May 9th 2011

CSUSB
President Barack Obama visited Ground Zero to honor those who have passed on September 11, 2001 and those who have been fighting the War on Terror.

Over a week has passed since President Obama announced the death of Osama bin Laden and still little has been made known to the American public.

The news spread like wildfire via social media outlets and even through an announcement at Stagecoach courtesy of Rascal Flatts (See Nic Gibbs’ article on pg. 6). That night people rallied in the streets at Ground Zero chanting, “USA, USA, USA!”

Just days after, conspiracy theories surfaced over the killing and burial of bin Laden. To quell rumors, the president considered releasing post-mortem photos, but opted not to, citing its inflammatory nature and fear of retaliation from al-Qaeda.

The Los Angeles Times was among other news outlets that reported that the White House said bin Laden was unarmored when killed.

“There was concern that bin Laden would oppose the capture operation and the killing would lead to civil unrest,” Obama said.

“Sometimes it is hard to represent a different nation,” Ortega said. “I would like to do it again next year.”

“It was an amazing experience,” Ortega said. “I would like to do it again next year.”

The MUN program at CSUSB is one of two in which students participate to learn and practice diplomatic skills that can be applied to any career they choose to pursue after graduation.

For Blanca Ortega, a member of the City of Mexico delegation, the program helped her realize a career option for her.

“It is hard because people have different perspectives of how a specific nation should act,” Ortega said.

Ortega also said that the program helped her realize a career option for her.

How should we deal with bin Laden’s death?
Military tolerance training for post-DADT future starts
CSUSB’s own puts some “Finess” on the hip-hop game
Coyotes given wings in Red Bull kickoff event
Catch all these stories and much more online at coyotechronicle.net

President Obama visits the Ground Zero memorial to pay his respects to all the fallen victims of the 9/11 attacks ordered by the recently slain al-Qaeda leader - Osama bin Laden.

By KYLA COOK
News Editor

Student arrested after anonymous tip-off

CSUSB campus Police arrested a student for suspicion of bringing a firearm to school on Monday, May 2.

Communications student Christopher Fisher was arrested in class late Monday afternoon after an anonymous tip alerted police of a student in possession of a firearm.

Fisher was in class when police came to search the students and he was found to be carrying a BB gun replica of a pistol and an unspecified amount of narcotics, according to Jimmie Brown, CSUSB’s chief of police.

No further information is known about the incident as police are withholding details pending an investigation.

President Obama visits the Ground Zero memorial to pay his respects to all the fallen victims of the 9/11 attacks ordered by the recently slain al-Qaeda leader - Osama bin Laden.

Model UN team takes top prize

By DAVID MEDRANO
Staff Writer

The Model United Nations (MUN) program at CSUSB won both the Outstanding Delegation and Outstanding Position Paper awards at the National Model United Nations Conference in New York City.

The award is given to teams based on a complex mathematical formula used by conference judges. Criteria included how well students “stayed in character” of the country they portrayed, participation in their assigned committees and proper use of rules and procedure.

The Outstanding Position Paper Award demonstrates to judges how well students grasp the issues they will address at a national conference, how they affirm the positions of their countries on these issues, as well as how they develop courses of action to resolve such challenges.

As indicated by the United Nations Association, this year’s conference was able to host more than 2,300 students and 19 committees covering diverse and pressing international issues such as democratic governance, aging populations, harmful substances and hazardous wastes.

“This will be the 15th Outstanding Position Paper Award for CSUSB over the past 18 years,” according to a CSUSB press release. “Cal State San Bernardino competed for the first time going to a national MUN conference in New York City. She spoke about her personal experience and how sometimes it is difficult to represent a different nation.

“It was an amazing experience,” Ortega said. “I would like to do it again next year.”

Sometimes it is hard to represent a different nation from your own, in our case we were given the Islamic Republic of Iran and we had to stay in character for the competition,” Ortega added.

“It is hard because people have different perspectives of how a specific nation should act,” Ortega said.

Ortega also said that the program helped her realize a career option for her.
CA state bans tans

By LINDA TRAN
Staff Writer

The tanning bed industry is being hit by a new bill released from the State Senate to ban people under the age of 18 from using tanning beds to reduce a higher risk of cancer.

State Sen. Ted Lieu (D-Torrance) said that too much exposure to ultraviolet rays, particularly at a young age will be worse later on in life.

According to the American Cancer Society, skin cancer is the most common cancer, covering nearly half of all cancers in the United States. California will be the first state in the nation to ban people under the age of 18 of the use of tanning beds or other ultraviolet appliances.

Many students on campus believe tanning depends on how their skin reacts to the exposure to ultraviolet rays; whether they prefer bed tanning, outdoor tanning or spray tanning.

Kandice Casillas, a student who enjoys tanning, said she sees why teenagers would be disappointed that the eligible age has gone up to 18.

“Bed tanning seems to be falling under the sphere where buying cigarettes can only be bought by the age of 18, along with alcohol at the age of 21. “People want what they don’t have,” said student Joan Giron.

Danielle Young, a customer from a local tanning salon enjoys bed tanning and likes how the device allows her to avoid some effects from outdoor tanning, such as burning and sweating.

Young also believes that the bed tanning business will eventually go down along with the economy and said the business does target younger people, especially by television media influence.

“I could see that it could be a trend, like a mother-daughter thing too,” said Young.

Before the law was passed, parent’s permission was needed for teenagers to use ultraviolet appliances and facilities, according to the Los Angeles Times.

Bed tanning seems to be falling under the sphere where buying cigarettes can only be bought by the age of 18, along with certain body piercings and buying alcohol at the age of 21.

“People want what they don’t have,” said student Joan Giron.

Giron said she believes that people should accept the color tone that they naturally have instead of transforming into a different color tone just because the media influences people to. She also said that these restrictions influence the younger crowd even more to want what they can’t have.

These restrictions can cause a lot of damage, especially if they are used excessively and unprofessionally.

According to the Los Angeles Times, around 1 million people are bed tanning consumers and people aged 35 and over heighten their risk of melanoma, the most common kind of skin cancer.

Recently, California Gov. Jerry Brown had a cancerous growth removed on his nose, according to CNN.

The test showed the cancer he had was called basal cell carcinoma, a cancer that can be developed when there is too much exposure to the sun in regions such as the neck and face.

Podolske nominated for USDA fellowship

By MICHELE CRUZ
Staff Writer

Diane Podolske was nominated by President Dr. Albert Karrin for the U.S. Department of Agriculture’s Eligio “Kika” De La Garza Fellowship program in Washington this summer.

The Fellowship program was named after the first Hispanic congressman of Texas Eligio “Kika” De la Garza II. The fellowship was established in 1998 and it is associated with the Hispanic Association of Colleges and Universities Leadership Groups.

“I am really grateful that the administration accepted my application, representing southern California is great,” said Diane Podolske, the director of Community University Partnerships and Service Learning.

In this opportunity Podolske will go to Washington for three weeks. She will receive information on grant money and research opportunities.

Podolske will be networking for CSUSB and obtaining opportunities with government agencies like the Department of Agriculture, education and labor. She will get direct insight on what government agencies are looking for in students for scholarships.

Podolske hopes this fellowship will allow more programs.

For more information about the Garza Fellowship contact Diane Podolske at (909) 537-7483, and information on Coyote Careers log on to http://CoyoteCareers.csusb.edu.

Podolske comes from a family of educators and won President’s Outstanding Employee award for 2009-2010. Podolske is dedicated to help Hispanic students become successful and wants all graduating students find jobs.

According to Fairley, the Fellowship gives all students opportunities. It has helped 25 students find opportunities with USDA and 10 of them the final jobs.

“I am going to bring back information about grants that will help faculty talk to students about more opportunities. The budget is really bad and I don’t know if the services we have now will still be available”, said Podolske.

Podolske is a $2.4 million program that was funded by the government for CSUSB students.

Coyote Careers helps students get free tutoring, career opportunities and Alumni networking.

According to Podolske she would like to have more programs like this for students.

“The De La Garza program is a pretty amazing fellowship and it lets faculty find a way for students to get scholarship and research opportunities,” said Bryant Fairley, associate director of Community University Partnerships.

According to Fairley, the Fellowship gives all students opportunities. It has helped 25 students find opportunities with USDA and 10 of them the final jobs.

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Controversy surrounds bin Laden death

Continued from Pg. 1

President Obama, his cabinet and members of the national security team watch raid on Osama bin Laden via webcam.

Obama stated to CNN, “It is important for us to make sure that very graphic photos of somebody who was shot in the head are not floating around as an incitement to additional violence or as a propaganda tool. That’s not who we are. We don’t trot out this stuff as trophies.”

However, photos have already been published of the aftermath by Reuters; with three men lying in pools of blood.

A spokesperson for Reuters defended this act and said the photos were purchased from a Pakistani security official.

“This is a story of global importance, Reuters chose to share these photographs with its media clients and allow them to make editorial decisions on how they were used,” reported The Huffington Post.

CNN further reported that the U.S. Department of Homeland Security expects retaliation from al-Qaeda. A state official said, “We certainly anticipate threats of retaliation – this is an organization that declared war on the United States more than a decade ago. Threats from al-Qaeda are not a new phenomenon,” reported CNN.

Obama reminded the American public to remain vigilant.

President Obama, his cabinet and members of the national security team watch raid on Osama bin Laden via webcam.

Military personnel trained for tolerance

By OMAR GUZMAN Staff Writer

Nearly five months after the U.S. Senate repealed the ‘Don’t ask don’t tell’ (DADT) law, leaders of all four military services announced that training for the tolerance and acceptance of the new law dealing with gays and lesbians serving in the military is underway and going well.

“I was happy when it got repealed; it was about time for gay and lesbians to serve openly in the military. But it should not have been a policy in the first place, because there was no statistical evidence for it to have been made a law,” said Amaris Simmons, a student assistant of the Pride Center.

One of the most controversial laws is slowly, but effectively, coming to an end as people embrace the new law that will allow gays and lesbians to serve openly in the military.

According to the U.S. Army, “The change will not take effect until 60 days after the chairman of the Joint Chiefs of Staff, Secretary of Defense, and President certify the military’s readiness to implement the repeal.”

Training among the nation’s 2.2 million service members to prepare for the repeal of the DADT law began in February.

“The training is basically Lieutenant Colonels taking us to a class setting to explain to us what major changes will happen and what will stay the same,” said student Stephen Jensen, with the CSUSB Reserve Officers’ Training Course (ROTC).

“For those who have an issue with the repeal, they can only complain, but they cannot do anything about it since they signed a contract which means they have to respect any change in policy.”

Student Stephen Jensen

CSUSB hosts stem cell research presentation

By ERIC SANCHEZ Staff Writer

Researchers and scholars from throughout the nation gathered in the San Manuel Student Union to discuss the benefits and ethical concerns of the use of stem cells on April 29.

The symposium-styled event was the first of its kind at CSUSB and sought to educate the campus community about stem cell therapy and to clarify misconceptions about research, a CSUSB press release stated.

Jeffrey Thompson, CSUSB associate provost for stem cell research, noted that there are different types of stem cells: embryonic cells obtained from fertilized egg cells and stem cells obtained from other non-reproductive cells.

Much of the controversy around stem cell research revolves around the use of the embryonic type, which requires the destruction of the embryo.

Those opposed to this type of cell use believe that the already fertilized egg has a right to live.

“I believe a zygote is life … life begins at conception,” said Tom Marino, a CSUSB student.

Tracy Grikisheft, surgeon and researcher at Children’s Hospital of Los Angeles, explained how adult stem cells can help save lives by aiding in the process of tissue engineering.

Grikisheft said that she is currently researching rehabilitation of intestinal linings of six-month-old piglets which are roughly the same size as newborn humans.

Marino said he believes possible medical benefits for patients do not justify the loss of another life.

“What’s done is done … let’s research on what we already have,” Marino said.

The CSUSB release also stated the event was meant to bring awareness to the $1.1 million stem cell internship grant that was awarded to CSUSB by the California Institute for Regenerative Medicine (CIRM) last year.

CSUSB currently conducts research on non-embryonic bone marrow stem cells obtained from Loma Linda University Medical Center. Thompson said.

Positive news for stem cell researchers came in while the symposium was under way and was announced to the audience.

A two-to-one decision by the U.S. Court of Appeals for the Washington, D.C. circuit lifted a preliminary injunction that had blocked federal funding for human embryonic stem cell research, The Washington Post reported.

A clinical trial treating patients with spinal cord injuries was awarded a $25 million loan from CIRM on May 5; it is the first use of human embryonic stem cells in humans it has ever funded, the Los Angeles Times reports.

By OMAR GUZMAN Staff Writer

Indeed he did resist,” said Press Secretary Jay Carney, who gave a description of the 4th-minute raid as reported by the Los Angeles Times.

“In the room with bin Laden, a woman, bin Laden’s wife, rushed the U.S. sas unh and was shot in the leg, but not killed,” Carney reportedly said.

In response to the burial, the Los Angeles Times reported that city Muslims feel that even a “monstrosity” like bin Laden deserved a better burial.

Those interviewed by NY Daily News said placing the body into the ocean was wrong and that even though they do not approve of bin Lad- en’s actions, burying him in the ground would’ve been better.

However, Carney said aboard the USS Carl Vinson, “the burial of bin Laden was done in conformance with Islamic practices and beliefs.”

The body was placed in a weighted bag. A military officer read prepared religious remarks which were translated into Arabic by a native speaker. After the words were completed, the body was placed on a prepared flat board, tipped up, and the deceased body eased into the sea.”

“I don’t know much about Islamic faith,” said CSUSB student Aaron Panther.

“Under the circumstances in which Saudi Arabia did not want the body, I find it acce- ptably – even respectable that the US military released his remains in the sea after following Islamic traditions as Jay Carney reported.”

Photos have been taken of the de- ceased bin Laden but Obama has declined to publicly release them due to the photos being a possible national security risk.

For those who have an issue with the repeal, they can only complain, but they cannot do anything about it since they signed a contract which means they have to respect any change in policy.

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In the May 2 issue of the Chronicle in the story “President confirms Osama’s death” the terrorist group al-Qaeda was misspelled as Al Queda. Furthermore, in the “Open your heart and your wallet” story, the photo that runs with the story is to be accredited to Isabel Tejado and R. Anthony Diaz. The story “Murillo elected Chairman of the Board” was written by Omar Guzman not David Medrano. Also in the advertisement for “Coyote Shout Out” the contact number is 909.537.5815.

Dr. Kevin Grisham

“I would like to work on International Relations,” Ortega said with a smile. “It is very interesting for me and I love it.”

Dr. Kevin Grisham, faculty advisor for the MUN program, talked about the number of students attending the conference. “This year more than 5,000 students attended the conference,” Grisham said. “In the conference there were 29 States plus the District of Columbia, including 39 other countries.”

Grisham said that it was never about the awards, it’s about the experience and what students can learn and what they can teach others with that knowledge.

According to Grisham the program helps people create new perspectives about other nations and erase the old, inaccurate ones.

“The issue is that people already have a perspective about other countries because of what they see in the media and by representing those countries students demonstrate how a nation really is,” Grisham said. “Throughout this lengthy story, CSUSB has established itself as one of the premier Model UN Programs in the international community.” Grisham wrote in the CSUSB newsletter.

CSUSB MUN team awarded in NYC

Continued from Pg. 1

“**The issue is that people already have a perspective about other countries because of what they see in the media and by representing those countries students demonstrate how a nation really is.**”

Dr. Kevin Grisham

Monday, June 13 the Graduation Issue of the Coyote Chronicle prints, and you could be part of it

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Elodie Anguissola

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The Coyote Chronicle is published every Friday for distribution on Monday during the academic session by the Communications department.

The opinions expressed in the Chronicle are those of the student writers and editors and do not reflect the views of the university, its faculty, or any other person or institution unless expressly noted.

The appearance of any advertisement in the Chronicle does not represent an endorsement of the products or services advertised.

Chronicle reserves the right to edit or reject all materials submitted to the paper.
The entire wall is shelved with candy and junk food at the Coyote Market.

People assume, “Oh, it’s like Subway, and which feature what they call “beef” in a shell. Fast food chains that are a far cry from healthy.

These dining options that students choose are from Taco Bell, Pizza Hut, WOW Café & Wingery and Subversions. Most of the meals, ranging from mushy pasta to greasy dishes and drinks. In other words, these foods alone are very high in sodium, calories and carbohydrates.

According to Dr. Cliff Kuhn, known as “The Laugh Doctor,” there are even benefits from fake smiling. One of the perks is increased creativity, which all students need to succeed.

I think everyone’s preference would be to give and receive a real smile, but a fake one can improve the giver and the receiver’s attitudes.

Other studies on smiling have revealed that we are hard-wired to mimic smiles when they are directed at us. That makes them contagious too.

Let’s recap. More smiling, even fake smiles, will reduce stress, give a healthful high, others will copy my actions, campus atmosphere will improve and my attitude will too.

And, it’s free. Who can argue with that price?

The quantity of food sold on campus is not worth the cost.

The food choices on campus continue to be unhealthy. Most of the meals, ranging from mushy pasta to greasy tacos contain a lot of salt and fat.

The food court on campus includes dining venues Taco Bell, Pizza Hut, WOW Café & Wingery and Subversions. These dining options that students choose are from fast food chains that are a far cry from healthy.

Denny’s Grand Slamwich boasts a whopping 2900 calories, 2130mg sodium, 56% of your daily value of saturated fat, 82% of your daily value of cholesterol, 25g of sugar, 27g of protein, and 32g of fiber. Subway made Jared skinny. So it has to be healthy.” Wrong.

Not only does the meat itself have grave amounts of salt, but add the bread, and like the Grand Slamwich, you need to stop eating more salt than you should.

For the most part, junk food. There are some exemptions here, as they also sell some healthy foods such as miniature salads, fruit and veggie cups and Cliff Bars.

And what does the Coyote Mart right across the food court sell?

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What is a student to do? SMILE!

On his website, Mark Stibich Ph.D., a behavior change expert, says that smiling actually relieves stress.

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Osama's dead! USA! US...wait, what?

Thousands of Americans celebrated bin Laden’s death with rejoice, but was it a logical response?

By NIC GIBBS
Staff Writer

Dusk was setting on the final night at Stage Coach 2011 and I stood listening to Carrie Underwood break into the timeless hymn “How Great Thou Art” when I got a text message that read, “Osama bin Laden is dead.”

Soon I began hearing chants, “USA! USA!” as the news was starting to spread. Rascal Flatts’ bassist, Jay DeMarcus, came onto the stage and announced to over 55,000 people that “that son of a **** Osama bin Laden is dead!”

The crowd went wild.

Shortly after President Barack Obama informed the nation about the death of one of FBI’s most wanted carried out by the双手 of the U.S. military, American citizens began gathering in the streets.

Some went and stood together singing “God Bless America” at the site where the FBI’s most wanted carried out by the hands of the U.S. military, American citizens began gathering in the streets.

Others ran through the streets chanting “Ding dong the witch is dead!”

Few expressed opinions of disgust at how Americans were celebrating the news. I stood there amongst my fellow Americans, amidst chants praising this victory in our war against terrorism, and I did not know how to react.

The swell of emotions inside me urged me to join. The patriotic act of thousands chanting together began to sway me to join.

And, for a minute, I did.

But something seemed wrong with the celebration and because I was told about bin Laden’s death before most of the crowd, I had had some time to think. This was a truly historic event and it will go down as one of those that you say to your kids, “I knew where I was when I heard the news.”

In his address to the nation Obama stated, “…his demise should be welcomed by all who believe in peace and human dignity.”

But should we have been partying in the streets?

Obama also stated in his address, “Let us think back to the sense of unity that prevailed on 9/11.”

In the heat of the moment, amongst a crowd of people filled with emotion I can certainly understand this reaction.

I am not saying don’t react, don’t get together and don’t respond emotionally to this news. I am asking that we stop and think about an appropriate reaction to the type of news we received.

The death of bin Laden resurfaces the emotions felt during 9/11. We were brought together by sadness felt for those affected and lost. We mourned together as a nation for the losses we incurred.

We also reacted in fear. The terrorists succeeded in this way and brought a feeling of dread and fright to our nation.

Fear of future attacks, fear of terrorists or even a misguided fear of Muslims we knew very little about.

Perhaps cheering in the streets comes from the fear we felt when we heard this evil man’s name. It is a reaction to the fear the terrorists wanted.

In bin Laden’s death we have an opportunity to respond against the fear. If we do, we deny him martyrdom.

Perhaps a more appropriate response is to return to the sadness we felt and treat bin Laden’s death as another step towards bringing closure to the families forever affected by 9/11.

The mission is to “support the rights of a person carrying a gun at their doctor’s office just because it’s his legal right. There’s another thing people need to remember.

Our forefathers guaranteed us many rights, including the right to bear arms. But, back in 1791, a person “bearing arms” would be lucky to fire off three shots in a minute.

It’s simply a technology issue. If those same forefathers saw a gun capable of spewing 15 shots in a matter of seconds only to be reloaded in about another three seconds, they may just have had second thoughts.

California’s not the only state going through this.

In Arizona, as reported by the Phoenix, Gov. Jan Brewer shot down a bill in favor of open carry.

That bill would be legal to pack heat on state college campuses.

Brewer has been a highly conservative governor, so when even a right winger is dropping a bill like this, what does that tell us?

We have enough trouble on college campuses. Anyone else remember Virginia Tech?

We have similar problems on our streets as well. Bottom line: no one is telling gun enthusiasts they can’t own guns.

Buy them, own them in their home, it’s no different to me.

But the fact is, no matter what way anyone wants to spin it, guns, as a piece of technology, were originally designed for only one purpose: to harm or kill.

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Keep your guns, ban open carry

By STEVEN AVILA
Staff Writer

Last week, the San Bernardino Sun reported the ban of “open carry” of unloaded guns was passed in Assembly Appropriations, and thank God.

The bill, authored by Assemblyman Anthony Portantino, would ban openly carrying guns and make doing so punishable by up to a $1,000 fine or even a year in jail, as reported by the Pasadena-Star News.

In the already chaotic time we live in, why add this heat on state college campuses.

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Entertain yourself at Pechanga

By BRENT THOMPSON
Staff Writer

A consistent complaint among CSUSB students is that they have to drive to Los Angeles to see some of their favorite bands and artists.

Well, just because you don’t live in a metropolitan city with seven million plus inhabitants doesn’t mean you don’t have the opportunity to see great concerts, entertainers and shows.

“I like L.A. better,” said student Sohelia Hajjar. “All there is to do here is to see a movie or go bowling. I don’t know where to go to see a major band perform.”

“Coachella is the only place I know of around here where you can go and see a show,” expressed student Jhob Nasqui.

The Pechanga Resort and Casino provides Inland Empire residents with a chance to see big-name entertainers from the past and present.

Located in Temecula, the Pechanga Theater is considered one of California’s leaders in providing an affordable, up close and personal experience without the hassle of making that long drive to Los Angeles.

From rock n’ roll, pop or country to stand-up comedy, the 1,200 seat theater gives audience members the opportunity to view their favorite entertainers in an intimate environment that those huge Los Angeles theaters such as the Nokia or the Greek Theater do not provide.

With the average price of a ticket is $57 for most of these arenas, not including the money you will have to shell out just to park your car or the fact that many expect are predicting $5 a gallon for gas by summer, you can find a cheaper alternative at Pechanga to entertain yourself throughout spring and summer.

Here are some upcoming shows and concerts soon to arrive at Pechanga.

Hop into your DeLorean and experience the 80s by seeing the original “girl power” rock band the GoGo’s with 80s hair band Berlin on August 20.

Not an 80s fanatic? Then go back to the 60s and 70s on May 20 and 21 to see fellow 90s rockers, Matchbooks.

The 60s rock band the Goo Goo Dolls will be bringing their act to Pechanga May 27 and 28, and fellow 90s rockers, Matchbox 20 will be appearing July 9.

Missed your chance to put on your cowboy hat and dust off your boots at the Stagecoach Festival? Well, you have another opportunity to do so because legendary country music star Alan Jackson with special guest The Doo-Wah Riders will be appearing August 25.

Fellow country superstars Lady Antebellum with special guest Troy Olsen will be at Pechanga July 27. Former Hootie and the Blowfish lead singer-turned-country musician Darius Rucker will be appearing October 30.

CSUSB nursing staff celebrates National Nurses Day with surprise

By LINDSEY MARTINOVICH
Staff Writer

T he CSUSB Health Center celebrated National Nurses Day on Fri. May 6 with a surprise breakfast for the entire staff.

The goal of National Nurses Day is to recognize the nursing profession and all that they do.

The CSUSB Health Center gladly welcomed this opportunity to praise all of its staff, especially the nurses.

Kathi Cole, the health center’s clinic coordinator and nurse practitioner, along with other directors gave their nurses a standing ovation.

By the jovial environment, it was clear to see that the health center staff truly enjoy what they do and like being there.

“We all like helping the students. I love working with college students and working on campus.”

Kathi Cole
Health center’s clinic coordinator and nurse practitioner

The health center is made of three components: health education, medical health, and psychological health. There are two medical doctors, three nurse practitioners and five nurses on staff.

The medical health center offers primary care with a focus on male and female reproductive health care.

According to Terri Schmitt, Assistant Director for Counseling, the health center also offers counseling to any CSUSB student.

The health center also has its own pharmacy where they can fill prescriptions at a low cost because there is no mark up.

The center as a whole focuses on mental wellness and health care.

“We’re the one-stop shop!” said Carlos Carpio, wellness coordinator.

Carpio, who has been with the health center since 2007, discussed the benefits and everything they offer.

Carpio also discussed the peer health program, which is made up of 10 paid students who are nationally certified.

Once hired, the students are trained in communication studies, listening studies, program planning and evaluation.

This group of students focuses on PEER (promoting, educating, empowering).

The Health Center’s nursing staff takes pride in their work helping students, and took time to celebrate their profession.

Continued on Pg. 9

Info Tech wins big at convention

By KATHERINE HENLEY
Staff Writer

CSUSB students took the win in the computer forensics category at an Information Technology competition for first place and a $1,000 cash prize!

The 15th Annual Information Technology Competition was held at Cal Poly Pomona on April 16, 2011 with competitors from all around the Southern California region such as UCLA, Cal State Northridge and UC Irvine.

“This competition is very challenging and requires technical and policy skills,” said Tony Coulson, CSUSB professor and a team coach, according to news.csusb.edu.

Cal Poly Pomona entertained three teams from CSUSB for the competition, all of which competed in the Business Systems Analysis and Computer Forensics categories of the event. According to CSUSB’s news site, the teams were “sponsored by the university’s Information Assurance and Security Management Center and Information and Decision Sciences Department.”

The CSUSB team that took first place in the computer forensics category used “elements of law, policy and specialized tools for a computer forensics investigation,” according to The Sun.

Without a doubt, computer forensics is definitely a permanent part of our future. As long as people use computers and other technology related items to commit crimes we need people to solve these cases,” said student Steve Wilson.

After indicating the type of crime that was determined by using the skills and tools needed to catch the potential suspects computer activity evidence, the results were presented to a panel of judges that are experts in the field.

“I think that it is amazing that we have such intelligent people on this campus as our classmates. I would never be able to do that with computers or any other kind of technology,” said student Kandyce Hall.

Not only did the CSUSB forensics team take first place in the Info Tech category, the CSUSB Business Systems Analysis team took second place, along with another Information Technology team taking third in their respective categories.

“Our teams performed extremely well,” said Walt Stewart, a CSUSB professor of computer forensics. “When the judging ended, if our students were involved in the law or forensics profession, I knew they had fully demonstrated their abilities,” according to CSUSB Public Affairs.

More than the teams that placed first in the competition included Ajay Sharma, Alfredo “Freddy” Gonzales and Michelle Behne. The winning team members will divide a $1,000 cash prize!

“These types of competitions are a great experience and give us the ability to apply what we have learned in a real world environment,” said Behne.
Making hangovers bearable

By JUSTINE PLEMONS  Staff Writer

As long as college students have been drinking, we’ve been trying to find ways to cure the aftermath of a throbbing head and nausea, affectionately called the hangover. So, I hit the streets and Facebook to ask students what their cues for hangovers were. I got everything from crackers and Advil to Rockstar Recovery energy drinks.

Some of the remedies ranged from funny to ridiculous, including eating cucumbers and Sweatin’ it out at the sauna. These are the top few answers I got:

Some MIGHT help with a hangover:
- Gatorade
- Vitamin Water
- Suffering it out at the sauna
- Advil
- Rockstar Recovery energy drinks

Some simply caused because of too much alcohol processing.

I don’t know about you, but the last thing I want to do when I am hungover is exercise. Throughout the night I sip on Pedia-lyte. I don’t have as bad as a hangover the next morning but you have to drink it before bed,” said student Megan Ard.

However, according to the British Medical Journal, “No compelling evidence exists to suggest that any conventional or complementary intervention is effective for preventing or treating alcohol hangover. The most effective way to avoid the symptoms of alcohol induced hangover is to practice abstinence or moderation.”

Moderation? Abstinence? That is not fun. Since not drinking isn’t an option for most of us and moderation is a throw-away concept, we consume greasy Mexican food, pop soda, and drink Gatorade. After all, we consume greasy Mexican food and soft drinks almost everyday but are still okay. We know it’s not healthy but are just a placebo effect.

Hangovers affect not only our bodies but our minds as well. Decreased sleep, dehydration and irritability are some results of hangovers. “As with most such things, moderation in alcohol intake is an excellent idea and it’s better to prevent than treat,” says nutrition expert Marion Nestle.

Getting a taste of home-style Italian cooking at Eddie’s Cucina Italiana

With Cheran Dinger

The motto at Eddie’s Cucina Italiana is “We’re much much more than just spa-ghetti.”

The food may have lacked that “home-cooked” appeal but it seemed enthused and was very friendly and approachable.

After speaking with my server, who is working part-time to pay her way through college, she explained that business has slowed down dramatically over the past few years.

“It seems like we don’t really have daily rushes anymore. I don’t get it. The food is awesome, plus I’m here! Who [wouldn’t] want to see me?” joked the server.

The friendly staff added a few brownie points in my book. Genuine customer service and a sincere smile can go a long way.

There were two people sitting at the bar, having a business meeting.

“I work in the building across the street, so this place is perfect for doing some work on my lunch break. Plus, it’s always quiet. I always order the calamari, it never fails,” said Chuck Petes.

His co-worker Nancy Deino had similar things to say about the restaurant.

“This place is good. Not the best but definitely not the worst by any means either. I’ll come again for sure,” said Deino.

Deino recommended the Tiramisu and said it was to die for: “It is like heaven. Don’t leave without trying it. It will put a smile on your face,” said Deino.

With a little bit of hesitance, because I am not much of a dessert person, I ordered this decadent dessert and was pleasantly surprised.

Overall, I would recommend Eddie’s to friends and family as a casual dining spot that can fit anyone’s budget.
Want to laugh till your ribs hurt? Then you'll want to be entertained by comedian Carlos Mencia who will be appearing July 16.

Lisa Lamponelli, an up-and-coming female comedian, will be doing her blue stand-up June 10.

And fellow female comedian and host of her late night E! talk show, Chelsea Handler, will be appearing August 8.

Pechanga also gives fight fans a chance to view championship boxing. Names such as James “Lights Out” Toney, Vernon Forrest, Michael Moorer and Vasiliy Jirov have demonstrated the art of the sweet science in national televised fights on HBO and Fox Sports at the Pechanga Grand Ballroom.

You don't have to go to the old Great Western Forum or Staples Center to see modern day gladiators duke it out for pride and glory. In the tough economic times that we live in, every penny saved goes a long way. Yet you don’t have to spend your nights singing karaoke with your parents just because you don’t have the cash to dish out in Los Angeles.

While L.A. is the capital of entertainment, residents of the I.E. don’t have to have a drive it to the west all the time to be entertained. “It’s all too easy to go to Los Angeles,” said student Kate Perry, “but you don’t necessarily have to go to L.A. You can find shows here.”

The prices for the tickets vary on the concert or artist you wish to see. For more information go to pechanga.com.

Savings at the pump thanks to phone apps

By YANETH HOIL

Staff Writer

Free phone gas applications are a smart and easy approach to high gas prices and could save you major dollars this upcoming summer.

It doesn’t matter what kind of phone you own. There are now gas applications for most phones such as the Droid, iPhone, Nokia and Blackberry. These free applications allow drivers to preview the gas prices for gas stations nearby. They can help make a better and more informed decision when the time comes to fill up the tank.

According to the article “6 smart-phone apps to battle rising gas prices” by Candice Choi from USA Today, some of the applications that are available now for the iPhone are AAA Trip Tik, GasBuddy, Gas Cubby, MapQuest and Route4Me. The MapQuest and GasBuddy applications are also available for the Droid.

It’s no surprise that CSUSB is a commuter school; however even for those who live near the campus, driving to work and taking care of daily life responsibilities has become a major headache when factoring in the cost of gas.

Even with this bad economy, the gas industry seems to be prospering just fine. Exxon Mobil ranked second on the 2011 Fortune 500 annual list of America’s largest corporations and Chevron ranked third. Exxon profits were over $30 million and Chevron had a profit of about $19 million.

“It’s irritating that oil companies keep making ridiculous profits year after year, while I need to plan one trip for all my errands, or incorporate them into my drive from work to home in order to save,” said Sergio Reyes.

The GasBuddy app relies on its users to keep the gas prices up to date for most major cities. The price listings show the time they were posted in order to let users know how current they are and a $250 prepaid gas card is raffled each week.

Avoiding bumper-to-bumper traffic is another way to save on gas.

The MapQuest app allows you to see the traffic conditions for your regular routes and alternative roads in case you decide to go to a different route. According to MapQuest, the information is updated every five minutes and the app can recalculate new routes by shortest distance and shortest time.

The Trip Tik app allows you to search for local gas prices by distance. The app tracks the prices of more than 130,000 gas stations and you don’t need to be an AAA member to use it.

Reyes has the GasBuddy app on his iPhone and said that it helps him find the cheapest gas in his area, and it’s beneficial because when you are on a budget you need to find savings anywhere you can.

Gambling isn’t the only entertainment at Pechanga it also offers a variety of shows from music to wrestling and comedy.
Upcoming artist Bruce Frencher also known as Finess the Great, will be giving a way to a college and a hip-hop dream.

One of CSUSB’s own is plotting a course to take the hip-hop world by storm. Finess the Great’s two mixtapes, “To All My Haters” and “No Days Off,” have generated a considerable amount of buzz and the attention of a large number of hip-hop fans. Since his first performance at a school talent show when he was only 16, Finess has climbed steadily up the hip-hop hierarchy.

Finess, who’s real name is Bruce Frencher Jr., was born in Kansas City, Miss., where he lived and off until he was in junior high. When his parents separated, his dad brought him and his younger sister to California. Although California was a change of scenery for him, Finess never lost touch with his roots and can often be spotted representing his home town by wearing a Kansas City Royals hat.

“Finess” was a nickname he got while in high school for always being relaxed on the court and on the field, and for having a carefree personality. He later added “The Great” because he believes he is, and can be just that.

Music has always been a big passion for Finess. He originally started out singing because of his father, but deep down he always knew that his true passion was hip-hop. "It has always been an escape for me, especially when things in my life weren’t going so well," said Finess.

His musical influences include Snoop Dogg, Dr. Dre, Daz & Kurupt, Mos Def and Nas, but he admitted to also being a fan of the Red Hot Chili Peppers and Nirvana while growing up. Finess’ biggest and main musical influence is Ice Cube.

“It was more than the music,” said Finess. “Ice Cube’s longevity and his ability to use music to break into other industries such as movies also had an impact on me.”

Finess’ parents haven’t always been supportive of his musical ambitions. He believes it is because they didn’t want him to give up on his athletic talents or to lose his doubters into believers.

May 13, Finess will be heading east to a performance in Las Vegas. For more Finess the Great visit www.finessethegreat.bandcamp.com or www.twitter.com/finessethegreat

Dim the lights, sip your coffee and snap your fingers as the jazz ensemble of CSUSB gears up to host an award-winning jazz quartet Poem at its first ever Jazz Fest on May 21.

In addition to Poem, the jazz ensemble for Riverside Community College will be opening the show and then the CSUSB jazz ensemble will follow their performance, ultimately leading to the festival’s headliners.

Poem is made up of Bob Mintzer on saxophone, Alan Pasqua on keyboard, Darek Oles on bass and Peter Erskine on drums.

Each member of Poem is extremely talented, but it is Erskine that will be presenting a special treat for the students. The legendary jazz drummer will be offering a free drum clinic before the show at 4 p.m. for anyone interested. This presents a once in a lifetime opportunity for aspiring musicians on campus.

Erskine has been playing the drums since the age of four and has won numerous Grammys, so this is a chance a drummer or percussion musician can’t pass up.

“I’m looking forward to what he has to show us,” said jazz ensemble drummer Mike Rico. “I’m probably more excited to meet him and to watch him play of course.”

The clinic will be held at the Performing Arts building in room 127.

Dr. Robert Knop, director of the jazz ensemble at CSUSB, has only wonderful things to say about his group.

“We always place in the top ten for four-year colleges from all the Cal States,” said Knop when discussing placement of the CSUSB jazz ensemble. “We have received in the past.”

The jazz ensemble participates in the Reno Jazz Festival in Reno, Nevada, which is a music festival open to groups from middle school all the way to college. Other Cal States such as CSU Sacramento and CSU Northridge also attend the festival.

This may be the first jazz festival for CSUSB, but hopefully it won’t be the last.

“I hope to continue to do this every year,” said Knop. “I hope this will showcase the community of Riverside and San Bernardino.”

“I want to make Cal State a destination for people to come to,” he added.

CSUSB’s jazz ensemble features a diverse group of 20 musicians with ages ranging from 18 to 50.

Continue on Pg. 11
Cinco De Mayo inspires local art

By RENEE ETCHEBERRIA
Staff Writer

An artistic display took place on the CSUSB campus in place of the usual extravagant festivities of May 5.

CSUSB’s Lamda Theta Phi Fraternity Inc. hosted the Cinco De Mayo Art Show on campus in the Lower Commons Pine room.

While the focus was on Latin artwork they also featured a variety of art genres. Some artists that showcased their work at the event were Tank, RcH, Mikcone, Dayne Henry Jr., Kairo and James Caves. Along with the art show they played music and offered refreshments.

Lamda Theta Phi is known for being the first Latin fraternity and most of its members are Hispanic, but it is not a requirement. This art show is one of the many events that the fraternity hosts.

A majority of the artists are locally known in San Bernardino, but two of CSUSB’s very own alumni, brothers Mike and Richard Castor also showed off their work.

With the help of the Castor brothers company, West Koast Graphics, and their collaborative work with Lamda Theta Phi is what made this event possible.

Mike Castor expressed that the reason they put this event on was to get more people involved and allow other artists to showcase their work.

They even had an art contest with prizes as an incentive to get more participants to come out to the event.

Unfortunately they had about 20 people register to enter artwork for the contest yet no one came to drop off their work. They hope that next year they will have better ideas to get word of the contest to people and have more involvement from people.

West Koast Graphics was started 10 years ago by the Castor brothers in an attempt to make a career out of all that drawing and doodling they did in school.

“Teachers in high school always told me to stop drawing and to pay attention to school; I did both and want people to know they can do it too, and make a profession at it,” said Castor.

Since then they have had a successful company and career with an office located in San Bernardino.

The Cinco de Mayo art show is just one of the ways they want to encourage people to showcase their artwork. They also want to help artists get affiliated with big names just as they are.

West Koast Graphics not only creates their own designs with shirts and stickers, but they also work with companies such as Famous Stars and Straps doing graphic design work.

Since both of the Castor brothers are also alumni to the fraternity, they often affiliate with Lamda Theta Phi and spend a lot of time on campus looking for interns to fill their office.

For information about Lamda Theta Phi fraternity visit the Student Affairs office, and visit westkoastgraphics.com for information on West Koast Graphics.

Osama’s demise becomes Hollywood prize

By MATTHEW Bramlett
Asst. A&E Editor

It’s been a little more than a week since the unexpected assassination of Osama bin Laden, and already Hollywood producers are scrambling to get it to the big screen.

In an industry starving for new and exciting ideas to keep afloat, the bin Laden story has piqued the interests of a number of studios and wealthy people, including some familiar faces.

Already, the duo behind the Oscar-winning film The Hurt Locker – director Kathryn Bigelow and screenwriter Mark Boal – have been developing a story about the hunt for the notorious terrorist leader. The script, tentatively and unimaginatively titled “Kill Bin Laden”, is still in the midst of development hell, but the recent death of bin Laden may have given the project a new life.

It’s not hard to see the final operation that ended bin Laden’s life as something straight out of a textbook Hollywood blockbuster. All the ingredients are there – tension, action, suspense and a ragtag team of Navy SEALs who can easily fulfill every cliché personality trait that are found in virtually every war movie.

Boal, who uses his day job as a foreign correspondent to imbide himself in military operations in Iraq and Afghanistan, had already been tipped off a few months ago about recent (and, ultimately, dead-on) intelligence about bin Laden’s whereabouts, and may include the terrorist leader’s death in the movie.

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CSUSB jazz sets saxes ablaze

Continued from Pg. 10

“I once had a 54-year-old drummer,” said Knop.

You can find them rehearsing Tuesdays and Thursdays from four to six in the Performing Arts building.

The tickets for the festival are $10 for students and VIP tickets will be $25. All VIP ticket holders will get a front row seat to the concert.

The festival will be held in the theatre of the Performing Arts building if 250 or less tickets are sold, but will be moved to the Coussoulis Arena if more than 250 are sold.

One of the pieces the CSUSB jazz ensemble will perform is “The First Circle.” Hopefully this will be the first circle of many for the jazz ensemble, and they make this an annual must-see.

To pre-purchase tickets, go to the music website at http://music.csusb.edu. If there are any questions, call (909) 537-7516.
The harmonies and melodies created by Barbara and Ethan Gruska make it seem like they were born to do them. It would only make sense for the musically-oriented siblings.

Barbara and Ethan formed the group The Belle Brigade, who just released their first album, *The Belt of Orion*, in April.

The two Los Angeles natives have an extensive musical background. Their maternal grandfather is famous film composer John Williams. Their father is songwriter and composer Jay Gruska.

Barbara has been drumming since she was 10 years old, following the tradition of her great grandfather, great uncles, and her mother’s brother. Ethan was pulled more toward the piano, even though his father handed him a guitar at eight years old.

Warner Brothers signed the duo to their Reprise label. The band joined forces with Lenny Waronker and producer-songwriter, Matthew Wilder.

Wilder, of course, is the genius behind No Doubt’s *Tragic Kingdom*. He also wrote and performed the 1983 Matthew Slater hit, “Break My Stride.”

Wilder helped refine their finished tracks and weave their singles into the right hands.

The *Los Angeles Times* labeled the band under “Faces to Watch” for 2011. According to *TheDailyPage.com*, their music is inspired by Barbara and Ethan’s love for Fleetwood Mac, Simon & Garfunkel, the Beatles and Stevie Wonder.

The album is a mixture of snippets of rejection and fun, mellow melodies. *TheDailyPage.com* calls the album, “chock-full of artfully arranged, freewheeling songs brimming with breezy, California melodies and bracing pop harmonies.”

*Los Angeles Times* critic Ann Powers said the duo, “gleam with hooks and pour over with earnest emotion. The misfit anthem ‘Losers’ could be a Top 10 hit.”

Mikael Wood, also of the *Los Angeles Times*, called the album “a record nerd’s dream come to messy, muscular life.”

The band’s first single, “Losers,” went viral on YouTube. It features the two in bathrobes in an empty bathtub, strumming along and belting out lyrics such as, “Don’t care about being a winner/ or being smooth with women/ or going out on Friday/ or being the life of the party/ no more.”

The two fall into familial laughter as Barbara’s head towel falls off. Throughout the video, the connection between brother and sister is visible.

Belle Brigade has been duly-noted for their live performances. They have recently been performing on the talk show circuit, performing on “Conan,” among others. They opened for Grace Potter and the Nocturnals, and are continuing to open for G. Love & Special Sauce, according to the *Los Angeles Times*. They will also begin a tour with k.d. lang on June 17.

 hopefully the sibling power will succeed into becoming a household name like those of other sibling pairings, such as Donny & Marie.

With all the right tools, producers and natural musical ability, the team could be the next big thing.
Student soccer supporters were treated to a street soccer tournament in which they competed for a chance to win tickets to a Major League Soccer game this past week. For such a feat, Parking Lot H at CSUSB was turned into an urban street soccer tournament. The tournament started at 6 p.m. this past Wednesday, May 4.

There were eight teams competing for tickets to the LA Galaxy vs. NY Red Bulls game at the Home Depot Center on, scheduled for Saturday, May 7.

The teams consisted of four players each, consisting of students and friends. The rules were simple, being good old fashioned street soccer you just had to get the ball in the net with your foot. The teams hit the court and battled for the tickets and as team after team hit the black top a winner emerged.

Ultimately team “K:O Munich Connection” featured Obi Agwu, the leading scorer on the team “K:O Munich Connection” featured Obi Agwu, the leading scorer on the soccer team and his fellow team mates Zach Walker, Tyler Kahn and Lee Nishanian.

The night wasn’t all about sweating it out in the parking lot, the Red Bull girls were present and giving away ice cold Red Bull to keep the soccer spirit and the fans well alive into the night.

The event was made possible by student and Red Bull representative, Chris Martinez, look for more upcoming events brought to you by Martinez and Red Bull. The teams names and the players of those who competed were: Come Get Some (Richard Dorado, Edmundo Reyes, Talify Rayaan, Edwin Gomez) K-O-Munich Connection (Obi Agwu, Zach Walker, Tyler Kahn, Lee Nishanian) Bus Drivers (Tanner Olinger, Demetrix Burgos, Derek Taddei, Walter Bonilla) Signo Vincen (Van Howard, Devin Sole, Richard Santana, Jake Guilian) Galaxy Bound (Oscar Monroy, Rene Tovar, Adam Gonzales, Victor Naples) FC Coyotes (Alvaro Mendora, Bryant Fuentes, Victor Rojas) Boas (Hector Martinez, Michael Ruiz, Mantstreet Gharta, Yasmin Diego) Barcelona (Martin Esqueda, Jordon Rodino, Anthony Arellano, Juan Garlarz)

By OSCAR HERNANDEZ
Staff Writer

With each new season, there are high hopes and expectations for this group of women.

The upcoming year is no different. With the departure of two seniors, the volleyball team was in need of skilled and talented replacements. Recently, Cherniss announced that Britney Paino of Villa Park, CA and McKella Williams of Phoenix, AZ have signed National Letters of Intent to attend and play for the ‘Yotes next season.

Both individuals played outside hitter in high school and Cherniss explained both have the ability to perform well for the nationally recognized CSUSB program. I asked Cherniss what she felt these two recruits would bring to the table next season. “Brittney Paino is a great attacker. She’ll be an immediate offensive contributor,” said Cherniss. Meanwhile, Williams is more of a project with a high upside. “Williams is kind of an investment type player. We are hoping she grows into an impact player,” said Cherniss. Paino is a 5-foot-10 outside hitter who earned all-league honors in each of her four years at Villa Park High School. She was ranked among the top 25 outside hitters in Orange County this past season, earned athlete of the year honors, and participated in the Junior Olympics.

Paino played at Desert Vista High School in Phoenix. She was named to the top 12 players list in the state of Arizona and earned first-team all-region and all-state honorable mention honors.

After last year’s success, there is a certain pressure to perform next season, but Cherniss seems not to be affected. “I’m having the time of my life and I don’t think of it as pressure to continue to do that,” said Cherniss.

The recent success has had to have an effect on the expectations for the team coming into the season, even for Cherniss.

This week in Sports:

May 9, 1984
White Sox & Brewers play 8 hours and 6 minutes, game, longest timed baseball game

May 10, 1967
Hank Aaron hit his only inside the park HR (vs Jim Bunning)

May 12, 1875
First recorded shutout in pro baseball, Chicago 1, St Louis 0

May 14, 1904
First Olympics in the US are held in St Louis

SPORTS TRIVIA

Each week the Coyote Chronicle will try to stump the students with sports trivia. The answers will be given the following week in the next issue. So get your sports thinking caps on.

What five Major League Baseball players had the most home runs from the years 2000 to 2009?

Look for the answers next week, and check out more trivia through out the Coyote Chronicles weekly issues.
Despite a previous and horrible experience, a city girl, armed with bug spray and a vague knowledge of camping sets out to gain some insight.

An issue with camping in general is information, people like my father and uncle have little to no information on camping. Their idea is simply a tent with an ice chest and some fire wood, so how does everyone else camp? I know that not everyone uses what I affectionately call the “Verdejo Method.”

The last time I went camping, I went to Sequoia National Park and it was very beautiful until the sun went down. When the sun sets, the bugs and wilderness come out.

Imagine a 14-year-old girl with about a million bugs bites, bloodshot eyes from not sleeping and a very cranky attitude. Yeah, that was yours truly. After that experience, I vowed that I would not return to the wilderness.

After reliving the horrible memories that was my Sequoia trip, I dragged my outdoor savvy father to the local outdoors shop and told him to give me the low down on camping. After browsing the aisles of Sport Chalet and talking to their sales personnel for about an hour, I came to the conclusion that camping had evolved since I had experienced my adventure.

He and my brother told me that even though I experienced the wrong side of camping when I was 14, there are many different ways to do it and they both assured me that I would be ok if I chose to brave the outdoors again.

Before any person decides to embark into the wild, they should first choose their location. We’re lucky that we live in California, because we have several good locations.

San Clemente is one of the somewhat local beaches that offers beach camping. Each of the camp sites has a fire ring, picnic table and shade Ramada, with water nearby.

The RV area in the family campground has water, electrical and sewage hookups as stated by daytrippin.com. For mountain camping, I’d definitely recommend Sequoia, regardless of my personal experience.

The scenery is absolutely breathtaking and there’s lots of activities. For those dirt biking Coyotes, I’d recommend hitching up your trailer and heading out to Glamis.

Whatever your decision may be, always make sure that if you’re going to a national park to check their website for any kind of registration policy. Most campgrounds require a reservation if you’re planning to stay there.

Also, make sure you’re fully equipped for any kind of emergency; bring a first aid kit to any outdoor destination.

For more information, I’d recommend visiting daytrippin.com, reserveamerica.com and parks.ca.gov.
If you’re looking for action or some sports and zip lining.” Of my friends head up to Big Bear for water Said student Lauren Halseth. “Living socially with summer right around the corner, lets head outside Now that the spring is here and summer is rapidly approaching, lets head outside for this beautiful and exciting experience, If heights aren’t your forte, Big Bear then you won’t regret it. Speaking from my own experience, zip lining enables any person to obtain the sensation of flying through the air like a soaring bird over beautiful scenery and forest greens that many never get the opportunity to see in their life time. Big Bear is just a short drive away where folks can now zip through the forest on exciting zip lines. Guests suspend high above the forest floor overlooking mountain vistas and zip through forested landscapes and cross over rocky canyons. Zip it up and take flight in Big Bear any time of the year. Zip line tours are now open year round even in the snow. Trained professionals guide you through each zip line and make every person feel very conformable. If you are willing to pay the price, $95, for this beautiful and exciting experience, then you won’t regret it. If heights aren’t your forte, Big Bear offers more than enough activities, sights and attractions such as kayaking or canoeing and activities such as kayaking or canoeing to fulfill your needs and finances. For $20 an hour, you can rent equipment from Captain John’s Marina for a little bit more strenuous and demanding activity than zip lining. This sporting activity gives a great workout, as well. If you go in the early morning, you are able to admire the serenity of the lake and silence of the morning while you kayak through the glass top lake. However, the afternoon time brings in a little bit more noise when boats, jet skis and wakeboarders can be found all around the lake. Either way the experience or fitness gain from kayaking or canoeing Big Bear Lake is well worth it. If you are strapped for cash, and still needing to do something different than hanging around San Bernardino for the afternoon, then head up to Big Bear and check out the free hiking trails for experienced and non-experienced hikers alike. There are plenty of trails and they all include beautiful scenery of the mountains or lake. You should take a lunch and make a day of it. According to bigbear.com, the forests surrounding Big Bear Lake offer trails for hikers and walkers at all skill levels. For the adventurous, high peaks offer 360 degree panoramas. Snow Summit’s breathtaking Sky Chair can easily take you to the top so you can hike down while enjoying spectacular scenic vistas that include superb views of Big Bear Lake and deep forests. Entry into the National Forest is free, but parking requires an Adventure Pass from the U.S. Forest Service. With so many options and so little time before finals, gear up and head up to Big Bear Lake for more adventures, exciting scenes and active sports that will get your heart pumping. For more information about other activities and pricing, visit bigbear.com.

Zip-a-Dee-Doo-Dah through Big Bear

By MACKENZIE VON KLEIST
Staff Writer

It’s raining, it’s pouring and the old sports are boring. Sitting like a couch potato watching baseball and the NBA playoffs doesn’t have to be the only option right now for students, especially with so many sports and activities right next door to San Bernardino at Big Bear Lake. Now that the spring is here and summer rapidly approaching, lets head outside for this beautiful and exciting experience, If heights aren’t your forte, Big Bear then you won’t regret it. Speaking from my own experience, zip lining enables any person to obtain the sensation of flying through the air like a soaring bird over beautiful scenery and forest greens that many never get the opportunity to see in their life time. Big Bear is just a short drive away where folks can now zip through the forest on exciting zip lines. Guests suspend high above the forest floor overlooking mountain vistas and zip through forested landscapes and cross over rocky canyons. Zip it up and take flight in Big Bear any time of the year. Zip line tours are now open year round even in the snow. Trained professionals guide you through each zip line and make every person feel very conformable. If you are willing to pay the price, $95, for this beautiful and exciting experience, then you won’t regret it. If heights aren’t your forte, Big Bear offers more than enough activities, sights and attractions such as kayaking or canoeing and activities such as kayaking or canoeing to fulfill your needs and finances. For $20 an hour, you can rent equipment from Captain John’s Marina for a little bit more strenuous and demanding activity than zip lining. This sporting activity gives a great workout, as well. If you go in the early morning, you are able to admire the serenity of the lake and silence of the morning while you kayak through the glass top lake. However, the afternoon time brings in a little bit more noise when boats, jet skis and wakeboarders can be found all around the lake. Either way the experience or fitness gain from kayaking or canoeing Big Bear Lake is well worth it. If you are strapped for cash, and still needing to do something different than hanging around San Bernardino for the afternoon, then head up to Big Bear and check out the free hiking trails for experienced and non-experienced hikers alike. There are plenty of trails and they all include beautiful scenery of the mountains or lake. You should take a lunch and make a day of it. According to bigbear.com, the forests surrounding Big Bear Lake offer trails for hikers and walkers at all skill levels. For the adventurous, high peaks offer 360 degree panoramas. Snow Summit’s breathtaking Sky Chair can easily take you to the top so you can hike down while enjoying spectacular scenic vistas that include superb views of Big Bear Lake and deep forests. Entry into the National Forest is free, but parking requires an Adventure Pass from the U.S. Forest Service. With so many options and so little time before finals, gear up and head up to Big Bear Lake for more adventures, exciting scenes and active sports that will get your heart pumping. For more information about other activities and pricing, visit bigbear.com.

Boot camp to whip Coyotes into shape

By CHRIS HANLEY
Staff Writer

Fitness trainer Garrett Nelson is the instructor of a fitness boot camp class on Saturdays at the CSUSB Sports and Recreational Center. This workout program will carry a variety of workouts from resistance training to plyometric workouts. This is about the fifth time that the Rec Center has held this boot camp and this is going to be lots of fun. The fitness session will be held behind the softball fields at CSUSB so there will be lots of exercises that participants can look forward to learn. Plyometric exercises will be utilized in the workout through the trainers having the participants step through rings that are put inside of the field. The purpose of plyometric exercises is to encourage the person working out to move fast and with strong force. Participants that come to this boot camp can learn how to use these plyometric exercises to enable them to see improvement in the way that their nervous system functions. This is very beneficial for individuals to use in their everyday workouts because strengthening the nervous system is helpful for improving the skill level for any sport activity. The boot camps use of plyometric workouts is also beneficial for individuals because as these exercises are used, the muscles get stronger and can prevent muscle injuries as well. Garrett will also be encouraging the participants of the boot camp to get there their arms stronger as they hit the floor and do some push-ups. The benefits of the use of push-ups are great as the pectorals located in the chest area can see improvement through this exercise. Push-ups also are a good fitness workout for the triceps which is the upper muscle located in the arm and the deltoids which is located in the upper part of the shoulder. People that participate in the boot camp can also expect to get on the bar and do some pull ups. The pull ups that will be done at the boot camp will help individuals learn how to get down and work their arms and also the lattissimus dorsi muscle which is located in the broadest muscle in the back. This exercise will be very intense as the individual must grip the bar with their hands and pull their head above the bar with strong muscle movement. The boot camp will also have participants exercise on monkey bars as well which is a good muscle exercise for the legs, and arm muscles.
New Halo route for the 66ers

The Inland Empire 66ers are focusing more on the new Angels’ red and blue and are hoping that the fans catch on and go along for the ride of the new look and feel at the ball club.

By BRITTANY SHAW

This year the Inland Empire 66ers weren’t just changing seasons, they were changing colors as well. In September 2010, the 66ers announced that they have agreed to a two year affiliation with the Los Angeles Angels of Anaheim to be the MLB club’s minor league team.

The 66ers have won the hearts of many San Bernardino residents over the years, but the big question is, will this break their hearts?

“A few fans were upset with us, but it wasn’t our fault the Dodgers decided to look for other options, and Rancho Cucamonga blind sided the Angels,” said Kevin Shaw, vice president of marketing for the 66ers.

An anonymous Quakes source with knowledge of the situation explained the Quakes pursued the Dodgers, and the Dodgers decided they will attract more fans in Rancho Cucamonga, bringing in more revenue because of the switch.

Going from Dodger blue to Angel red at the start of the season was a weird thing for fans to accept. Change is something that these fans are used to, the 66ers haven’t always been known as the 66ers.

They were first known as the Spirit, than the Stampede, followed by the name that has stuck, the 66ers.

They’re turning back the clocks every Tuesday throughout the season long the 66ers are celebrating the teams history by wearing the Spirits throwback jerseys.

With the word “Spirit” written across their jerseys, the question comes to mind, is there more or less spirit since the switch.

“We gained more season pass holders than we lost, because a lot of people are coming over from Rancho Cucamonga,” said Shaw.

On these spirit nights parking, tickets and beer are each $2 and they wear the old Spirit jerseys.

If this is not the only promotional night, gearing up for the new 2011 season the 66ers have planned more promotions and giveaways than ever before!

They have hot dogs and quesadillas for 50 cents, and soda and beer for $2.50 along with land admission.

Thirsty Thursday is a very popular night, because beers and sodas are only $1.

Also a deal is Kraft singles Tuesday night tickets, where you can bring Kraft singles coupons for a get one buy one get one free deal.

Giveaways have also been expanded as they are doing more fireworks nights, having six bobble-head giveaway nights, an Angel hat giveaway night, along with many other giveaway prizes for their fans.

Themes nights are a new promotion they have taken on this year, where they encourage children and adults to participate throughout the season.

Star Wars, Transformers and Harry Potter nights are a few to mention, but there is other as well.

“The Angels brand is very popular and has attracted a lot of attention, re energizin’ of a lot of corporations and businesses to get involved with the team,” said Shaw.

Red is the new thing at the 66ers stadium. They’re trying to incorporate red, and the Angels logo in as many areas as they can.

There may be fans who are sad about this switch, but there is no doubt about it, the games are fun, prices are affordable, and their promotions are better than ever.

Although the switch from blue to red may upset some fans, the 66ers are making the switch in a classy way, bring on more promotions, more giveaways and more fun for their fans.

‘Yotes hit brick wall at the end of the baseball season

By ISMAEL MORALES

A controversial call has the Coyotes on the outside looking in on the CCAA tournament.

Reliever Josh Pond was called for a balk in the top of the seventh inning with a runner on third and one out in last Saturday’s game.

The Coyotes post season hopes would soon come crashing down.

The ball was a surprise to Pond, Coach Don Parnell and to the Coyotes faithful.

Parnell was outraged at the call which led to his ejection.

Fans of the Coyotes and the Triton’s were also shocked by the call. Both sides were muttering that the call was a bad call.

This was a horrible way for the Coyotes to be denied a passage to the CCAA tournament.

The game started off with the Coyotes taking a 1-0 in the bottom of the first inning. In the top of the third the Triton’s tied the score at 1-1.

Then came the top of the fourth inning that saw the Triton’s score four runs to take a commanding 5-1 lead and put a serious threat to the Coyotes post season hopes.

The Coyotes showed their resilience by answering with 5 runs of their own to take a 6-5 lead in the bottom of the fourth.

The lead was short-lived when the Triton’s knotted the game at 6 in the top of the sixth inning.

The Coyotes got a runner to second with one out, but failed to get him home, leaving the tying run along with their CCAA tournament hopes at second base.

The Coyotes were playing well before the series began against the Triton’s, having taken 3 out of 4 against Sonoma State, something they hadn’t done in Parnell’s 20 years as skipper at CSUSB.

Unfortunately the Coyotes ran into the red hot Triton’s team, who had won 13 games in a row prior to the four-game series against the Coyotes.

The Triton’s ended the season with a 17 game winning streak, and in the process handed the Coyotes a four game losing streak that ultimately left them out of the tournament.