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Despite cuts, no new fees

Student fees will not increase in 2009-10 school year

Michael Iannolo
Staff Writer

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student fees will not be raised in the 2009-10 school year, according to the CSU Board of Trustees' revised budget.

However, the budget is still subject to revisions by the CSU, Gov. Arnold Schwarzenegger and the state legislature.

If the current budget is passed by the state, full-time students will continue to pay the current $3,849 annual university and campus fee.

The 2009-10 CSU budget request reinstates California's education promise under the Higher Education Compact, CSU Chancellor Charles B. Reed said. "This means access to public higher education for all California students, regardless of their family backgrounds and personal resources," Reed said.

The Higher Education Compact was a deal struck between Reed, UC President Robert C. Dynes and Schwarzenegger at the end of a 2008 budget crisis that promised steady funding increases to public higher education through 2010.

The campus promises that student fees will not be increased and were accompanied by the $1.6 billion from student fee revenue.

"The proposed total increase in funds is $611.4 million for the CSU. That figure includes $341.2 million to fully fund the CSU under the Higher Education Compact, $186.7 million to raise salary levels for faculty and staff, and $153 million to cover additional high-priority needs, according to CSU officials.

Two budget support documents released by the CSU in November called the budget proposal an "essential opportunity for investment in California's economy. Investment in the CSU is an investment in California's future."

Continued on Pg. 2.
Dec. 6: Foothill Transit and Omnitrans use ride-sharing on a weekday and $15 on the weekend for a Minivan use. San Bernadino and LA use ride-sharing on a weekday and $15 on the weekend for a Minivan use. Foothill Transit and Omnitrans use ride-sharing on a weekday and $15 on the weekend for a Minivan use.

Dec. 7: Metro link use has increased despite the decrease in gas prices (Courtesy of www.caglecartoons.com).

Dec. 8: The requested budget is $5.8 billion. The budget also requests additional funding for new initiatives that address pressing state needs, such as transportation, health and human services benefits, and economic growth.
Students prepare for job crisis

Karina Amador
Staff Writer

The Career Development Center is using creative tools to help students want to prepare for the job market in time of economic trouble.

According to Career Coach Abell, some of the services offered at the center consist of resume writing, interviewing, counseling in career issues, tips for successful interviewing or the job search.

The Career Development Center is located in University Hall, room 329, and is open Monday through Friday from 8 a.m. to 5 p.m.

Students who are interested in finding a job can visit the Center.

The Career Development Center is open every Tuesday, Thursday, and Friday from 8 a.m. to 5 p.m.

The center also offers career fairs, mock interviews, and job search resources.

Students are encouraged to visit the center to find out about the services offered and to prepare for a successful job search.

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**Chronicle Page 3**

**Tis the season to celebrate with toys**

Marilicia Amiguel
Staff Writer

They have made one trip and now they plan to make another one. The Student Faculty Mentoring Program (SFSMP) will deliver toys to the children of poor families in Mora, Calif.

The drive to the city of Mora took almost five hours and it was well worth it. On Nov. 22 a group of about 30 people gathered outside the Student Center ready to go out and deliver food and clothing to several families in the city.

The plan was to deliver these goods before the Thanksgiving celebration to several families in need.

Lavinia Williams, administrative support coordinator from SFSMP, said, "It was awesome, and it was overwhelming because we were talking about what we don't have. Not only our family, but our communities.

It is our responsibility to help those who are less fortunate. This time, the goal was to deliver toys to children who are less fortunate.

The SFSMP Office had been accumulating clothes since the beginning of September.

According to Williams, the goal was to help the students get to know the career development center. We help them with their professional growth.

Any questions they may have, they help them get to know the offices on campus. They are very excited when asked to be a part of the SFSMP events.

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**Students have an instinct for fashion**

Joelle Del Ros
Sports Editor

Since last week's winter fashion show, the students at CSUSB have been preparing for the upcoming holiday season.

FSMP organizes a teddy bear toy drive for the children of poor families in Mora (Marilicia Chronicle).

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**Holiday dinner and music for students and staff**

Brooke Christian
Staff Writer

Cheese, ham, turkey, and dressing are just a few of the ingredients that went into the preparation of the holiday meal that was served to the students and staff at CSUSB.

The meal was served in the Student Center at 6 p.m. on Nov. 22.

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Coyote Radio can also be heard Tuesday-Thurs from 9am-Room 302

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**Campus News**

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**Pamela Abell helps student, Angela Ramirez with career counseling (Karina Amiguel)"**
False abortion clinics have been the focal point of heated controversy lately (Courtesy of lifenew.com).

Students feel the pressure

A little bit of stress might be good for students, but too much can be harmful (Courtesy of distressmag.com).

Kathelyn Duffy
Staff Writer

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stress is normal. It can help keep you on track with schoolwork, but if it prevents you from focusing or maintaining a healthy lifestyle then it can be a problem, according to Michael Lewis, a CSUSB professor of psychology.

With all that is going on, it is important to acknowledge that stress is inevitable, but there are ways to minimize how much it negatively affects you.

"It is important to remember that moderate amounts of stress or arousal can help people perform better and take the steps necessary to take on challenges in their lives (e.g., exams, papers, etc.), however if stress or arousal gets too high, performance suffers," Lewis said.

The negative consequences include decreased performance in social, occupational and educational settings, according to Lewis. Physical symptoms of stress include headaches, back and neck pain, stomach aches, a decrease in your immune system's effectiveness, concentration problems, moodiness, irritability and depression. Stressed bodies release a hormone called cortisol. Small amounts of cortisol have some positive effects, like a quick burst of energy and heightened memory functions, according to stress.about.com.

Cognitive distortion is an intense form of thinking that makes a situation seem drastically worse than it is, according to healthy­mind.com.

"Most forms of psychotherapy attempt to help clients learn the thinking-feeling connection," Lewis said. "People with anxiety problems tend to view their world in exaggerated, dangerous, or irrational ways. Thus, stress can be overwhelming if you allow it to exacerbate. Students need to remember that there is power in positive thinking."

Kathryn Kaufman, a CSUSB professor of psychology, believes positive thinking can definitely help students feel better.

However, Kaufman does warn students against becoming over­confident. "If you are too sure of your success, then you may not study appropriately. On the whole, a good amount of positive thinking and confidence will help you succeed," Kaufman said.

No matter how positive student thinking is, it must also be realistic. "The power is in realistic thinking. If one thinks realistically, they will be able to make better choices, e.g., when to start studying," Lewis said.

Another way to minimize stress is time management. One way to manage time more efficiently is to make "To Do" lists and check off the items on the list as they get accomplished, according to Lewis.

"Keep up with a daily planner. It is helpful when managing life's many activities. The more accounta­bility students have, the less likely they are to forget things when stressed."

Both Lewis and Kaufman suggest that students learn to relax. Physical exercise, such as yoga or meditation and even just time to yourself to take deep breaths, can relieve stress. Other stress busters include watching TV, going on Facebook and hanging out with friends.

To help fight procrastination, Lewis suggests students complete a task, then reward themselves with a fun activity and so on.

"Finally, seek counseling if you are not managing well on your own," Lewis said.

During finals week, remember to think positively and realistically and allow yourself to manage your time responsibly.
Britney Spears: Circus life

Melanie Hunter
Entertainment Editor

Britney Spears wants us to think she’s back on track and cleaned up her act. MTV, the same network that allowed her to embarrass herself during a cosmetic tummy tuck surgery and breast reduction procedure, is responsible for her widely successful “Dream Within a Dream” tour. Spears garnered commercial success with the show and her vocals are Jess obvious heartless feelings.

The title track will be the second single released to radio. The album reached No. 1 on the Billboard Album Charts, but was pushed forward to different from the last three albums West previously released. This song may hurt or help its clever double meaning.

The national leg of the tour comes to California in April. Spears seems as sane as possible.

For the Record’ robotically told the story the network and her handlers wanted viewers to hear, but it continues to give rise to questions from every journalist concerned about her mental health.

This ensures that she appears as well as possible. Spears will embark on a world tour early in 2009, and her new Circus is Swedish hit ‘Tough Guy’.”

West broke off engagement with fiancé and her thin vocals are Jess obvious heartless feelings.

“Circus” is available in stores (Courtesy of Sony BMG/Jive Records).

Eye of the Tyga

Jeff Bricker

B ridget Howard-Young

Britney, a former child star and Grammy award winner Kanye West’s “808’s and Heartbreak” is the rapper’s most personal album yet. The album reached No.1 on the Billboard Album Chart (Courtesy of www.savetrcrack.com).

The sounds of heartbreak

Khorry Lewis

H ighly touted rapper and producer Kanye West has released his fourth album “808’s and heartbreak” which is slightly different from the last three albums West previously released. The album was originally scheduled for a December 16, 2008 release, but was pushed forward to increase sales during the holidays.

The album title is a reference to West’s eating disorder and when it was time to break up it was not a fairy tale but yet a nightmare.

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Ch R O N I C L E  P A G E 5

D E C E M B E R 8, 2008

No Introduction” is available on Decalogue Records. Tyga is Grammy- nominated Heroes Travis McCoy’s cousin (Courtesy of Red Eye Records).

The next single “AIM” didn’t even make the charts. The lyrics are easily forgettable and strong enough for rappers by-pass the song all together. “Cartoons”, “Supersize Me” and “2 AM” were completely flat and poorly produced. This theme schema flashes with the listeners over and over.

Everything was wrong, song lyrics had lyrics and speaking vocals to poor quality of a vocal decoder. The only two songs that had any real potential were “Diamond Life” and a club hit “Woww.”

“No Introduction” was re-I Issued on Decalogue Records.

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Guest lecturer discusses global impact of ‘Roots’ mini-series

Chris Alstine
Staff Writer

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bervy had its roots in many places around the world and during the 1970's the television mini-series "Roots" had many people rooted in their televisions sets. On Tues., Nov. 25 in the San Manuel Student Union Theater, Dr. Timothy Havens, a professor of communication studies and African American studies at the University of Iowa, presented "Selling Slavery Worldwide: On a Global Popularity of "Roots" and Industry Perceptions of Race" to over 100 students and professors.

In his studies Dr. Havens has found it important for the international syndication aspect of television dramas. A lot of dramas need to be sold abroad to make money because networks do not pay to make the dramas.

Dr. Havens showed how the television show "Roots" was such a huge success, not only in the United States, but in many other countries as well.

Audiences internationally could relate to the hardships in which the characters of "Roots" went through because they believe they were put through similar situations.

A few countries where the show was popular included Brazil, Turkey, Germany, Nigeria, Italy and Hungary.

Dr. Havens ended his presentation speaking about why the show was so popular even after being derided by industry executives as a program that "stup" for not fitting the "white" audience of America.

Christmas spirit rediscovered in 19-th century holiday tales

Yannia Aley
Staff Writer

Christmas tales from days past have been rediscovered at CSUSB.

CSUSB Student Union Barbara Quarton gave a reading on Dec. 4 from her new published book of Christmas stories collected from the turn of the century titled "Christmas Rediscovered."

Quarton first developed an interest in Christmas stories by reading the "Century Magazine," where she found a collection of short stories and poems and short stories that reflected the period of time between 1888-1938. It illustrated changes in society such as immigration, expansion and development of industrial life.

In her journey to find the right collection of stories, Quarton had her research on three criteria.

First, Quarton had to like the story. The story then had to be religiously neutral in order to appeal to all audiences. Finally the story had to reflect the changes within the 1800's.

"I was interested...footnote," said Quarton as she talked about the stories.

In her search, Quarton wanted to find a good theme for Christmas stories, and she wanted to share something that could appeal to all people.

Quarton said that the stories were fictitious, yet realist and "1800's stories [are] so innocent...beautiful.

Throughout her book, Quarton emphasized how the fresh Christmas stories have changed dramatically. She explains how Christmas has turned materialistic and commercialized.

There are some students at CSUSB who would agree with Quarton.

CSUSB student Angelica Vera said, "Christmas no longer has that warm feeling, like it used to be in the days...it's all about shopping and giving gifts."

These stories offer a different perspective on Christmas.

These stories offer a different perspective on Christmas. The stories collected by Quarton were all new to her. Even though the characters of "Roots" were the most-watched television series in the

Holiday season celebrated in diverse traditions by cultures

Yaneeth Heil
Staff Writer

All Christmas and New Year celebrations are different and unique, which makes the holiday festivities one of the most anticipated times of the year.

Typically Americans celebrate Christmas by giving presents to family members and friends, and dressing in holiday attire.

The Pueblo people serve to recreate Mary and Joseph's journey from Nazareth to Bethlehem. The tradition begins on Dec. 16 and continues through Dec. 24. Each of the participating families takes turns in hosting or serving at the altars of the "posadas," the children and adults of the other families represent the "peregrinos," or pilgrims.

The peregrinos ask for a place to pass the night and the host families allow them to stay to host the Feast of the Magi on the 25th.

According to the tradition, the hosts of the "posadas" make the dramas.

Common traditions include eating 13 glasses at midnight while making one wish per grape. Traditions also included wearing red underwear on New Year's Eve to bring good fortune in love, and taking out suitcases and walking around with them to encourage future travel.

American New Year customs, on the other hand, focus on resolutions like the ball dropping at Times Square in New York City, which is broadcast throughout the U.S. It involves people who usually kiss, kiss, kiss on New Year's Eve.

Mexican Christmas traditions combine customs and religion.

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"Posadas" is a popular Mexican tradition that involves the participation of entire families and neighborhoods.

The Pueblo people serve to recreate Mary and Joseph's journey from Nazareth to Bethlehem. The tradition begins on Dec. 16 and continues through Dec. 24.

Each of the participating families takes turns in hosting or serving at the altars of the "posadas," the children and adults of the other families represent the "peregrinos," or pilgrims.

The peregrinos ask for a place to pass the night and the host families allow them to stay to host the Feast of the Magi on the 25th.

After the peregrinos enter the house, a prayer is said and then a feast of some traditional foods of a posada such as "chimarron," which is hot chocolate, and tamales typically follows.

Mexican New Year traditions are few and often involve family gatherings.

Common traditions include eating 13 glasses at midnight while making one wish per grape. Traditions also included wearing red underwear on New Year's Eve to bring good fortune in love, and taking out suitcases and walking around with them to encourage future travel.

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Mexican New Year traditions are few and often involve family gatherings.
We can no longer turn a blind eye to those who suffer from AIDS. They need our help (Courtesy of health.ph.com).

**Wide web might get tangled in censorship**

Betvalji Burton
Staff Writer

The face of what we call the Internet may change forever. The issue is "net neutrality." The issue is whether Internet service providers must be held responsible for the content of websites they carry. Content providers want to publish and market their content without being censored. But ISPs want to control traffic. If they are allowed to do so, the Net may become like cable television, with a menu of channels to choose from. However, should we allow this to happen or would it be better for the ISPs and the content providers to share the burden of content control? Society needs to come together to fight AIDS and help its victims in America (Courtesy of topnews.com).

**Bring the AIDS fight back home**

Elena Martinez
Staff Writer

I don't think anyone who goes to school here can deny that they can't get these hands on a condemning hand of the Internet. The Children's Health Center, the Women's Resource Center, campus police, they're all handling the deadly disease of censorship. I've heard on the radio until December 1, 1991, which was World AIDS Day. I knew this because it was mentioned specifically on the news. But I didn't really watch the news; I knew about it because I saw the image of a newsgroup on googley. While I was surfing the net (for schoolwork, I admit) I know lots of things happened in support of World AIDS Day. For example, here on campus, there were activities and services hosted by the school organization in recognition of the global epidemic. Still, I ended up feeling underwhelmed. I guess I feel like AIDS has become a topic that's been brought into our culture, almost like we've forgotten it a bit, and it's hard to picture the millions suffering in Africa.

Opinion, Opossum, Angstla Justice and plenty of other celebreties have capitalized on net neutrality. This is because in the future we're going to be given to the consumer uses the freedom to browse, upload, download what ever we choose without any website we visit and what they want and what we want. Internet service provider. The argument against net neutrality is that there are over one million people in this country that are carriers of HIV, and while the US. spends money treating AIDS, but you'd have to ask yourself, if the US. has spent billions of dollars on fighting AIDS. However, according to AERTV's (an international AIDS charity) website, as of now the U.S. in 2004, there were 1,629 people waiting for AIDS waiting lists not fully cleared until September 2007.

**Opinions & Editorials**

**CHRONICLE PAGE 7**

DECEMBER 8, 2008

**FIGHT AIDS**

"Fight back home." Faster Internet may come at the cost of YouTube is a website that allows Internet service provider. controls, which the consumer uses the freedom to browse, upload, download what ever we choose without any website we visit and what they want and what we want. Internet service provider. The issue is whether improve­

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Cherniss turns ‘Yotes into powerhouse team

Chris Baker
Staff Writer

I t’s no surprise that the San Bernardino
Jr. College men’s volleyball team, Kim
Cherniss, is turning into a powerhouse.

With nearly 400 victories, three regio
nal championships and six CCAA titles in
the past eight seasons, Cherniss’ ability as a
coach is easily recognizable.

Before she embarked on her successful
career, she was a standout player.

Cherniss earned All-American honors twice as UC Riverside and was a member of the 1982 national championship squad.

She has also coached her colleagues Cherniss professionally.

She was hired for the San Bernardino
Jr. College for two years.

However, her professional calling
would not be spent solely by
a volleyball player.

Cherniss was a head coach of a
professional team in France after she
graduated as well.

The program struggled to
reach 500, playoff in a rad way and
Cherniss’ coaching stint was
unsuccessful.

The tide turned in 1996 when
the California Academy was built and
Cherniss was promoted to a full-
time position.

In 1996, when she finally
became a golfer.

She has a common knowledge for
anyone who is associated with
sports that are playing and training
professional athletes.

No one is like comfortable
in and plant fences. Nor do they
like rowdy fans from other schools.

In the middle school, some of the
talents that are affected by
the school and organizing,

The things that cannot be
crossed are character, perseverance
and national trend.

It’s ‘Yotes!” Cherniss has teach-
Elle Eight three times in the last
eight seasons.

Cherniss’ most recent accolade
came when she was named the 2008’s
American Volleyball Coaches of the Year.

She has received the prestigious award three
times.

Winning the CCAA and
remaining in the national
rankings this year earned her the
ACCA title.

While Cherniss’ program has
been elevsr, she said her
impact isn’t concentrated in vol-
leyball.

“Kim has certainly helped the
athletic department raise its re-
putation and internal ranking,”
Murphy said.

“As the saying goes, a rising tide raises
all boats.”

This is normal for Cherniss as she
has been raising championships and
her career.

A way that Oliver attempts to

preparin the team for the challenge
of road games is shining light on
the situation at hand.

“I try to make them understand the
environment and the situation they are getting themselves into.

Some calls are not going to go
good way. We play a tough pre-
season schedule so that we get ready for CCAA.

Oliver and Cherniss have been
working to improve the team’s
defense.

“Traveling teams scheduling
all out of whack,” Oliver said.

It’s difficult but there is
some order that is apparent.

Oliver and his team are cons-
idering their luck to travel out of
the state.

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