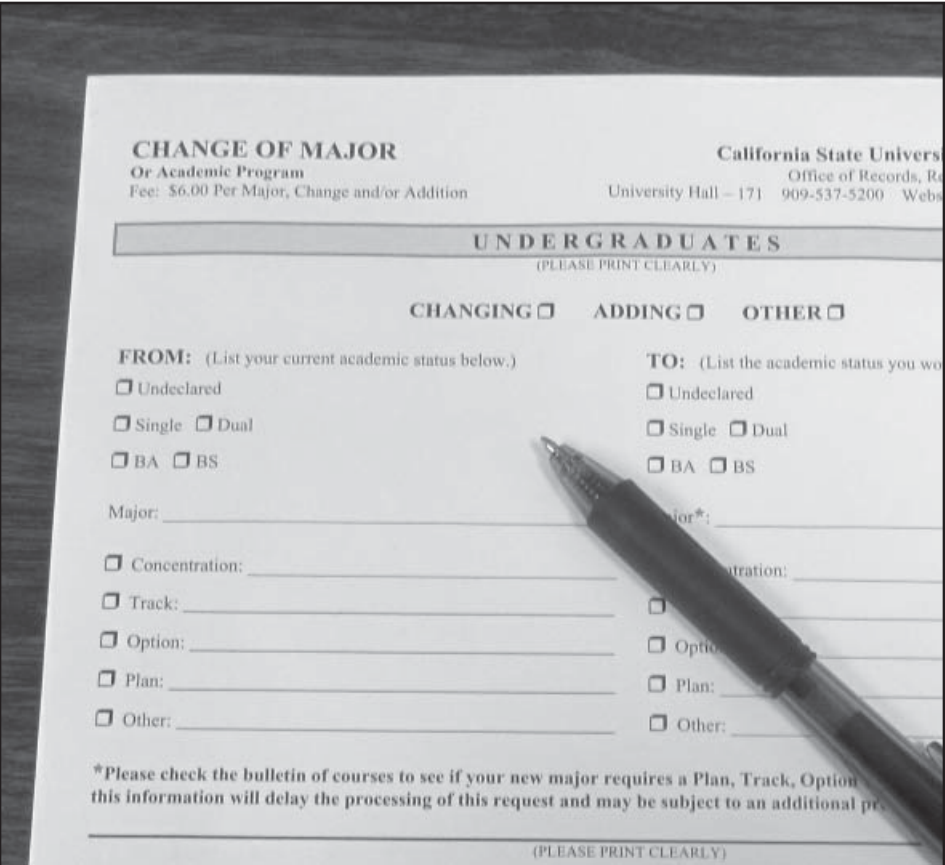
“I like that we have diverse ethnicities here. The different class sizes are nice as well. The lecture halls are great and if I need more help the class sizes are smaller and allow me to have more one on one time with the professors.”



Brett Dick

“I like that the campus is at the bottom of a mountain because it allows for really amazing views of the mountains.”

Devin Ramos | Chronicle Photos



Kandyyce Hall | Chronicle Photo
Students declare their major at different times, if you're behind don't worry keep a plan in place to keep you on track.

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 road map 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 them in making a decision which will lead to them wasting time in unnecessary classes.

While students may not have their ma-

jor 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 then 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 substitute 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 they are injected with.

Bodyunburdened.com claims that soy can and has been linked to neurological problems, learning disabilities, devel-

opmental disorders, and mental health disorders.

Soy contains high levels of manganese, which is a mineral our body needs. Manganese can be found in many foods including nuts, seeds, grains and vegetables. When consumed in excess manganese increases the possibility of having a negative health reaction.

Student Christopher Garcia said that he prefers soy because animal-cruelty as well as health benefits plays a huge role when it comes to eating animal based products.

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.

The only thing we can do for now is compare the benefits 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.



Marlyn Rodriguez | Chronicle Photo
Students can choose soy products such as soy milk that can be healthier options over animal products like dairy milk.



Photo courtesy of The Daily Emerald



Photo courtesy of Jonathan Ng

Student Jonathan Ng chose to go to the University of Oregon as part of the National Student Exchange Program at CSUSB.



Photo courtesy of Jonathan Ng

Some of Jonathan's favorite things about the University of Oregon were the sporting events and the variety of athletics.

Student trails to Oregon

By ERIN POSJENA
Staff Writer

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.

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

Jonathan Ng
Student

Criminal Justice club pledges to help all

By **ADRIAN CARLOS**
Staff Writer

Shots being fired and stress levels rising, sirens screaming, walking into a bullet-eaten house or maybe cautiously escorting an inmate to court. These are just a few of the things the Criminal Justice Club (CJC) members may 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 club's roster is around 120 students and is still growing.

Deborah Parsons is a criminal justice professor and the club's 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.



Adrian Carlos / Chronicle Photo

Members of this club meet once a month to listen to guest speakers from various fields of criminal justice talk about their careers, plan field trips and offer hands on scenarios to educate students.

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 hosted 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.



Diana Ramos / Chronicle Photo

The vastly shaded lawn in front of Pfau Library offers students a peaceful escape from the daily grind. The Student Health and Psychological Center suggests students take a 10 minute meditation session offered by them Monday through Thursday.

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 prac-

tice 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 de-

creasing 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 getaway 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 now due, 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.



Photo courtesy of San Bernardino Generation Now

Generation Now generates local awareness throughout San Bernardino about the importance of local government and the need for more participation among the youth. They recently collaborated with *The Sun* to host the mayoral debate at CSUSB.

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 city 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 crowd was so big, 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.



Photo courtesy of San Bernardino Generation Now

The San Bernardino Generation Now organization hopes to fill the city with colorful, attention-grabbing murals that encourage the young people of San Bernardino that hope exists and that they can make a difference just by registering to vote.



My time teaching ballet

By **CHRISOULA BAROUDOUS**
Staff Writer

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 ever week," said Alli Mclean dancer at KBDC.

I wouldn't be teaching ballet if 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.

"I look forward to teaching these young girls every time. They walk away with the knowledge of grace, discipline, and class."

Fashionistas take over style blogs



Flashes of Style



Le Happy



Ring My Bell

By LILY PEREZ
Staff Writer

The way we get inspired for fashion has evolved. People are no longer only looking to celebrities for inspiration when it comes to style tips and inspiration but are looking at fashion blogs. Blogs Flashes of Style, Le Happy and Ring My Bell have all been successful in acquiring a number of followers. Flashes of Style, Bonnie Barton has 75,000 followers, Le Happy Luanna Perez has 438,000 followers and Ring My Bell, Ashley Madekwe has 239,000 followers with these numbers frequently increasing it has caused many to ask the question: What makes fashion blogs so popular? “I like looking through blogs and seeing the cute outfits bloggers have come up with,” said student Jasmin Inda. “Most of the time their outfits I never really thought of putting together myself so

they definitely give me new ideas,” continued Inda. Bloggers often treat their websites as personal diaries and express their sense of style by sharing outfits, tips and revealing where their followers can discover great finds. These blogging fashionistas are effortlessly bold, cool and chic but they don’t just sit there and look pretty. Many fashion bloggers offer helpful tips and tricks for their fashionable viewers. New York based blogger Luanna Perez of Le Happy keeps her blog up to date with daily outfits of the day and lets her readers know where they can find the same exact clothing piece. New York City plays an essential role in her wardrobe choices and serves as the backdrop of most of her outfit of the day photographs. Perez’s grunge but chic fashion choices is what sets this blogger apart from most

bloggers. Flashes of Style, Bonnie Barton who is also based in New York is a fashion inspiration to most. Barton’s style can be described as a mix of quirky and vintage clothing and likes to share her wish lists with her readers about upcoming items and pieces she’s looking forward to acquire for the upcoming season. L.A. based blogger Ashley Madekwe’s cool and sophisticated style has been the cause of many readers’ fashion forward choices. “I like looking through blogs like Ring My Bell because she posts her designer outfits of the day and then will give you links and show you pictures of similar clothing pieces that you can find to recreate that same look but at a more affordable price,” said Inda. The Ring My Bell blogger appeals to her readers by giving them an affordable fashion alternative, which could explain

her large following. Followers of these blogs might feel inspired to wear vintage dresses, tights, and a cute hat like Barton, denim shorts, oversized jacket and creepers like Perez or a simple sophisticated dress like Madekwe. Bloggers are often seen as trend setters or “it girls” making followers want to keep up to date with their newest fashion obsessions. Social networks, such as Instagram, Facebook, Twitter, Pinterest and Tumblr have allowed these bloggers to better reach the masses. These three bloggers appeal to a wide variety of readers and serve as a great resource to turn to for some fashionable inspiration. These ladies have played a major role in changing the face of the fashion Industry. Readers can be inspired at ashley-ringmybell.blogspot.com, flashesofstyle.blogspot.com, and le-happy.com.

American Apparel goes all natural

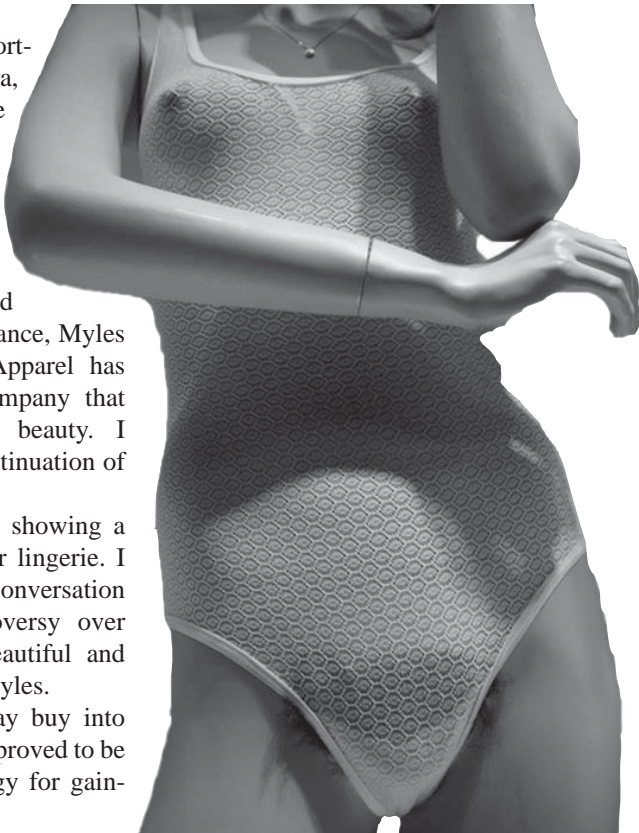
By CARLY WOOLLEY
Staff Writer

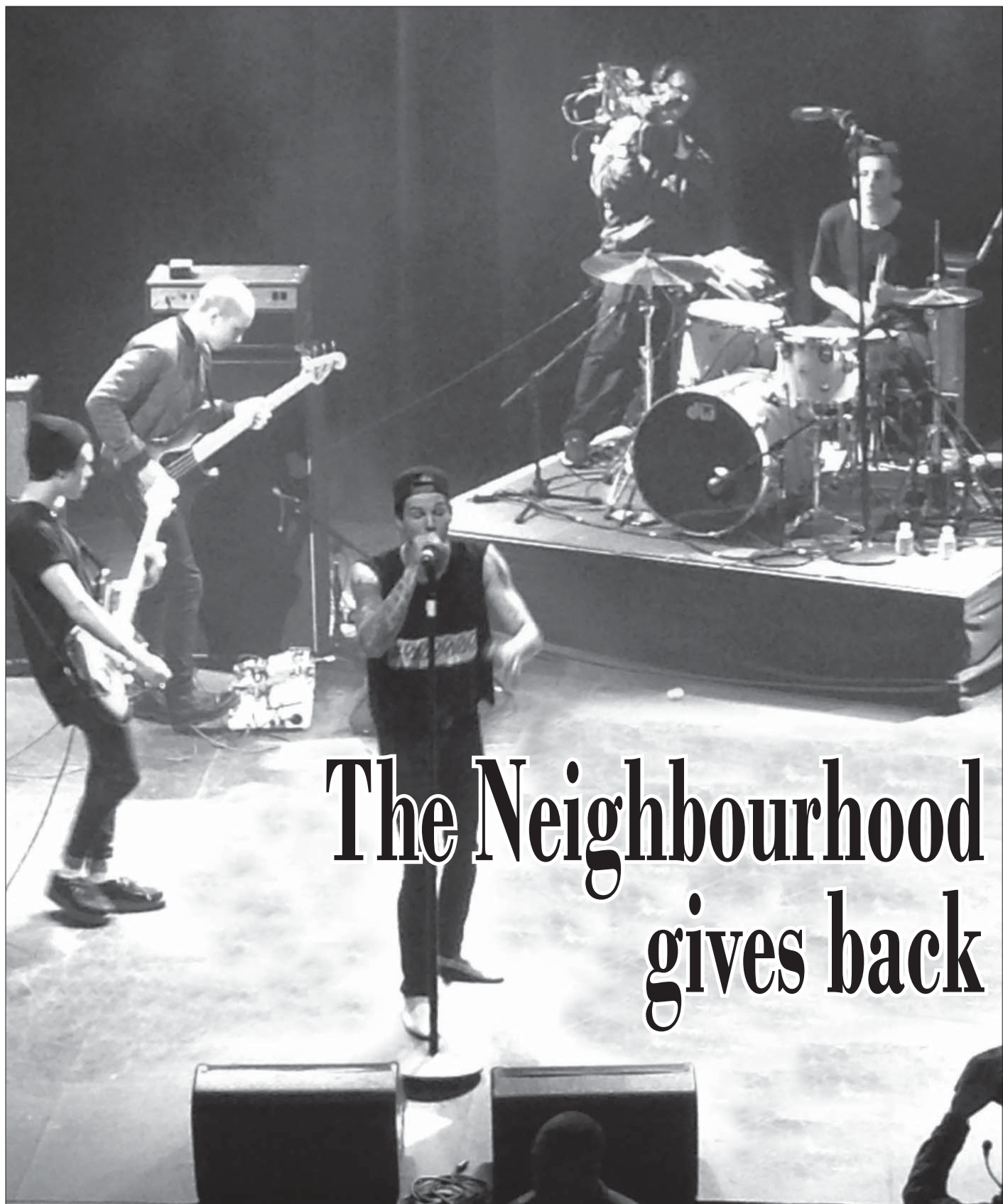
The once dubbed controversial retailer American Apparel has yet again made their way into fashion headlines. Jan. 16, the East Houston Street American Apparel store in New York City unveiled its new window of lingerie-wearing female mannequins featuring a new look of fully grown pubic hair. The company 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 average 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 featuring, 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 feminist 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 reporter, Erica Tempesta, sat down with Dee Myles, the New York store’s district visual manager for an interview. 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 gaining attention.





The Neighbourhood gives back

The Neighbourhood tears the house down in their personal home town of Los Angeles at Club Nokia leaving the hoodlums wanting more from the biggest break out band of 2013. *Ofelia Fuente / Chronicle Photo*

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 “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 a great semi-country, rock, pop sound that really captivated the audience with his catchy lyrics and gratefulness with the chance to open for The NBHD.

Barber mesmerized the audience with his original songs, not letting the audience down.

The GRAMMYs “Gig of a Lifetime” concert headliner was one of 2013’s biggest bands breakout artist The Neighbourhood.

The NBHD is composed of four artists: Jesse Rutherford on vocals, Jeremy Freedman and Zach Abels on guitar, Mikey Margott on bass and lastly Bryan Sammis on drums.

The NBHD formed during August 2011 in Los Angeles, but had their 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 awestruck.

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 leaving fans ecstatic.

After the concert the band had a merchandise table outside of the venue.

The line for the merchandise table was immensely long leaving the lobby filled with people waiting to get their merchandise of choice.

Overall the night was filled with great energy and music leaving myself and the audience wanting more.

Special thanks to Amanda Charney, The NBHD’s PR, for giving *The Coyote Chronicle* the opportunity to attend this amazing event.

Ditch the “Ride Along”

By JOEL HANKE
Staff Writer

Director Tim Story released his ninth movie Jan. 17 starring Kevin Hart and Ice Cube in “Ride Along”.

The storyline was shallow to say the least, but the comedic performance of Kevin Hart and the balancing act of Ice Cube was entertaining.

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 knock 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.

James then proves his low 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 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 conclusion of the film almost seemed inevitable and obvious. It really wasn’t much of a movie as much as it was short skits of stand-up comedy.

One man's dream becomes American history

By MINTIMER AVILA

Staff Writer

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 Kendal 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 man-

ager 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, “Dammit, 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.

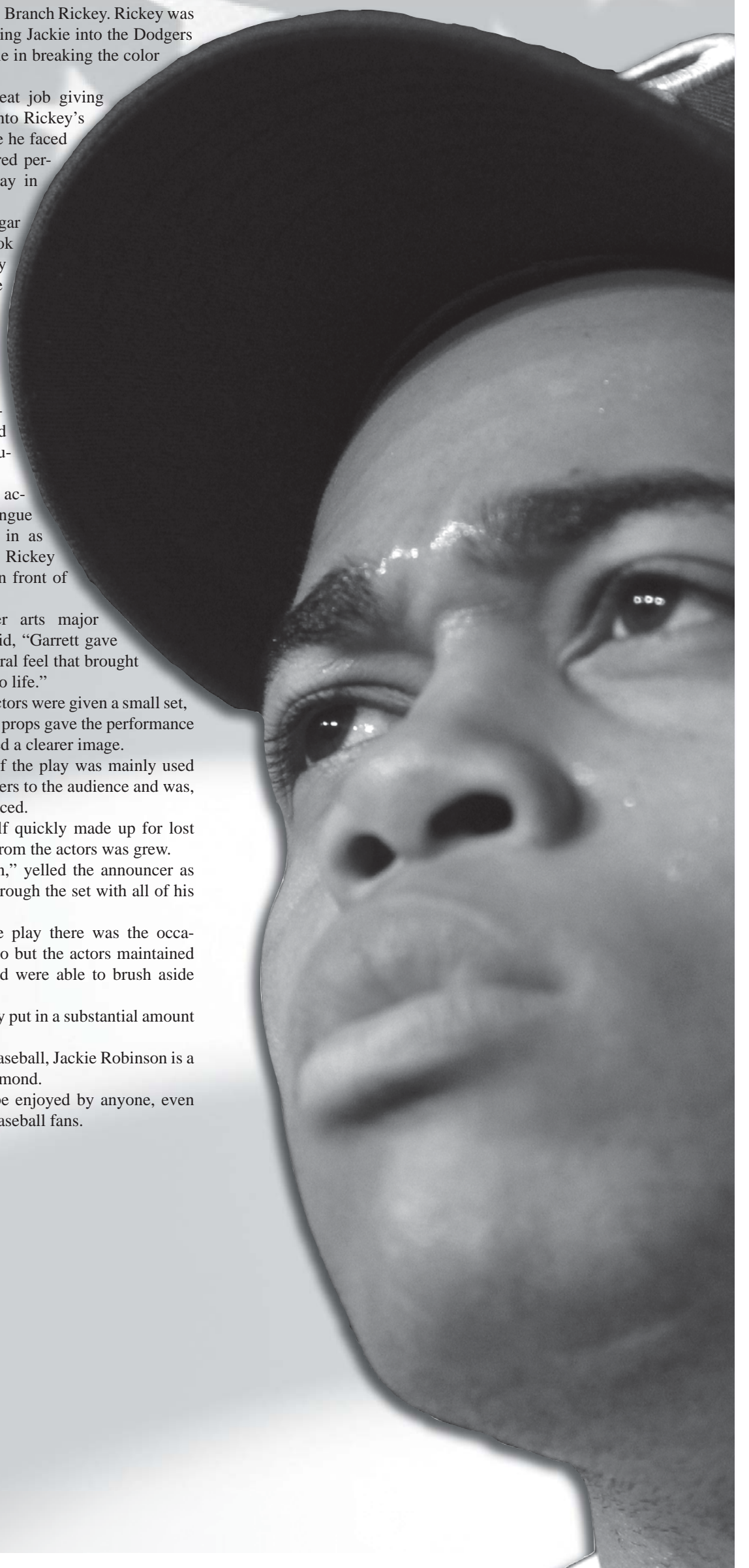
“It’s a homerun,” yelled the announcer as Robinson dashed through the set with all of his might.

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.



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 feint 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 relive 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 Recreation Center can sign up. That 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 life-guard initial and all progress 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 partici-

pants 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 ethic from those who are ready to take on the challenge.

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

Between studying for test 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.

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 Seawolves of CSU Sonoma on Jan. 18 as part of their two game road trip.

Friday night, the Coyotes visited "The Swapp" 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.

In the first half, the Coyotes got off to a slow start, but the ladies quickly fixed their mistakes and bounced back to go into halftime trailing 26-34.

They got back into the game by limiting turnovers and playing smart on both sides of the ball.

The top performers for Coyotes were sophomore guard Alexcia Mack and senior guard Trindee Trice, Mack and Trice scored nine and seven points respectively.

In addition, sophomore forward Adriana Brodie led all players with nine rebounds that she recorded in the first half.

In the second half, the Coyotes carried out a good run and fought hard to get back into the game, but it wasn't enough to beat the Gators.

The Coyotes suffered a loss to the Gators 48-59, ending their two game winning streak.



Brandon Landrum / Chronicle Photo

Coyote women working hard at practice, trying to make sure that they have all of their plays and moves as strong as possible so that they are able to make up from the past games.

"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 Seawolves.

During Saturday's game the Coyotes traveled to Rohnert Park to take on the Seawolves.

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 lead-

ing 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 Tayllor Gipson 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 Pomona.

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.

Coyotes Heating up Winter quarter with TRX workout

By **URIEL ORTEGA**
Staff Writer

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.

The TRX Circuit Training class at Rec Center is designed to build strength, balance, flexibility, and core stability simultaneously.

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.

“What I like most is the creativity of all the moves, no move is like a normal workout,” said Hill.

Karim was very involved in demonstrating and assisting the students in proper technique and form.

“The instructor is very outgoing, he

Total Body
Resistance
Exercise

teaches you all the different exercises and different ways of doing them,” said 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 loose 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 workout,” 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.



Uriel Ortega | Chronicle Photo

Students can be seen participating in the TRX training class that emphasizes strength resistance and muscular endurance, while learning to use their body weight to exercise. The class was created by the Navy Seals and is used in the military to help the forces to become as strong as they can be.



Get ready for

Super Bowl Sunday

By **CARLEY BENNECKE**

Staff Writer

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 Seahawk's 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. The second quarter ended, leaving a halftime score of 10-3.

The beginning of the second half kicked off with a touchdown for the Seahawks. It was an epic run made by Marshawn Lynch, bringing the game to a tie at 10.

Not far after, the 49ers responded with a touchdown of their own, giving them the lead at 17-10.

At the end of the third quarter, Hauschka kicks a 40-yard field goal bringing up their score 17-13.

A little over a minute into the fourth quarter, Seattle decided to go for a fourth down instead of a 52-yard field goal attempt. Wilson completed a 35 yard touchdown pass to Jermaine Kearse.

This brought the Seahawks' to a lead with 20-17. Seahawk's coach Pete Carroll is extremely thrilled and had only a wide smile to display.

In attempt to strike back with a touchdown, 49er's player Kearse catches a pass at the 1-yard line. He fumbled the ball, and 49ers linebacker Navarro Bowman came out of the pile with it, yet Seattle keeps the ball. Bowman was carted off the field with a seeming damaging knee injury.

Seattle used this ruling to their benefit and scored a 47-yard field goal kicked by Hauschka. This extended Seahawk'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.

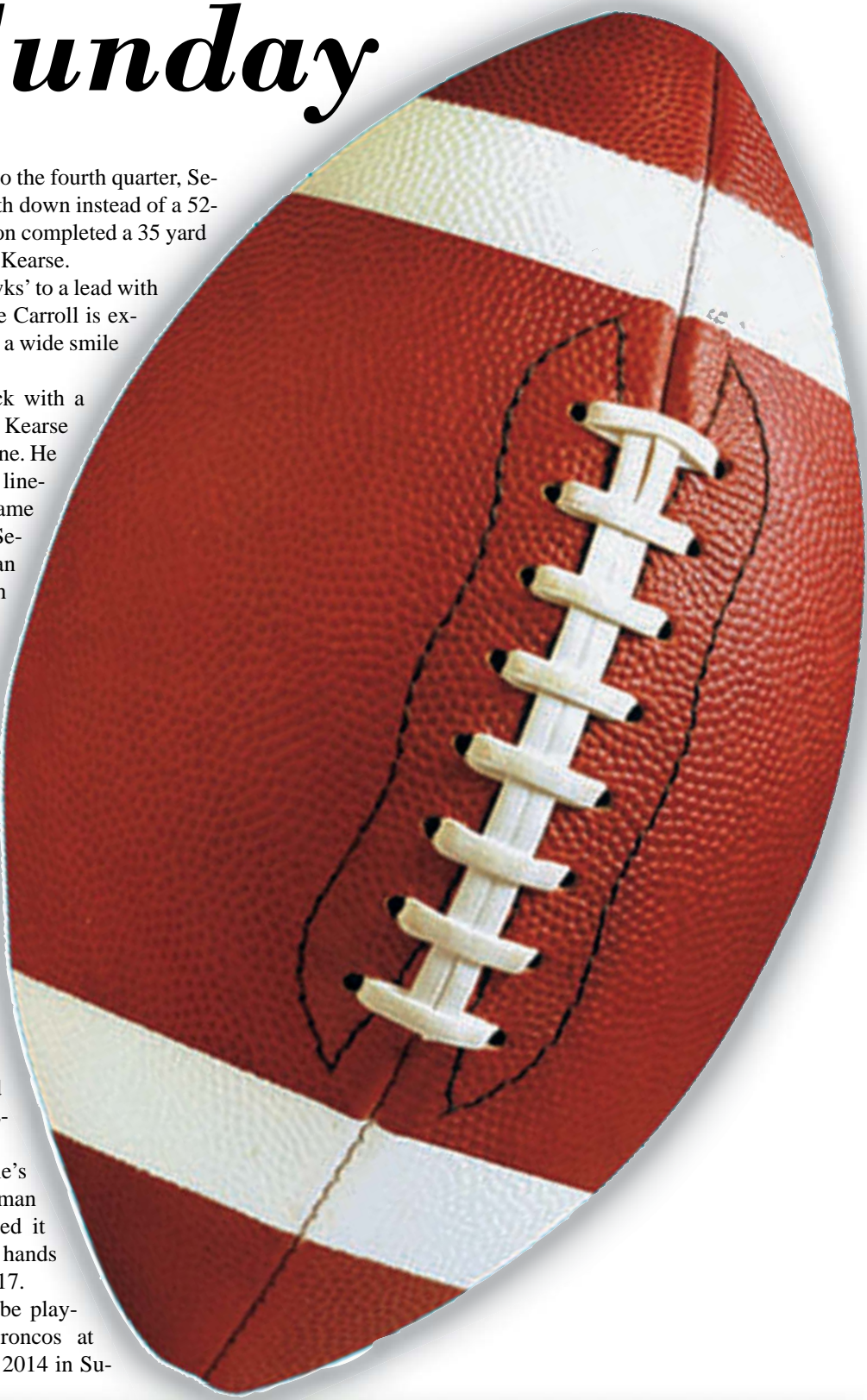
Michael Crabtree from the 49ers was going to catch the ball and the 49ers would have gone to Super Bowl XLVIII.

If it weren't for Seattle's Richard Sherman. Sherman tipped the ball, and it landed it 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

By **CARLEY BENNECKE**

Staff Writer

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 assorting 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!

