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$500 awarded to students off academic probation

By DANIEL DEMARCO
Asst. Features Editor

Academic probation often leads to academic failure.

Last quarter, 41 students proved that they can raise to the occasion and work to new opportunities.

“Hard work pays off. When one applies themselves anything can be accomplished,” said Wesley House, one of the two students rewarded with a $500 scholarship.

Wesley House and Jeannette Jacques were the students awarded with the scholarship for their work in Fall quarter 2013. Jacques said she is paying for school all on her own without loans or financial aid and that the scholarship was a good opportunity for her to get rewarded for all the hard work she put into Fall quarter.

House is pursuing a B.A. in Psychology and earned a 3.66 GPA for the quarter, while Jacques is pursuing a B.A. in Criminal Justice and earned a 3.9 GPA.

Both students made the Dean’s List as well. The scholarship is meant for students that are on administrative contract with the office due to academic probation stemming from their cumulative or CSUSB GPA dropping below a 2.0.

Students must meet certain requirements with their contracts for the office or they will face consequences which may include registering to one of the office’s University Studies courses or even be dropped from classes and dismissed from the university.

To be eligible for the scholarship the student must earn at least a 3.2 GPA for the
Continued on Pg. 4

Do you wanna build a snowman?

Read story on Pg. 4

Heads served for dinner in Nigeria (Feb. 7)
A Nigerian restaurant was shut down due to the discovery of two human heads wrapped in cellophane wrap.

According to Yahoo news, authorities claim the restaurant was selling dishes made of human meat. Eleven people were arrested in connection with the restaurant.

Giraffe slain in front of public (Feb. 9)
A healthy giraffe was publicly shot and killed at a zoo in Copenhagen, Denmark.

The giraffe was slain due to concerns of inbreeding in regard to an international breeding law.

The killing has sparked controversy worldwide.

It was reported that the giraffe was killed by rife and zoo patrons were allowed to watch as the animal was skinned and then dissected.

“Wow. I am disgusted. It is one thing to put down an animal, but it should be done peacefully. Isn’t Denmark supposed to be one of the most peaceful places on earth? Yet, this is how they treat their animals,” said student Yesenia Smullen.

Government can switch off your phone (Feb. 7)
A smart phone “kill switch” legislation was proposed to provide a way to make the phone inoperable if lost or stolen.

This legislation would require all phones sold in or shipped to California to have the “kill switch” ability, according to The Huffington Post.

The bill has been proposed in hopes of slowing the thefts of iPhones and other smart devices.

“That’s a good and bad thing. It would be good for (reducing) theft, but I would want to be able to contact my phone if it were lost,” said student Briana Zavala.

Suicide bomber blows up his class (Feb. 10)
A suicide bomber blew himself up along with 21 others while conducting an Islamic State of Iraq and Syria terrorist training camp, according to The New York Times.

The bomber allegedly “accidentally” used a belt pack with explosives in the training.

The Islamic State of Iraq and Syria formed as a new system of Al Qaeda.

“It’s fortunate that the explosive was unable to be used on innocent civilians. And hopefully, instances like this will hinder the abilities of terrorists in the future,” said student Beatrice Longshore.
Financial aid management returns to campus

By GLORIA GUTIERREZ  
Staff Writer

The Financial Management Association (FMA) has reformed and revamped itself to provide CSUSB students practical and educational information on financial decision-making.

The FMA is an international association that has over 200 chapters worldwide.

The FMA chapter at CSUSB has been providing general meetings for its members as well as social mixers, resume workshops, and speaker events which aim to give CSUSB students a better understanding of how the finance industry works.

“We help students who are interested in finance to branch into this trade,” said Blake Fan, president of FMA. “We do this through education and practical experience.”

Speaker events offer students insight on the reality of a career in the financial world and hosting seminars and workshops provides them with more of the educational aspect of finance.

The FMA not only encourages students in the finance major but all students to become a part of this association on campus.

Since FMA has been re-established, the events they have hosted have covered the three most popular areas in finance: Insurance, analyst jobs and financial planning.

The last event FMA held was on Wednesday. The speaker at this event was the Citizens Business Bank Chief Investment Officer Ted Brines.

Brines shared important details about his 25 years of experience in the financial world to a classroom of about 30 CSUSB students.

Students expanded their knowledge on investment banking, management assessment and how to move up the financial chain from a financial analyst to a managing director.

Brines also shared advice with the CSUSB students and encouraged students to take management classes because it is important to “understand the company from every aspect.”

More advice from Brines included starting cover letters and resumes as early as possible and making a LinkedIn account, which opens windows of possible career opportunities to students.

“Students gain so much information from these speakers we bring,” said Fan. “Information and advice that they can only receive from individuals who have had years and years of experience in the financial world is not always shared in a classroom setting.”

FMA has events scheduled all up to the end of Spring quarter this year.

An important event they will be attending is the FMA’s Annual Leadership Conference. It is a conference held for members of the FMA and only 200 members are allowed to attend. Out of those 200 members, 10 of them will be members from the CSUSB FMA chapter. It will be their first time in 20 years attending this significant finance conference.

This year it will be held at the UBS tower in Chicago. The FMA members will be touring the Federal Reserve Bank, the Chicago Board of Auctions Exchange and the headquarters of Morning Star, which is an important database used by finance majors.

“We will be able to listen to the upmost cutting edge discussions in the field of finance and talk to very distinguished professionals,” said Fan.

The FMA serves as a bridge for students into the professional world of finance.

For more information about the FMA or how to join visit its up-to-date website csusbfma.com.
By COURTNEY MATA
Staff Writer

The CSUSB Career Center is now offering Careers On Demand for CSUSB students.

“We are trying Career On Demand to get our students to come to more events,” said Lucas Cory, the director of career center. “We hold events every week.” Career On Demand takes place at various locations every week that range from Redlands to Rancho Cucamonga.

“I am hoping that these events encourage students to get up and start looking for their future jobs,” said Cory.

The Career Center holds bigger job fairs at least once a month inside the Santos Manuel Student Union.

Target, Verizon, Southern Wine and Spirits, and various other companies attend this job fair seeking to hire graduate students or offer internships.

“We are looking for people across the board,” said Rocio Garza, a college recruiter for Verizon. “People who are energetic, want careers, quick learners, have great customer service and are well rounded,” continued Garza.

“Students can submit applications online for internships or careers,” continued Garza. Verizon offers full dental and health coverage, along with paid vacations for their full time employees.

“We have hired a lot of graduates from Cal State San Bernardino, Cal Poly and Fullerton,” said Garza.

Southern Wine and Spirits company was also present at the CSUSB’s career fair and offered students a chance at internships or careers.

“We are looking for wellrounded people who can make a good sale,” said Josh Wasserman, a college recruiter for Southern Wine and Spirits.

The Career Expo offers a variety of fields that students can browse and consider from to match their majors or career plans.

“No major applies for this work. For example, I am a math major and now I am currently working with marketing,” said Wasserman.

There were many students at the Career Expo on Wednesday.

“We had, if not 100%, a high number of employers that attended our event, it is definitely a success,” said Cory.

The Career Expo had several employers from different companies that came to this event and students used this to their advantage.

“We got a good buzz and activity. Students are job seeking. Students can not be intimidated by this, if you have a workout class here this week, it’s okay. Employers understand,” said Cory.

“I come to these events because it adds a face to a resume,” said student Yari Tabores, who is currently looking for a full time internship for the summer.

The Career Center will be having an Education Expo on March 11 and a Spring Career Expo May 14.

Students interested in internships or finding their future job should go to the Career Center.

The Career Center is located on the third floor of University Hall and offers students various services from teaching students skills that range from how to take an interview to how to create a good resume.

Students interested in job fairs or Careers On Demand should go to the Career Center for more information or contact the Career Center at (909) 537-5250.

By SANTIAGO CASTILLO
Staff Writer

Ice skating, sledding, snowboarding, music, drinks, food and tons of snow helped students relax during a hot day on campus.

Snow Day 2014 allowed students to take a break from classes and midterm exams this past Thursday.

The event was held by Recreational Sports and ASI from 11 a.m. to 5 p.m. in front of the Commons on the grass.

Snow Day takes place every year and gives students an opportunity to relieve some stress and relax.

“It is fun because it cultivates some school spirit within the community and brings some imagination to San Bernardino no by bringing snow to the campus,” said Owen Odigie, Vice President of Finance of Associated Students Inc.

The gathering of students helps drive school spirit and promote a sense of togetherness.

Over 20 tons of snow were brought in for the event. The first 50 people to check in after 11 a.m. at the Rec Sports table received a pair of Rec Sports collector’s edition sunglasses.

“Snow Day is fun because it brings our campus together and lets us have fun as bring some snow down to San Bernardino county according to our geographic location,” said Odigie.

“It was a lot of fun to just relax outside and do all the events they had going on. I look forward to Snow Day every year because of how stressful classes can be,” said student Maria Rios.

Trainers from the Rec Center helped get students set up on the snowboards as they shredded down the snowy slope.

Students could be seen throwing snowballs at each other while participating in the various events.

“My favorite part is putting on the snowboarding gear and shredding some San Bernardino snow,” said Odigie.

There was even a snowman that was built on the grass. Kids could be seen budging around the snowman and taking photos.

Many students went to Instagram and Facebook to post their fun pictures from Thursday.

Families were also all very excited to have an opportunity to interact with students as people of all ages were involved in the event. Children could be seen with their parents playing with snowballs.

“Honestly, I wanted to stay the entire time and miss class to have fun here,” said student Joshua Wright.

Students raced on the sleds as friendly competitions started to heat up. The annual Snow Day always promotes student interaction and involvement.

“I agree to spend time with each other between classes as Snow Day. After a hectic midterm week students enjoyed the snow despite the warm day.”

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Same-sex couples receive common marriage rights

The Department of Justice is administering a new policy on Feb. 17, 2014 that deals with rightful benefits to married same-sex couples. This is a new form of instruction where their employees will get equal protection for lawful same-sex marriage. This policy is going to put into effect the types of benefits that opposite-sex marriage people have already been receiving. For example, “An inmate in a same-sex marriage can be furloughed to be present during a crisis involving a spouse,” according to The Washington Post.

The policy means that in every aspect the Department of Justice is committed to the idea that they will be striving towards equality for all marriages. “Today, our nation moves closer toward its ideals of equality and fairness for all,” said Human Rights Campaign President Chad Griffin, “[this] announcement will change the lives of countless committed gay and lesbian couples for the better.”

The county also funded $39.2 million of the project through the Future Space Needs reserves and Public Safety Operations Project savings. The rest of the money was funded through General Fund Contingencies. Taxpayers saved roughly $30 million by upgrading the facility as opposed to building an entirely new building according to a news release from San Bernardino County. According to a Los Angeles Times article from 2006, the expansion was first expected to be an $86 million expansion, however due to unforeseen circumstances the expansion was first expected to be an $86 million expansion, however due to unforeseen circumstances they changed their minds and added 8 acres according to The Sun.

The expansion also includes new dental and medical facilities that would eliminate the necessity to transport inmates who require those services to another location. In addition, the expansion will help relieve jail overcrowding in the area due to the state realigning the prisoners. San Bernardino County Sheriff John McMahon lauded the expansion, saying the expansion is a “step forward in corrections business.”

“We’ve constructed a facility that is truly state of the art,” said McMahon.

The expansion cost $145 million, however, $100 million was funded by the state due to the statewide jail construction legislation.

Expanded jail helps SB officers focus on crime

By ANGEL LIZARDI Staff Writer

Hundreds of high-ranking police officials gathered in the High Desert Detention Center in Adelanto to celebrate the opening of the brand new expanded jail. The project took three years and added 1,392 extra beds and increased the jail’s “footprint” by 297,000 sq. ft. and added 8 acres according to The Sun.

The jail’s expanded wing will open in three phases, the first phase will see 222 beds filled within the next couple weeks. Constructions of the project began in 2011 and included a new 2,500-square-foot booking building, three housing units, remodeled kitchen and laundry facilities, a new park and lots for rescues and surveillance system, and video monitors in each housing unit will allow inmates to visit with family and others. They will no longer be allowed face-to-face visits because inmate movement is being restricted for security purposes.

Due to the expansion McMahon says that officers can go out on patrol sooner now that they don’t have to drive to Rancho Cucamonga. Robert Lovingood, San Bernardino County Supervisor said the new expansion will save deputies in the high desert up to three hours by not having to drive them to Rancho Cucamonga.

“It’s an efficiency. That’s more sheriffs (deputies) on the streets, and that’s what we have to work to achieve,” said Lovingood.

“The facility is equipped with a high definition video-surveillance system, and video monitors in each housing unit will allow inmates to visit with family and others. They will no longer be allowed face-to-face visits because inmate movement is being restricted for security purposes,” said the jail’s commander Capt. Jon Matheker according to The Sun.

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When discussing the clauses of the policy, which deals with the September 11 Victim Compensation Fund, the Public Safety Officers’ Benefits Program, student Trevor Nugent questioned, “If a gay person can die for you, then why shouldn’t their spouse be able to receive the same type of benefits that a heterosexual couple would receive after going through the same tragedy?”

“We will get there,” said student Ernie Arrizu. “I believe with the hard work that activists have done, the people of this new generation have become more accepting of gay people because they realize we aren’t going anywhere.”

“I think the policy is great, but I don’t think we’re still being treated equally. We are getting rights that lesbian, gay, bisexual, transgender, and queer people didn’t have before,” said Donna Guevara, student assistant in the Pride Center when asked about LGBTQ people being seen as equals nowadays in the U.S.

Guevara adds, “We still live in a cis-gender (someone whose gender identity matches the sex they were given at birth) society that is hetero-normative (where heterosexuality as the norm) society we live in and we’re still not there, everyone’s not equal across the board.”

“I think that it’s a great thing that we’re finally being recognized, but we still have a long way to go. For example the Trans struggle, there’s still a lot of benefits that need to happen, it’s a good start but everyone should be able to get benefits; dental, medical, life, everyone should be able to acquire all of that,” said Gabby Sandoval, lead student assistant of the CSUSB Pride Center.

With the new policy set to be initiated on Monday, the public should expect to see changes within the LGBTQ community.

Academic probation students get second chance

Academic probation students get second chance

Continued from Pg. 1

Academic Resiliency Scholarship, but is now called the Dianna J. Resiliency Scholarship, it is in honor of an academic advisor at CSUSB that passed away in 2012.

“Preference goes to students who do not receive financial aid and we try to give at least two scholarships per quarter,” said Matthew Markin, one of the academic advisors involved in the selection process for the scholarship.

“The county also funded $39.2 million of the project through the Future Space Needs reserves and Public Safety Operations Project savings. The rest of the money was funded through General Fund Contingencies. Taxpayers saved roughly $30 million by upgrading the facility as opposed to building an entirely new building according to a news release from San Bernardino County. According to a Los Angeles Times article from 2006, the expansion was first expected to be an $86 million expansion, however due to unforeseen circumstances they changed their minds and added 8 acres according to The Sun.

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Students opinions were mixed upon hearing the news.

“I’d feel safer in San Bernardino with the county being able to retain the inmates,” said student Shadysa Qasem. However, some students believe that the money should have been allocated to help the inmates.

“I believe that the county should implement rehabilitation programs or attempt to teach them trades that they will be able to use so they can get the opportunity to contribute to the economy,” said student Edgar Astorga.

Jacques believes she got more out of the experience and the scholarship than just money for school.

“When you mess up your first chance and you’re put on academic probation, you feel bad about yourself and it’s easier to quit. When you realize people still believe in you, your motivation increases,” mentioned Jacques.

Jacques has made her education a priority in her life now and has a message to those in the position that she once was.

“Are you ready to make all the sacrifices necessary to have a good GPA? If getting your degree is important to you then you better be ready to prove it,” said Jacques.
Coca-Cola spurs controversy

American beauty is exemplified through song translation in different languages

By MARLYN RODRIGUEZ 
Staff Writer

The Coca-Cola Company created an advertisement for the Super Bowl that has stirred up a lot of unnecessary controversy based on ignorant views of the makeup of our country.

The commercial consisted of “America the Beautiful” sung in different languages. The advertisement includes the Spanish, Tagalog, Mandarin, Hindi, Hebrew, Keres, Senegalese, French and Arabic languages.

As soon as the commercial debuted the backlash began.

People started tweeting hateful remarks such as, “Nice to see that coke likes to sing an American song in the terrorists’ language.” Another said, “We speak ENGLISH here IDIOTS.”

Soon the hashtag #SpeakAmerican began trending.

There were also people who supported the commercial and the message it was trying to send.

Glenn Beck said, “If you’re offended your a racist. If you do like it, you’re for progress.”

What some people have failed to realize is that cultural changes have enveloped most of America. Having no religious affiliation is becoming more popular as well as identifying as multicultural and as a homosexual.

Coca-Cola released a statement that read, “The ad provides a snapshot of the real lives of America representing diverse ethnicities, religions, races, and families, all found in the United States.”

The point of the commercial was that Coca-Cola, which is an international product, can bring the world together.

“I thought it was an excellent representation of America,” said Donna Gotch, a communications professor. “America, to me, is all different faces, different voices and different languages. Gotch added, that this is the land of opportunity for everyone and while English is the national language there is no law that declares it the official language.

As far as I’m concerned, saying #SpeakAmerican is one of the most ignorant claims a person living in America can make because there is no particular American language.

We speak English which was brought by our ancestors when they migrated from England to this continent.

If we go back far enough, every single person in this country with the exception of the Native American culture migrated from somewhere else in the world.

Student Edna Velazquez said, “There is no set definition of what makes an American.”

“I view these allegations as disrespectful because we live in America, the land of the free, we have so many people from different backgrounds, and English is either their first or second language and they are embracing their native tongue,” said student Desirae Contreras.

Sushmitha, one of the girls who sings in Hindi, said that she feels, “The message that we’re sending through this video is so beautiful, that we are all the same. We just have different backgrounds and that’s OK.”

I think we all know and realize that the United States is the most diverse nation in the world. We are a country built on immigrants. To make the absurd claim that we only speak English, is the most foolish comment someone can make.

Coyote Watch: America the beautiful?

Students weigh in on the recent disputes of the Super Bowl’s Coca-Cola commercial

By TORILYNN QUALLS
Staff Writer

“I believe that people immigrate to our country to become American; that being said, I believe that those who are not born in America should adopt to our culture and widely used language, rather than try to convert America to their cultures and languages.”

Christina Mendoza, Junior

“`The United States is culturally different, it’s diverse, and the commercial displayed that.”

Jeyson Duarte, Junior

“The Coca-Cola commercial made me feel patriotic, because it showed that we accept different cultures in America. America is a melting pot of cultures not a country made up of one specific race.”

Cindy Delatorre, Senior

“`The U.S. was built on immigrants so no single race or language is mandated which is what makes America so beautiful.

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Opinions

Sizing for society is never right

By MARIE FERNANDES
Staff Writer

People will always be too big or too small according to the standards that our society has set.

According to ourbodiesourselves.com, the average American sees three thousand ads per day. Everything in the United States is based off comparison.

The biggest competition of all for the general population is centered on how close to perfection you can get your body to look. Our standards of perfection have different standards based off of our average physical appearance is called beautiful. It is not often that a person with an average physical appearance is called beautiful.

The problem here is that everyone has different standards of perfection. I may say that I am content with my body but someone else may look at me and think that I look too small when I am healthy. “When I look at the covers of magazines and at commercials it makes me feel like I am overweight because the models in the pictures have perfect bodies,” said student Melissa Stopp.

It is not really me as a whole that I look for when I am comparing myself to others. I am looking for the curves. In the past week I came across various scales, ads, books and magazines that were telling people how to drop pounds in days and how to get flat abs among other things in just one hour of shopping.

For me, it was unsettling to see that there were so many different types of messages about losing weight. I would like to see messages about being happy with who we are as individuals and what we have achieved rather than about how we can get a six pack of abs in a week. Famous philosophers have helped explain the phenomena of our society becoming desensitized to images distributed by the media.

One morning in our English 103 class last week, a student brought in the Jan. 27, 2014 edition of the Coyote Chronicle. In it was an article titled “New Health Craze: Students Should Choose Soy over Animal Products to Increase Healthy Eating” written by Marilyn Rodriguez.

The reason that this article caught our attention is because we’ve been reading and watching documentaries on foods and how they affect us. So the question is, is soy really a “healthier” alternative?

Well, the answer all depends on whether the soy is organic or not. Soy that is certified as organic is acceptable and can indeed be a healthier alternative to animal products. However, 93 percent of the soy produced in the US (in 2013) has been Genetically Modified (GM0s); this percentage has risen from 17 percent in 1997 (USDA).

So, what exactly does “Genetically Modified” mean? “Genetically modified foods are those that are derived from organisms whose DNA has been modified in a way that does not occur naturally,” according to the World Health Organization.

So what is the problem with Genetically Modified soy? Genetically Modified soy is what is called “Roundup Ready” — this means that the seeds have been treated so that they both contain Roundup (a common pesticide whose main ingredient is glyphosate) and are resistant to being sprayed with Roundup.

Glyphosate is estrogenic — meaning that it produces estrogens in the body. “Genetically Modified soy baby formula is similar to taking four birth control pills a day,” according to wellnessmama.com.

These “phyto-estrogens” have been linked to: Higher rates of all types of cancers, breast cancer, birth defects, heart disease, early onset of puberty, gynecomastia, diabetes, more rapid aging, thyroid dysfunction, brain function damage and cognitive decline, severe liver and kidney damage and digestive distress. Infertility can be passed down through several generations, as stated in a 2013 study. The study was compiled from a global network of independent scientists, toxicologists, beekeepers, environmentalists, governments, industry, and regulators on glyphosate cited in The Huffington Post.

If GMOs do all of these horrible things to our bodies, why are they still in our foods? GMOs have been banned in many places all over the world, including the UK, all of Europe, Canada, China, Australia, Greece, Mexico, Russia, India, Japan, South Korea, and the Philippines, according to thenation.com.

However, in the US, “Our current system of industrial agriculture and pest control relies on chemical inputs sold by a handful of corporations […] these same multinational corporations wield tremendous control over the entire system from crop selection through the distribution chain,” according to panna.org.

Where is all of this GMO soy in our foods? It’s found in pretty much every thing, including fast foods, vegetable oils, all processed foods, such as pizzas, Hot Pockets, Top Ramen, any frozen meals, protein bars, chips and other snacks, as well as vitamins, citrus flavored sodas, baked goods, margarine, flavored milk, and baby formula. When it’s suggested that consumers consume more soy, given the health benefits, it produces estrogens in the body.

I believe that the media in our country is somewhat to blame for our nation’s distorted view of our bodies because we are continuously presented with two opposite body types. An average model was a size two or smaller before plus size models were introduced to the industry. You may have noticed that lately the term “plus size” model has become more popular, but an average plus sized model is a size eight.

According to a 2011 Women’s Wear Daily report, the average dress size for American women is a size fourteen.

We are made to believe that the models that we see and the messages that we are told about our bodies and weight are average, but that could not be further from the truth.

Two people may weigh the exact same amount but when you stand them next to each other they may look different because there are other factors at play such as their sex, height, and body shapes. I think that everyone should try to avoid comparing themselves to the way other people look because what is most important is how you feel about yourself and that you are healthy.

If you are serious about wanting to lead a healthier lifestyle make sure you are doing it for yourself and not to appease societal norms. We should stop letting society dictate what is normal and start redefining societal norms together.

Coyote Feedback:

Genetically altered soy is silent killer

By English 103 class

Dr. Guthrie’s T/Tr 10:00

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So what is the problem with Genetically Modified soy? Genetically Modified soy is what is called “Roundup Ready” — this means that the seeds have been treated so that they both contain Roundup (a common pesticide whose main ingredient is glyphosate) and are resistant to being sprayed with Roundup.

Glyphosate is estrogenic — meaning that it produces estrogens in the body. “Genetically Modified soy baby formula is similar to taking four birth control pills a day,” according to wellnessmama.com.

These “phyto-estrogens” have been linked to: Higher rates of all types of cancers, breast cancer, birth defects, heart disease, early onset of puberty, gynecomastia, diabetes, more rapid aging, thyroid dysfunction, brain function damage and cognitive decline, severe liver and kidney damage and digestive distress. Infertility can be passed down through several generations, as stated in a 2013 study. The study was compiled from a global network of independent scientists, toxicologists, beekeepers, environmentalists, governments, industry, and regulators on glyphosate cited in The Huffington Post.

If GMOs do all of these horrible things to our bodies, why are they still in our foods? GMOs have been banned in many places all over the world, including the UK, all of Europe, Canada, China, Australia, Greece, Mexico, Russia, India, Japan, South Korea, and the Philippines, according to thenation.com.

However, in the US, “Our current system of industrial agriculture and pest control relies on chemical inputs sold by a handful of corporations […] these same multinational corporations wield tremendous control over the entire system from crop selection through the distribution chain,” according to panna.org.

Where is all of this GMO soy in our foods? It’s found in pretty much every thing, including fast foods, vegetable oils, all processed foods, such as pizzas, Hot Pockets, Top Ramen, any frozen meals, protein bars, chips and other snacks, as well as vitamins, citrus flavored sodas, baked goods, margarine, flavored milk, and baby formula. When it’s suggested that consumers consume more soy, given the health benefits, it produces estrogens in the body.

I believe that the media in our country is somewhat to blame for our nation’s distorted view of our bodies because we are continuously presented with two opposite body types. An average model was a size two or smaller before plus size models were introduced to the industry. You may have noticed that lately the term “plus size” model has become more popular, but an average plus sized model is a size eight.

According to a 2011 Women’s Wear Daily report, the average dress size for American women is a size fourteen.

We are made to believe that the models that we see and the messages that we are told about our bodies and weight are average, but that could not be further from the truth.

Two people may weigh the exact same amount but when you stand them next to each other they may look different because there are other factors at play such as their sex, height, and body shapes. I think that everyone should try to avoid comparing themselves to the way other people look because what is most important is how you feel about yourself and that you are healthy.

If you are serious about wanting to lead a healthier lifestyle make sure you are doing it for yourself and not to appease societal norms. We should stop letting society dictate what is normal and start redefining societal norms together.

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Monday, February 17, 2014
Women across the country have become obsessed with the size numbers printed on each tag of clothing they try on and how those numbers have begun to equal body worth and self-value. The reality is that those size numbers are different everywhere, so what consumers really should be asking themselves is, “does size really matter?”

Retail stores like Hollister, American Eagle, and Forever 21 all produce clothing that is targeted for high school and college-aged girls. Society today tells girls that thin is in, therefore, it’s only natural that the size numbers on each dress or pair of jeans purchased is going to take center stage to the consumer.

Some stores, such as Hollister, use odd numbered sizes 1-11; while American Eagle Outfitters uses even numbers 2-16. The proof is in the numbers; if the sizes are different at different stores, it’s clear that the actual number on the tag isn’t all that important.

Some stores like Forever 21 disregard actual size numbers and use waist and hip measurements for their jeans. For example, I am a size 26 in their jeans.

The important thing to understand is that each store uses these waist measurements to gauge their sizes but those gauges are not the same at each store. A 26-inch waist at Hollister is a size 5, but I wear a 7 in their jeans even though based on my measurements of 26, I should be 5.

Consumers need to be aware that each retail store has a sizing chart based on their “targeted audience.” Hollister is a clothing store that prides themselves on being “SoCal” inspired. Southern California is a place that is centered on the ideal that “skinny” is beautiful so their waist sizing and corresponding numbers are going to run on the smaller end of the spectrum, making girls feel like their size number is “too large.”

Their largest size is an 11, which is labeled as a 30-inch waist (keep in mind that’s only four inches bigger than my waist size and it has jumped six sizes). American Eagle Outfitters has a similar size audience as Hollister but they do tend to offer sizes that appeal to a greater demographic with their largest size being a 36-inch waist at size 18. Forever 21 offers a more appropriate version of sizing by forgoing the use of numbers and focusing on waist size.

Clothing stores like Hollister, American Eagle Outfitters, and Forever 21 all cater to their targeted audience and rank their sizing chart accordingly. I asked three women on campus what they thought about how sizing works and they all admit that they have criticized themselves for being a larger size in one store and a smaller size in another. Some students (quoted below) felt that sizing in stores has affected them.

Fictional numbers have been created by manufacturers and have become the yardstick for measuring the worth of girls all over the country. The idea of trying to fit into a particular size and conforming to a store’s expectation is not feasible because you’ll end up dragging yourself into a game of numbers that don’t play fair.

Do store sizes influence our perceptions of body image?

Defining body size

By ERIN POSJENA

Women often encounter various body images presented by retail stores and struggle with defining their size.

Here’s what some women had to say:

“I’ve lost 85 pounds and still won’t even try those brands because I don’t want to get depressed.”

-Rebecca Bates

“Well to me it’s just a number but because of the way media portrays the idea of fitting into smaller sizes, women tend to connect their size to their weight which can make them feel self-conscious.”

-Maria Perry

“If I know I’m going to Hollister to buy pants I won’t eat before I go, lol, otherwise I feel like a stuffed sausage.”

-Christine James Frisch

“I’d say society makes it a big deal, and because of that, some girls feel more pressure to be a smaller size.”

-Jenan Hamad

“T’ll think the problem is that I don’t know my size. Hollister jeans are super tight and Forever 21’s jeans are never long enough for me. American eagle works for me.”

-Bailey Bingham
Learn how to catch employers’ attention

By GLYNN GUERRA
Staff Writer

It’s time to start thinking about graduation and what you are going to do once June rolls around. As students, our biggest concern is finding a job that relates to our major.

On Wednesday, Feb. 12, CSUSB hosted a Career Expo in the Santos Manuel Student Union Events Center. Sarai Maldonado, a career counselor at the Career Center, gave me a list of five suggestions to help students make themselves more attractive to employers:

1. Have a professional and enticing résumé.
2. Research and educate yourself about the company.
3. Prepare and practice for your interview.
4. Create a 30 second “commercial” on why that company should hire you (a “commercial” is a short speech in person used to sell yourself to an employer).
5. Be confident and smile consistently.

“Create a career goal, know what you want to do and where you want to go and visit the Career Center,” said Maldonado when discussing what students should do before graduation.

Maldonado and student Amber Williams both suggested that students should create a professional networking account such as a LinkedIn profile.

“It’s a good way to stand out to employers,” said Williams.

Williams also said that attending events like the Career Expo can be beneficial for students because it opens up more opportunities for interviews, jobs or even internships.

“Even if you don’t get something like a job or an internship, it can help you learn to communicate with employers or get connected,” said Williams.

Williams and student Yari Trabares both talked about the importance of an “elevator pitch,” which is a 30 second summary that describes who you are, where you study and what goals you wish to accomplish.

Your image and how you present yourself are also things to take into consideration when applying for jobs. It’s important to dress professional. [Employers] see what you wear first. That is their first impression of you and image is everything,” said Williams.

As I walked around the Career Expo, I noticed that many of the students even dressed formally as if they were going in to apply for a job or an interview.

I could tell that the vendors there noticed that and took it into consideration when the students approached their booths. So for students who are wrapping up their college careers, preparing to step into the real world, or want to get ahead, remember that networking is important, image is everything, practice makes perfect and creating a plan for yourself are all important factors when applying for those dream jobs.

K.I.S.S. acts of unprotected sex goodbye!

Campus Health Center recommends students keep it sexually safe

By DIANA RAMOS
Staff Writer

February is National Condom Month. The Student Health Center hosted their first event called Keeping It Sexually Safe (K.I.S.S) on Wednesday Feb. 12.

This event educated students on contraceptive and sexually transmitted infections (STI). Jeanette Montoya said, “If you’re not sexually active, you don’t need to participate, because this event is not meant to pressure you into having sex.”

The event was to inform students, so when they decide they are ready, they will know how to take care of themselves.

The event brought together different departments on campus for the purpose of educating and informing students how to have safe sex.

The Pride Center, Cross Cultural Center, Coyote Nurses and the Student Health Center were a few departments on campus that participated in this event. The K.I.S.S event had many booths, and each had different activities for students.

There was a specific booth that showed pupils how to properly use a condom. After Montoya demonstrated how to properly put on a condom she gave everyone the opportunity to put a condom on a plastic penis.

The booth, ran by the Student Health Center, also gave important tips for using condoms.

1. Check the expiration date.
2. Check if there is air in the packaging. This makes sure there are no holes in the packaging.
3. Push the condom to one side of the packaging and tear.
4. If the tip of the condom is inside out DO NOT put your finger in it because that might cause the condom to tear, gently blow to put it in its correct form.
5. Hold the tip of the condom as you place it on the erect penis. This helps keep a section for the ejaculation, preventing the condom from tearing.

Not only is it National Condom Month, but this past week was also Sexual Responsibility Week.

Many booths had fun, educational games that informed students about the different scenarios in which they could be at risk of catching an STI.

They also informed students of the different types of STIs and their symptoms using visual examples.

I believe these visuals were really informative. They were very descriptive in showing how painful catching an STI can be.

You can reduce the chance of catching an STI by using a condom and getting tested often. Going to an event like this is not something to be embarrassed about.

An event like K.I.S.S helps you prepare for when the time is right to be sexually active because they give you the tools and knowledge in order to be sexually smart and safe.

The Student Health Center offers various events throughout the year to educate students on sex and they also inform students about preventative methods regarding unwanted pregnancies and/or STIs, and recommendations on getting tested.

They encourage everyone to stop by and get educated!
ChEAT cookbook by students

By ERIN CAMPBELL
Staff Writer

You may be cheating with this cookbook, but you’re mostly winning.

Students from Kinesiology 471 can help you maintain a healthy diet and cheat day with the release of their new cookbook, “ChEAT Day.”

Students Prince Padilla, Jeffrey Dominguez-Fajardo, Cassandra Karr and Raquel Kinnally have created a cookbook dedicated to cheat meals that athletes have developed in order to keep on track, but also give themselves a break from their strict diets.

Under the supervision of Professor Jim Clover, these students hope to start a business venture that isn’t widely known in the cookbook industry.

“They write creative and unique recipes that will aid in any athlete’s fitness plan,” said Padilla.

“ChEAT Day” is filled with recipes that consist of CSUSB athletes’ favorite healthy recipes and guilty pleasures.

“We have several recipes ranging from a fruit pizza to bbq bacon wrapped stuffed jalapeños to Mexican lasagna,” said Fajardo. According to Kathleen Zleman, director of nutrition for WebMD, diet cheat days can actually boost your chances of weight loss success.

When you schedule a cheat day, you’re more likely to look forward to rewarding yourself.

The temptation of straying from your diet constrictions will become less strong when you allow yourself a cheat day as opposed to telling yourself you can never touch unhealthy food.

Cheat days also maintain your motivation to stick to a healthy diet.

After all the hard work of keeping up with a solid workout schedule and strict diet plan, it feels good to know you can accomplish something like losing weight even if you include a cheat day every week.

“ChEAT Day” is a book for everyone, those who enjoy being able to take a break from strict dieting and extraneous workouts, will enjoy “ChEAT Day” whether or not they are an athlete.

“If you work hard then you should be able to indulge in some delicious treats by athletes, for everyone. This is why people check out our book,” said Kinnally.

The book has been in production since the beginning of the 2014 Winter quarter and is expected to be published sometime in March.
Local band brings the sea to the I.E.

Up and coming alternative indie band blows Riverside’s mind away in Feb. with their catchy lyrics, awesome melodies and attention-grabbing vocals.


The band members of Seaside Audio met during their time at Cajon High School in San Bernardino. They became immediate friends when they discovered their mutual hobby for bike riding.

The band came together when the need to express ideas and creativity came about. Roland and Rolando were in a band prior to Seaside Audio, but due to disagreements amongst the band members, the twin duo then decided to part ways and create something brand new.

For some time the band was made up of only three members, but after playing only three shows together the band knew they had something special.

Seaside Audio later decided to add a little spunk to their sound and brought on David to complete the package.

The group often writes songs in a spontaneous manner and in unison. Usually a band member would bring an idea and during rehearsal the band molds the idea into a song by adding lyrics to eventually shape it into a full blown Seaside Audio song.

Vocalist Rolando describes writing their songs as sort of “dysfunctional at times but is worth it when we finally are all happy with it.”

The band has many musical influences beginning with Local Natives, and from Joyce Manor to Daft Punk and Coldplay.

Seaside Audio is very proud of having the chance to play all of their original pieces, but the band also enjoys playing covers from their favorite artists and musical influences.

Some of the group’s favorite songs to cover are “Super Rich Kids” by Frank Ocean and “Wide Eyes” by Local Natives.

Seaside Audio often plays in many small venues. The band’s favorite places to gig at are Back to the Grind in Riverside and The Chain Reaction in Anaheim.

The all male group is hoping to expand their fan base and expose their music to different crowds.

Going back to one of the band’s performances in Feb., Seaside Audio not only had great sound quality but all kinds of energy. It was extremely noticeable that the band was well rehearsed and ready to put on a show for the crowd.

Seaside Audio has an amazing live sound. Their sound includes an experimental and alternative indie rock side but they also add a little funk to the mix.

The band played all original songs and left the audience wanting more, leaving them with an encore song.

Seaside Audio is a great local band to keep an eye out for. They have a bright future and an original album coming out soon.
The University Dance Company (UDC) presented their annual showcase “For the Love of Dance” on Feb. 13. The biggest block-busters for 2014, open

By MINTIMER AVILA
Staff Writer

Emmet is the most average Lego ever, now he’s entranced with saving the world. “The Lego Movie” is set to be one of the biggest block-busters for 2014, opening with $69 million in the first week, according to Forbes.com.

The movie premiered on Feb. 7, and was directed by Phil Lord and Christopher Miller. This action packed film will please anyone who enjoys a good story filled with romance, suspense and non-stop humor.

When asked about the inspiration for the movie, Lord and Miller replied, “We started watching these brick films that people make in their basements and the stop motion shorts they posted online. They’re just so creative, clever and funny.”

“We thought, well, maybe we could make a movie that would be like that. It would be cool and it wouldn’t feel like a commercial,” they continued.

Lego blocks can be made into virtually anything, so naturally in a world made of Legos, everything is fair game.

You will feel as though you’re living in the imagination of an 8-year-old child that has too much energy.

The movie had a strong lineup of actors, featuring the voice talents of Chris Pratt (Emmet), Elizabeth Banks (Wyld-styler), Morgan Freeman (Vitruvius), Will Farrel (Lord Business), Will Arnet (Batsman) and many others.

The story centers around a blur, ordinary Lego that would never dream about breaking the rules, much less save the entire world.

Emmet is a construction worker who lives in Brickleville, a dystopia where everyone blindly follows the rules and watches the same thing.

Emmet lives out his life by following every single rule in the book, literally. If his morning instructions say to stretch, he’ll do it, if they say to wave to your neighbor, he’s already on it, but he’s about to have everything he knows about living thrown out the window.

His adventure begins when he is mistakenly thought to be the UDC’s current president. Emmet’s world is turned upside down as he’s whisked away on the adventure of a lifetime where he must prove to everyone that he is special in his own way and accomplish the impossible.

“The Lego Movie,” uses a mix of stop motion, computer graphics, and 3-D to craft a world built entirely out of Legos right before your eyes.

The biggest strength of the film are the visuals and the level of detail that was used.

The story is simple, yet surprisingly manages to capture both adults and children with its witty humor.

Puns and one liners were used throughout the movie, but in a way that made the audience laugh. These worked quite well.

By the time the movie is over you can’t help but feel you’ve bonded with every character and you will wish that it was only just the beginning.

I found this modernized ballet piece to be quite interesting but maybe for not all the right reasons.

Overall, the performance had room for improvement but in the imagination of an 8-year-old child.

The dancers around him were wearing all black with white point shoes.

I found this modernized ballet piece to be quite interesting but maybe for not all the right reasons.

The dance was graceful, the performers.

The program was constantly changing between different genres.

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The style of the student showcase was definitely unique.

There were several creative numbers filled with a great deal of spotlight dancers and dancers in the core.

One of the most memorable performances of the night was titled “Walking on Air.”

The dance was gracefully choreographed by Marissa Mooney who just so happens to be the UDC’s current president.

This piece was a breath of fresh air. It was uplifting, fun and full of energy.

The dancers in the piece were all extremely committed to leaving the audience with a positive reaction.

The performance was adequate; however there was some noticeable room for improvement in certain pieces.

UDC is undoubtedly filled with members who are truly dedicated to practicing and performing their craft.

UDC does it “For the Love of Dance”

By CARLY WOOLLEY
Staff Writer

The University Dance Company (UDC) presented their annual showcase “For the Love of Dance” on Feb. 13. They left the audience in shock with their quick transitions from ballet to street hip hop.

“This is another year of student choreography ranging from classical ballet to street hip hop. Each number was surprisingly different.”

The “Ties that Bind” performance choreographed by Janys Antonio was different to say the least.

A notable dancer can not only deliver flawless technique, but they can tell a story through their choreography.

Janys Antonio has been teaching dance at CSUSB for 24 years and has been consecutively holding the student showcase for 23 years.

When asked what the purpose of the student showcase was, Antonio said, “The purpose of the showcase is to give all of the dancers a chance to perform and choreograph.”

While watching the student showcase, one aspect was clearly evident: Dance is hard.

The showcase featured various styles of student choreography ranging from classical ballet to street hip hop.

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By the time the movie is over you can’t help but feel you’ve bonded with every character and you will wish that it was only just the beginning.

I found this modernized ballet piece to be quite interesting but maybe for not all the right reasons.

The dancer in the spotlight was wearing a harness that connected him to the other dancers around him with strap-like material.

The dancers around him were wearing all black with white point shoes.

I found this to be very displeasing to the eye as well as highly distracting.

Overall, the performance had room for improvement with the lack of cohesiveness by the performers.

The program was constantly changing between different genres.

One moment there would be a ballet on stage with classical music and then before you knew it, a group of hip hop dancers would be surrounding the ballerina and a music change would quickly follow.

The biggest block-busters for 2014, open

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Phantogram shares their psychedelically beautiful music

By LILY PEREZ
Staff Writer

Phantogram’s electronic infused, jolt- ing and psychedelic sounds are present throughout their new album, “Voices.” Phantogram which is comprised of members Sarah Barthel and Josh Carter have generated a lot of buzz from their previous self-titled EP, released Sept. 30 of last year.

The duo has not disappointed listeners with their newest album. Sarah Barthel’s voice is still hauntingly beautiful and eerie, making audiences easily lost in the duo’s hazy ballads. The first couple of songs of the album like “Black Out Days,” carry a sense of urgency with their use of enthralling rhythms and electrifying vocal loops.

“Fall in Love,” the first single off their new albums, has garnered a lot of rave reviews because of its sultry and seductive sound and has earned Phantogram a greater following. I feel that the song is very dreamlike and it relaxes me, the beats and rhythms are very unique and her voice is so good,” said student Ming Joo Pye, a senior.

The band released the music video for “Fall in Love” days before their album release and it did not sway away from the sultry and electrifying feeling we get when listening to the song. Barthel and Carter sing and dance “Fall in Love” dressed in leather outfits which fit right in with the duo’s ‘80s synth-pop music style.

The black and white noir music video uses lots of lighting, shadows and geometric shapes plays an essential role in entrancing and captivating viewers. Much of the duo’s songs carry a sense of seductive, psychedelic beats with a bit of mystery but their sound has definitely evolved. The band shows a different side to their sound as seen in “Bill Murray.”

The song is a quite sad and melancholy ballad which allows Barthel to show a softer side of her voice. “Their music can be very relaxing and it’s a bit up-tempo so it’s great to listen to while driving, studying or even working out,” continued Pye.

“Voices” delivers song after song that is set to make people dance like “Howling at the Moon” and “Celebrating Nothing.” Phantogram’s sound intensifies throughout their songs but their unique and original beats never once overpower Barthel’s eerie vocals.

The type of caliber seen from this pair in Voices comes to no surprise as to why these Saratoga Springs, N.Y. natives have had the opportunity to work with The Flaming Lips and Big Sean from Gucci Mane.

Phantogram’s sophomore album is only a glimpse of what this duo is capable of achieving. Phantogram’s LP Voices does not disappoint and is definitely worth listening to.

By JOEL HANKE
Staff Writer

Things heat up at CSUSB with some salsa and Latin jazz where students were able to show off their mad dancing skills.

Specific tracks played by CSUSB’s Jazz ensemble resembled a classic James Bond film during a fast action chase scene, exciting and riveting.

Other songs were very smooth and soothing, then sudden bursts of absurdity. CSUSB’s Santos Manuel Student Union hosted “Caliente! Salsa & Latin Jazz Night” Feb. 11, bringing a spicy taste of Latin culture for students and San Bernardo residents alike.

Prior to the actual Latin jazz Ensemble performance was a dance class lead by volunteer instructor Robyn Fernandez. Fernandez teaches free salsa and swing classes every quarter at CSUSB. The instructional dance course had a total of nine partner groups. Fernandez walked students through an a few quick steps (forward and backward) and then a simple turn. Volunteers would change partners in a counterclockwise pattern so that everyone had a chance to dance with each other regardless of experience, Fernandez included.

After an hour of preliminary salsa dancing to background Latin jazz, CSUSB’s jazz ensemble took the stage. The jazz ensemble was made up of both undergraduate students and teachers and is open to all musicians regardless of their major.

This fast paced band has played numerous regional events. They have partaken in the Western States Jazz Festival, Reno Jazz Festival, and the Oceanside Jazz Festival.

They also perform annually in both CSUSB’s Swing Night and Jazzfest. The band was filled with an array of instruments including the trombone, trumpet, saxophone, clarinet, drums, bass, guitar, bongos, keyboard, and shaker.

Getting caliente with some Latin Jazz

Joel Hanke / Chronicle photo

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PHANTOMGRAM shares their psychedelically beautiful music.

Getting caliente with some Latin Jazz

Joel Hanke / Chronicle photo

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Joel Hanke / Chronicle photo

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PHANTOMGRAM shares their psychedelically beautiful music.
There is no limit to beauty, no matter height, weight, age or disability. 62-year-old Jacky O’Shaughnessy proved that by modeling in a lace purple bra and lace pink panties for American Apparel.

Since she began modeling for American Apparel in 2011, this has been, by far her best and most powerful image. When this picture was published on Facebook, the head title for this astonishing picture was “Sexy has no expiration date.”

Many Facebook users praised the fact that Jacky expressed her 62-year-old body proudly and freely with the message that age does not preclude beauty or sexiness. Jacky isn’t the only model in her age range.

66-year-old Sarah Wiley, the star of Stella magazine, also models. Impressively, Sarah was scouted out at age 57.

Sarah explains there are plenty of other older women who model, but are less known to the public eye.

Models like Daphene Selfe, 85, Jennie Rhodes 81, and last but not least a legend Carmen Dell’Orefice, now 82, was also known for being on Vogue’s cover page at the age of 15.

Last fall during New York’s Fashion Week, Carmen walked in two shows and modeled for famous brands like Rolex.

One of the secrets to keeping a good look is simple. Sarah Wiley gave a few tips on how to create a flawless look for applying make-up on older skin.

At the end of the day, these women prove the theory that age is nothing but a number.

Similar to this situation there was a show back in 2008 titled, “Britain’s Missing Top Model.”

The show included women who had disabilities and wanted to pursue a career as a model.

Kelly Knox, who was born without a left forearm, and Debbie Van Der Putten, who is missing most of her right arm, were both competitors on the show.

Kelly won the competition and was featured in numerous magazines.

She appeared on billboards in Oslo, and most recently walked the catwalk for the P&G Beauty Trends 2013 Fashion Show in Jan. of last year.

Debbie Van Der Putten’s experience on the show inspired her to become apart of a campaign by Models of Diversity and has recently become the spokesperson for this campaign in March 2013.

These women are beautiful no matter what they look like.

The definition for disabled means, “having a physical or mental condition that limits movements, senses or activities,” but these individuals prove that this definition will not limit their beauty or their confidence.

The co-executive producer Doug James stated, “Why can’t an extremely attractive model in a wheelchair be used to sell the latest Prada outfit?” I could not agree more with Doug.

Why does a model have to be the typical skinny, tall and beautiful skin women to put on a famous designers clothing?

All of these women are not defined by their age or disability but by their beauty and strength to be the models that they are.
Water Polo faces another defeat

By CARLEY BENNECKE
Staff Writer

The Coyotes’ women’s water polo team suffered two losses at the Whittier Aquatic Center on Feb. 8.

They battled in their first 10:20 a.m. game against Pomona-Pitzer College. Coyotes were down 6-1 after the first period, and 11-4 at the break.

The Coyotes lost by over 10 points: Pomona-Pitzer 17, Coyotes 6.

Junior goalkeeper Madison Morris had three saves in the first half.

The game remained one-sided throughout as the Coyotes struggled.

The Coyotes’ second game was later in the afternoon on the same day.

The Coyotes competed against Occidental college and took another licking, losing 5-10. Occidental 10, Coyotes 5.

The match began as a close game. The first period ended with a 2-2 tie, and the second period ended with a 2-2 tie.

This was able to give some the Coyotes some help in trying to make it through to the next period of the game.

After the third period, however, Occidental led 5-4. In the fourth and final period, Occidental took over the game, winning 10-5.

Morris gave her best effort and ended the game with 10 saves, but this wasn’t enough to get the win.

The Coyotes tried their best to make this game a turn around and have an impact on the teams that they would face in the future.

Although this game wasn’t enough Coyotes have a great track record that they keep in their stats. Morris had 104 saves during her sophomore year last season and 105 saves her freshman year.

So far this season, Morris has had 33 saves. Senior Alison Glaser, driver for the team, scored five of the 11 goals at the two games.

The Coyotes’ women’s water polo team suffered two losses at the Whittier Aquatic Center on Feb. 8.

During the game, junior outfielder Victoria Lievanos, junior catcher Tiffany McIntosh, and Williams all hit home runs. All of the home runs turned out to be big hits, helping the Coyotes edge over the Wolves, winning 6-5.

The Coyotes look to continue their winning streak by using their positive attitude, energy and communication.

“Learned that energy helped the team win and that communication is the key to winning,” said Lopez.

Come out and support the Lady Coyotes in their next game held at home on Tuesday, Feb. 18, against California Baptist University.

Coyote’s softball finishes positive

By BRANDON LANDRUM
Staff Writer

T
he Coyote softball team finished 3-2 in the Desert Stinger Tournament.

The tournament took place in Las Vegas, NV during the weekend of Feb. 7.

The Coyotes cruised to a 9-0 victory over the Colorado School of Mines and racked up 11 hits in the victory and their pitching was good.

The pitching was led by freshman Cassandra Williams and sophomore Kacey Cota, who only allowed two hits in the whole game.

“I feel that the team did really well, hitting has improved, the team chemistry is good and communications is key,” said Lievanos.

The Coyotes started slow against Dixie State’s good pitching.

On Sunday, the Coyotes played against another doubleheader against Dixie State and University of Mary.

In the first game, the Coyotes started slow against Dixie State’s good pitching.

The Coyotes struggled with two errors and only had three hits throughout the game, eventually leaving them with 0-8.

Some of the things I think we can improve as a team is fixing errors and getting rid of those bad innings,” said Lievanos.

In the second game, the Coyotes looked to end the Desert Stinger Tournament with a winning record, and the only thing between them and their goal was the University of Mary.

The Coyotes started off good with freshman left fielder Kristin Lopez and junior infielder Nicole Nobbe scoring the games first two runs with a hit from Williams.

The ladies continued their good hitting streak with the team gathering 13 hits in the game and the pitching from Williams and Luhmann led the Coyotes to an 11-3 victory.

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“Learned that energy helped the team win and that communication is the key to winning,” said Lopez.

Come out and support the Lady Coyotes in their next game held at home on Tuesday, Feb. 18, against California Baptist University.
The Coyotes men’s basketball team split their games last weekend defeating Cal State Stanislaus, and losing in overtime to Chico State on Feb. 8.

The team are now ranked 17 in the National Association of Basketball Coaches Division II poll after winning 77-75 at Cal State Stanislaus and losing 86-82 at Chico State.

The Coyotes have continuously fought to win their road games in the California Collegiate Athletic Association (CCAA) and have proved to be successful again against the Stanislaus Warriors.

The team played aggressively both nights and made significant strides for success during their away games.

Senior Lucy Haddock lead the Coyotes Saturday night against the Warriors with 17 points, 3 assists, and 2 steals during his forty minutes of play.

Senior Kirby Gardner also helped push the team forward making 14 points during his 26 minutes of play.

Offensively, the team performed well and it showed on the scoreboard.

The Coyotes controlled the pace of the game throughout the night and were able to hold a lead until the end.

Free-shot shooting was an evident problem in the Warriors offense. The team shot 14 of 27 from the line allowing the Coyotes to capitalize.

The Coyotes’ side during the second half.

After shooting 4 of 4 during the first period, the Coyotes only made 12 of 21 for the rest of the game.

Barris explains some of his concerns with how the team is able to make some improvements with their game would be the free throw shots could use some work.

“Personally and collectively we need to make free throws. That was a very winnable game that we let slip away, but we will continue to work on these things in practice and we will be better in those areas this weekend,” said Barris.

The team looks forward to finishing the remainder of the season on a strong note before entering the playoffs.

The Coyotes will play Sonoma State University and San Francisco State University, Friday, Feb. 21 and Saturday, Feb. 22 at 7:30 p.m. in the Coussoulis Arena.

Catching up on the Sochi Olympics

The U.S. strikes gold first at the 2014 Winter Olympics in Sochi and 12 total medals through in the seventh of the winter games.

U.S. Team nab first gold as both men and women sweep the gold for slope style snowboarding at the 2014 Sochi Winter Olympics.

The United States claimed the first gold in the slope style with a big board and big tricks by Sage Kotsenburg, who won the game’s first gold medal.

Kotsenburg, from Park City Utah, said that witnessing the American team sweep the men’s half pipe podium at his hometown Olympics in 2002, was a defining moment for him.

“I have no idea what’s actually going on, this is the craziest thing that ever happened,” said Kotsenburg.

Kotsenburg was “stoked” which has become his trend word when asked how he felt.

Jamie Anderson, the 23-year-old from South Lake Tahoe, CA, also took gold in the slope style snowboarding giving the Americans the sweep in the competition.

It came down to one last trip through the treacherous Rosa Khutor Extreme Park course as Anderson showcased the skills and greatness needed for her to take the podium for an Olympic gold medal.

“I was really just trying to stay calm and kind of reserve my energy,” Anderson said. “It was a lot of stress up there and even though it’s just another competition, the stage and the outreach that this event connects to is out of control.”

“Jamie’s an awesome competitor,” said American teammate Karly Shier.

“She does whatever she has to win. She never cracks under pressure. She uses it. She lands” continued Shier.

Slope style skiing team sweeps the podium with teammates Joss Christensen, Gus Kenworthy and Nick Gooper each taking gold, silver and bronze in the winter games the men’s respectively in the free-style event.

Christensen’s claim to gold was an emotional one in honor of his father last Thursday. Christensen’s father was fighting a congenital heart condition and after his passing, this gave Joss the encouragement to push forward and compete harder in pursuit of that dream which his father always supported.

One supervising event was when Shaun White was unable to win his third consecutive gold medal or a medal at all, on a three-point attempt with ten seconds left in regulation.

Carraway made all three from the line sending the Wildcats into overtime.

Barris explains how the teams loss was an unfortunate one but they were able to play a good game and how the team was able to play whole heartedly.

“It was a tough loss, but we did some things well. We scored the ball well and our offense was strong. Also, I feel like we as a team showed a lot of heart battling a good team, but we aren’t after moral victories. Our defense and rebounding has to improve,” said Barris.

Free-shot shooting was not on the Coyotes’ side during the second half.

After shooting 4 of 4 during the first period, the Coyotes only made 12 of 21 for the rest of the game.

Barris explains some of his concerns with how the team is able to make some improvements with their game would be the free throw shots could use some work.

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Coyotes basketball split games

The U.S. team making their way through the opening ceremony, showing off their pride with sweaters, beanies, smiling for cameras and getting ready to compete in the games.

Gus Kenworthy and Nick Goepper each and women sweep the gold for slope style event.

The men’s basketball team practices after splitting this past weekend’s games and get back to their overall winning ways.

Senior Jordan Burris lead the Coyotes scoring 31 points against the Wildcats, which is currently the highest amount of points scored in the last five seasons by a Coyote.

Burris also broke his previous season high of 29 points on Sunday night.

Senior Andrew Young scored 15 points during his 31 minutes of play against the Wildcats.

Amir Carraway was fouled by Gardner on a three-point attempt with ten seconds left in regulation.

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Coyote’s men’s baseball team suffered a tough loss against the Cal Baptist University (CBU) Lancers, losing 3-1 in their home opener.

Freshman pitcher Jake Meloche got the start for the Coyotes home opener. Meloche pitched solid giving the Coyotes a chance to win in his first start of the 2014 season. Meloche yielded seven hits, two walks, and two earned runs in his four innings of play.

“Getting the home opener was a great honor to get, especially as a freshman. My mind set was just to get off to a good start, make good pitches, and to get some momentum on our side,” said Meloche. “CBU is a well coached team that does not make a lot of mistakes. Their hitters were disciplined at the plate so I knew that they were not going to swing at bad pitches,” said Meloche.

Strong pitching by the Lancers would outmatch the Coyotes.

Lancers’ starter David Herd threw a gem, only allowing one run in his 7.2 innings of play.

Coyote’s senior outfielder Remington Miller’s runs batted in (RBI), accounted for the Coyotes’ only run. Miller’s single to center would put the Coyotes up 1-0.

“My mind set was I was just got to stay relaxed and make sure just to make contact. I noticed that Herd was getting in patterns of what he was throwing, and I was looking for an off speed pitch to get a good swing on,” said Miller.

The Lancers answered back by scoring single runs in both the top of the third and fourth inning.

The Coyotes bullpen did their part and kept the game close in the later innings.

Senior pitcher Ken Kissell was effective in relief for the Coyotes by giving up on run and two hits in his four innings out of the bullpen.

“My mind set coming into the fifth inning was to try two outs as quickly as I could. I knew coming into the game that I would have to make them hit my pitches and not give in to throwing them pitches they were looking for,” said Kissell.

Senior pitcher Brian Jipp pitched a perfect ninth with one strikeout.

Junior infielders William Ouellete and Kevin Meriwether each had a pair of hits for the Coyotes.

The Lancers were led by Jake Arledge’s two RBI’s. Although the Coyotes are off to a rough start, there is still a lot of optimism for this year’s ball club.

“We play really good defense. We will always be in games, once our hitting gets going we can be a very good team and could go deep into the playoffs,” said Kissell.

The Coyotes look to improve in the early season as conference games are underway. The Coyotes will be on the road against Cal State Dominguez Hills on Thursday Feb. 20 and Friday Feb. 21 at 2 p.m.