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COYOTE CHRONICLE

05



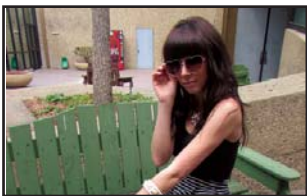
Too much caffeine can be a bad thing!

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Students are excited for Homecoming 2014!

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Trendsetters are found at CSUSB!

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Students get in shape with personal trainers!

First time students and debt

More students from CSUSB are graduating with debt than from any other state school. Is it because we are home to almost 70 percent first generation students?

By DANIEL DEMARCO
Assistant Features Editor

CSUSB graduates have the highest average student loan debt of any Cal State or UC in the state at \$23,656, according to the website projectionstudentdebt.org.

According to a previous article the Coyote Chronicle stated “Sixty-one percent of CSUSB students graduate with student loan debt, which is 10 percent above the state average.”

A reason that this is such an issue could be related to college students who are also the first in their family to attend college.

Sid Robinson, who retired as the associate vice president of public affairs for CSUSB on Jan. 31, 2014 said, “About 70 percent of our graduates are the first in their families to earn a degree, and that certainly has to be more than most colleges and universities.”

Three communication classes took a poll to see who were the first in their family to attend college.

In the first class, 35 out of 38 students said they were first generation.

One of the students, Angie Burkhart, said the majority of her school bills are paid through grants, and the remaining sums are paid out of pocket.

Burkhart believed that being a first generation student did leave her at a disadvantage when she first entered into the college system, but that overall it was not too difficult to figure everything out.

At least one first timer admitted that she helped create her own debt problem.

The Internet was her key source of help through this issue, she said.

Burkhart explained that she was “too stubborn to get advising” and that she preferred learning things on her own.

Her stubbornness led to her borrowing more money then she might have needed too had she sought counseling.

The second class had three out of 18 students who said they were first generation.

Student Edith Garcia said that most of the school payments are covered by grants

and that her parents help out with any remaining charges.

Garcia said she attended a junior college, meaning that during her junior and senior year of high school, she was also taking college courses and receiving help along the way to prepare her for college.

Despite her experience there, which she felt was her best source of help, she still believed it was hard going through the various steps in getting into the college system.

Student Ernesto Arvizu has his schooling paid in full by financial aid.

Throughout high school he was a part of the AVID program and said, “It was the biggest support system I had.”

Along with AVID, Arvizu did plenty of Internet research in preparation for college and said with these two tools, he was well-prepared and did not find it difficult adjusting to college.

Arvizu believes that if first generation college students are a contributing factor to the debt issue, it’s a problem that can be fixed.

“The money is there to go to college,” said Arvizu.

He said that there are “plenty of scholarships and websites out there,” students just need to spend the time looking and applying.

The third class had 15 out of 33 who said they were first generation students.

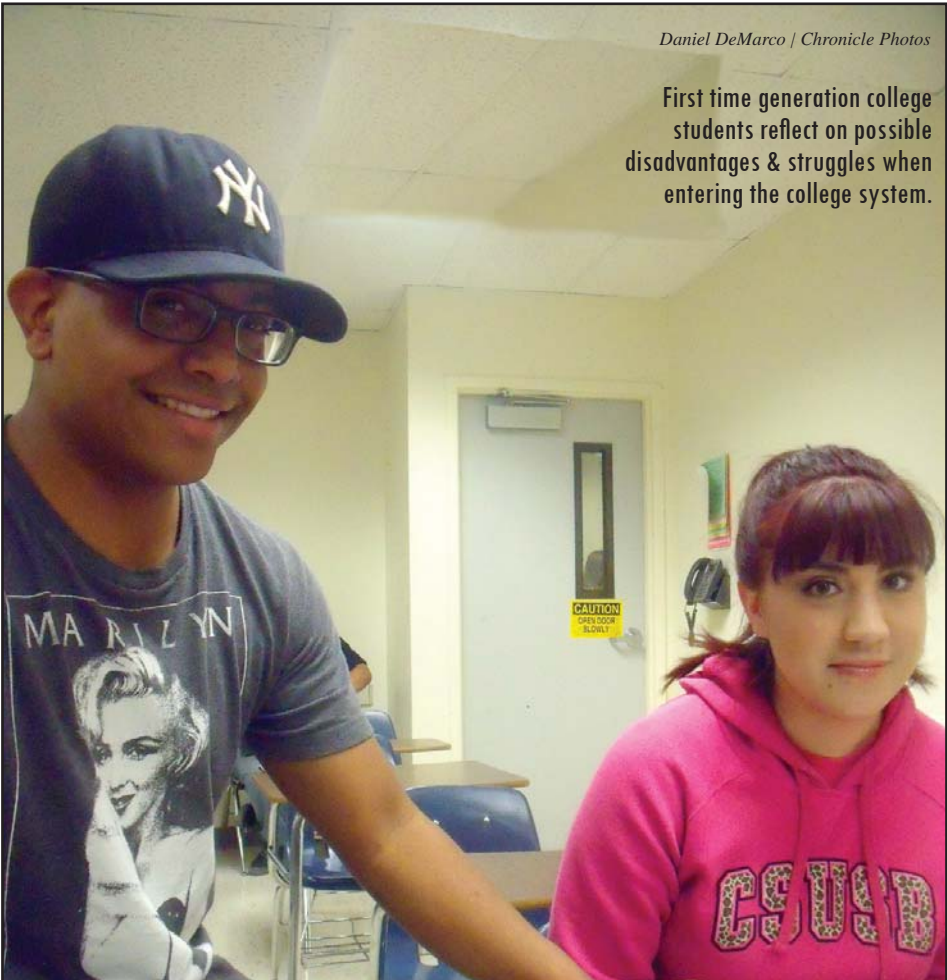
Students Devan Lee and Christina Raney said they depend mostly on loans to pay for their schooling because they don’t get a lot of financial aid.

Raney said that it was her peers that provided the most help with getting started in college.

Lee agreed that peers helped, but being in the AVID program through high school and college advising gave him a “very good foundation” for college.

Both students believe the high percentage of first generation students are certainly a contributing factor to CSUSB’s debt average.

They both said that “parents aren’t ready for the cost, and students are often left having to take out loans.”




Daniel DeMarco | Chronicle Photos

First time generation college students reflect on possible disadvantages & struggles when entering the college system.




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<i>Managing Editor</i>	Manal Museitef	<i>Asst. Features Editor</i>	Daniel DeMarco
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Staff Writers

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

Office: (909) 537-5289
Advertising: (909) 537-5815
E-mail: sbchron@csusb.edu
coyotechronicle.net
coyotechronicle.com

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President’s address covers vital issues

By **COURTNEY MATA**
Staff Writer

President Barack Obama called for a wage increase, a removal of troops in the Middle East, and a reduction of foreign oil usage in his State of the Union address.

Obama is trying to restore our nation’s trust because many Americans are discouraged by our previous year.

Congress has yet to support Obama’s goals, according to Washington Post staff writers David Nakamura and David A. Fahrenthold.

“Instead of pledging to fix the mess, the president was now promising to find ways around it, and change policies on his own authority,” said Nakamura and Fahrenthold in *The Washington Post*.

“Obama returned to a familiar problem, Washington’s bitter and stalemated politics, the complaint that drove his insurgent campaign for president in 2008, but now, after five weary years in office, it was clear he saw it differently,” explained Nakamura and Fahrenthold in *The Washington Post*.

Obama is issuing an executive order requiring federal contractors to pay their federally funded employees a fair

wage of at least \$10.10 an hour.

“This will help families. It will give businesses customers with more money to spend. It doesn’t involve any new bureaucratic program. So join the rest of the country. Say yes. Give America a raise,” said President Barack Obama during his State of the Union address.

Student Brent Batista, who is currently working on his undergrad degree in history, watched the address on his laptop the following day.

“There is no doubt that Obama knows how to deliver a speech. That is one of his biggest advantages and this is why he won presidency. He talked about our country being a place that makes dreams come true, but I wanted to hear more about his policies,” said Batista.

Students felt that Obama did not address the policies for the year of 2014.

“Obama focused instead on the benefits of the laws that already have taken effect, and their potential to protect Americans from crippling medical expenses,” said Jeffrey Young in *The Huffington Post*.

“He likened the health care law to proposals he made on subjects including raising the minimum wage, expanding the Earned Income Tax Credit and boosting retirement savings; Obama also highlighted the contributions of

Democratic Kentucky Gov. Steve Beshear,” said Young.

Student Justin Newe said he felt inspired by Obama’s speech.

“I thought that the State of the Union was a strong and very confident speech given by Obama, especially with how low his approval rating was going into it. I don’t think Obama has stuck to his word completely, but then what politician ever does? I liked when he discussed investing in fuels of the future eliminating billions in tax subsidies,” said Newe.

Obama gave special recognition to our soldiers and informed us on his plan to completely withdraw troops from Afghanistan. Obama mentioned in his address his goal to reduce our use on foreign oils and use more of our nation’s fuel.

“Now, one of the biggest factors in bringing more jobs back is our commitment to American energy. The all-of-the-above energy strategy I announced a few years ago is working, and today, America is closer to energy independence than we’ve been in decades,” said Obama.

Obama addresses an increase usage of solar energy and discusses how America is becoming a leader for solar and natural gases. Obama’s State of the Union address for 2014 promised Americans that a bright future is near.

Sid Robinson bids farewell to CSUSB

By **CLARISSA TOLL**
Staff Writer

Associate Vice President of Public Affairs, Sid Robinson, is leaving CSUSB to begin work on his own business within another communications firm.

The 12-year CSUSB staff member’s last day on campus was Jan. 31, 2014. There was a farewell gathering hosted in his honor by the vice president’s office.

Robinson said he leaves proud of the public affairs team and the work they have done for the campus.

The position within the public affairs office has not been opened for hire and according to Robinson there has not been any talk of filling it.

Joe Gutierrez, assistant director of the department is set to “run the ship” in Robinson’s absence. Guterrez is the communications coordinator for the campus as well as the lead media contact.

Robinson will join the 20/20 Network, a Southern California-based communications firm specializing in media and community relations, branding, strategic planning and crisis management according to the Network’s website. His business, Robinson 20/20 Communication, will be affiliated with the 20/20 Network.

“As a newspaper editor, I saw Sid’s work from the other side of the desk, and was always impressed with his expertise and messaging skills. He is a gifted public relations and communications professional

who will help us better serve our clients,” said Steve Lambert, a 20/20 network partner.

Robinson believes that jobs have a shelf life, some have short amounts of time and others have longer and a person knows when that time comes.

“It’s time,” said Robinson in an interview. He chooses to leave now because he has an opportunity to try something new before he retires altogether.

Robinson focused on building relationships with students and strove to be available for them throughout his time here. Brenda Servin used Robinson as a contact for information on articles she needed to research.

“Sid Robinson has evident networking skills which are essential to communication majors. If you have a question and need to be pointed in the right direction he’s the one you go to,” said student Servin.

He encourages students who desire to work in the field of Public Relations to “strive for the things (they) want to do” and reminds them to experience every aspect of the communication field so they will be well versed with its many principles.

Robinson was first introduced to the university in the early 2000’s when he was asked to speak to some Public Relations classes about his experience within the field.

Prior to coming to CSUSB, Robinson worked as the communications and public relations manager at Fairplex in Pomona,



Clarissa Toll | Chronicle Photo

Sid Robinson leaves his CSUSB Associate Vice President of Public Affairs position after twelve years of service on campus.

CA, as well as a broadcasting and publications assistant for the Los Angeles Dodgers.

In 2002, an opportunity presented itself to try something new in his career and he became part of the CSUSB team.

“I quickly began to enjoy the people and the place that Cal State San Bernardino

is and immediately I was very much impressed with the people who brought me in,” said Robinson.

He reflected on the trials and hurdles CSUSB has overcome within the past decade, including budget cuts and raises in tuition, but stated these situations are natural and feels that things are looking bright.

I-215 finally complete after seven years of construction

By **SANTIAGO CASTILLO**
Staff Writer

After seven years of construction, Interstate 215 is finally finished.

The project cost \$647 million, funded through a combination of half-cent sales tax, state bond money and \$128 million in federal stimulus dollars, according to *The Press-Enterprise*.

The widened Interstate 215 affects CSUSB because it makes it easier and

faster to travel, but the effect it will have economically depends on the economic growth of the community.

“It’s also expected to bring a boost to the bankrupt city of San Bernardino, which hopes the improvements will attract more business to the area,” added *The Press-Enterprise*.

“The level of the positive impact may directly relate to potential local economy growth resulting from the construction and incentive programs of a local govern-

ment,” said Taewon Yang, professor of Finance, when asked how it would affect CSUSB.

Traffic concerns have risen since it is assumed that there will be more student drivers.

Student Michael Zavala believes it will be an issue since it is more accessible to reach our campus.

“I think this will affect parking as it will be harder to find a place to park. It will be more difficult to reach campus

from the freeway, and also to leave school because of the increased number of student drivers,” said Zavala.

According to *The Press-Enterprise*, “More than 83,000 vehicles travel daily on Interstate 215 through San Bernardino, according to a 2003 study done for the widening project. That number is expected to grow to 130,000 by 2030.”

Though travel is expected to be smoother, it’s believed that it will increase when coming and going to the I-215.

Sexual assault task force issued on CA colleges

By **GLORIA GUTIERREZ**
Staff Writer

Sexual assault and violence on college campuses is now an issue that has caught the White House’s attention. President Barack Obama has launched a task force in efforts to focus on these issues.

The task force is made up of White House administrative officials including, Attorney General Eric Holder, Education Secretary Arne Duncan and Health and Human Services Secretary Kathleen Sebelius.

Its purpose is to create proposals within a 90 day period that raise awareness as well as help prevent sexual assault and violence across the colleges of the United States.

Last Wednesday, the White House Council on Women and Girls released the report, “Rape and Sexual Assault: A Renewed Call to Action.”

It reported startling statistics on how one in five students have been assaulted while being a student in college.

The highest percentage of rape occurs to women between the ages 18-24, which is essentially a woman’s college years.

There are several services that exist

at CSUSB and are offered not only to students, but to faculty and staff as well.

The Office of Ombuds Services and Gender Equity, the Rape Aggression Defense Program (RAD), is an escort system provided by the CSUSB Police Department and the Woman’s Resource Center are all services accessible to students.

CSUSB made sure to apply Title IX to continue the efforts against sexual assault and violence occurring on college campuses.

Title IX is a section of the Education Amendments of 1972 that serves as a legislation to protect all people against sexual harassment, assault and violence.

Tera Bisbee, director of the Office of Ombuds Services and Gender Equity, was appointed as the Title IX Coordinator at CSUSB who oversees and monitors all instances that relate in Title IX.

Issues brought to the Ombuds Services and Gender Equity office are completely confidential and Bisbee assures the correct procedures and remedies are provided for victims.

Last year there was a total of 34 reported instances that Bisbee dealt with that ranged from stalking to dating violence and sexual harassment.

According to the CSUSB University Police Safety Report that is provided on-

line, a total of four on campus sexual offenses were reported in 2012.

Lily Gutierrez, a junior studying biopsychology, says she was aware and impressed of all the services offered at CSUSB in efforts to prevent sexual assault and violence.

“I feel safe at CSUSB, no matter the time and day and I think it is incredibly useful to have all these resources available to us because you never know what can happen,” said Gutierrez.

CSUSB implements sexual assault awareness, prevention and procedures on the Resident Assistants (RAs) to pass onto the residents living in the dorms.

Jasmine Cardenas is currently an RA at the San Manuel dormitory building at CSUSB.

In her training to be an RA, the Ombuds Services and Gender Equity on campus provided a seminar for the RAs on Title IX.

It is important for students, staff and faculty at CSUSB to be aware of all of the resources that are offered, including the legalities and procedures they can take when dealing with sexual assault and violence.

For further information, contact Office of Ombuds Services and Gender Equity at (909) 537-5635 or visit them at the SMSU in room 103A.

CCBriefs:

By **ESSENCE DENNIS**
Staff Writer

Mexico legalizes vigilantism (Jan. 27)

Mexico has legalized vigilantes after they captured a cartel leader. The self-appointed group of citizens captured “four top leaders” from the drug cartel known as “Knights Templar.” The government allowed the group to become part of a civilian group referred to as “Rural Defense Corps.”

“I believe this is a really positive thing that’s happening in Mexico, the cartels are a big problem and the police (that aren’t corrupt) need help,” said student Miguel Rincon Jr.

Incredible findings in sloth fur (Jan. 28)

Sloth fur has been found to have a type of fungi that carries anti-parasitic, anti-cancer and anti-bacterial bio-activity.

“This is really cool, the fact that sloths have been here for so long and we’re finally finding something so amazing to help people with life altering diseases is wonderful,” said student Tasha Hogan.

Diseases create issues on the population’s health, such as malaria and other diseases usually found in tropical regions. These diseases are affecting people by the millions every year according to plosone.org, which is an international, peer-reviewed, open-access online publication of scientific journals.

Salvation Army’s shady background (Jan. 28)

The Salvation Army has a multitude of charges which range from locking young boys in cages for a number of days, physical abuse, and sexual abuse on the children who were in the salvation army homes from the ‘50s, ‘60s, and ‘70s.

“It’s about time they were exposed on all the wrong things they’ve been doing,” said student Celeste Youngblood.

The Salvation Army leaders failed to fire the men, and instead moved the officers to different homes.

New stem cell discovery (Jan. 29)

Japanese researchers claim that blood cells can be transformed into stem cells by “dipping blood cells into acid,” according to bbc.co.uk.

Studies shocking the blood cells with acid causes them to morph into stem cells. This discovery was made using mouse blood cells and scientists are now searching ways to regenerate the same results with human blood cells.

“Finding new ways to grow these cells without the use of an embryo gives science the opportunity to go forward without the consequences of ethics,” said student Sarah Patterson.

Dedicated doctor walks six miles to perform life saving brain surgery (Jan. 30)

Dr. Zenko Hrynkiw walked through a snowstorm in Alabama that had already caused the death of five people to perform life saving brain surgery, according to blog.al.com.

Hrynkiw was able to get in contact with Steve Davis, the on-charge nurse at Trinity and told him that he was walking through the storm. Davis shortly called police to find the doctor in the snow.

“I would call him a true doctor, a doctor whose first priority is his patients,” said student Josiah McLoud.

Mass media competition hopes to raise money and mental health awareness

By **GREG AVETISYAN**
Assistant Sports Editor

Journalism students across California have the opportunity to win over \$4,000 in cash prizes.

Generation Next is hosting a competition that asks students to help remove the stigma behind mental health.

The goal of the competition is to empower the students to represent any form of mental health in a positive way by using their creative Journalistic talents.

“I think it will have a most profound effect on the students making the multimedia or social media programs.”

“...think it will have a most profound effect on the students making the multimedia or social media programs.”

Dr. Jo Anna Grant
Communication Professor

They will have to learn much about the multiple stigmas of mental health and the many effects they have on the people who suffer with these conditions.

I also think it will bring a newer, fresher perspective to have students working on these projects, rather than the same health journalists and health educators,” said Communication Studies Professor Dr. Jo Anna Grant

Mental health is a very broad area so students must select a specific area to explain such as social anxiety, obsessive compulsive disorder (OCD), drug addiction and personality disorders.

“Anyone can get this type of feeling and it doesn’t mean that you’re weak or have a dark personality. It’s not something you have to suffer with for life,” said Grant

It’s good to see organizations such as Generation Next bringing awareness to mental health issues.

“I’m not sure why some people have such a negative viewpoint towards these types of issues,” said student Jesse Richford.

Students can be ex-

tremely creative with their submissions and their ideas can be put into a powerpoint, a video and any other forms of multimedia.

“This competition recognizes that today’s generation of students are tomorrow’s industry leaders. These innovative journalists and artists have the tools to change the way we view mental health, rather than exaggerated reporting on mental health issues,” said Marie Gallo Dyak, Executive Vice President, Program Services and Government Relations, EIC on prweb.com.

Generation Next is partnering with TEAM Up (Tools for Entertainment And Media) to sponsor the competition.

TeamUp is a statewide project that brings the entertainment industry professionals and journalists together

“The whole program is focused on reducing stigma and discrimination around mental health,” said Generation Next Program Manager Sabine Sighicell

Projects should be submitted online at eiconline.org. The deadline is Feb. 14.

“There are many ben-

efits, in addition to contributing to a great cause, to participating in the competition,” said Sighicelli.

The three winners receive \$4,000 in cash awards, a mentoring program for 12 semifinalists with mental health experts, recognition at the PRISM Awards on FX and submissions will be shown on EICtv.

“I think it’s a great way for students to get involved and help a good cause. Also the potential rewards seem great,” said Nick Daniels.

According to Sighicelli, students and faculty are extremely excited to participate in the event. Sighicelli has even received letters from potential participants as they have been waiting for an opportunity like this one

“We can break down stereotypes with accurate portrayals of mental health issues,” said Dyak

The competition marks a positive turn to mental health issues and Generation Next is excited to get the word out.

“I am excited to hear steps are being taken and look forward to seeing people’s submissions,” said student Josh Geihm.

Caffeine everyday won't keep doctor away

By **MARLYN RODRIGUEZ**

Staff Writer

Nine out of 10 adults in North America consume some form of caffeine on a daily basis.

We are too dependent on caffeine and it is not as beneficial to us as we think.

According to the Mayo Clinic, taking in 200 to 300 milligrams of caffeine equivalent to about two to four cups of coffee a day is not harmful.

Christine Weinkauff, a psychology professor on campus, is an avid coffee drinker but said, "In life, moderation is key. There are benefits to a couple cups of coffee a day but getting beyond two or three cups, the benefits begin to become outweighed by the consequences."

Healthy amounts of caffeine has shown to be beneficial.

According to caffeineinformer.

com, caffeine has been linked to increases in memory, helps ward off Alzheimer's, detoxes the liver and cleanses the colon, stimulates hair growth, and can ease depression by increasing dopamine.

Many coffee drinkers do not know the difference between a healthy and unhealthy amount.

Consuming too much can pose detriments to our health.

More than 600 milligrams a day can cause insomnia, nervousness, restlessness, irritability, an upset stomach, increased heart rate and muscle tremors.

Student Jessica Carra said she drinks an average of six, sixteen ounce caffeinated beverages a day, which are a mixture of both teas and coffee.

"I like how it makes me feel jittery and awake," said Carra.

Carra admits to having experienced episodes of insomnia and the crash that comes once the caffeine wears off.

In an article published by malayasiandigest.com, the public is informed about a study co-authored by a professor at American University in the nation's capitol.

The research revealed that people become so dependent on caffeine that they suffer from withdrawal symptoms. These symptoms make them unable to reduce consumption.

Student Barbara Herrera said that she doesn't drink coffee but her source of caffeine is Coca-Cola and teas. She drinks about two to three cans of Coca-Cola a day.

Herrera tries to substitute soda with teas because they are healthier and she can still get her dose of caffeine.

Although this research is recent, caffeine reliance is not a new phenomenon.

In 1876, John Harvey Kellogg, co-founder of Kellogg's cereal, opened a sanitarium dedicated to help people with their diet, exercise, and health. He argued that caffeine was unhealthy and that it caused liver failure. He treated many individuals in his sanitarium to overcome and live without caffeine consumption.

We need to keep a closer eye on the amount of caffeine we consume a day. We also need to keep in mind that moderation is key.

Use good judgement when posting online

By **MARIE FERNANDES**

Staff Writer

Is that selfie or status update really worth jeopardizing a career?

Social networking websites should be used as a tool that can help build networks and land us the job we want. The content and pictures we include on our social media pages can reveal a lot about who we are as an individual or who we want others to think we are. We create our own brand.

"I've had some professors tell me everyone should be careful with their activity on social media," said student Elena Diaz. "But it's too much of a hassle to question whether or not I should post something every single time I want to put something online."

People should be wary of posting every detail of their lives because some things can be embarrassing.

"I know someone who posts status updates on how she hates her job and coworkers all the time," said student Robert Solis. "That could get her in serious trouble with her employer but she does not even think twice when she does it."

The sad reality is that most people post things online without giving it a second thought. There is a false assumption that

our use of social media can be kept separate from their professional lives.

Some employers will look at our Facebook and Twitter profiles to get a sense of who we are and to see if we might be a good fit for the company.

"I overheard one of my bosses say that she did not want to hire someone who was a potential candidate because she did not like that this person had pictures of herself on her Facebook that depicted her as a reckless person who drinks all the time," said student Mike Stevens.

We should all remember that there is a fine line between what is tasteful or tacky in terms of what we post online.

Future employers are lurking around the corner online and they will judge us for what we post and the pictures they see of us. Profile pictures should be the best representation of us.

"My old boss told me that everyone should have a profile picture that demonstrates that they are dressing for the job that they want and not for the one they currently have," said student Alfonso Perez.

I live by the rule that we should not post anything that we would be uncomfortable with our mom or dad reading or seeing. Pictures and status updates can be deleted but the image of yourself that you

create online will leave a lasting impression on people. If you feel even one second of doubt about whether or not you should post something in particular, do not post it.

Our reputation is everything in the workforce and in our daily lives, so be smart and do not tarnish it for the purpose of being cool or unique online.

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Man vs. Nature: Which causes global warming?

Photo courtesy of shahernama.com

Mankind is responsible for increased temperatures that effect the environment

By **TORILYNN QUALLS**
Staff Writer

Global warming is affecting our earth as we know it. NASA scientists recorded 2013 was within the top 10 warmest years since 1880, continuing a long-term trend of rising global temperatures. Some believe global warming is a natural phenomenon while others, like myself, blame man for causing the rise in climate change across our planet. As of Jan. 17, Gov. Jerry Brown issued that the state of California is in the midst of a drought. “Nearly the entire state of California is currently experiencing dryness that hasn’t been experienced in living memory,” said Daniel Swain of Weather West. Meteorologists believe that this drought is being caused by the Ridiculously Resilient Ridge (RRR).

The RRR is a naturally created high pressure weather system blanketing our entire state and keeps cold weather systems from making their way to California. Natural changes in the temperature of the earth’s atmosphere could be the possible culprit of the RRR. Theorists believe that global climate change can be naturally affected by variations in sunlight. “Tiny wobbles in earth’s orbit alter when and where sunlight falls on earth’s surface,” states NASA’s Earth Observatory website. “Changes to the sun have both increased and decreased the amount of solar energy reaching earth.” This leads to the increase and decrease in global temperatures from century to century. Those in favor of natural causes blame volcano eruptions for pumping carbon dioxide into the earth’s atmosphere. Carbon dioxide is a greenhouse gas that traps heat; it greatly affects changes in

the earth’s climate. “On average, volcanoes emit between 130 and 230 million metric tons of carbon dioxide per year,” according to NASA. Some theorists also believe in an idea developed by Henrik Svensmark called cosmoclimatology. “Cosmoclimatology is the idea that when the sun is more active, fewer cosmic rays strike the earth and cloud cover is reduced, resulting in warmer temperatures,” stated Larry Vardiman in his article for the Institute for Creation Research. Although these natural causes contribute to earth’s overall climate change, man’s contribution to climate change is far greater. Carbon dioxide and other air pollution collecting in the atmosphere, like a thickening blanket, traps the sun’s heat and causes the planet to warm up. Volcano emissions alone can’t possibly be the only explanation for the increase of carbon dioxide in the atmosphere.

According to NASA, there have been an increased amount of artificially raised concentrations of greenhouse gases over the past 250 years. There have been 38 percent increase of carbon dioxide and 148 percent increase of methane. By burning fossil fuels, people release about 26 billion metric tons of carbon dioxide into the atmosphere every year, states NASA. According to the Natural Resource Defense council the U.S. has the largest coal-burning power plants that contribute to the source of carbon dioxide pollution. Automobiles are the second largest source to billions of carbon dioxide annually. “There is absolutely no way that global warming is only caused naturally, look at the environment around us, the dryness, the smog in the air we breathe,” said student Mark Patterson. “Man is the only cause of this.”

Ban plastic bags to save environment

By **DEVIN RAMOS**
Staff Writer

I was originally one of the many people that were skeptical about the newly adopted ordinances against plastic bags enacted by Los Angeles, but after some research I find that it might be a good step in helping the environment. San Bernardino County has not made any moves against plastic bags, but people cringe when they hear about how ordinances against plastic bags are beginning to spread. The ban will come as an initial inconvenience for some, but with the increasing evidence of the damage that plastic can do to our oceans, I think that in time people will become aware. Student Kelly Pearson said, “I think it’s ridiculous. I’m for saving the environment, but I don’t feel that a ban is necessary.” The responsibility that is being pushed onto the retailers is an important and necessary move, because the influence cannot come from the consumer alone and the law will push shoppers and retailers into doing their part in environmental initiatives. The tax can be collected and used to

educate its customers in the importance of moving towards reusable bags. The penalties that the ordinance lists are fair in that it will ask businesses that do not comply with the law to pay a fine of \$100 for the first violation, \$200 for the second violation, and \$500 for the third. It will push business owners into educating their staff on the importance of using reusable and recyclable bags. I find that the penalty acts as encouragement for businesses to avoid having to pay frequent penalties. Shoppers will have to plan ahead so they can remember their reusable bags, but I think that it is a nominal fee to pay given the intended results for a cleaner environment. San Francisco and San Jose are among several cities in California that have already banned plastic bags, but studies on the impacts are inconclusive. Katie Valentine, a writer for Thinkprogress.org, said, “Once a plastic bag ban in Los Angeles takes effect in 2014, the bans in California will cover a third of the state’s population, meaning there should be ample information to study whether a ban on plastic bags is effective in reducing waste on beaches in California.”



Devin Ramos / Chronicle Photo

Plastic bags will no longer be provided in Los Angeles grocery stores customers are encouraged to use reusable bags. We use plastic bags because they are cheap and convenient options for us; however, the harm that it causes is much greater than people realize. According to *The Huffington Post*, The Los Angeles City Council passed the ban in June citing worries about the financial and environmental impacts of the bags. Supporters of the law say the bags litter the streets and clog up storm drains in the city, and they end up spending millions cleaning up the pesky sacks. Los Angeles is setting a positive example in their move to ban plastic in the county, and the money that it saves in cleanup costs will encourage surrounding counties to take steps in enforcing the same policies. I think people will realize that the ordinance does not seek to restrict anybody, but rather aims to make the public conscious of their place in the environment.



Students get ready for YOTIE GRAS

By **ERIN CAMPBELL**

Staff Writer

CSUSB is proud to present the 4th Annual Yotie Gras Homecoming Week.

This special week is scheduled with many events where students can come together for a fun time and to relieve some stress.

The schedule of events starts off with a pre-homecoming celebration at the basketball game on Saturday, Feb. 1.

CSUSB will play Cal Poly Pomona in the Coussoulis Arena. Women play at 5:30 p.m. and men play at 7 p.m.

Homecoming Week officially starts Monday, Feb. 17 with the Copper Chef Competition located in Obershaw Dining Room A at 5:30 p.m.

Four teams of chefs will be competing for the most votes based on their presented entrees.

Opportunities for grand prize winners are available. The winner will receive a fully catered pizza party for twenty people.

The Santos Manuel Student Union (SMSU) Anniversary Celebration will be on Wednesday, Feb. 19 located in the SMSU Lobby.

Free cake will be provided for attendees. The celebration starts at 2 p.m.

Thursday, Feb. 20 has a couple of fun activities scheduled during the day. Club Fest starts at 11:30 a.m. held in the SMSU lobby.

During the Club Fest event, the Coyote Bookstore will put on a fashion show to showcase all of the new CSUSB attire.

Coyote Radio will be broadcasting live at the event. The Yotie Gras Homecoming Golf Cart Parade is another event that will be going on during Club Fest.

The Golf Cart Parade will start at 11:45 a.m. between the lower commons and Serrano Village and will end on the library lawn.

Campus departments are highly encouraged to work with student clubs and organizations to showcase golf carts that best demonstrate CSUSB spirit.

First place wins a trophy and bragging rights!

In order to participate in this special event, you must sign up by Feb. 14 before 5 p.m. in the office of Student Leadership and Development in SMSU 103.

As the week ends, the fun still continues. Both the women and men's basketball teams will play Sonoma State University on Friday, Feb. 21 in the Coussoulis Arena.

The women's team starts at 5:30 p.m. and the men's team plays at 7:30 p.m.

After the big game, Student Leadership and Development and CSUSB Greek fraternities will put on the highly anticipated Yotie Gras dance. This dance's enjoyment by other students in the past will make you not want to miss out.

According to Giacomo Thillet, student assistant for SMSU Leadership Board, the overall nightclub vibe from this event is very fun, yet safe.

The last dance in October over 1,600 students participated. Thillet hopes to match and exceed that number.

Homecoming Week will come to an end on Saturday, Feb. 22 with an Alumni and Family Reception to be held in the Coussoulis Arena at 4:30 p.m.

Later that evening, both basketball teams will play San Francisco State with the women at 5:30 p.m. and the men at 7 p.m.

"Homecoming Week is a great way to pump up the Coyote spirit," said program coordinator, Misty Levingston.

"We want to build traditions and make Homecoming Week an exciting and memorable time for all students."

To stay involved with Homecoming Week, be sure to tag your photos on Instagram with #yotiegras.

Keep your pink parts in the dark

By **GLYNN GUERRA**
Staff Writer

“Sex sells” is not only a business strategy, but something that our society has come to know and live by.

It almost feels as if our society revolves around sex when we see it in everything from movies to music.

Recently, “sexting” has become more popular among social media.

According to WebMD, sexting is the sending of sexually explicit messages or images via cell phone texts.

For many, sexting is meant to be a private act of intimacy between two people.

What people don’t realize is that they face the danger of these images or messages ending up in the hands of the wrong people.

Jordan, 23, an ASU student who wished to keep her last name private, spoke about two girls at her high school that took a risqué photo together and sent it to a boy that one of them was dating at the time.

When the couple broke up, the boy decided to send the picture of the two girls to all of his friends.

The picture was then sent from his friends to all of their friends and eventually revealed to the school principal.

The girls, the boy and his friends were suspended as a result.

“I think it’s a perfect example of how [sexting] has consequences for boys and girls,” said Jordan.

“The boy was lucky he didn’t get expelled for sending that picture without the girl’s permission, especially because they were underage.”

According to bullying.about.com, if your sexting results in something less like a private act of intimacy and more like a public display of your sexuality, you will



Gabbie Corral | Chronicle Photo

Sending explicit photos to others through text messaging is risky due to the convenience of technology and being able to share them with others who were not meant to see them.

face the consequence of it seriously affecting your current and future life.

The site states that not only do you face the risk of humiliation and embarrassment, but you can also face the risk of serious legal consequences.

According to legalmatch.com, many states are cracking down on criminal charges for sexting.

Depending on your situation you may have to register as a sex offender or if you or the other person are underage, receive child pornography charges.

Once gone public your charges can be discovered by anyone and could even affect an employer’s decision to hire you.

Most employers don’t want someone working for them with a bad reputation or who is not responsible, which is exactly how many people may view you after being charged with a sex crime.

Some have even taken it to the next level of risk-taking by using apps, such as Snapchat.

Snapchat is an app that you can send photos to your friends through.

The longest a single photo can be viewed on Snapchat is 10 seconds. Once the 10 seconds are over the photo can never be viewed again.

However, the receiver can quickly take a screen shot of the photo before the 10 seconds are up, saving it permanently.

No matter how much fun you think you may be having at the moment, you take a huge risk every time you are involved in sexting.

So be sure to be responsible, because it can haunt you forever.

Boost GPA with early morning classes

By **ERIN POSEJNA**
Staff Writer

The ring of the alarm clock is typically a sound that most college students deem unwelcoming in the early morning.

A new study confirms that early morning classes actually help students earn higher grades.

A pair of psychology professors at New York’s St. Lawrence University found that for each hour a class starts later, a slight drop in student grade point averages occur.

Pamela Thacher and Serge Onyper conducted this study and according to nationalpost.com, the two professors studied 253 college students and found that later class times predicted slightly lower grade point averages.

This is because although later times promote more sleep, students are also more likely to stay up late and abuse alcohol the night before.

Nationalpost.com quotes Thacher stating, “The real piece [of evidence] that we found is that those who are up later are drinking more and discovering their inner demons.”

Onyper states in the article, “I would say that 8 or 8:30 a.m. classes are probably,



Erin Posejna | Chronicle Photo

Although waking up early is a difficult task for students, studies are showing that the early bird really does get the worm.

for some students, going to be a much better choice.”

All universities across the country offer early morning classes. CSUSB offers countless morning classes ranging from 8 a.m. to 10 a.m.

Student Jonathan Miramontes reflects on the benefit of early morning classes and says, “I think early morning classes are better than afternoon classes. I find that the

rest of my day is a lot more focused after a morning class because when I sleep in or go to work and then have to wait for class, I don’t feel as focused on what’s going on in lecture.”

Miramontes confirms that the quarter he took more morning classes, he earned a 3.5 GPA while the quarter he took more afternoon and evening classes he only earned a 2.5 GPA.

“I feel my grades are affected in a good way because with early morning classes there is no time for me to cram before the test so I end up not procrastinating my studying and I don’t go out at night drinking with my friends as much when I know I have an early class,” adds Miramontes.

Professors on campus contend that it’s not the power of the 8 a.m. class but rather the attitude of the student.

My experience with morning classes versus afternoon/evening classes is that I’m more inclined to not only go to class in the morning but also to take notes and ask questions in lecture.

If I have a class later in the day, I usually have already begun to lose focus in school and am just counting down the hours to go home.

I find myself skipping class or zoning out in lecture more so than in a morning class.

Students will begin registering for the spring quarter soon.

With every quarter acting as a step closer to graduation and every grade counting toward your GPA, students should consider the possible rewards that can be gained from just getting up a few hours earlier and getting to class.



“When you’re always waiting in the never-ending Starbucks line.”

Nathan Runyan



You know you go to CSUSB when...

By **ADRIAN CARLOS**
Staff Writer

Endless Starbucks lines, building frustration from waiting for a parking spot that seems will never appear and waking up frantically in the Student Union after over-sleeping. These are just a few of the things that unite us as students and characterize CSUSB pride. What makes CSUSB students different from other universities? I asked students around campus to give me their opinion on what embodies the students here. This is what students had to say.



“When you spend more money on gas looking for a parking spot rather than commuting.”

Max Singer



“When you’re constantly taking naps in the library.”

Vanessa Vargas and Alexis Bonilla



“When you’re pulling all nighters in the third week.”

Jessica Aquirre

“When you know where to get everything for free on campus.”

Camille Brown





Spotted: Halley Correy

Simple, comfy, and oh so fashionable!

By **LILY PEREZ**
Staff Writer

The use of accessories can be used to create a powerful fashion statement, which has been a part of making fashion spectacularly shapeless.

Fashion is constantly changing and evolving and has become something personal in the sense that it is an extension of an individual's personality.

Fashion has the capacity to show and express who you are and how you feel.

"Street style" fashion is special, it captures everyday people with unique styles, personality and life style.

These trendsetters are found in our urban culture walking city streets and in college culture walking college halls.

Halley Correy, a third year student, was wearing a loose off-the-shoulder top, fitted jeans and high, black combat boots when I first spotted her walking down the hall.

Her style was simple yet effortlessly cool.

What made her outfit pop was the way she paired her simple outfit with an eye-catching statement necklace, which is what really brought her whole outfit together.

"I would describe my style as simple, comfortable and modest. I have a tendency toward bold, edgy, unique accessories that make my style different. Sometimes my outfit can seem old school, because I like timeless, classic pieces. I don't know what I would call it, it's a bit eclectic, I like a little of everything."

Accessories can play a key role in putting an outfit together being the difference between dressing up or down an outfit.

Chunky necklaces, bold rings, scarfs or statement shoes can really take a simple outfit and add a bit more of an edge or flare to it.

Correy seems to know exactly how to use accessories to her favor when putting an outfit together.

"My favorite accessories are big, bold rings and necklaces. I love anything with studs. And I have a shoe obsession from Chucks to flats to boots. I consider a cute pair of sunglasses more of a necessity than

an accessory," said Correy.

Investing in accessories like necklaces and rings can add a bit of glam and sparkle to a person's wardrobe and transform any mundane outfit.

Clothes can be quite expensive which is why it can be smart to invest in pieces that are really going to last.

Shopping for many can be a long and frustrating process something that Correy looks for when shopping for clothes is versatility.

"I look for versatility in an item. I ask myself how many different outfits can I make with this," said Correy.

"I want to get the most for my money, so I don't want something that I can't wear often or is too specific. In addition, I want something that I can get creative with," she continued.

Creativity is definitely something Correy is familiar with as an English Literature major and she draws fashion inspiration from different outlets.

"I get a lot of my fashion inspiration from Instagram. I follow a lot of brands and stores; my favorite pages are Steve Madden, Urban Outfitters, American Apparel, Victoria's Secret, Black Milk Clothing and Sabo Skirt. I love fashion blogger Sheryl Luke's website, walkinwonderland.com, and I'm obsessed with Zooey Deschanel and Taylor Swift's style," said Correy.

Fashion influences everyone to some extent and we each carry our must haves or key items that have become wardrobe necessities.

"My fashion must haves are the basics: A good fitting pair of jeans, a flattering but still modest dress and combat boots. The jeans and the dress are versatile staple pieces. The combat boots are a good unique piece to have to add edge to an outfit," said Correy.

Correy's style is simple, sophisticated yet still fun and girly. Readers can get her look by shopping at some of her favorite stores.

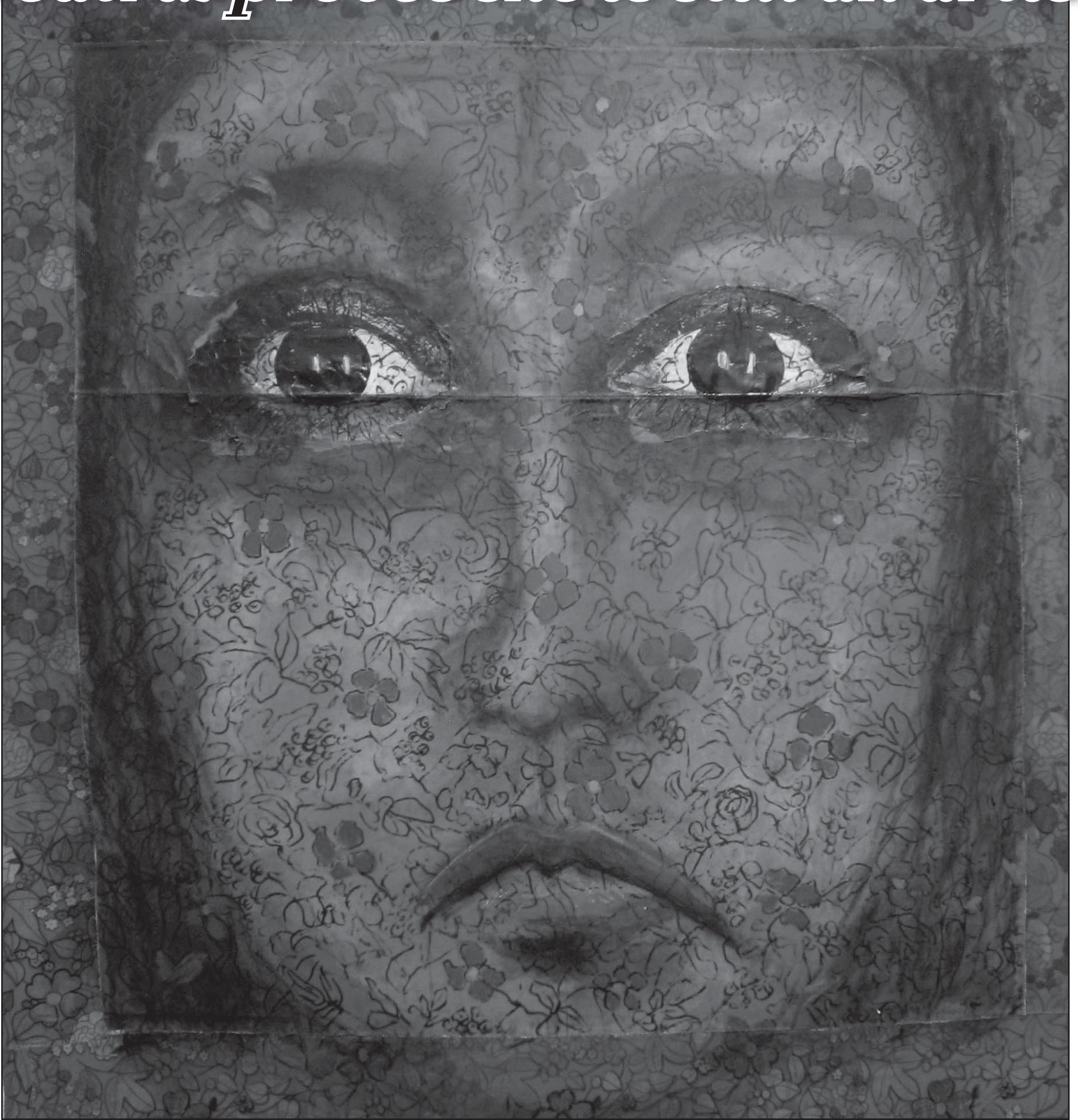
"My favorite stores to shop at include H&M, Victoria's Secret and Cotton On. Once in a while I'll splurge on a good staple piece or get lucky on a sale at Urban Outfitters, American Apparel or Francesca's Boutique. I've found that Forever 21 and Windsor have the best selection and price range when it comes to accessories," said Correy.

Blazer: Cotton On \$50 Blouse: Forever 21 \$23

Bangle: Forever 21 \$9 Denim: Urban Outfitters \$58

Shoes: Charlotte Russe \$25

Beatriz proves she is still an artist



Mintimer Avila / Chronicle Photo

Artist, Beatriz Mejía-Krumbein, showcases her powerful art at the Brandstater Gallery at La Sierra University where she serves as Chair of the Art Department, her art tackles a range of controversial topics that only a few dare .

By MINTIMER AVILA

Staff Writer

Artist, Beatriz Mejía-Krumbein has made it her mission to represent the voiceless through her work.

Art is more than lines and color; it is a form of expression that conveys a strong message.

Mejía-Krumbein has created powerful pieces of art that tackle controversial topics such as, child abuse, neglect and the misuse of power.

She was born in Columbia but immigrated to the United States in 1987 after spending time in Mexico and Germany.

She has served as Chair of the Art Department and director of the Brandstater Gallery at La Sierra University since 2004.

Mejía-Krumbein had the opportunity to showcase her exhibit, "I Am Still An Artist: Beatriz Mejía-Krumbein A Retrospective," on the campus.

Injustices Mejía-Krumbein witnessed in Columbia was the foundation for a series of art pieces titled, "Black and White."

Every piece in this series lacks bright colors and uses a mix of grey and black with the occasional stroke of red.

Though the red colors are faint, they are meant to show the physical violence, and the psychological scars that lie hidden beneath the skin.

The dark images display the pain and struggles that her people have faced.

"I wanted to keep it all black and white to avoid skin colors and keep simplicity and clarity in the message, like the meaning behind the idiom 'black and white,'" said Mejía-Krumbein when describing her work.

The contrasting black and white colors force the viewer to look in between the lines for something.

Mejía-Krumbein believes that much like real life, once you start to look in between you find solutions that you didn't know existed.

This was her first solo exhibit and will be the last showcase that she presents at the

Brandstater Gallery.

In preparation for her showcase, Mejía-Krumbein said, "This exhibit brings me a lot of mixed feelings."

"It is great to be able to share the work with the community and celebrate it, but it is sad to see the end of an intense and loved academic carrier and life cycle," she continued.

The gallery featured drawings, paintings, videos and even three-dimensional art pieces that Mejía-Krumbein created throughout her career.

One of the focal points of the gallery was a piece titled, "Insomnia."

This piece consisted entirely of its artists' face and was spread across an entire wall.

Each face had an expression so powerful that it felt as though they were looking right at the viewer.

Her art was powerful and full of passion.

"Insomnia" was meant to identify an anonymous group of people that the author

feels prevents her from expressing herself and delays her progress.

"Who are they to judge me...Who are they with the power to get in my way... Who are they who want to kill my faith?" read the text on the wall.

The more lavish pieces came from Mejía-Krumbein's work from 1998 titled "Suite of Silence."

Every single art piece in this series featured quilts and textiles that were hand made by Colombian women.

Mejía-Krumbein would then use their work and create art from them.

The series reflects on the way women are treated and aims to give a voice to the voiceless.

Normally identified as "women's work," these pieces were meant to speak up and go against the male-dominant world.

Her art brings to light problems that are often ignored.

She exposes them to raise awareness through a joint effort so that these injustices may someday be put to a stop.

Forget the gun and grab your brushes



Photo courtesy of Mia Kirby

Los Angeles’ all girl based indie rock band Warpaint, releases their successful self-titled album that has reached an average of four stars, members named from left to right: Theresa Wayman, Emily Kokal, Stella Mozgawa ,and Jenny Lee Lindberg.

By OFELIA FUENTES
Asst. A&E Editor

American alternative indie rock band Warpaint followed up their debut album three years later with another successful self-titled album.

Warpaint is a Los Angeles formed band, created in 2004 and composed of lead vocalist Emily Kokal, guitarist Theresa Wayman, bassist Jenny Lee Lindberg, and drummer Stella Mozgawa.

As the band began to make preparations for their new album, they decided they would write the songs in a spontaneous way.

In an interview with New Musical Express, bassist Lindberg explained that the songs were simply written by “just jamming and free flowing on stage.”

The band developed the tracks on this album in a completely experimental manner.

Warpaint’s main goal in writing this album was to create a minimalistic sound with acoustic guitars and percussion instruments.

Warpaint had the help of Nigel Timothy Godrich an English record producer and engineer, better known for his work with Radiohead along side with Mark “Flood” Ellis, renowned for his work with Thirty Seconds to Mars, The Smashing Pumpkins and The Killers.

Warpaint was first released online via National Public Radio (NPR).

The album was then released in different countries on different dates. The self-titled album was dropped in the U.S. on Jan. 21.

Prior to the albums drop date, the band

released two singles: “Love is to Die” and “Biggy.”

The songs in the album are fairly long, each longer than 3 minutes with a consistent theme.

In a little over a week the album reached an average of four stars, with the most popular songs on the album being “Love is to Die,” “Keep it Healthy,” and “Hi.”

There is a resonating sound that just makes *Warpaint* a great album for a night hanging out with friends

The album has great ghostly vocals giving the bass and drums the main focus throughout each song.

Listening to a few songs from the Warpaint’s debut album there seems to be a close resemblance to Warpaint.

After listening to “Love is to Die,” CSUSB student Lorna Gonzalez said, “I really like this song, its really mellow, something I can even fall asleep to.”

The songs all seem to be a mix of beats that flow nicely with eerie vocals that are pleasant for the ears.

Releasing the album in a stretched out time is very brave, and extremely uncompromising with the industry standard of 12-24 months. Chvrches’ Lauren Mayberry’s review of the album described *Warpaint* to be, “brave and uncompromising.”

Overall the album has great vocals, hypnotic melodies, great atmosphere and can definitely easily fill up a quiet room without over-powering.

Although the songs are good, I feel as if *Warpaint* is more of background music for the most part. The songs have a beginning and an end, but no in between it just stays at the same tempo with no climax.

Hudgens breaks away from Disney persona

By **CHRISOULA BAROUDOS**
Staff Writer

Vanessa Hudgens’ performance in “Gimme Shelter” captured her audience through the realistic role as Agnes “Apple” Bailey.

Director Ron Krauss did a great job capturing the spiritual elements of the story based upon actual events about young girls who are pregnant.

Krauss is an award winning filmmaker and is best known for his film “Puppies for Sale,” and most recently “Gimme Shelter.”

The film is a quick 1 hour and 40 minutes and has a PG-13 rating for a few brutal scenes of abuse, drug talk and some rough, but apropos, language.

I recommend this movie for young girls because it teaches them the importance of self-respect and the realism of how hard life could be and is. It is refreshing to see Hudgens break through such a dramatic role and to do it well.

Apple, a troubled teen, has been physically and sexually abused and through it all finds herself pregnant. She runs away from her drug addict mom, played by Rosario Dawson, to her wealthy father and stepmother.

Her father and stepmother found out about her pregnancy and urged Apple to get an abortion. Apple, unable to come to terms with this decision, decides to leave her father’s house and finds herself alone and homeless.



Photo courtesy of Roadside Attractions

A film about a troubled teen, Apple, who has been abused sexually and physically runs away from home after being urged her to get an abortion after finding out about her pregnancy.

She got in a car accident and while being in the hospital for some time, a priest came to visit her and gave her advice to visit a shelter for pregnant teens. After coming to this shelter, you see a great deal of transformation in Hudgens’ character.

She finally experiences what it means to have a family who will take you in no matter what the circumstances may be. This new found family of her’s loved her unconditionally and opened her eyes to what a peaceful life could be like.

Starting off with a troubled teen that has nowhere to go, you start to lose hope for her. She completely turns her life around not only for herself, but because now she has a baby that she needs to take care for, so she can have a better life for her child.

It was morally inspiring and had a well thought out happy ending that left the movie theater with heart felt tears.

Emerging out of that Disney image can be difficult, but with her role as ‘Ap-

ple’ there is no way going back. She has been in the “High School Musical” movies and when she wanted to not be seen in that way she did the films “Thirteen” and “Spring Breakers.” Those two films did shed off that good girl image, but did not credit her as an actress. I would love to see more dramatic roles for this actress because she proves that she has what it takes to transform herself.

The GRAMMYs surprise viewers

By **CARLY WOOLLEY**
Staff Writer

The 56th GRAMMY Awards Ceremony has surprised its viewers by only awarding 10 trophies on television, leaving 72 awards to be awarded off air during a pre-telecast ceremony.

This year’s ceremony was held on Sunday, Jan. 26, at the Staples Center in Downtown Los Angeles.

This was a star studded event full of surprisingly unexpected moments from multiple presenters and performers.

The night started off with an exciting performance by the music industry’s reigning power couple, Beyoncé and Jay Z. The couple performed a sensational rendition of Beyoncé’s recent single, “Drunk in Love.”

Audiences were left wanting more of the power couple.

Every year, the GRAMMYs continually become less of a celebration for the nominee’s success and more of a way to grab television ratings.

There were several attention grabbing performances throughout the night but there was one in particular that went above and beyond expectations. A performance of Mackelmore & Ryan Lewis’s equality anthem, “Same Love” was definitely one to stand out.

This performance included Madonna parachuting onto the stage to sing a few lines while Queen Latifah presided over a marriage ceremony that married 33 gay and straight couples.

A student, Marisa Damron, enjoyed watching Mackelmore & Ryan Lewis’s “Same Love” performance. She said “I’ve never seen a performance like this before. There were so many amazing things going on at once.”

There was a surprising number of disappointing tribute performances in this year’s show.

Robin Thicke’s song “Blurred Lines” was granted the most-played song on the radio for the year 2013. But he was only allowed to lull a verse of it throughout his performance that was monopolized by past hits of other performers.

Ringo Starr was another highly anticipated performer for the show and sadly, his overall performance fell short of expectations. Starr decided to perform his solo tune, “Photograph” instead of a past Beatles tune.

After his solo performance, Starr was called back to the stage for an encore with Paul McCartney in effort to satisfy the audience’s desire for a taste of the Beatles.

This decision seemed to quickly backfire as the audience seemed quite bored after sitting through two lengthy performances from the past time era.

Daft Punk took home the top honors with the awards for record of the year for “Get Lucky,” with Pharrell Williams and Nile Rodgers. They took the awards for best pop duo/group performance and dance/electronica album and album of the year for “Random Access Memories.”

Mackelmore & Ryan Lewis were also the top winners in the pre-telecast ceremony.

They took home awards for best rap performance, rap song and rap album leaving them the talk of the night.

Mackelmore & Ryan Lewis upstaged their main competition Kendrick Lamar with seven nominations, and ultimately sent him home empty handed.

It is safe to say that Mackelmore & Ryan Lewis are not only on the rise, but they have reached the top.

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Yoga classes offer students stress relief

By **KIROLLES GUIRGUIS**
Staff Writer

Yoga is a peaceful and relaxing method that teaches meditation through the use of aesthetic poses and stretches that can be used throughout the day.

Yoga classes are now available for students and faculty in the Student Recreation Center Tuesdays and Thursdays in room 205.

Classes are held at noon for more advanced participants and later at 4 p.m. for those who are new to yoga and would like to participate in a slower paced class.

Coyotes can take advantage of the physical and psychological benefits of yoga once or twice a week.

The physical, mental and spiritual effects of this activity will have a positive impact on one's overall health and well-being.

Classes are taught by instructor Bien Fule-Ver who has been participating in and teaching yoga classes for over nine years.

His dedication to the art creates a warm and welcoming feeling to all those who attend his classes.

Yoga is a great way to stretch and release all the negative energy that we carry with us throughout our everyday lives.

In this sport, participants can learn new techniques and strategies to isolate muscles and develop lung strength.

With two convenient class sessions offered twice a week, students can utilize their time in between classes, work, and

studies to unwind from the stresses we face in our daily lives.

The class is not just limited to stretching and holding uncomfortable poses.

Yoga deals with breathing techniques and strategies designed to strengthen endurance and form muscle memory.

"Yoga is a fun way to remove all the stress and toxins that we all carry every day. After class I drive home feeling completely relaxed and stress free," said student Cynthia Luna

Fule-Ver helps students relax and meditate while calmly talking students through various stretches and poses.

All exercises are designed to help develop muscles, texture, and tone.

The activity is designed for personal growth and an overall goal of physical and mental well-being.

The main goal and focus is on yourself and no one else.

The soothing music and atmosphere can help students forget about the everyday struggles and challenges we all face and focus on oneself and well-being.

"Taking an hour out of your schedule and focusing on yourself for a little every day is not only rejuvenating but one of the most important things you can do for yourself, It becomes a lifestyle and you will find yourself wanting to participate more and more" said Fule-Ver.

Being able to have a little bit of physical activity in your daily routine will be able to help you develop better habits.

Anyone can incorporate yoga into their schedule whether they make it a daily routine or only a few times a week.



Kirolles Guirguis | Chronicle Photo

Releasing the stresses of their day and relaxing are some things that students learn while taking free yoga classes.

Coyotes defeat Eagles in blowout

By **RYAN NAVASOLI**
Staff Writer

Coyote men's basketball team defeated the Cal State Los Angeles Golden Eagles by a landslide.

The Coyotes played their best game of this season, with a victory of 92-51 over the Cal State Los Angeles Golden Eagles Friday night.

The game marked their largest margin of victory in the last five seasons.

The No. 14 team in the nation has now won 14 consecutive games.

The landslide win proves the Coyotes are a force to be reckoned with in the California Collegiate Athletic Association (CCAA).

The game began with the Coyotes leading 43-21 at the end of a dominant first half.

The Coyotes would go on a 29-6 run to put the game out of reach for the Golden Eagles.

Senior forward Andrew Young accounted for 20 of those points.

"Great chemistry goes a long way at this level. Additionally, we picked up the pressure defensively and we're able to finish a lot of those defensive stops with a rebound," said Young.

Young explains how to keep ahead of the competition, "holding teams to one shot each time up the floor is vital," said Young.

Eight different Coyotes contributed in that pivotal run.

Senior guard Kirby Gardner led the Coyotes, scoring six of his 13 points dur-



Ryan Navasoli | Chronicle Photo

Players taking a rest before getting back on the court, playing at their very best so that they are able to be the best.

ing the run.

The red-hot Coyotes continued to excite the crowd, extending their lead to 48 points in the second half.

Junior guard Juan Martinez contributed by hitting a three point field goal, giving his team a 92-44 lead with 2:32 left, and was able to score 14 points throughout the night, "We definitely came out hungry from the jump versus L.A. and maintained it throughout the game for the most part," said Martinez.

Martinez mentions how he tries his best to be as consistent as possible when he is on the court, "I just try to be as consistent as possible when I'm on the floor. Take good shots, play good defense and just try to win," said Martinez.

Martinez also explains that he is more relaxed when he is on the court because of his consistent nature and therefore he is able to become a better player and teammate.

Senior guard Lacy Haddock was mas-

terful on defense.

Haddock's hold on CSULA's lead scorer Quinton Watkins prevented him from increasing the score for the Eagles.

Watkins averaged about 20 points a game for the Golden Eagles.

Haddock and Watkins were teammates previously at the College of Southern Idaho.

Haddock explains how he knows his old teammate on the Eagles.

"We are really familiar with each other's game. My main focus was to do my best by staying close to him and contain him from having a good game on the offensive end," said Haddock.

Haddock continues, "I just tried my best to get through screens set for him, contest all his jump shots to make him take difficult ones, and just make it tough to get the ball to get him a little frustrated," said Haddock.

Both players have become very familiar to each others' game.

"I guess all those junior college days going against each other in practice finally came in handy," said Haddock.

Junior guard Taylor Statham and sophomore guard Zeke DeBlase played solid off the bench.

The Golden Eagles were led by James Tillman's 22 points on the night.

The Coyotes look to continue their winnings as the season progresses with home games against Humboldt State University and Cal Poly Pomona on Friday Jan. 31 and Saturday Feb. 1 at 7:30 p.m.

Make sure that you come out and support your Coyotes on their winnings streak.

Lakers suffer defeat at home

By **BRANDON LANDRUM**
Staff Writer

The league's best Indiana Pacers defeated the Los Angeles Lakers 104-92 on Tuesday, Jan. 28.

The Lakers hosted the Pacers at the Staples Center in Los Angeles, after returning from their yearly GRAMMY Trip where they went 2-5.

The GRAMMY road trip usually consists of a seven game road trip that the Lakers take every year in the month of January due to the GRAMMY Music Award show taking place inside the Staples Center.

Each game makes an influential mark on each of the players that are on the team.

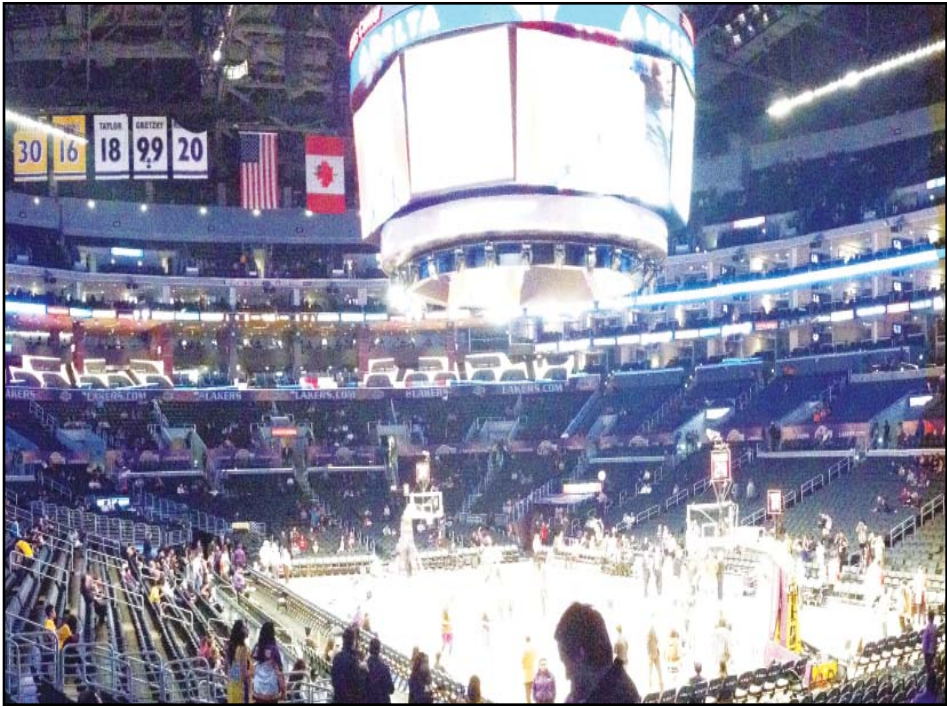
The Lakers although have been riddled with injuries all season, Kobe Bryant, Steve Nash, Steve Blake, Xavier Henry, and Jordan Farmar have been among those players that have been hurt this season.

Each are playing through their own injuries, but making them the successful players that everyone knows and loves.

The Lakers are struggling on both ends of the ball with their superstar Bryant out indefinitely.

Bryant was recently selected to the 2014 All-Star Game as a starter, but due to his injury he will most likely sit out.

The Pacers, on the other hand, are the



Brandon Landrum / Chronicle Photo

The Los Angeles Lakers suffered another tough loss Thursday night to the Indiana Pacers as they showed their dominance.

best team in the NBA, so far, with a 35-9 overall record.

This year Paul George has established himself as one of the top players in the NBA.

He is averaging 23.3 points, 6.3 rebounds, and 3.5 assists per game.

George has been considered for the NBA's Most Valuable Player.

Both teams struggled from the field,

getting off to a slow start Thursday night.

As the game progressed, both teams traded baskets, played solid defense and made free throws.

The Lakers did a good job matching up with George in the first half.

Despite George's struggle, Lance Stephenson was able to contribute and set the tempo leading into halftime.

At the end of the first half, the Lakers

and Pacers were all knotted up at 49.

In the second half Stephenson came out scoring the first six points, giving the Pacers the lead.

Stephenson and George shocked the crowd with two fancy back to back slam dunks.

At the end of the third quarter, George made a three point field goal at the buzzer to give his team a ten point lead.

Lakers' guard Nick Young and forward Paul Gasol gave their best efforts to keep the Lakers in the game. However, the Pacers' fast pace tempo was too much to overcome.

The Lakers are now 16-30 as they continue to overcome all the injuries to key players. They have now used a league high 21 different starting lineups this season.

Kendall Marshall, who is filling in for the injured Nash, finished the game with 12 assists as he continues his strong game play.

The Pacers used the momentum to take control of the rest of the game and never looked back.

The Pacers plan to finish off the regular season with the best record in the NBA to gain home court advantage and attempt to defeat the two-time world champion Miami Heat.

Indiana's head coach Frank Vogel is trying to keeping his team motivated throughout the long season.

Personal trainers start sessions at Rec Center

By **CARLEY BENNECKE**
Staff Writer

The Student Recreation and Fitness Center (Rec Center) offers students their chance to have their own personal trainer.

Certified personal training is offered at the Rec Center for members who desire to be fit and healthy.

Members of the Rec Center can sign up for one of the 11 personal trainers by filling out an inquiry form online or at the membership desk at the Rec Center.

The Fitness and Wellness department offers three categories of personal training, One-on-one, buddy training, and three person training.

One hour sessions cost anywhere between \$16 to \$32, depending on the session that you're taking.

The number one reason members hire a personal trainer is for specialized guidance in weight loss and muscle gain.

This will help assist with the forming of beneficial wellness habits.

They offer wellness counseling, which includes time management assistance, stress management, weight management, nutrition counseling, goal setting, psychological counseling and help in quitting smoking.

Members can choose their own personal trainer.

However, schedules with the member and personal trainer need to match up so there is enough time for the trainer and the

member to have a good workout.

Barry Greene Jr., Fitness and Wellness Coordinator at the Rec Center, hires and supervises the personal trainers.

"An outgoing character, able to take charge and isn't hesitant, I look for individuals who have a proficient knowledge in fitness, well-being and preventative exercises," said Greene.

Personal trainers must do day-to-day advertisement of themselves, receive clientele, have consultations, train with clients, go over training protocols, write workouts and create programs.

A personal trainer position definitely has its major perks.

Mainly because they are able to make their own schedules and meeting times.

Along with making their own schedules, they have the experience of

meeting new people and getting to know them on a personal level, along with their backgrounds.

Even though scheduling is very flexible, it is quite easy to get caught up in signing up clients.

One personal trainer could keep adding and adding clientele, as they become addicted to training individuals.

Then he or she will just end up working all day.

"They become a slave to helping people," said Greene.

A personal trainer occupation is rewarding.

"You get to see people reach their goals, you see results, the members are

"They become a slave to helping people."

Barry Greene
Fitness and Wellness Coordinator



Carley Bennecke / Chronicle Photo

Students go to the CSUSB Recreation Center as they partner with personal trainers to improve their overall fitness levels.

giving themselves to you, and that's always awesome," said Greene.

Rec Center personal trainers differ from other gym trainers.

"Gyms like LA Fitness or Gold's Gym aren't always so focused on the client," said Greene.

Most of the trainers of other gyms are not always completely focused on the client, but are more focused on the products that they are selling.

"Other gym's personal trainers usually try to sell fitness products, and their goal becomes about the product instead of the client. But not here, the Rec Center is 100 percent committed to the client," said Greene.

If you're wanting to lose some weight or just looking to become more healthy within your life, you can stop by the Rec Center and talk to any of our personal trainers.



Coyotes struggling to tread water

Coyotes suffer defeat against the competition

By **URIEL ORTEGA**
Staff Writer

The Coyotes women's water polo team suffered two defeats last weekend at the Redlands Mini-Tournament, losing to the Chapman Panthers and the Redlands Bulldogs.

The Coyotes had their hands full, facing off against two of the top ranked division III teams to start the season.

Coach Sarah Reneker and her Coyotes had been preparing for the mini-tournament for three weeks to confront two very worthy opponents.

"We have been doing a lot of conditioning and have a small squad this year, but it's beneficial for a lot of four-on-four scrimmaging, and we are looking to come out and put everything we have been working on into play," said Reneker.

The Coyotes started their season opener against No. 7 ranked Chapman University, but were unable to slow down the Panthers as they dominated the Coyotes offensively in a very lopsided match, as the Panthers would win 11-1.

In the first period of the game, the Panthers put up seven unanswered points, overwhelming the Coyotes.

Coach Reneker could be heard encouraging her team as they came out for the third period.

In the third period, the Coyotes fought back, only giving up one goal, but still failed to convert any goals on the offense.

Junior goalkeeper Madison Morris had her day cut out as she held off Chapman with various blocks and played an

exceptional game with 12 total saves against the Panthers.

With the Coyotes down 8-0 to start the fourth period they would have eight minutes to rally back from such a deficit, but the Panthers never let up and immediately scored again for a 9-0 score.

But in the final minutes of the game junior Crystal Curran would score for the Coyotes, avoiding a shutout.

The second round of competition, the Coyotes would face off against the No. 3 ranked Bulldogs.

The game that would be decided in the final minutes with an exciting finish. Both teams fought it out all the way to the last second.

The Coyotes battled hard against the Redlands Bulldogs, but were unable to put them away as the Bulldogs rallied back to take the win in the final minutes of the game with a 13-10 victory

over the Coyotes.

The game began with the Bulldogs quickly jumping to a 4-1 lead in the first period, but the Coyotes would answer back keeping the Bulldogs within reach, and would finish the half trailing 7-4.

In the second half of action, the Coyotes would close the gap to be within one point trailing 11-10, but the Bulldogs would rally back and finish off the Coyotes by firing two more goals of their own to advance their lead for a 13-10 win.

Senior Alison Glaser led the team with four goals and Curran added three of her own.

The Coyotes despite their loss against Chapman and Redlands still have a whole season to hone their skills and plays so they can become a stronger and better team.



Uriel Ortega | Chronicle Photos

Coyotes keep both games close this past weekend as they fight to stay in the game at the Redlands Aquatic Center.