Feds aim to reduce the silent killer, sodium

By ANGEL BELTRAN
Staff Writer

The federal government released new eating guidelines for Americans targeting daily sodium intake.

The U.S. Department of Health and Human Services (DHHS) reduced the recommended daily sodium intake from 2,400 milligrams (mg) to 2,300mg for the general population, while reducing it even further to 1,500 milligrams for those who are older than 50, African-Americans of any age and any individuals who have hypertension, diabetes or chronic kidney disease.

“When you eat fast food, canned food, or processed food it is easy to raise your salt intake. Following the new guideline will help reduce chronic disease, such as heart disease, stroke, diabetes and cancer,” said Dr. Dorothy C. Chen-Maynard, CSUSB nutrition and food sciences professor.

Throughout the speech, Brown reiterated his plan to have voters approve the continuation of current tax increases. He cited the crises in Tunisia and Egypt as a reason to let the people of California decide on the measures.

“When democratic ideals and calls for the right to vote are stirring the imagination of young people in Egypt and Tunisia and other parts of the world, we in California can’t say now is the time to block a vote of the people,” said Brown.

It was clear in his speech that he fully intended to bring his budget plan to the people. If the plan for a vote goes forward, a special election would be held in June. Despite his wish for a democratic decision, Brown offered a chilling scenario if the current tax rates are not extended.

He hinted at cutting into a number of important institutions. “At this moment of extreme difficulty, it behooves us to turn to the people and get a clear mandate on how we should proceed: either to extend the taxes, as I fervently believe, or cut deeply into the programs from which, under federal law, we can still extract the sums required,” said Brown.

Continued on Pg. 3
CSUSB offers VITA, free tax prep service

By LINDSEY MARTINOVICH
Staff Writer

It’s that dreadful time of the year again, and no it isn’t Valentine’s Day; it’s tax season! This year CSUSB accounting students are taking a proactive approach by making themselves available to offer free tax preparation services.

The free service is offered to low-income, disabled and limited English-speaking people; this service is put on by the Volunteer Income Tax Assistance program (VITA). VITA began on Friday, Feb. 4 and will last until April 16 at the CSUSB main campus.

Students have expressed their concerns and fears about filing taxes. “They are too difficult to deal with. I do the 1040 EZ myself. Last year I owed $500, but this year I should be getting money back. I’m scared!” said student Lauren Halseth.

VITA’s goal is to alleviate the burden, stress and confusion that taxes bring to most people. At CSUSB, you may receive help from a member of VITA on the fourth floor of Jack Brown Hall. They will be there Mondays and Wednesdays from 2 to 5 p.m. At these times, no appointment is required.

According to the Internal Revenue Service (IRS), if you earned any type of income in 2010, you must file a tax return. This includes people who are self-employed, sold a house, etc.

“Students have been trained to prepare individual tax returns. The fastest and easiest way to submit their individual tax returns is e-filing. Since 1990, taxpayers have e-filed nearly one billion Form 1040 series tax returns safely and securely. E-file is the norm. And now, with Free File, everyone can file Form 1040 series tax returns for free!”

Volunteers are unable to help nonresidents, small business owners, owners of rental properties or those who are married but filing separately prepared taxes. VITA can help you prepare to file taxes online as well.

According to IRS, last year, nearly 100 million taxpayers opted for the safest, fastest and easiest way to submit their individual tax returns.

CSUSB’s accounting students offer to relieve stress and confusion with their free tax preparation service called VITA.

Other locations where you can get the free tax service:

• American Red Cross
• Inland Empire Chapter
• Boys and Girls Club
• Catholic Charities Homework Center
• Fontana Boys and Girls Club
• Goodwill Industries Clearance Center
• Norman F. Feldheim Central Library
• Northtown Community Center
• Boys and Girls Club
• Inland Empire Chapter
• American Red Cross

Since 1990, taxpayers have e-filed nearly one billion Form 1040 series tax returns safely and securely. E-file is the norm. And now, with Free File, everyone can file Form 1040 series tax returns for free!”

Coyote Corrections

-In the January 31st issue the story “Welcome to Portlandia” was written by Brandy Montoya, not Courtney Rinker.

-In the same issue the story “Academy Announcements: Nominees In, may the best win” was written by Jennifer Baugh, not Jennifer Peters. Our apologies.

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High school students get ‘Early Start’

By OMAR GUZMAN
Staff Writer

Because of the significant number of California students who did not show proficiency in college level English and mathematics, the CSU system will launch the “Early Start Program.” In March of 2010, the CSU trustees adopted the Early Start policy, which will take full effect in the summer of 2012. CSUSB along with the entire CSU system is focusing on early preparation programs that would help students get ready for college level English and mathematics. “Students who do not show the proficiency standards would have to be placed in the Early Start program,” said Erik Fallis, media relations specialist for the CSU Chancellor’s Office. “Tests such as the Entry Level Mathematics (ELM) exam and the English Placement Test (EPT), along with the EAP test are the usual means in which we determine whether or not a student is ready for college level English and mathematics.” The Early Start initiative is a program designed to get students, who do not meet proficiency requirements for college level English or mathematics, to begin with their remedial courses during the summer prior to their attendance at a CSU. However, this does not require students to finish their developmental courses during their summer.

continued from Pg. 1

Feds target excess salt intake

By GRACE ZHANG
Staff Writer

Americans may eat a lot of salt because they have acquired a taste for it throughout the years, whether through home cooking or processed foods, said Chen-Maynard. “Taste buds have nerves that respond to salt. If you are used to eating salty foods then your taste buds will sense [the salt] at high concentrations. If you eat salty foods all at once, your food will taste bland. The best option is to re-sensitize your taste buds by gradually reducing the amount of salt you eat,” she said.

“The most interesting thing I learned about salt is that your body has a limit,” said Brown. “There are not enough places in the body to store more sodium.” An example is that a human can only store about 200 milligrams of sodium. She explained that people need potassium to balance the sodium intake. Potassium levels are low in the diets of people who eat foods high in salt. However, the recommended daily amount of potassium is 4,700 milligrams, while an average American consumes about 3,400 milligrams of sodium.

Chen-Maynard suggests that the best way to avoid excessive sodium intake is by choosing healthier options, such as alternatives to salt like spices, herbs, garlic, and pepper. “People need to learn how to cook with fresh ingredients instead of processed foods,” said Chen-Maynard. “Taste buds have nerves that respond to salt. If you are used to eating salty foods then your taste buds will sense [the salt] at high concentrations. If you eat salty foods all at once, your food will taste bland. The best option is to re-sensitize your taste buds by gradually reducing the amount of salt you eat.” Americans may eat a lot of salt because they have acquired a taste for it throughout the years, whether through home cooking or fast-food consumption. It may be a sacrifice in taste, but reducing salt can lead to long term health benefits.

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Coyotes came to orgasm event

By OESI CHEN
Staff Writer

Guest speaker Rachel Dart explained, “The lecture was good, very entertaining and educational,” said student Ryan Osterman. “The most interesting thing I learned was that, what may work for some women may not work for other women,” he continued. Dart said that sexual knowledge only enabled her to be more comfortable with her body. It seems like this lecture was not only wanted but obviously something many students were interested in understanding.

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Brown recognized

continued from Pg. 1

Brown took over as the university police chief in April 2008. Previously, he was the interim police chief after the resignation of former Chief Bob Miller according to CSUSB. Brown has a bachelor’s degree, Brown has earned a number of certificates from the state’s Commission on Peace Officer Standards and Training.
Both GMOs and organic foods both have healthy and dangerous consequences.

USDA forgoes outlaw on genetically modified crops

By RACHEL CANNON
Staff Writer

There’s nothing quite like fresh produce. Its vibrant, beautiful colors and fresh-off-the-vine taste are the very essence of health. Or are they?

What if you knew that that Red Delicious you’re about to bite into had been genetically modified beyond recognition and sprayed with toxins and chemicals known to double farmers’ risks of getting cancer?

“Over the weekend, we came up with the idea of a speak-to-tweet service — the ability for anyone to tweet using just a voice connection … we hope that this will go some way to helping people in Egypt stay con
ected at this very difficult time. Our thoughts are with everyone there.”

I don’t think the Egyptian government saw that coming or anything that had to do with defending the angry citizens.

One of the main tools I believe the government tried using was not only violence, but shutting the Internet down or any means of communication to the outside world or to citizens within Egypt. This made it impossible to get foreign coverage. Mubarak, who has ruled with an iron fist for 30 years in Egypt is finally seeing the desperation in his own people to try and get him out of office.

Even though he knew he had lost control over his people, he still thought he had one more trick, to shut down communication outlets.

Last week, Mubarak released a statement that he will not be seeking re-election in September, which was good news to the anti-Mubarak community. Yet Mubarak’s refusal to immediately step down from office has caused violence to escalate.

Google, SayNow and Twitter have let the people of Egypt know that they are not alone and that they respect the right to voice an opinion, even if it means only using 140 characters to do it.
U.N. human rights councilmen asked to resign

By MATT EDGEERTON
Staff Writer

“What may be more disquieting than the apparent cover-up is the eerie silence of the mainstream media, unwilling to acknowledge the well-earned doubts about the official version of the events.”

So said Richard Falk, a Special Rapporteur on human rights in Palestinian territories. He has recently come under fire for comments on his personal blog insinuating that 9/11 needs further investigation due to the fact that many questions have never been addressed by the U.S. Government, and the official story that was fed to us about the attacks is vague at best.

The comments that have been called “despicable, deeply offensive, and noxious” are as follows: “The arguments swirling around the 9/11 attacks are emblematic of these issues. What fuels suspicions of conspiracy is the reluctance to address the sort of awkward gaps and contradictions in the official explanations that David Ray Griffin (and other devoted scholars of high integrity) have been documenting in book after book ever since his authoritative The New Pearl Harbor in 2004 (updated in 2008). Is this silence a manifestation of fear or co-option, or part of an equally disturbing filter of self-censorship? Whatever it is, it is the withering away of a participatory citizenry and the erosion of legitimate constitutional government. The forms persist, but the content is missing.”

In layman’s terms, all Falk was saying was that the story the U.S. Government has fed to us about the terror attacks on 9/11 has a few inaccuracies that the government has repeatedly refused to address.

Moreover, there is in many people’s minds, myself included, enough evidence to agree that it is very possible there is much more to the story of 9/11. That however is for another story, what is at stake here is the idea of free speech.

Whether you belong to the camp that believes the U.S. Government knew of the attacks and allowed them to happen in order to gain war leverage, or you believe that the government actually orchestrated the attacks themselves in a false flag operation.

Either way, we should be free to speak our objections and inquiries, especially on our own personal blogs or journals.

Which is what Falk was doing; and if we can no longer speak against the governments that rule us then we have in truth lost the concept of free speech.

That same day Falk posted this on his blog the U.S. ambassador to the United Nations, Susan Rice, “Mr. Falk’s comments are despicable and deeply offensive, and I condemn them in the strongest terms. I have registered a strong protest with the UN on behalf of the United States.”

With such an instantly aggressive response to someone merely questioning the validity of the official story how can we not think they are covering something up, as I’ve often said “protesting too much usually means someone is hiding something”

Falk, in his defense said: “What seems apparent from this incident, which is itself disturbing, is that any acknowledgement of doubt about the validity of the official version of the 9/11 events, while enjoying the legal protection of free speech, is denied the political and moral protection that are essential if an atmosphere of free speech worthy of a democracy is to be maintained. When high officials can brand someone who raises some doubts in the most cautious language as ‘an enemy of man and seeks to snuff out any speech that questions what they say to be the truth.

Falk has refused to step down and I completely agree with what his decision. With help from questioning citizens such as Falk, the truth will be revealed about 9/11.

Illegal immigration, on the border of reform

By ANDREA BRANDSTETER
Staff Writer

Illegal immigration. It’s an issue that is widely talked about but one that remains unsolved.

There isn’t an easy solution to this problem, however, one must be found in order to ensure the future well-being of our nation – particularly California.

According to a recent Pew Research Center report, approximately 11.2 million illegal immigrants are currently residing within U.S. borders. In California alone, the number is 2.55 million.

Many undocumented workers are said to have low incomes, therefore most cannot fully pay for basic services such as health care and education.

These services are usually provided to them as a direct result of taxpayer money, which is predominantly coming from U.S. citizens.

According to the Federation for American Immigration Reform, the annual cost of providing health care, education and other services to illegal immigrants in California is $10.5 billion.

These numbers are staggering considering the state’s current $25.4 billion deficit.

Although it’s not a popular opinion, it needs to be said.

America, but particularly California, cannot continue to provide all of these services to illegal immigrants without coming to complete financial ruin.

Of course, illegal immigration isn’t the sole reason why the nation is drowning in debt, but it certainly is one of them.

Generally speaking, there are millions of people who either support or oppose illegal immigration based upon moral or various other reasons.

However, one thing seems to be clear.

People from across the nation are demanding change regarding this issue. Unfortunately, our politicians can’t seem to get anything done.

In his State of the Union address, President Barack Obama took a step in the right direction by signaling his willingness to work with Republicans to tackle this pressing problem.

To date, however, Republicans and Democrats haven’t been able to find any common ground.

While many Republicans want deport illegal immigrants, many Democrats seem open to the idea of granting them amnesty.

Both parties have taken extreme views, and I believe they are both wrong.

Rounding up millions of undocumented people and sending them back to their native countries isn’t realistic let alone feasible. It’s more than likely that many would slip through the cracks and remain undetected.

However, giving these individuals free citizenship certainly isn’t fair to all of the hard-working, legal immigrants who came to the U.S. and followed the law.

Nor is it conducive to preventing more illegal immigration from occurring in the future.

Just ask Ronald Reagan. The late former president granted amnesty to some three million illegal aliens in 1986.

Since that time, illegal immigration has done nothing but increase.

So, what is the solution to this issue? It’s hard to say. There are many factors that come into play and all of them need to be heavily considered.

The biggest obstacle is the government. Somehow, two houses of Congress must create and implement effective immigration reform.

Currently, the chances of that happening are not promising.

There’s one idea that might help solve the problem, however, and that is citizenship reform.

Our current laws make it difficult and time consuming for individuals to become citizens through the legal process.

For many, it takes years to become a legal resident, let alone a citizen.

While this type of reform may better serve the future than the present, it would definitely be a positive step.

We can no longer afford to wait.
Help 2 Coyotes, Frank Becerra (Health Sciences) and Dulce Mendoza (Education), win a dream wedding in Key West on 11/11/11! They are among 11 finalists. If you use Facebook, you can help!

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**Award season surges ahead**

SAG awards confirms favorites for 2010 heading into Oscars

By CARMEN HERRERA  
Staff Writer

Actors continued to celebrate awards season with the seventeenth annual Screen Actors Guild Awards on Jan. 30. The event recognized the best achievements in film and television performances. Taking two honors each at the ceremony were “The King’s Speech” and “The Fighter” in the film category and “Boardwalk Empire” in television.

In the film category, “The King’s Speech” took the top honor, winning Outstanding Performance by a Male Actor in his portrayal of King George VI. Upon receiving the awards for best ensemble, best supporting actress nominee Helena Bonham Carter said about the win, “The great thing about being an ensemble is [that] we’re all dependent on each other’s talent. But that’s what an ensemble is, is properly listening. For me it’s the perfect award for us to receive.”

“The Fighter” also walked away with two awards, each in the supporting categories, as Melissa Leo and Christian Bale respectively won for their supporting roles in the boxing biopic of Mickey Ward. Natalie Portman continued her winning streak in the Outstanding Performance by a Female Actor in a Leading Role category for her portrayal of a mentally-unstable ballerina in “Black Swan.”

In the television category, HBO’s “Boardwalk Empire” won two awards for Outstanding Performance by an Ensemble in a Drama Series and for Outstanding Performance by a Male Actor in a Drama Series for Steve Buscemi. What seemed almost deja-vu of the Golden Globes two years ago continued on Pg. 8

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**Masks, Make-Up or Magic?**

By COURTNEY RINKER  
Staff Writer

SyFy’s new series, Face Off, is aiming to be the next big hit in reality television. The premiere episode, which aired Jan. 26, captured the attention of a whopping 1.4 million viewers.

These numbers mark the largest tune-in for a SyFy channel program since Ghost Hunters premiered in 2004.

The show sets 12 special effects makeup artists against each other in the hopes of winning one million dollars and a year’s worth of professional makeup supplies. Each week the contestants face two challenges: a regular makeup job with a new MacBook Pro, including high-tech imaging software.

The new SyFy original reality series, “Face Off” has proven to be a surprise hit as the first few episodes attracted over 1.4 million viewers, a feat that hasn’t been broken since 2004. You can catch the show Wednesdays at 10 p.m., only on SyFy.
Companies score touchdown with Super Bowl ads

Details of the game may be forgotten, but great commercials stay with us for years

By BRANDY MONTOYA
Staff Writer

The commercials aired during the Super Bowl have a way of capturing all attention and stealing the spotlight from the game itself.

The average cost per 30-second spot during the Super Bowl is $3 million. This doesn’t count the price of shooting the commercials, editing, directing or even the famous actors some advertisers like to throw in to gain the upper hand.

The price for a spot has skyrocketed since the beginning of the Super Bowl. When the Super Bowl first started, the ads cost about $40,000 in 1967.

Not only have the prices changed - so have the commercials. They used to advertise cigarettes and well known liquor.

However, now the commercials are more sophisticated and clever, and advertise things like sodas, cars and food.

It has been said that advertising has advanced so much that the odds are high some commercials will be shown in 3-D within the next year. This is a big step in advertising as a whole and has the potential to change advertising as we know it.

Super Bowl Sunday has an audience of 80 to 100 million viewers throughout the day, so companies have got to be crazy not to spend that extra buck to have a spot during the big game.

Although the price of such advertising spots are high, in general, the costs don’t even affect the pockets of the companies since right after the game they usually see a big spike in business.

Super Bowl XVI in 1982, which was watched in 49.1 percent of households nationwide. This is a big step in advertising as a whole and has the potential to change advertising as we know it.

The most watched game was Super Bowl XVI in 1982, which was watched in 49.1 percent of households nationwide. Since so many people watch the game, companies have to hurry and get a spot to show their commercial during the big game. Super Bowl Sunday is as profitable as Christmas is for advertising companies.

There are 68 spots for advertisers to buy during the game to try and sell their product. These spots sold out back in October for this year’s game.

The commercials during the Super Bowl are all well-known items we use; however, the Super Bowl can be a launching pad for newer companies as well.

Companies have to be smart and fast when getting their commercials ready for the game, as some Super Bowl ads have become a cultural and expected aspect of the game.

These commercials turn out to be some of the most well-known commercials in history. We may not know who played in the Super Bowl that year but we surely remember the commercials that aired.

In 1964 the most well-known commercial in Super Bowl history aired. It was for a little company we all know as Apple. This commercial introduced the Mac to America, and the rest was history.

The companies that advertise during the Super Bowl have some simple rules of advertising to follow, such as knowing their audience, and their tactics are obviously working.

Studies have shown purchases after the Super Bowl go up 30 percent from companies that advertise during the game.

Next time we watch the big game we should pay attention to the ads; they may be for the next big companies in history.

Whoever played in the big game last Sunday may be forgotten but the commercials we see are as memorable as our ABC’s.

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Screen Actors Guild Awards

weeks ago, “Boardwalk Empire” once again ended the winning streak of “Mad Men” and beat fan favorites such as “Dexter” and “The Closer.”

The “Actor” statuette was given to other winners in the television category that included “You Don’t Know Jack,” actor Al Pacino and “Temple Grandin,” actress Claire Danes, for their performances in a television movie or miniseries. Actress Julianna Margulies became the first-ever eight-time winner for best Performance in a Television Drama Series for “The Good Wife.”

Comedian Alec Baldwin took home his fourth win as best actor in a Television Comedy Series for his role as Jack Donaghy in NBC’s “30 Rock.” Aside from winning her Lifetime Achievement award last year, comedy legend Betty White won best female actress in a Comedy Series for TV Land’s new series “Hot in Cleveland.”

“Modern Family” took the top prize in the comedy category as the Ensemble Cast won for their outstanding performances.

The shocking event of the night was when “The Social Network,” left home empty handed as “The King’s Speech” highlighted the evening. This win has now tightened the race for Best Picture at this month’s Academy Awards ceremony, with “The King’s Speech” being considered a top contender to “The Social Network.”

Director Tom Hooper was also awarded the Outstanding Directing Achievement in Feature Film for “The King’s Speech” at the sixty-third annual Director Guild of America Awards the night before upsetting “The Social Network” once again for the top honor.
Cold War Kids share a new album “Mine is Yours”

By ERIC BROWN
Managing Editor

Being a Cold War Kids fan since discovering them on a mixed CD I borrowed from a friend for a road trip a few years ago I can’t say that I haven’t been waiting for them to release a new album.

And with the arrival of “Mine is Yours”, which released late last month, I have to say it’s not what I expected, but I’m happy overall. The edginess and down and out blues rock of this indie band from Long Beach always struck me as a unique form of rock, something I could instantly recognize; yet at the same time provide a perfect background noise to any urban setting.

The newer vibes in “Mine is Yours” are smoother and roll through the melodies as opposed to the band’s earlier works. With the addition of Jacque King as a producer, the band has taken their music more into the mainstream and out of the bar rooms.

King, who has previously collaborated with Kings of Leon and Modest Mouse, expands and broadens the band’s sound, changing the guitar play and drum rolls the band has utilized in the past to provide a more rounded tone. However, this new direction seems to have a pang of growing pains.

While some tracks adhere to a familiar sound of previous albums, many seem to hold back, and don’t break the plane in ways that “Something is Not Right With Me” or “Hang Me Out to Dry” did in years past. This is most apparent in “Out of The Wilderness” off the new album in which the song opens strong and steady until hitting an awkward middle where the song breaks into an out of place chord and medley before ramping back up to its former glowing.

That’s not to say that fans of past albums can’t find something to listen to. Songs like “Louder Than Ever” and “Royal Blue” keep to the jagged yet requisite melody of past hits.

Most evident in “Mine is Yours”, is the change in the lyrics of most songs. Due in part to King and vocalist Nathan Willett’s writing, the new album tends to tackle more relationship rhythms in its songs as opposed to the dreary poet and downtown drinker chorus of former albums.

The undertones of the album scream to be let loose in nearly every chorus on every track in the album, but Mine is Yours is seemingly held in check by the band’s step towards the mainstream.

So, despite my apparent scathing of the album, my attraction to the band has caused me like anyone facing change to be overtly critical, and in the long run, and found myself still listening to the music after its first play through.

In so much as rating the album based off stars or numerals, I would have to give Mine is Yours a holistic exceed experiment but falls short of former glory.

However, with a first step in a newer direction, Mine is Yours is hopefully a halfway between the edginess of the past and the popness of the future.

Fans of Cold War Kids of old can still pick out tracks to stick with, while new fans can be easily allowed in and old critics given something to question. Give Mine is Yours a chance, and chances are you’ll find a gem or two.

From shady past to the Shady cast

From sidewalks to soundboards, emerging artist Yelawolf has moved from a struggling artist to a promising new talent in the hip-hop community.

After a failed attempt at a professional skateboarding career Yelawolf began to pursue his passion for hip-hop, and since been recognized by well known artists such as Eminem.

Yelawolf, 31, was born Michael Wayne Ata in Gadusden, AL. The name Yelawolf derived from his Native American heritage.

Yelawolf truly went from rags to riches going from being a homeless skater camping in People’s Park in Berkley CA, recovering from heavy alcohol and drug use, to being a success.

In an interview with spin.com Yelawolf gave insight to his personal struggle and discussing his drug usage stating that in a point in his life “I got heavy into drugs and girls.”

Yelawolf spent much of his childhood roaming around the U.S. in a similar fashion that you would expect from a child with parents in the military. His nomadic lifestyle afforded him the ability to experience raw hip-hop in different forms around the country.

In the earlier years of his music career his creativity was almost stifled as he was suspended from school for making copies of lyrics and distributing them to fellow classmates. The principle disagreed with the vulgar nature of his lyrics and wanted him to punish for his expressiveness and creativity.

With support from his mother he was able to return to school, and not have that incident be the death of his music career. Yelawolf instead used the hurdle as an inspiration and as an opportunity for growth to his creativity. In a statement made to Artistwki, Yelawolf stated “It was at that point I saw that my mom had my back and it opened up this creative thing in me.”

After years of improving his lyrical abilities Yelawolf began releasing his independent mixtapes in 2007. He was signed to Columbia Records in that same year and left soon after, following massive cuts to the label.

Throughout his career Yelawolf has teamed up with some very well-known artist in the industry. He worked side by side with Big Boi’s on his first solo album Sir Lucious Left Foot: The Son of Chico Dusty.

Yelawolf also collaborated with Paul Wall on his fifth album Heart of a Champion, while also being featured on a single with Juelz Santana.

After working tirelessly for months Yelawolf released his first project titled Trunk Muck 0-60 under the Ghet-O Vision and Interscope Records on Nov. 22, 2010. In an interview with Exclaim! Yelawolf stated that he is inspired by Andre 3000 of Outkast.

After working with many artists and being mentored by them he was signed to Shady Records, which was founded in 1999 by Eminem. Once signed to the label Eminem made a statement, about regarding his newly signed talent.

“It’s the new generation of Shady Records and as we’re trying to rebuild our label, it’s exciting for hip-hop and with all of these forces coming together and with what everybody’s capable of on the mic, it’s gonna be fun,” according to Shady Records official website.

On the label’s website, shadycoders.com Yelawolf explained his feeling on the partnership with Eminem.

“Considering where I’m from and the shit I’ve been through, it’s hard to put into words what partnering with Shady means to me, my team at Ghet-O-Vision, and my state of Alabama,” said Yelawolf. “I can tell you that when you’re willing to give your life up to see a dream through, the reward is great. And now that I’ve become an apprentice to one of the greatest artists in the world, my potential reaches beyond anything I ever imagined. Let’s kill this shit.”

Following his dream, Yelawolf is currently working on his full-length album under a major label with no word on a release date. But his story goes to show that any and all things are possible with a hope and a dream.
Photography professor Thomas McGovern captures the beauty of everyday life, and embarks on several photo projects. Wrestlers embrace their alter egos and escape their reality. McGovern embraces his inner luchador with El Professor.

**Features**

**Wrestling with our alter egos**

By R. ANTHONY DIAZ
Staff Writer

He was riding his bike one afternoon and stumbled upon a hole in the wall, only to find people working towards a dream. Thomas McGovern, an advanced CSUSB photography professor and professional photographer, has made an impact on the world with the click of a button. His creativity and brave soul have taken him beyond the caution sign.

His recently published photography book, “Hard Boys + Bad Girls,” is a collection of photographs and interviews offering insight into 20 young people from San Bernardino and Riverside counties who dream of becoming professional wrestlers. When he entered the School of Hard Knocks Pro Wrestling Training in San Bernardino, he entered another world that he found fascinating.

McGovern found light in ordinary people with fight in their hearts. McGovern expressed, “Many of these people are down on luck, living in a place where violence is a real reality and these people take what they have and pull up.”

“The wrestling ring offered a place where they could pursue their goals,” he said. As he followed the lives of many wrestlers in the raw, he came to know them on a personal level. The exotic industry of wrestling fascinated him because it was not mainstream and under every mask or make-up were people from all walks of life with a burning desire in common.

Aside from McGovern’s imaginative eye he has a way of portraying the real getting under the skin and bringing forth a breath-taking image. His portrayal of everyday wrestlers goes beyond who they are; he captures them in a light and image they exude as they escape their realities. "Identity is a construction. Reinvent yourself," he said.

His creativity and inspiration do not stop there; McGovern’s most profound and acclaimed work was his 10-year project on the AIDS crisis. He photographed ordinary people from the day they found they had AIDS to some of their deaths. His work also includes much-admired photographs that are displayed in over a dozen museums across the country.

McGovern seeks to find beauty in many of the things we take for granted or fail to see. Born and raised in Brooklyn, New York, he found himself in San Bernardino sometime after receiving a master’s degree from CSU Fullerton and has no thoughts of leaving.

“I do not want to travel to exotic places, nor photograph anything mainstream; I like local, funky, real everyday people and things.” He also said he would rather be on the sidelines than in the middle of it all. His passion for anything ordinary truly creates something extraordinary in his venture to capture everyday people going about their lives. He is currently working on many projects, including photographing his students, especially those who are the first to attend college and those with many artistic talents. He has also been photographing a small group of Hasidic Jews and a Rabbi he found in San Bernardino.

You can find his breathtaking masterpieces at thomasmcgovern.net, and keep an eye out for other timeless images which he captures every day.

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**Dishing it up with Diana**

By DIANA CANSINO
Features Editor

I did something unheard-of, for me at least. I went to the gym. My colleague MaryRone convinced me that the gym is harmless. While it actually proved to bring me pain, with a charly horse in my leg at the very beginning, I was proud of myself.

I started thinking. I had this “Black Swan” moment in my mind with food and came to the conclusion that I can’t eat shit! Then this one workout won’t last me until Super Bowl Sunday, and I’ll be damned if the chafing I endured while running on the treadmill is going to be in vain. Anyway, I had a solution so as to not go hungry. I’d just eat a little healthier than the In-N-Out and bags of chips from the vending machines that I eat six out of the seven days of the week.

I have become a regular at the Flame Broiler, with my once-a-week eat healthy routine (I’ve got to start somewhere, right?) I’m notorious for the chicken and veggie bowl, although I opt for the white rice rather than the brown, after all, I’m not a baby turtle! I don’t just eat lettuce! I am an adult and need more food.

But I’ve found that the portions are filling. I even split a bowl once with my sister, although I had eaten a baby meal before I actually went in. Still I was beyond overjoyed with a full belly.

Even though their menu is limited, they still have something for most people. For beef eaters there is a bowl or plate for you, and then there are the veggie options if you’re not into the eating animal thing or just want to incorporate more greens into your diet.

I’m sure the soy sauce that I smother my bowl in isn’t as healthy for me, but I’ve successfully gone down to a substantially small dose of soy sauce; I just add a handful of jalapeños to give it that zesty flavor.

By no means do I know how to eat healthy or any thing of that complication, but I try to eat as many greens as I can, and I assure you that at the Flame Broiler you get a good combination of greens, meat and rice.

I visit the one in Apple Valley, only because I reside in the High Desert. Don’t worry, this doesn’t mean that you have to endure a commute up the hill. They have other locations in Riverside and Rancho. You just need to take the time to Google for directions. Happy dining.
Know Joey Know Resistance

By KATI PATAG
Staff Writer

One guy, many elements.
“I love to bowl and I make the best quesadillas ever! I’m also in two bands,” said Joey Monzon.

Along with juggling a full set of classes, a part-time job and a position at the Coyote Chronicle, Monzon serves as a drummer, guitarist and vocalist for his bands Know Resistance and To Live in Hearts, both of which can be found on Facebook and Myspace.

“I started playing guitar sometime around seventh grade. When I started writing my own songs it only seemed natural to start a band and complete and perform the songs,” said Monzon.

Monzon started Know Resistance about seven years ago, but the current lineup has been set for the past three years.

The name of the band is from a line from a Misfits song called “Children in Heat.” Monzon explained, “The lines repeat ‘no resistance.’ We loved the way it sounded but did not like what it meant. So to keep the sound of the name the same but completely change the meaning to something that fit us more, we changed it to Know Resistance.”

Their style of music is punk rock, and the have a great upbeat sound that you can legitimately rock out to.

One of Joey’s favorite songs to perform is “Fight” because he likes the meaning.

“I’m really patriotic, and it is a patriotic song. It is about fighting for what you believe in and being true to yourself and staying true to yourself,” said Monzon.

Monzon began as a guitarist; however, finding a drummer for his band proved to be difficult so he took the task upon himself to fill in as the drummer as well as vocalist.

Although performing is important to Know Resistance, their show schedule varies. At times they have a show every weekend; other times, they only every other month.

“We have played at places like Showcase, Chain Reaction in Anaheim, venues in Riverside, countless house shows, and on Feb. 2, we added the Whisky a Go-Go to our list.”

“We will play anywhere,” said Monzon “If you want us to play in your backyard or living room, just let us know!”

Even though Monzon is finishing up his education this year, it doesn’t mean its the end of Know Resistance. Monzon expressed his hopes to graduate in fall 2011, and after school hopes to get into law enforcement. “Though it is not really related to my major, Communications is a multifaceted subject and can apply to so much, especially something such as law enforcement.”

He is pursuing a career in law enforcement, but still hopes to one day make a living off of performing.

“We all truly love performing. That is what it is all about for us,” he continued.

Check out Know Resistance on myspace.com/weknowresistance for more information about the band and where they will perform next.

Coyotes show their love one card at time
Students explore their creative sides and make valentine cards for the special people in their lives

By ANGELINA GARIBAY
Staff Writer

The season of love is upon us, and though it may be cliche the most popular way to show our love is to give out cards, and the Women’s Resource Center did just that.

The Greeting Card Association are that around one billion valentine cards are sent out each year. Now, that’s a lot of love!

The Women’s Resource Center (WRC) made the loving easy by providing a profusion of fancy scissors, romantic ribbons, sparkling glitter, colorful markers and sexy stickers.

Charlie Treloar, WRC student assistant in charge of the event, said that students asked for another card-making function after enjoying the one for Christmas cards around finals last quarter.

The stress relieving factor of making something with your hands was evident around the table as students worked on their creations. They were socializing whilst trimming their cards each admiring the other’s work.

“He’ll be lucky if he gets anything!” joked Andrea Chavez as she put the finishing touches on her card.

Crystal Cuyan, graphics department photographer, said she was making valentines for her three sisters. In between embellishing her cards she was snapping pictures for the CSUSB website.

Katherine Vargas’ card was beautifully intricate with numerous tiny white hearts glued all over the front.

Hallmark’s tagline “When you care enough to send the very best” rings hollow next to the thought-filled, handmade valentine productions in the WRC.

The center’s hospitality showed in their offering of chocolates and cake for refreshments to sustain the creators during their work. Their mission to make the WRC a warm welcoming environment for socializing was certainly accomplished.

The WRC hosts these events to draw all people in—not just women.

Amidst the decorating bits and pieces was a box marked “Condoms” and a basket of “Prevent Sexual Assault” buttons. A jar ring note in the middle of all the frills and furbelows, these items spread the message of “Prevent Sexual Assault” buttons. A jar ring note in the middle of all the frills and furbelows, these items spread the message of the WRC:“Knowledge is Power!”

The center is dedicated to informing the public to create better awareness of the things women and children are faced with all over the world. Condoms, drinking, self-esteem and breast health are just a few of the informative brochures available in their Resource Library.

On the second floor of the Santos Manuel Student Union in room SU 223, the WRC welcomes the casual visitor to take time to visit, use the complimentary microwave, get a cup of water and relax. It’s a place to make new friends and take advantage of all the information to get the most out of campus life.

The WRC hosts a broad array of events to empower women and to enrich their college life.
Alpha Phi gives back to the heart and gets glam in red while doing it
By KARA DEVENT
Staff Writer

Heart disease is the number one killer of women in the United States, according to the American Heart Association and more than 6 million women a year are affected by it.

This week starting Feb. 7 and going through Feb. 12 Alpha Phi will have their annual Cardiac Care Week on campus to support the fight against women’s heart disease.

Alpha Phi’s philanthropy, which is the Alpha Phi Foundation that supports Women’s Cardiac Care and Research, has been donating money to their efforts for over 50 years.

“The time is right for the country to recognize that heard disease kills more women each year . . . more than any other disease.”
Lisa M. Tote, Chief Executive Officer of WomenHeart

On Monday Feb. 7 from 10 a.m. to 4 p.m. in the Student Union Event Center, Alpha Phi will be doing blood pressure checks and having a blood drive.

On Tuesday Feb. 8, from 11:30 a.m. to 1:30 p.m. in the Upper Commons, a Red Dress Fashion show will be put on by the Health Center.

On Wednesday Feb. 9, from 10 a.m. to 4 p.m. on the library lawn, Alpha Phi will be having Hoops for Hearts and on Thursday Feb. 10, from 6 p.m. to 9 p.m. in the Student Union Theater the Heart Throb Pageant will be going on. So if you’re in for some real entertainment, come check it out!

To finish off Cardiac Care Week, on Saturday Feb. 12, Alpha Phi will host their 6th Annual Red Dress Gala at the Double Tree Hotel in Ontario. The event will be from 7 p.m. to 11 p.m. For ticket information look for the Alpha Phi’s around campus, you’re bound to find some sporting their letters.

Alpha Phi will have their annual blood drive throughout the night.

Cardiac Care will consist of five events throughout the week.

All of them are great ways to be involved in the cause.

The American Heart Association says that one pint of blood can save three lives.

“Donating one pint of my blood is going to save someone and that will be an awesome feeling,” said student Thomas Monteon.

This event happens only once a year so hurry and get your ticket for Red Dress Gala and come check out Cardiac Care Week!

Daddy’s got soul
By JESSICA RAMIREZ
Staff Writer

Have you ever wondered if there are still restaurants out there that allow you to wash dishes if you can’t pay for your food?

Robert Bolton is an unusual man because he feeds those who can’t pay.

Bolton is the owner of Daddy Joe’s Soul Food restaurant here in San Bernardino.

“Since I was young I have always been taught by my parents that if I ever wanted something I must work for it,” said Bolton.

Bolton, born and raised in San Bernardino, grew up always being told that he would not make it.

“Nothing good comes from the Westside,” a saying that Robert Bolton would often hear.

Bolton explains that back in the 1960s the Westside of San Bernardino was known as the projects where no decent people would come from.

Everything changed when he was in the eighth grade when he took an aptitude test, which determined that he would become a high school dropout.

He wanted to prove them wrong. A motivation of his came in the form of two of his high school teachers Mrs. Jeanne and Mr. Moreno, who would motivate him and tell him that he can do anything as long as he set his mind to it.

He graduated from high school.

He continued his education at Sacramento Seminary and Bible College where he received his masters in theology and counseling, and finally graduated with a doctorate in theology.

In the late 1980s he worked as a counselor for the San Andreas High School, a continuation school.

Around that time he would hear young teenagers talk about things they were going through such as drugs, date rapes and gang violence.

Hearing the stories of these teens inspired him to open up a program called First Chance/ YY Chows, Inc. Education and Outreach.

The program was meant to help runaways, teach them about HIV/AIDS prevention and provide services such as shelter and feeding the homeless.

The program is a non-profit organization that has been around for 23 years. There was a change in 2010 when Gov. Arnold Schwarzenegger had such programs cut out. His organization was affected and had its budget cut so he decided to do something about it.

He always had an idea of opening a restaurant and decided to do so. The restaurant would help raise the money that was cut out of the organizations budget.

With the help of a friend he was able to find the perfect location. His friend handed him the keys and told him to do his job.

“It was a gift, an unexpected gift,” said Bolton. On March 27, 2010 Daddy Joe’s Soul Food opened its doors.
Chronicle Page 13 Monday, February 7, 2011

Geeks, Games, and Gadgets

We take the hassle out of browsing the tech scene to bring you weekly news and our views on the wide world of phones, computers, TVs, games, and the Internet.

By ERIC BROWN
Managing Editor

Reddit joins an elite club of Internet phenoms

Social news site reddit.com has surpassed the billion-page-per-month club, having served up some 1,000,404,480 pages and amassing some 14 million unique visitors in January according to Google Analytics.

The sites influx and popularity is partly due to a 30 percent increase of traffic due to rival social news site Digg’s failure in a redesign back in September, according to Reddit engineer Jeremy Edberg.

However, the site’s increased traffic isn’t only due to it’s competitor’s failures, the site offers a bustling front page and a host of sub-reddits for users.

As a redditor myself, I am enthralled with the site, but only because the site keeps the new content coming for its users such as the “I am A” section of who’s who.

“Hack Chrome if you can” challenges Google

Google’s web browsing platform, Chrome is the only browser of the big four (Safari, Firefox, Internet Explorer [IE] and Chrome) to not be hacked in the past two years during an annual hacking 3-day event, Pwn2Own.

With the next Pwn2Own event set to take place next month, Google is confident enough in its coding to offer $20,000 and a CR-48 laptop to anyone able to find a bug in its code and execute a clean sandbox escape on day one of Pwn2Own 2011. With the other big contenders being brought down on the first day in previous years, Google is really dangling a dangerous bone for the world’s hackers.

Regardless, to those who swear by Apple’s protected Safari, Microsoft’s vetted IE and Mozilla’s plug-in wizard; Google’s Chrome is the only major unscathed platform and should be the browser of choice for the masses.

People who believe that Google doesn’t offer the same versatility or protection of other browsers are mistaken, as for the past two year’s Chrome has proved its luster.

Continued from Pg. 1

Brown states agenda

Some of the programs Brown mentioned that would receive cuts are public schools, including the CSU system, which is slated to lose up to $500 million in cuts under Brown’s plan.

Brown did touch upon other issues that are facing the state – prisons, education reform, health care and agriculture – but stressed the notion that fixing the state budget is “job number one.”

He mentioned the possible elimination of redevelopment agencies. It is estimated that if these agencies are taken out, California could save up to $1.7 billion this year.

Despite the dire circumstances of the speech, the tone broke every once in a while as Brown threw in a bit of his trademark humor to lighten the situation.

“I want to see some Republicans clap,” said Brown, which elicited some laughter from the audience, but not a single sound from the stoic Republican side.

Immediately following the speech, the California Republican Party issued a statement blasting Brown’s tax plan as a pill that cannot be swallowed.

“We are determined to fight this unaffordable tax hike, no matter how many ways the Democrats try to soft sell it,” said California Republican Party chairman Ron Nehring in a statement, “Should the Governor ever get around to embracing the serious, structural reforms our state needs, we’ll be equally supportive in those efforts.”

Continued from Pg. 3

An early start at CSUSB

CSU also estimates that approximately half of CSU’s regularly admitted freshman are not proficient in math and/or English, and are therefore required to take remedial courses in their first year of college.

Of 25,523 high school students in the country, 84 percent did not demonstrate proficiency for college level English, according to a report from the Early Assessment Program (EAP).

Out of 6,266 students, only five percent showed proficiency in the college mathematics Algebra II section.

Of 11,064 students, only nine percent have also increased from 12 to 15 percent, but the conditional proficiency rates for math decreased from 43 percent in 2006 to 42 percent last year,” said Faye Wong, EAP coordinator of undergraduate studies.

Since the EAP test began in 2006, more than 1.7 million students have taken the exam with 84 percent of regularly admitted students taking the English tests in 2010.

“Early Start is going to use the EAP test results to determine which students would need to be placed in the Early Start program for remedial courses,” said Wong.

Since the EAP test began in 2006, more than 1.7 million students have taken the exam with 84 percent of regularly admitted students taking the English tests in 2010.

“I think once the Early Start program takes place it will push high schools to encourage students to get ready for the EAP tests to get them ready for college and take less remediation courses,” said Wong.

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NEW LOWER RATES!
Defensive strategies are the stepping stones to a successful basketball team. The CSUSB Men’s basketball team maintains a defensive strategy where they strive towards keeping their opponents under 60 points per game. If they are successful, the outcome is typically in their favor.

“The strategy going into basketball games is to play our style of basketball and to play tough defense,” said forward Kwame Alexander.

The team goes into each match-up with a competitive mindset. They focus on dominating the game with their suffocating defense.

The Coyotes recognize that keeping opponents from penetrating their defense and scoring is definitely a game-winning approach. It is imperative that the ‘Yotes defense maintains strength as well as be able to adapt quickly to handle various opponents.

“Our 60 point defense tactics are extremely successful with our team. We enforce it every time we hit the floor and with each opponent we face,” said center/forward D.J. Shumpert.

So far this season, the ‘Yotes average 3.5 blocked shots, 37.1 rebounds, and 7.3 steals per game, according to the California Collegiate Athletic Association (CCAA) conference basketball statistics.

If they are able to improve those numbers even slightly, they should be able to get to below 60 points a game allowed.

The Coyotes have had nine games where they have only allowed 60 points or less, winning eight of the nine.

Coach Oliver instills his motto about this defensive tactic by allowing the team to be confident in their goal.

During practice, he remains stern as they tighten up their defensive strategies in order to make them run smoothly during games.

“We maintain our ball pressure and rely on our fundamental team defense and help-side defense,” said Coach Jeff Oliver.

Help-side defense consists of defending the assigned opponent as well as the player with the ball, coupled with efficient rebounding, is a major component to the Coyote defense.

Alexander made it clear that they practice very hard so when it comes to game time, they are thoroughly prepared to execute their game plan.

“We go over plays repetitively so that when we get in the game, it goes like clockwork,” said Alexander.

The team’s defense establishes the flow of the game. The players know all too well that a good defense is the best compliment to an offense.

“We are competitive, savvy and determined. We will not let anyone just come and walk over us,” said Alexander.

Opponents are sure to quickly notice that CSUSB basketball is no easy competition.

“We as a team generally score more than 60 points, so if we hold the other teams to less than that, we win,” stated Coach Oliver.

The ‘Yotes give up an average of about 62.8 points a game, proving that their motto is not far out of reach. As the season’s end approaches, the team’s goal is to decrease that average to below 60 points.

The Men’s Basketball team is eager to continue working hard to improve their playing style. They remain fourth among conference placement, and overall maintain a winning record.

Blake Griffin has lived up to everything we have all expected and more. He is turning heads every single night with a monster dunks. And did I mention he is only 21 years old?

Griffin was the 2009 NBA No. 1 overall draft pick to the Los Angeles Clippers. But we had to wait a year to see his potential after he went down in his last pre-season game of 2010 and had to spend his first season nursing a knee injury.

Now that the young phenom has emerged, he has put up numbers enough to throw the Rookie of the Year Award in the bag.

The 6 foot 10 inch monster has earned a spot on the 2011 All-Star team in his home court in Los Angeles and will compete in the infamous Sprite Slam Dunk competition.

My money is on Griffin to take the dunk contest hands down. He’s had dunks this season that could have won for best dunks of the year already.

Griffin has already recorded 40 double doubles before the midway break. He is averaging 23 points per game and is averaging 12.7 rebounds per game through 48 games. He had the league’s highest points in a game with 47 before Lebron James went crazy and dropped 51 point on the Orlando Magic the other night.

The only reason Griffin is getting the MVP talks is because the Clippers are struggling as a team. They started off 2-22 in their first 24 games. But now healthy, they have turned things around and have won 14 of their last 22 games.

The Clippers have put together a nice resume with some key big wins versus: Los Angeles Lakers, Denver Nuggets, Chicago Bulls, San Antonio Spurs and the Miami Heat. All of those teams will be in the play-offs in 2011.

The only thing Griffin is determined to make the play-offs in his first season. He has taken a lot of cheap shots this year because of his play. Griffin plays a very physical game, hustles on every play and will do anything for a 'W'.

Lamar Odom of the Los Angeles Lakers shoved Griffin after a play because he felt that he was playing too hard for only have mere seconds on the game clock.

Despite all of the highlight dunks, teams are getting frustrated with the way he plays, and even taking cheap fouls on him as he goes up to dunk.

Vetaran Baron Davis has explained to reporters that the team needs to protect Blake because of the cheap shots.

As for now, we should just sit back and enjoy the Blake Show, (nickname given by ESPN’s Linda Cohn). Coming up with a nickname has been the biggest challenge for Griffin’s fans. Hopefully they can call him MVP or champ after the season is over.

Blake Griffin: 2010-2011

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<td>3-point Percentage</td>
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Red Bull Butter Cup tour makes stop in Big Bear

By HANNAH ALANIS
Staff Writer

Get ready to carve out the competition this weekend at the Red Bull Butter Cup snowboarding competition 2011. Taking place on Feb. 11, the Red Bull Butter Cup is a multi-stop snowboard event that originated on the East Coast and in only a few years has grown and been carried throughout the U.S.

Each stop of the tour will divide the competition into professional and amateur divisions. This year the competition will feature a stop at Bear Mountain in Big Bear Lake. The amateurs will be competing for new gear, while the pros battle it out for cash and a spot in the finals.

The Red Bull Buttercup is all about style and individuality. Each contestant will be working their tricks while making sure to spread their skills into and onto the custom made features known as “butter pads.”

The playground is described as a “skate park for snowboarders.” There are plenty of rails, bowls, stairs and many more features.

Registration will take place the day of the event with divisions for snowboarders of all ages. CSUSB students are encouraged to come out and participate.

The prices are: $5 for amateurs and $10 for professional divisions. Each snowboarder will be given a score reflecting their performance in the entire jam. The top five scores from the entire field will move on to the finals.

The finals will be the top five riders in one epic twenty minute jam where they will battle it out until finally, the champion is crowned and bragging rights are earned.

Overall style and creativity will help the cream of the crop rise to the top. So riders, make sure to lay it on thick with your best moves, cutting through the snow like butter for cash and prizes.

The event is open to the public and free for spectators.

By HANNAH ALANIS
Staff Writer

12:00 pm - 2:30 pm: Event Registration
3:00 pm - 4:00 pm: Open Practice
4:00 pm - 5:00 pm: AM Qualifying Jam
5:00 pm - 6:00 pm: Pro Qualifying Jam
6:00 pm - 7:00 pm: AM and Pro Finals
7:15 pm: Awards
Cool, calm Chapman leading the Pack

By KELEIGH ACOSTA
Staff Writer

Opponents on the field might not be ready for what sophomore baseball player Ethan Chapman has to bring to the table. Chapman is CSUSB’s up-and-coming star.

A freshman starter, Chapman played in 44 games his freshman year, exhibiting an exceptional amount of talent.

With the 2011 season starting, Chapman spent much of his off season working hard towards a powerful year of baseball.

“As a team, we know that we have a strong squad and expect to play as a team,” said Chapman.

Ethan Chapman stands relaxed and confident as he leads off the game for the Coyotes vs. California Baptist.

But their record jumped to 24-3 when the offense was able to score more than five runs. Apparently, the team was only going to go as far as the offense was able to take them.

Therefore, Coach Parnell made it a priority to recruit depth in the bullpen in order to make the team more balanced.

Parnell expects that the new recruits along with returning pitchers development will turn last year’s weakness into this year’s strength.

“We recruited possibly the best pitching staff that [CSUSB] has ever had,” said Parnell.

Parnell estimates that they doubled the depth of quality pitchers in their bullpen in order to complement their potent offensive attack.

Key additions to the bullpen are: Left handed pitcher, Cory Caruso and right handed pitcher Casey McCarthy, both pitched for Riverside Community College last year.

Some lethal offensive weapons are returning from last year’s offensive juggernaut.

Redshirt Sophomore Outfielder Ethan Chapman, coming off a campaign where he tied the school single season record for home runs with 14 and broke the single season school record with 60 runs, looks to continue his success this year.

Redshirt Sophomore Outfielder Matt Winn is also returning for this season after hitting .421 with 4 home runs in only 57 at bats last year after being injured for a sizeable portion of the mid-season.

Finally, Senior Infielder Erik Ornelas rounds out the three returning starters that complete the middle of the lineup for the Coyotes.

Ornelas hit .344 with six home runs and 46 runs batted in last season.

While Coach Parnell’s focus was on rebuilding and improving the bullpen, he still wanted to bring in guys that can generate runs.

The addition of Senior Infielder Virgil Chavira who transferred from Azusa Pacific University where he hit .349 in 2010, might make this year’s offense even better than last year’s.

But again, the hopes for the season rests on the shoulders of a revitalized bullpen and if Parnell’s hopes for the rebuilt bullpen are realized, the team should take the next step forward and take first place in the regular season standings and become the CCAA tournament champions.

CSUSB beefs up bullpen

By J. LEVI BURNFIN
Assistant Sports Editor

A quality bullpen finishes off a successful game to record a win and this year’s bullpen should finish off the 2011 season with a league championship for CSUSB’s baseball team.

In 2010, the Coyote baseball team was 27-13 and tied for second place in the California Collegiate Athletic Association (CCAA). That record qualified the team for a CCAA playoff tournament berth even though they lost both games they played in the playoffs.

Obviously it was a good year for us,” said Head Coach Don Parnell.

Their offense was able to carry them through the season on the shoulders of seven players that had a .300 batting average or above.

They scored 348 runs in 46 games which is 7.5 runs per game. However, their pitching, and in particular their depth of pitching, was the reason they were not able to win the regular season championship or make a run in the playoffs.

“Our bullpen was an issue last year,” said Parnell.

In games where the offense scored 2 or less runs, the team was 0-7. In games where the offense was only able to score 3-5 runs, the team was 5-7.

As a redshirt freshman, he tied the school single season record for home runs with 14 and broke the single season school record with 60 runs, looks to continue his success this year.

Redshirt Sophomore Outfielder Matt Winn is also returning for this season after hitting .421 with 4 home runs in only 57 at bats last year after being injured for a sizeable portion of the mid-season.

Finally, Senior Infielder Erik Ornelas rounds out the three returning starters that complete the middle of the lineup for the Coyotes.

Some lethal offensive weapons are returning from last year’s offensive juggernaut.

But their record jumped to 24-3 when the offense was able to score more than five runs. Apparently, the team was only going to go as far as the offense was able to take them.

Therefore, Coach Parnell made it a priority to recruit depth in the bullpen in order to make the team more balanced.

Parnell expects that the new recruits along with returning pitchers development will turn last year’s weakness into this year’s strength.

“We recruited possibly the best pitching staff that [CSUSB] has ever had,” said Parnell.

Parnell estimates that they doubled the depth of quality pitchers in their bullpen in order to complement their potent offensive attack.

Key additions to the bullpen are: Left handed pitcher, Cory Caruso and right handed pitcher Casey McCarthy, both pitched for Riverside Community College last year.

Some lethal offensive weapons are returning from last year’s offensive juggernaut.

Redshirt Sophomore Outfielder Ethan Chapman, coming off a campaign where he tied the school single season record for home runs with 14 and broke the single season school record with 60 runs, looks to continue his success this year.

Redshirt Sophomore Outfielder Matt Winn is also returning for this season after hitting .421 with 4 home runs in only 57 at bats last year after being injured for a sizeable portion of the mid-season.

Finally, Senior Infielder Erik Ornelas rounds out the three returning starters that complete the middle of the lineup for the Coyotes.

Ornelas hit .344 with six home runs and 46 runs batted in last season.

While Coach Parnell’s focus was on rebuilding and improving the bullpen, he still wanted to bring in guys that can generate runs.

The addition of Senior Infielder Virgil Chavira who transferred from Azusa Pacific University where he hit .349 in 2010, might make this year’s offense even better than last year’s.

But again, the hopes for the season rests on the shoulders of a revitalized bullpen and if Parnell’s hopes for the rebuilt bullpen are realized, the team should take the next step forward and take first place in the regular season standings and become the CCAA tournament champions.