May 31st 2016

CSUSB

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Mentoring program helps students

By RHEJEAN KING-JOHNSON
Staff Writer

The Student Mentoring Program wants to help undergraduate students reach success. The program uses peer support to encourage academic excellence.

"It beneficial for students to become more confident in their academic careers and to get more involved on campus," said student coordinator Barbara Herrera.

There are approximately 1200 students and 44 mentors in the program. Students are paired up with a mentor who has the same major or college.

It makes it easier to mentor students who are motivated, since it is a volunteer program.

This program is filled with students who want to either mentor or be mentored.

"We are a volunteer program, so students have a choice to have a mentor," said Herrera.

About 30 percent of college students are first-generation, according to the National Center for Education Statistics.

First-year students will be guided and shown how things operate through this program.

Students who were mentored in the past encourage incoming students to be a part of this program because not only do you get helpful information, but a lifelong friend.

These mentors help guide them to certain resources that will help them excel.

Many students are unaware of resources that are available to them. CSUSB provides different resources such as free scantrons, computer lab use, advising and more.

The mentoring center also offers utilities to students who are involved.

"We have 2 computer labs, free printing and DVD rentals for those who need it," said mentor Gabby Rodriguez.

The student mentors want all their prodigies to succeed during their first year and the years to follow.

A student really enjoyed the help she received when she first attended college. I would encourage more students to join this program, it really helped me with the path I am still following today into my junior year," said student Karina Duque.

College can be a challenge to figure out for those seeking success.

"It’s a great way to figure out your first year and see how things operate," said student Amanda Haun.

It’s common for freshmen students to feel overwhelmed by the adjustment into college, so mentors do their best to lend a helping hand.

They share experiences, advice and methods to make it easier on them.

"It helps with stress relief but it’s a big brother, big sister type of program," said mentor Sophia Fregoso Pena.

This program has been extended to sophomore students so they can receive guidance further into their college career.
Rally in Orange

Continued from Pg. 1

drop out (of the race),” said Ortiz.

Paraphrasing Abraham Lincoln’s Get-
tysburg Address, “this is a campaign of the
people, by the people, and for the people,”
said Sanders in reference to his campaign
funding.

During his speech, Sanders said 8 mil-
lion individual contributions by more than
2.7 million individuals has accrued over
200 million dollars to his campaign. That
is an average of $27 per donation.

News of the trending hashtag #ber-
nietrumpdebate sparked from Donald
Trump’s comments on Jimmy Kimmel
Live that he would be willing to debate
Sanders before the California primary for
charity, which may create an edge in a di-
visive California primary for registered
Democrats.

Sanders tweeted, “Game on. I look
forward to debating Donald Trump in Cali-
fornia before the June 7 primary.”

Mentoring program

Continued from Pg. 1

This is helpful for those who are
indecisive about their major or anything
related to their field of study.

The mentoring program room is lo-
cated on the second floor, on the side of
the library, room PL-208.

It’s important for students to do
well in their first year because it will
give them an advantage for the follow-
ing year.

“It’s good to have a mentor during
their first year of college because the
first year is the most critical,” concluded
Haun.
The Circle of Sisterhood Foundation took part in raising awareness for girl’s education at CSUSB on May 24. The Circle of Sisterhood’s goal is to provide funding and assistance to girls in developing countries. They also support girls that face poverty in the U.S. and “uplift them from poverty through education.” This foundation is a collective effort between several Greek organizations that are here on campus.

Zeta Tau Alpha, Kappa Delta, Alpha Phi and Alpha Delta Pi were the contributing organizations. Each sorority individually focused on a topic of philanthropy, such as breast cancer or sexual assault.

The Circle of Sisterhood Foundation is the first to have each organization come together for a common issue here on campus. “We decided to make it, its own thing,” said student Victoria Pelayl, a sister of the ZTA organization. The organizations of CSUSB came together and collected donations for the cause; they sold pins and created a banner that encourages students to share why they feel girls education should be valued.

They also raised awareness online with the hashtag #circleofsisterhood. Each participant who put the hashtag, i.e. Instagram, would receive a colored bracelet that supports the expansion of girls education everywhere.

The mission statement of the foundation states that its impact will be through, “the collective influence of sorority women to raise financial resources for entities around the world that are removing educational barriers for girls and women facing poverty and oppression.”

These sorority women are all part of the Panhellenic counsel. The Panhellenic is a collective of sororities that differ in each university. This counsel then decides which organizations will participate. This is the first time our campus has took part in the foundation and in doing so, will establish a method for students to donate to girls in underdeveloped countries.

These sororities also take part in their own topics for philanthropy. Zeta Tau Alpha is an organization that prides itself on their fight against breast cancer and spreading its awareness. Kappa Delta focuses on providing educational programming for its sorority sisters. Alpha Phi looks to raise awareness on women’s heart health with an emphasis on women’s cardiac research. The Alpha Delta Pi sorority house contributes to Ronald McDonald house charities.

“We want to let the students know why they should value women’s education,” said Reyna Salazar, a member of the Panhellenic collective. Since its start in 2010, the Circle of Sisterhood has expanded its impact to 17 countries that extends to four continents. The foundation functions through the support of the sororities that want to impact and support education.

Through the website circleofsisterhood.org, there is an option to donate at any time for those that want to contribute to girls’ education everywhere.
San Bernardino, most dangerous city in California

By NOEMI GARCIA
Staff Writer

The city of San Bernardino has won the top spot on the list of California’s most dangerous cities. The study was conducted by the law firm of Graham Donath, who based his findings on crime, police, and community factors, according to The Breitbart News.

San Bernardino has been struggling financially since 2012 when the city went bankrupt.

“Southern California’s” city of about 210,000 people also [became] the second largest in the nation ever to file for bankruptcy,” according to The Insider News.

The financial struggles of the city caused the law enforcement department to lose members.

The city’s police department budget is $223 per capita, while cities like Oakland is $461 per capita, according to the Breitbart News.

San Bernardino’s homicide rate went up over 50 percent in 2012 due to less law enforcement officials and more gang members moving into the city from Los Angeles located 60 miles west, according to the New York Times.


Law enforcement’s presence is important to having a safe city according to the study conducted by attorney Graham Donath.

The National League of Cities recognized San Bernardino for implementing programs that were efficiently reducing crimes, yet lost all the hard work when it all became too expensive, according to the New York Times.

“San Bernardino like many places has taken a turn for the worse because of housing projects, half way houses and tax cuts that have lured criminal activity to this once a beautiful place, that’s why we see an increase in break ins, sexual assaults, and terrorism,” said student Maria Campos.

Dozens of officers have been laid off since the bankruptcy filing, leaving the police force with 264 officers, down from 350 in 2009, according to the New York Times.

“Those who remain call in sick more often”, said San Bernardino Police Chief Robert Handy in an interview with the New York Times.

The city’s poverty rate is 30.6 percent, the highest of the 68 cities that were analyzed.

San Bernardino’s unemployment is amongst the highest when compared to its neighboring cities at a 5.5 percent, according to the State of California Employment Development Department.

CSUSB’s campus police have sent out various e-mails to keep students aware of any dangerous situations.

“On May 9, 2016, a male walked into the rental office [of] an apartment complex in 2400 block of Kendall Drive. He attacked and sexually assaulted the female (non-affiliated) inside the office,” stated a CSUSB campus police e-mail.

However, students of CSUSB do not think that the level of danger that exists in San Bernardino will reflect on the students.

“Any place has its dangers, you just have to adapt to your environment and learn safety procedures. You should always be on your A game when it comes to safety at all times,” said student Laurence Biutin.

Even though CSUSB is located in California’s most dangerous city, students are still proud to be Coyotes.

“I’m proud of being a coyote. CSUSB is a great campus that doesn’t get the respect and recognition it deserves but that is okay because the students are the ultimate reflection of the school,” added Biutin.

“As a CSUSB student I feel proud to be part of this organization,” concluded Campos.

CCBriefs:

Magical cure for depression

The psychedelic ingredient in magic mushrooms could help treat people with severe depression, according to The Guardian.

The chemical known as psilocybin can turn down parts of the brain that are overactive in severely depressed patients.

To determine if psilocybin could be used as a treatment to help patients, scientists were given £550,000 ($803,330) by the Medical Research Council to begin a three-year project to test the drug on people with depression, according to The Guardian.

Man jumps into lions’ den

Two lions were killed to save a naked man who jumped into the lion’s enclosure in a Chilean zoo.

Chilean media reported that the man was attempting suicide after finding a note in his clothes that he left behind before jumping.

The zoo said it took the “incomprehensible action” of killing two of its three lions, which was “profundely painful for every single one of us,” according to CNN.

Vegan “meats” Mt. Everest

An Australian woman, who set out to climb Mount Everest to prove that “vegans can do anything,” died after developing altitude sickness, according to Time.

Maria Strydom, 34, suffered from high altitude pulmonary edema, which caused fluid to build up in Strydom’s brain.

Naked man against gravity

A naked man ran out onto a road and launched himself on top of a moving vehicle in Los Angeles.

The man was screaming as he launched into the air and lied on top of the car motionless for a few seconds.

The incident occurred right outside Mexican restaurant, Mercado, where the man eventually collapsed of exhaustion, according to Daily Mail.

Meth deposit in bank

A 73-year-old man allegedly tried to deposit a gram of methamphetamine (meth) into a local bank in Wichita County, Texas, according to USA Today.

Louis Fueque Kent is charged with possession of a controlled substance and remains in jail in lieu of $5,000 bail.

The substance in the baggie weighed 0.91 grams and field-tested positive for meth.
Discover new music in apps
By MISTY WILLIAMS
Staff Writer

If you are interested in finding new music, there are some very resourceful apps available for iOS and Android.

**Soundwave**
The first app is Soundwave, an app that essentially the new Facebook or Twitter of music. It is a social media site strictly for music, nothing it easy to come across new tunes.
The process is simple. You create a profile and it automatically begins to keep track of all of the music that you stream on sites like SoundCloud and YouTube. You have the option of browsing other music fans’ profiles to discover new music similar to your taste.

**Song of the Day**

Song of the Day is a great app to come across the next big artist. It focuses on one new song a day to get you acquainted with the history, sound, and feel of particular underground artists.
In addition, the app gives you access to all of the previous songs that have been presented on Song of the Day, making the new music discoveries endless.

For hiphop fans, there is a website and app called, Hot New Hip Hop (HNHH).
This app gets updates on the newest music hourly; they get mixtapes, underground singles, and even the latest scoop on your favorite artists. The perk of HNHH is that it rates and filters the music based off listeners and “HOTNESSSS” of tracks to easily guide you to what songs are the best.

**8 Tracks**

If you’re ever in the mood and want to listen to music that fits how you feel, 8 Tracks is a must-have on your device. This app introduces you to new music based off of the weather, how happy, sad or grouchy you are, it even has tracks that will fit whatever activity you’re currently engaging in.
It also has a feature where you discover new playlists based off of one specific song.

You select one song and the app finds all of the other playlist different users have added that specific song to.
The application hosts a library that gives you access to 6.5 million tracks, plenty for you to love.

**Rormix**

Rormix is an app with an interesting twist. Rormix scans your music library and suggests new music and music videos for you to listen to based off the style of music already in your archive.
Similar to the popular dating app Tinder, Rormix lets you swipe right and swipe left through 15-second snippets of new music and music videos.

Fresh and new music is difficult to come across, but with these apps, it is a lot easier to find things tailored to your liking without your search being overwhelming.

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POPPIN’ NEWZ
By LUPE PEREZ
Staff Writer

Tamar no longer keeps it REAL
Tamar Braxton was blindsided and fired from “The Real” daytime talk show. The host posted a cryptic message online on May 21 about being “stabbbed in the back.”
Reasons for her departure vary from having diva antics to not testing well with research focus groups.

NikeLab x Olivier Rousteing
Nike has collaborated with Balmain designer, Olivier Rousteing. Nike unveiled the sportswear line on May 23, including photographs of Rousteing and Cristiano Ronaldo.
The line is black and gold, inspired by European football and set to be released on June 2.

Professor Angelina Jolie
Angelina Jolie is set to teach a class on violence against women. On May 23, she announced she will begin teaching next year at London School of Economics.

It is the first master’s program which focuses on developing strategies to promote gender equality.

Netflix and Disney
Netflix is set to receive exclusive rights to all Disney films.
Disney disclosed on May 24 that movies will be available to stream beginning in September.

Netflix will be the only streaming company to stream films from Marvel, Pixar, and Lucasfilms.

Dancing Against the Odds
Nyle Dimarco has won “Dancing with the Stars” season 22.
On May 25, Dimarco became the first deaf person to take home the mirror ball trophy.

Throughout the competition he demonstrated that disabilities are not setbacks.

T.I. concert leaves 1 dead
Four people were shot and one person died in the VIP section back stage while attending T.I.’s concert.
The concert took place on May 25 at Irving Plaza and admission was free.
T.I. had not yet taken the stage when the shooting occurred.

Lil Wayne bashes label while performing in concert
Lil Wayne may still have a problem with Birdman, because of the $50 million owed to him.
During a performance in Denver on May 21, Wayne yelled out profanities at Birdman.

He encouraged the crowd to join him on his chant against Cash Money.
Logic teases new album on Snapchat
Snapchat has become the newest form of promotion, especially for rapper Logic.
Over the past weeks he has been posting snippets of what fans think is new music.

“Flexicution” is the main clue that he has been giving, even releasing exclusive new merch for his crew, including his biggest fan, his wife, and main producer, 6ix.
CSUSB’s jazz ensemble regularly does various events on and off campus. Anyone who is familiar with them knows them for their creative ways of performing.

They are known for their improvisations, creativity and arrangements, according to information on their website, music.csusb.edu. The groups like to channel many themes, ranging from jazz, swing, Latin, funk, ballads to contemporary fusion styles.

The group is currently under the direction of Dr. Bob Knop, who currently performs with a jazz quartet and the Latin jazz ensembles “Mambop” and is a professional saxophonist.

The CSUSB jazz ensemble is made up of undergraduate students majoring in music, liberal arts, education, business and English. The ensemble met on May 25 in the Performing Arts Recital Hall to perform “Jazz Combo.”

The hall was half-filled with spectators, the stage was set with a piano, microphones, drums, speaker and the lights began to dim as the performance began.

“Los Logos” is the name of the undergraduate group made up of 14 musicians. The ensemble played a total of six songs that evening with titles like “Simpre” and “Mass Blues.”

Soloist Matt Palmer is an alumnus and still continues to perform with the group. Palmer has been playing for around 14 years and he knows how to play several instruments besides the flute, including the guitar and the shakuhachi, a Japanese flute made of bamboo.

“The shakuhachi is difficult to learn, so I am teaching myself very slowly. I also wish I could learn the violin,” said Palmer.

Palmer’s family comes from a musical background, including his mother, uncle and grandparents.

“My mom and uncle sing. My grandfather was a choir director while my grandmother was a pianist,” added Palmer.

Palmer explained what he felt was his favorite memory of the performance, “The shakuhachi is difficult to learn, so I am teaching myself very slowly. I also wish I could learn the violin.”

By DESTINY CARTER

Staff Writer

The 23-year-old singer expresses herself through dance hits and heartfelt lyrics with an experimental R&B sound.

The first song on the album, “Moonlight,” as well as the song, “I Don’t Care,” are very much a throwback to her last two albums, with their fuzzy doo-wop sound and beautiful crooning. The song, “Dangerous Woman,” has proven to be a hit when it debuted in March at No.10 on Billboard’s Hot 100.

This sing is something different for Grande, while she still gets to show off her exquisite vocals, she explores this bluesy rock ‘n’ roll vibe with her soulful and intimate lyrics.

Featured on the album are Nicki Minaj, Lil Wayne, Future, and a name we haven’t heard for a while, Macy Gray.

Gray’s raspy voice accompanies Grande’s belts on the track “Leave Me Lonely,” which takes the listener to church.

“Greedy,” No. 7 on the album, is a juicy pop song that is highly anticipated by fans to be the next hit.

This party song has a theatrical bridge with flawless harmonies and immediately goes into a key change that takes the listener to another level.

“Greedy” is the jam! It’s such a fun and sexy song. I can’t wait to hear it on the dance floor,” gushed student Allie Ramirez.

Finishing this musical journey is “Thank You,” this heartfelt track that leaves fans breathless is a must listen.

This album upholds the image and voice Grande has created for herself, yet it also branches out and shows her growth.

Check out “Dangerous Woman,” you will not be disappointed by this diverse and fun album.

By NATALIE PADRON

Staff Writer

Pop sensation Ariana Grande is finally back with her new album, “Dangerous Woman.”

After months of releasing singles and teasers, Grande shows off her more mature side with this album release.

The first song of the album, “Moonlight,” as well as the song “I Don’t Care,” are very much a throwback to her last two albums, with their fuzzy doo-wop sound and beautiful crooning.

The song, “Dangerous Woman,” has proven to be a hit when it debuted in March at No.10 on Billboard’s Hot 100.

This single is something different for Grande, while she still gets to show off her exquisite vocals, she explores this bluesy rock ‘n’ roll vibe with her soulful and intimate lyrics.

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By REBEKAH DEPONTE

Staff Writer

Blake Shelton was the center of many tabloids in 2015, a year of relationship drama and rumors for the artist, starting with his divorce and ending with his new relationship.

“If I’m Honest,” Shelton’s ninth studio album was released May 20 and was inspired by the events that have happened in his life during the past year. The country album features songs about heartbreak, newfound love, and a few typical country songs about beer, farms, and religious faith.

The album opens up with a party song, “Straight Outta Cold Beer,” which reflects on the good times and the artist’s country roots.

It then moves into multiple songs about heartbreak, which coincide with Shelton’s divorce from fellow country artist and wife of four years, Miranda Lambert. His songs start shifting from a sad and defeated tone to a happy and hopeful one.

These late love songs are most likely about his new fling with Shelton’s “The Voice” co-host, Gwen Stefani.

The album even has a track featuring Stefani titled, “Go Ahead And Break My Heart.”

Shelton leaves listeners with a gospel song called, “Savior’s Shadow,” as the conclusion to the record. This is the perfect closing for such an emotional album and year for the artist. “Savior’s Shadow” is Shelton saying that despite everything that has happened, he stands by his Christian faith and believes that he is always looked out for by his God.

This album is much different from Shelton’s earliest work, but he proves once again that he is growing both in his personal life and his music career.

Fans may not have gotten a look into the dirty details of Shelton’s drama-filled life, but they did get a cohesive country album that has several hits worth adding onto both happy and sad playlists.
Restaurant review: The State

Old fashioned style establishment is Redlands' new hot spot

By JACOB STRANGIS  Staff Writer

The State is a restaurant in the city of Redlands that is a must dine experience.

The restaurant is located conveniently in downtown Redlands off Orange Street, just south from the 10 East bound freeway.

The surrounding area it’s located in is clean, well kept and is very welcoming for first timers and returning customers.

As a bonus, there are plenty of stores to shop at after enjoying a delicious meal.

The restaurant has a unique brewery feel to it; there were Edison light bulbs hanging from suspended wooden planks from the ceiling, wild western-themed artwork on the walls and a giant bar with a wooden frame with a large selection of alcohol.

There is an outside patio if customers would like to enjoy the weather outside or they could dine in the dim lit interior, which sets the mood for dining.

Customers are able to feel like they are in a traditional western brewery.

The first thing I noticed was the place was clean, organized and the temperature was neutral.

Many restaurants have the A/C cranked up in order to have customers eventually get uncomfortable and leave, so the business can have a high turn over rate.

The State did not, the temperature was perfect whether one has a short sleeve or jacket on they will be comfortable and not feel pressured to hurry up and leave.

The color scheme of the restaurant is black, silver, brown and white, giving it a rustic and calm feel to it.

The music complimented the calm feel of the restaurant with its mellow selection of classic rock in the background.

In addition, the design of the restaurant was simple in that you don’t feel cluttered with condiments, other utilities or the environment because it is very open.

The restaurant offers 20 varieties of menus on different days of draft beer, so if people want to invite a group of friends out to try new beer, this is the place to do it.

The food menu offered a great variety of food and was not overwhelming at all.

“My favorite thing on the menu would be the spicy burger with bacon,” said Devin, waitress at The State.

I ordered the bourbon barbecue Bacon Burger while my friend ordered the spicy burger with bacon.

Upon getting our entrees, the food was immaculate looking and well-prepared.

The first bite was a feeling of absolute satisfaction and happiness for the taste buds.

“Environment was good, drink selection was excellent, preparation was great and the food was fantastic,” said customer Matthew Swisstock.

I couldn’t agree more with that statement, I will definitely be visiting this place again in the near future and bring both friends and family along to share the delicious experience.

Continued online @ Coyotechronicle.net
**Hope**

Healing people and restoring hope is the essence of what we do at Loma Linda University Behavioral Medicine Center. Serving the Inland Empire for over 25 years, our compassionate and experienced staff understands the complex needs individuals are faced with when dealing with mental illness and addiction. Associated with a world-renowned teaching hospital we are able to provide multi-level care in the following areas:

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For more information or to make a referral, please call 909-558-9275 or visit us on the Web: llubmc.org
Students illustrate favorite memories

By JOSHUA AGUILAR
Staff Writer

Life at CSUSB produces memories that last a lifetime. The entire college experience is supposed to be some of the best years of our lives. This time period is when we learn the most about ourselves and we start to grow into the people we want to be in the future. We make memories that are both good and bad during our time here at CSUSB.

Some students have traveled to foreign countries to study abroad, some have made lifelong friends, some have spent many nights staying up until dawn studying for midterms or finals, and some parted until sunrise after final’s week. The point is that no matter what we have been through in our time at CSUSB, we all have at least one memory that has changed or left a strong impression on us.

We learned to conquer fears, overcome obstacles, and take challenges head on and found success. Some students can remember those days vividly and can even draw a picture of what happened.

Student Jeremy Sandoval discussed and drew a quick sketch of his favorite memory. “I drew myself speaking in front of class several times within communication studies,” said Sandoval. “It’s one visual representation of me getting over my fear of public speaking,” continued Sandoval.

In the drawing from Sandoval, it depicts him being very nervous in front of his class, dripping sweat off his face and shaking body. Glossophobia, the fear of public speaking, is ranked 13 of the top 100 most common phobias, according to fearof.net. Sandoval was able to overcome his fear, fortunately, and it became his favorite memory from CSUSB. “I feel like it’s one of the things that people are going to be represented through their culture, music and food. The event is free of charge for all students. There will be various table areas set up to represent different countries, such as: Mexico, Colombia, Argentina, Spain, Peru and many more. Each table will present glimpses of diverse cultures from different countries and how they help make up the Latino culture as a whole. This will help students understand that Latinos are not solely Mexicans, as it is believed in many occasions. Not only that, but there will also be performances throughout the event, including special dances by Ballet Folklórico.

If you are interested to find out more about Latino culture, curious to see what it is made up of, or simply looking to have a great time, make sure to stop by and show support. Join Dia Latino for an afternoon full of culture, music, games, giveaways and much more.
Two-year college over a four-year

By ISRAEL RAMIREZ
Staff Writer

While many students are eligible to attend a four-year university after finishing high-school, students should choose to attend a two-year first.

According to the CSUSB financial aid office website, it would only cost $3,079 to attend Riverside Community College (RCC). On the other hand, according to campusexplorer.com, it will cost a total of $23,607 to attend and live at the university per year.

The price gap is far from unnoticeable for a student who just graduated high-school.

Community college is a great alternative to avoid large amounts of debt while also preparing yourself in an environment that I think is better than a four-year college.

“I think starting at a two-year has helped me learn at my own pace while also giving me a taste of what a four-year is like. It has really helped me to not rush into a career path that I may have been unsure about,” said student Getzeman Garcia.

I feel that individuals who attend a two-year have more self-determination and take education more seriously because they cannot get all the required classes on time. I am not depreciating the hard work of the students who chose to attend a four-year; me being one of those students, I understand that maintaining grades was also very important.

“The thing I like about community college is that I think I learned more, I absorbed more information. Maybe it’s because it was a semester system, but regardless, something about going there after high-school made it easier for me to really take my time and not be forced to pick a major, or choose a direction - like most of my friends,” stated CSUSB alumnus Heather Rundengan.

Although a two-year takes longer than two years to complete, it gives you enough time to pick what you want to study while you complete your general education. In my first year at CSUSB, I had a professor who told the entire class that if we were attending the university as undeclared majors, we were all wasting our time. And the thing is, no college students should be forced to pursue a major that they do not enjoy, or think that they can progress in just because someone tells them that they are wasting their time in college.

If you have the funds to cover the debt that a four-year college will bring to you, even with an undecided major, then by all means, go ahead and do so.

However, to consider attending a community college while undecided might be the better decision for many. Both routes are great, nonetheless. They each offer a different experience, especially straight out of high-school.

“I learned a lot in my time at CSUSB, but I owe it to my time in community college to help me prepare with the challenges I face in Cal State University San Bernardino,” added Rundengan.

“Going to a community college after high-school not only saved me a bunch of money, but gave me time to grow and process ‘adulthood,’” concluded Rundengan.
Rape culture has been a part of our society for so long that it can be hard to recognize, but that does not mean it does not exist.

Rape culture is a culture in which dominant cultural ideologies, media images, social practices, and societal institutions support and condone sexual abuse by normalizing, trivializing and eroticizing...violence...and blaming victims for their own abuse,” according to senior lecturer and chief undergraduate advisor of Communication at the University of Massachusetts Amherst Lynn Phillips. Phillips is also the author of Flirting with Danger Young Women’s Reflections on Sexuality and Domination (2000) which is one product of her ongoing study of college students perspective regarding relationships and sexuality and the connection to sexual assault. The dismissiveness towards sexual assault perpetuates rape culture by not actively working against it.

We, as a society, in no way celebrate rape, but we ignore the issues that have created the rape culture that we live in today. While the definition is specific to men, it can be hard to recognize, but that does not mean it is not there.

I have been known to say that in the world of opinions, there is no such thing as right or wrong, there is only yours and mine. I know now that while there may not be right or wrong, there are definitely those who are informed and those who are mis-informed.

It is imperative to understand how opinion pieces are featured in the newspaper. As the independent student voice of CSUSB “the opinions expressed in the Coyote 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 First Amendment protects the freedom of speech and the right of the people to exercise it. As the Coyote Chronicle, we believe in fostering discussion on diversity of opinion and we encourage our readers to continue using opinion pieces as their catalyst.

By FELICIA DE LA ISLA
Coyote Contributor

The Independent Voices of CSUSB

By RAQUEL HOLGUIN
Coyote Contributor

I am a defender of the most basic freedoms. I believe that people have a right to say what they want as long as it doesn’t incite violence or panic.

By STEPHEN QUINTANILLA
Coyote Contributor

In recent events with the controversial article “Rape culture is not real,” there has been a portion of students who retaliated with the utmost prejudice.

They took self-righteous action by calling for the writer’s resignation or threatened the paper’s funds. I am a defender of the most basic freedoms. I believe that people have a right to say what they want as long as it doesn’t incite violence or panic.

With this article causing such an effect on this campus, some argue that this speech would be considered “threatening” to rape victims.

I disagree with this back-lash and wholeheartedly give my support to the writer and the Coyote Chronicle for their willingness to publish and stand by this article.

In this recent political climate, most would run and apologize for their wrongings.

I am happy to see that there are others on campus who are not afraid of those seeking to demolish discourse. As a man who can actually empathize with sexual violence victims because I experienced it myself, I hate it when people say my experience is minimal or very rare. I have that fear but I’ve learned that I shouldn’t let that scare me into experiencing different things.

I know that I’m an exception but I dislike when victims like myself are represented by folks who think that speaking on behalf of us, but have never gone through the trauma, will make us feel better. It doesn’t.

For too long I have sat in silence as people spoke on my behalf without my permission. As a man, it became clear that even in this supposed “open minded” environment that my experience was going to be briefly mentioned or not at all. I have been perceived as being ignorant of sexual assault or rape simply because I am a man, when in fact I do know a thing or two from personal experience.

By Letters from the editor

The opinion piece titled “Rape Culture is not real” featured in issue 5 of The Coyote Chronicle’s spring 2016 edition, has generated discourse amongst students at CSUSB.

It should be noted that views expressed in the Coyote Chronicle by writers and contributors do not reflect that of the publication or the university. As the independent student voice of CSUSB “the opinions expressed in the Coyote 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.”

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Who should win the election? The battle between candidates

DONALD TRUMP

By KYLE RICHARDSON

Mother, grandmother, dog lover and a life-time advocate for human issues, especially women and families. Clinton plans to put a handle on gun violence, secure a economy so that mid-class Americans can get ahead and maintain sustainability, and to generate re- newable energy for every home in the U.S. within 10 years for her term, according to hillaryclinton.com.

What I found exciting was her College Compact, which would ensure students the ability to attend a four-year college with out taking loans for tuition, as well as at tuition-free college tuition-free.

That would be a relief for all. Currently, we are all still recovering from the Great Recession of 2007-2009, trying to build our economy up and get steady pay employment for all.

More than ever, we need stability from our government, and I believe Hillary Clinton has been alongside our president to ensure just that. I do not think the other candidates can offer this.

Senator Bernie Sanders is a nice guy and does make valid points; I just do not think he is prepared to lead the country.

To me he is selling dreams, comes off as too much of a liberal and does not have the backing and support from the right people needed to run in office effectively.

I think of him as a good dream or a wish: Hillary can actually make it happen. As far as the conservatives go, let’s face it, this country runs a lot smoother when a Democrat is in charge.

Our country cannot afford another Republican in office, and most definitely not Trump. He appeals to some, but is a hindrance to most of us.

Remember, he wants to build a wall, and I just cannot see how that will better the economy of the melting pot we live in.

What Clinton offers is every little girl’s dream: You can be whoever you want to be when you grow up, even the president of the United States. She’s au- thentic in my eyes, and a human being.

Not to dwell on her past and the controversy of her marriage to former Presi- dent Bill Clinton, but she endured a lot — she stood by her husband, which shows me that she is committed and unshakable.

That my friends, is just the glimpse of the strength of a woman and why we should all vote for her.

I believe that Sanders will make a great president.

By SHIRILEENA BAGGETT

A $1 trillion investment in infrastruc- ture could create 13 million decent paying jobs. We need to invest in infrastructure, not more tariffs on imports.

His view on developing America and not encouraging war is another reason why I believe that Sanders will make a great president.

In my opinion, all candidates have some good and bad qualities.

We have to choose the one who will do their best in representing America.

“Bernie’s message sums it up: it’s ‘Not me, but all of us,’” continued Gallegos. “He has everything that we need, and his support and actions prove it.”

“His message is resonating with ev- ery American, and that is why he is so popular and why I will fight with him till it’s over,” concluded Gallegos.

With a deep conviction and lasting impression, Sanders in my opinion, is the ideal candidate.

BERNIE SANDERS

By DESTINY GUZMAN

While other candidates are feeding on people’s fears, Sanders is giving hope by backing up his claim that he does not support super PACs (Political Action Committees). A super PAC is a committee de- voted to contributing significant amounts of money in order to promote or lower can- didates’ campaigns.

The way that Sanders gets his money is through donations, which is a more level approach, considering how super PAC’s work.

“Mr. Sanders has also created a road map for other insurgent candidates by es- chewing ‘super PACs’ and raising more than $212 million through small dona- tions,” stated Mahler and Alcindor.

I believe that Sanders will follow through with his views and speeches be- cause he has raised $212 million through small donations, which is a great accom- plishment.

If it was the distribution of wealth in America to be equal and not have a very small percentage of America be the most prosperous, then remembering who use super PACs is crucial.

In other words, super PACs are rich people’s way of getting what they want through the use of their money.

A video titled Wealth Inequality in America - priced by Politizor- presented an insight on the wealth distribution in America (Link available online).

We’re gonna tell the billionaire class that they are not gonna get more tax breaks while Americans struggle to buy bread for their families!” tweeted Sanders.

Considering that I would want Ameri- ca’s wealth to be equally distributed, then I think Sanders is the ideal candidate.

“This country belongs to all of us, not just the wealthy and special interests,” tweeted Sanders.

With other areas of interest, we see each candidates differing views on foreign policy and employment.

HILLARY CLINTON

By KYLE RICHARDSON

I see it now.

November 8, 2016, Hillary Diane Rodham Clinton will be elected as the 45th president of the United States. With a deep conviction and lasting impression, Clinton is the ideal candidate.

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I would always hear my grandma say “you kids don’t do anything anymore. All you do is sit in front of the television. Back in my day…” then I tune her out as she keeps talking.

Now as an adult, I think, “does modern culture ruin childhood?”

Looking at my little sister, who is now 13-years-old, and hearing all the pressures she goes through, of course modern culture can damage a childhood, but I would not say it ruins it. We live in a self-absorbed world where having the right selfie and being in a relationship seem more important than going to college.

“I think there is a greater emphasis on the self nowadays, which I don’t think is necessarily good,” stated psychology professor Kelly Campbell.

“It’s scary to see what kids go through these days,” said student Bethany Herrera.

I mean when I was a kid in middle school the only thing I had to worry was how awkward dressing out for PE was. Now I see my cousin who is thirteen posting on Twitter,” continued Herrera.

Some feel as if it is the parents responsibility to shield children from the influence of modern culture. According to Campbell, parents are responsible for deciding what to expose their children to and can do so by limiting access to technology or even blocking certain television channels from young eyes.

“Children will still get exposed to things through their peers and other family members but the parents set the tone for how things should be done and how information is interpreted,” continued Campbell.

Neuroscientist Baroness Susan Greenfield is concerned that elements essential to brain development, such as first-hand experiences, interaction with adults, opportunities for play and the time and mental space to process information and be creative are being eroded by the pace of modern life, according to BBC News article.

“It is up to the parents to what is or is not exposed to their kids at what time. “I didn’t get a phone until I was sixteen and I didn’t have to worry about social media and texting. My parents keeping me away from that stuff kept me grounded and built my confidence,” said student Desiree Matthews.

“Parents need to help children develop skills for interpreting what they see and hear. They need to explain the reasons for things so that children develop moral reasoning. If parents can build in regular time with their children to checking, not judge, be present (not on a cell phone—they need to model good behaviors), and just listen, their children will do better. Children need quality time with parents at all ages of their life, “concluded Campbell.

It takes a village to raise a child. What damages a childhood is what a child is surrounded with. A positive atmosphere where children can grow and learn from experiences at the right time takes attentive parents. Without attentive parents a child can be exposed to a life that can be damaging.

Children, however, are stronger than we think—and are underestimated in regards to how much we think they could handle, but damaging adolescence can either harm their adult future or make them ahead of the pack.

By CHERAE HUNT
News Editor
**Badminton sports club**

By GREGORY GARMILL  Staff Writer

CSUSB has several fun sport clubs on campus, but there is only one that allows you to play Badminton with other like-minded students.

Badminton sports club offers members a unique experience to learn a sport with other Coyotes.

Badminton has been around more than 2,000 years and was adopted into the Olympics Games in 1992.

Ashley Pena is the president of the club at CSUSB.

“We are a recreational and competitive club because we allow members who wish to compete against other schools the chance to join our competitive team throughout the year,” said Pena.

The club participates in several different scrimmages and tournaments against other colleges who participate in competitive play with one another.

“The competitive team travels around to compete against other schools like UCLA, UC, UCR, and USC and others to participate in matches and tournaments year round,” said Pena.

The club meets up to twice a week to practice and develop their skills with recreational play against each other.

Membership fees are $25 annually for recreational play members and $40 annually for competitive play members.

The practices are scheduled for every Tuesday and Wednesday from 8-11 p.m. All practices are located in The Den (PE 100) and are open for any Coyotes trying to learn the sport.

“Students can join by simply walking into one of our practices or by emailing me at penashley6@yahoo.com from the REC Center or OrgSync websites,” said Pena.

The club has a good way to progress your skills or learn the sport of badminton with your fellow Coyotes.

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**A history of excellence**

The athletic dept. has dedicated 32 years of service to students

By TAYLOR GLAZE  Staff Writer

Let’s look inside the Coyote athletic department. The Coyote athletic department was recognized in the fall of 1984 as a part of the National Collegiate Athletic Association (NCAA).

The university currently has 11 different sports teams. There is men’s baseball, basketball, golf and soccer.

Women’s sports include basketball, cross-country, soccer, softball, volleyball, track and field, cheer and dance.

The campus used to have a tennis and water polo team but ended up letting the two go. However, there are hopes to soon have a women’s golf team.

The athletic department is located in the Health and PE building on the north/ east side of campus next to the Cousousiels Arena.

The arena was built in 1994 to replace the old school gymnasium. The original gym is still open and normally volleyball and basketball rotate the use of both due to their seasons overlapping.

The new building is shared with the Kinesiology program and you can find the two departments overlapping.

The senior associate athletic director Morgan Walker is a former Division II football player who brings 13 years of athletic administration experience to the program.

There are a few different areas within the department, including academics, health and finance. The first priority of being a student-athlete is keeping up with your academics.

The department requires a 2.0 GPA and there are regular grade checks. With most circumstances, some coaches do a better job than others staying on top of the players about their school work.

CSUSB alumnus Meghan McGarry is the current academic advisor for the student-athletes on campus.

McGarry tracks academic progress, develops support plans and mentors them as they balance the two aspects together.

The next priority is proper training, which requires the use of the training room located in the basement of the department.

Sports medicine is a crucial part of athletics. The center consists of athletic trainers, family medicine physicians, orthopedic surgeons and other health professionals.

The well-being of the student-athlete is the main priority of CSUSB.

Laura Tropila, the head athletic trainer has been with the department since they started 32 years ago.

Along with training, she is CSUSB’s senior woman administrator and an associate athletic director.

Tropila and her assistant Pat Walsh attend every game for each sport to be there in case a player is injured or needs assistance.

“The athletic training room works in front of the players the most next to their coaches,” said Walsh.

Some coaches even make their athletes accept them as “friends” on their social media accounts to be watched as they represent the school.

There is anywhere from 250-300 students that the athletic department is responsible for each year. A percentage of them visit the training room due to injuries, taping, prevention, heat pads and ice before and after practice.

Athletics are one of the most expensive areas on a college campus and there is a lot that goes into funding sports.

The sports are funded by the budget that the state of California gives each school. The Coyotes also have corporate sponsors that include Baker’s Drive-Thru, Days Inn, the U.S. Army and Anheuser-Busch, along with CSUSB Alumni and the Coyote Bookstore.

There is also a portion of the department that focuses solely on fundraising for the teams. Mary-Christine Ullman manages all the business accounts within athletics.

In terms of accolades, the teams have secured 22 California Collegiate Athletic Association (CCAA) championships, 22 Player of the Year honors, 19 CCAA Coach of the Year honors and more than 500 individual honors.

At the NCAA level, the Coyotes have won 10 Division II regional championships, six of them won by volleyball and three Division III regional titles.

Sixty-nine individual athletes have earned All-American honors and the department itself celebrated its first 30 years of athletics in 2014.

CSUSB Athletics would not be able to properly function without the many men and women who work to run the department, the coaches who dedicate their lives to the teams and the players that represent Coyote athletics.

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**Students offer exercise and diet tips**

By SURIEL CHAVEZ  Staff Writer

On a campus like ours, there is wide range of diversity, so it is fitting that there would be students getting in shape in various ways.

The problem with exercise routines and diets, one method does not fit all.

Everyone is different and what might work for one person is not necessarily going to work for another.

Finding ways to be healthy and exercises that feel comfortable is up to you.

Take into consideration that, at first, one must step out of their comfort zone, as you would when succeeding in any aspect of life. Today, there are hundreds of options to help strive for a healthier self.

“I track my steps on my phone and I get notifications to when I reached my goal of steps,” said Ariana Prieto.

Ten thousand is the recommended number of steps that you should take a day, according to livescience.com.

Technology has advanced with the iWatch and other devices, such as the Fitbit and Fitbit, that one can use to track their steps. Workouts do not need to take place inside a gym anymore.

There are many other ways available to get exercise.

In 2013, there were 25.5 million people who visit a home gym, according to statista.com, a statistics and studies conglomerate.

There are plenty of activities that burn a similar amount of calories and lead to wonderful adventures. Hiking has become a popular means of exercise in recent years.

Hiking for an hour can burn up from 400 and 700 calories in an hour, according to nutristrat.com.

“I try to walk twice a month,” said student Sarah Jaquez.

Some activities, like hiking, are not for everyone.

The amount of calories burned while hiking is similar to swimming for an hour. “I stick with swimming. It’s what I do best,” said student Demi Botello.

Finding something that you feel comfortable with and encourage you to keep at it and helps keep working out fun.

Working out and staying active is only one part of what one needs to do to stay healthy. Eating right is just as important as getting enough exercise.

Choose My Plate is a government funded website that gives tips and tools for choosing healthier choices when deciding what to eat.

It provides a daily check list for different age groups and calorie intake. The check list has detailed measurements of the proteins, fruits, vegetables, grains and dairy than one needs to do a day. A simple tip for losing weight is to simply burn more calories than what’s taken in.

Preparing food for the day is a great way to ensure that one does not over eat.

Not everyone eats the same way. Everyone chooses to cut different things from their diets.

Remember that progress takes time and results will not occur right away. Stay body positive, set realistic goals and keep at it.
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- Individually Keyed Bedrooms
- Patios/Balconies
- Each Bedroom with Private En-Suite Bathroom
- Walk-In Closets (Select Bedrooms)
- Standard Cable TV Package in Living Room and Bedrooms
- Free Wireless Internet and Internet Outlets in all Units

Clubhouse Amenities
- Multi-Purpose/ Game Room (Pool Table, Foosball, Shuffle Board)
- Multi-Media Lounge
- Fitness Center/ Yoga and Stretching Area
- Study Rooms
- Computer Lab with Free Printing
- Resort Style Pool with Spa
- Outdoor Kitchen / BBQ
- Picnic Area with Grills

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Wells earns multiple honors in 2016

Coyote right-handed pitcher Tyler Wells was selected for the All-CCAA (California Collegiate Athletic Association) first team, which took place during the CCAA tournament banquet. Wells joined a team of 16 others to make up the All-CCAA first team and 16 members of the All-CCAA second team for a total of 33 and was the only Coyote representing CSUSB.

Wells finished the season, tied for first for most strikeouts in the CCAA with a total of 89 and he was able to lead CSUSB to the CCAA Tournament for the first time in four seasons.

Wells was also honored by the Division II Conference Commissioners Association, earning a spot on the All-West Region's second team as well.

“It’s nice to be acknowledged for the records that I have, but I’m just trying to improve everyday as an individual and really trying to focus on the ultimate goal,” said Wells.

Wells was the starting pitcher for 15 games this season. He finished the 2016 season with a 4-6 record and 2.84 ERA (earned run average). He ranked third in the conference in innings pitched with 92 total and ninth in ERA.

His 89 strikeouts for the 2016 season ranked fourth in CSUSB history, as well as his 92 innings ranking eighth in the school’s overall history for innings pitched.

Wells’ most memorable moments for this season included striking out a career-high 12 batters in the season opener at Sonoma State, throwing a one-hit shutout in a 4-0 win over Stanislaus State and being awarded CCAA Pitcher of the Week twice.

Wells also became the Coyotes’ first starting pitcher to earn an All-CCAA first-team starting pitcher honor since 2006.

Wells, who is from Yucaipa, does not refer to himself as a “Yucaipa Native,” as he was actually born and raised in Oklahoma, identifying himself as a “Country Boy.”

Track sends off a dozen seniors

By KAILA MORALES

The seniors of the track and field team, minus Cara Bonafede, Elizabeth Hernandez and Monica Vazquez Cano, pose for one final picture together before graduation. All 12 ladies helped shape the team in its first two years on campus.

The team came together barely knowing each other, and in time none of them would forget.

For Cortez, her biggest accomplishment of the season was maintaining her spot on the dean’s list.

The women’s track and field team has grown and created a lifetime of good memories.

According to Cortez she will miss waking up early every morning to go run with her teammates. Through the fun memories and hard work the CSUSB seniors will all take valuable lessons learned from their time here.

“I know the moment I leave CSUSB I’m going to walk away with tears in my eyes, but I’m going to take all these great memories with me,” said Balderas.