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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 students 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 Haul.

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.

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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 #circlesistershood. 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 council. The Panhellenic is a collective of sororities that differ in each university. This council 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 circlesistershood.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 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.

San Bernardino COUNTY LINE

END WORK ZONE

SAFETY BELT LAW ENFORCED

Photo courtesy of the-beacon

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.

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.

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 “profoundly painful for every single one of us,” according to CNN.

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, making it easy to come across new talents and music.

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, under-ground singles, and even the latest scoop on your favorite artists. The perk of HNHH is that it rates and filters the music based on your favorite artists. The app is free.

HNHH

HNHH is also a great app for discovering new music. The app suggests new music and music videos for you to listen to based off of your taste.

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 without your search being overwhelming.

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 grumpy 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.

Yotes on Pink Beach

By CAROLYN SOLAR
Staff Writer

Busy patterns and colorful pieces dominate the Adidas Original and singer Pharrell Williams’ Summer ’16 line “Finky Beach.”

The exclusive collection dropped May 12 and consists of a complete ward-robe for children and adults, inspired by the colors and energy of the island culture.

The first peak into the collection was released in early May and sold out within hours, according to Rachael Allen of foot-wearnews.com.

Pharrell’s 2015 Adidas line, “Superstars,” which inspired the “Pink Beach” line, sold over 15 million pairs, which is far more than any of its previous shoe line, sold over 15 million pairs, which is far more than any of its previous shoe line, sold over 15 million pairs, which is far more than any of its previous shoe line, sold over 15 million pairs, which is far more than any of its previous shoe line, sold over 15 million pairs, which is far more than any of its previous shoe line.

“Pink Beach” features T-shirts, sweat-shirts, jackets, shorts, swimwear, and two styles of shoes, the Elastic Lace Up and the Elastic Slip-On in 2 shades of blue and black.

Previously, Adidas has worked with artists like Kanye West, Rita Ora, and Pusha T on various projects. This unique collection is definitely appealing to the fashion-forward young person, with all of the shoes featuring vibrant colors and designs, and pieces that stand out from the traditional T-shirt and jean
to style.

With this stylish, but pricey collection, it is hard to determine whether this would be of interest to the average student.

“If it’s not my style. The shoes look nice, but I wouldn’t pay that much just for a T-shirt,” said student Jose Bonilla.

Although the T-shirt price is not too ridiculous, some would prefer simpler designs if it means the quality of the shirt will be better.

“I’m more into quality over aesthetic value. I wear more plain clothing and this is way too flashy,” added Bonilla.

The average T-shirt in the “Pink Beach” line ranges in price from $40-$55. The entire collection ranges in price from $28 for an infant tank to $320 for an adult men’s jacket.

A $28 child’s tank seems over-priced because of the fast rate that children grow, but students have mixed views on the adult price of the clothing.

“The price is something I expect, since the brand is featuring an artist. I am actually surprised it is not higher. I think it’s easily accessible for people to buy, but it’s too busy for my liking,” said student Tia Antoine.

For some, the price isn’t the most surprising aspect of the line, but the style of clothing is. “It throws me off because when I think of Adidas, I think of clothes that you plan to wear out in. You can buy the same thing for $10 at Walmart and it will serve the same purpose,” said student Danielle Eriksen.

“He’s only appealing to one kind of person with this distinct style,” added Eriksen.

“Finky Beach” definitely reflects Williams’ style, but not the student style or budget. Artists seem to enter the fashion industry to make an extra buck, some do great, like Kanye West, but others fail to meet the expectations of their fan base, like Heidi Montag, Lindsay Lohan, Anna Kendrick, and Andy 3000, who all had short-lived fashion careers.

Although many students feel like this line is not suited for them, it is still expected to be just as successful, if not more successful, than the previous one.

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 ‘stabbled in the back.’

Reasons for her departure vary from having diva antics to not testing well with research focus groups.

Nike,lab x Olivier Rouстing

Nike has collaborated with Balmain designer, Olivier Rousting.

Nike unveiled the sportswear line on May 23, including photographs of Rousting and Cristiano Ronaldo.

Rousting is the 1st 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 but stage and injuries were reported. 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 profanity to audience.

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 rap-Logic.

Over the weeks he has been posting snippets of what fans think is new music.

“Flexicution” is the main clue to the release coming soon.

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ALBUM REVIEWS

Grande proves her growth
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 23-year-old singer expresses herself through dance hits and heartfelt lyrics with a focus on R&B sound. The first song on the album, “Moonlight,” is 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. 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 jazz 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 “Doo Wops & Hooligans,” 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.

Blake spills his stories
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 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 west-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 AC cranked up in order to have customers eventually get uncomfortable and leave, so the business can have a high turnover rate. The State did not; the temperature was neutral and calm feel to it.

The State did not; the temperature was neutral 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 be 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. 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.

“Taste of good, drink selection was excellent, preparation was great and the food was fantastic,” said customer Matthew Swistock. 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.

Upcoming online @ Coyotechronicle.net
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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Students illustrate favorite memories

By JOSHUA AGUILAR
Staff Writer

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 use all the time,” said Sandoval.

“You’re always going to need the skill of learning how to get over your fear of speaking to people and this is one of the best ways to do it by jumping right into it,” concluded Sandoval.

Student Judith Romero, also chose a similar reason behind her favorite memory, which is related to trying something new, thanks to CSUSB.

“I basically tried drawing the rock wall at the gym. “This is my favorite memory because it’s the first time I decided to try something new,” said Romero.

“I decided to go on the rock wall and I realized I really like climbing. Now I do outside climbing, bouldering, I go down to Joshua Tree, and its something I have a passion for and I really enjoy,” continued Romero.

Romero’s decision to go out and try something she’s never done before led to more memories that have enhanced her overall college experience.

“At the rock wall I was able to meet new people that like the same things I do,” said Romero.

“Now I have new friends and we go out and do things we all enjoy,” added Romero.

Continued online @ Coyotechronicle.net

Ride FREE with your CSUSB ID.

By ELINA URRUTIA
Staff Writer

Come learn and experience Latino culture. Dia Latino is a celebration of Latino culture, presented by Acto Latino and Los Amigos Spanish Club.

The event will be held on campus, June 2 from 3 p.m. to 6 p.m. on the library lawn.

Los Amigos Spanish Club is a student run organization that provides students a common interest in Spanish languages and culture.

“Almost everybody has one view of what Hispanics are; that is the typical Mexican with the big sombrero and the big mustache and that’s not who we are,” said Valerie Salazar, president of Los Amigos.

The club tries to educate other people on the culture of Hispanics everywhere.

“We have African descent, we have European descent, we are a mixture of every culture and we just try to represent that,” added Salazar.

During the event, many countries will 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 Folklorico.

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.

Plan your trip, track your bus, and more at Omnitrans.org.

Ride any route FREE with your CSUSB ID. Use our convenient online Trip Planner or download the Omnitrans app with NexTrip arrivals, Rider Alerts, and more.

Go free. Go easy. GoSmart.

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Details at Omnitrans.org.
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 you 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 Getzemany 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 prevention 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 and women, it must be recognized that rape culture also impacts the lives of trans and gender non-conforming people.

Rape culture is defined by a number of everyday habits and its occurrences in the lives of people everywhere. The most common form of rape culture presents itself in the way boys and girls are taught to interact with each other, rooted in societal conditioning. When little girls are told, “boys are mean to you when they like you,” it implies that male aggression towards females is normal, and that aggression is how boys and men communicate their emotions. The idea that mistreatment is a sign of affection allows warning signs of abusive relationships to be misconstrued as passionate love in adulthood.

When prom season hits social media, a common trope is a father holding a gun while posing with their daughter and her male date. The message and or even joke, being that fathers must protect their daughters from boys since “boys only want one thing,” that one thing being sex.

But it’s not the daughter’s personal well being that is being protected, it’s her sexuality.

The assumption that makes prey on females for sex also invalidates male victims of sexual assault, and depicts women as sexual objects by portraying their sexuality as something that can be claimed or protected, and not their own.

Expectations like these are common in society and portray men as being sexually aggressive towards women as just the way things are—that is rape culture.

The night of March 4 2015 there was an attempted sexual assault in the north stairwell of Pfau Library. March 8 2015, just four days later, there was an attempted kidnapping in front of Pfau Library.

These attacks sparked a series of emails urging students to take extra safety measures such as using a buddy system and attending the various discussions groups about campus safety and sexual assault, which the school provided along with listing student rights concerning safety on campus and sexual misconduct.

Although students have been given valuable resources to prevent being attacked, and luckily victims escaped the attacks, and it is still unknown whether or not the perpetrator has been caught. The rest of spring quarter there was a heightened awareness of safety from predators.

Students took extra care to not become the next victim. Rape culture was at its most visible.

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.

I am not writing this to defend my feminist values and or to insult anyone who holds views that differ from mine.

I am writing this to inform our community about rape culture, because it exists and because education is the first step in prevention.

Psychologist Megan Strain defined rape culture as “a society in which sexual violence is prevalent, encouraged and encouraged by popular attitudes, norms, and media messages.”

Are we a culture that is plagued by sex assault? Sadly, yes.

Rape is defined by the FBI as sexual assault when a victim is penetrated vaginally, orally and/or anally with an object, bodily part and/or sex organ by another person without their consent.

According to the National Violence Resource Center and Psychologists Tjaden and Thoennes, unfortunately, one in five women and one in 71 men will become a victim of completed rape or attempted rape at some point in their life.

FBI reports state that in 2013, a rape was committed every 6.6 minutes in the U.S.

Whether that weighs heavier in comparison to the number of those assaulted in the Congo is irrelevant.

Are rapists being thrown in jail? Not at the rate we would like to think they are.

Psychologists Megan Alderman and Sarah Ullman estimated that only 9 percent of those accused actually report their assault to authorities.

Only 40 percent of those actually resulted in charges, and only 50 percent of those cases result in convictions.

That is roughly 3 percent of perpetrators who actually receive some form of legal consequences.

Are rapists’ behaviors excused? Yes.

When victim’s clothes, sobriety and sex life are brought into question, blame is shifted from the perpetrator to the victim.

Focus on the actual matter, sex without consent, is shifted to irrelevant factors.

It is simple: when there is no consent, it is rape. No outfit, amount of alcohol or previous sexual life should ever take the blame before the perpetrator does.

It also important to recognize the difference between risk reduction methods and victim blaming.

Though they are overlapping issues, they are different. Risk reduction methods are tips that experts say will reduce your likelihood of getting raped.

Victim blaming is when the victim’s actions are considered to be the reason for the assault.

Those who do not utilize risk reduction methods are often blamed for their assault. At the end of the day, the perpetrator is to blame for the rape and they should be held responsible.

Is rape encouraged by popular social beliefs, norms and media? Yes.

Jokes, memes and comedy sketches about rape minimize the severity of sexual assault. Though a joke may not directly cause rape to occur, it does breed a perspective which normalizes rape.

Jokes about sexual assault also invalidate the trauma that a survivor has experienced.

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I have been perceived of 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.
Who will win the election? The battle between candidates

DONALD TRUMP

By KYLE RICHARDSON Staff Writer

Make America Great Again. We should all vote for Donald for the 2016 Presidential Election is not the prettiest election, as many have questioned who they might be voting for.

“I am unsure who I am voting for,” said student Evan Peckels. “But look at all the numbers, Trump makes money, he can probably help this country and myself make some much needed money too,” added Peckels.

First, he is not a politician—he is a businessman. If he is elected president, I hope that his cabinet will be filled with experts. As he is a businessman, he will not owe any other politicians any favors when choosing his top advisers. He will have the best of the best in their pro-fissention telling him what needs to get done.

Donald Trump’s possible cabinet list includes political allies, rivals turned backers, businessman, politicians, and even Democrats, according to The Hill.

“They will be winners, that I can tell you,” added Trump.

In addition, Donald Trump’s companies are mainly U.S. based.

So, if and when the economy goes down, his economic base will as well. The man will be economy focused, as he will look to bring back industrial jobs to the United States, which relates to my second point: foreign affairs:

Donald Trump has said he will put America first.

“My foreign policy will always put the interests of the American people and America's security first,” stated Trump in article from CNN. A man who has been head of multiple billion-dollar companies has obviously had relations with other businessmen from all over the world.

Those men that Trump works with, I would assume, have great influence on the countries they live in.

He also looks to pledge fixing relations with the rising Asian giant, saying that a stronger America would win more respect from its Communist leaders, according to CNN.

According to The Political Insider, the Russian leader Vladimir Putin had some supporting words for Trump.

“[Donald Trump] is a really brilliant and talented person, without any doubt,” stated Putin.

“It’s not our job to judge his qualities, that’s a job for an American voter, but he is the absolute leader in the presidential race,” added Putin.

His whole career was built on negotiating. He can walk into a room with a foreign ruler and get the job done.

And with Russia and China as world giants, they are the friends that this country needs.

Now yes, Trump is loud and obnoxious. He has said racist and ignorant comments.

However, even with that fact, the agenda-based media always does their job portraying the man so negatively, while he has no problem calling them out about it.

The Atlantic said it best, “What you see is what you see, all the cards are on the table.”

All politicians are so-called liars, so is it not nice that this man is honest and upfront?

Trump is putting it all out there, telling the United States the truth is out there.

And if there is one thing I can respect, it is someone who can be real.

HILLARY CLINTON

I can see it now.

November 8, 2016, Hillary Diane Rodham Clinton will be elected as the 45th president of the United States.

We have to realize that we are not only voting for our next Commander in Chief, but also the direction of the future of America. Other than Hillary Clinton, there is no other candidate qualified for the job.

To uphold the legacy of Obama, new ideas and trends, we need a person with pizzazz, strength, finesse and most importantly, experience that we can only get from someone like Mrs. Clinton.

Her resume includes serving as former secretary of state, U.S. senator, first lady and knowing a thing or two about foreign policy since she has traveled to 112 countries, according to CNN.

Hillary’s Facebook bio includes wife, 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 system so that middle class Americans can get ahead and maintain sustainability, and to generate renewable 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 without taking on loans for tuition, as well as attendance college tuition-free.

That would be a relief for us all.

Currently, we are all still recovering from the 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 voters 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 authentic in my eyes, and a human being.

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

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

I am comfortable in knowing that with Clinton as our leader, our future will be a little brighter.

BERNIE SANDERS

By SHIRILEENA BAGGETT Staff Writer

Altering decisions, waving assurances and childish play characterize the presidential campaigns for 2016.

Finding who will win the midst of all this chaotic disorder? The answer is Senator Bernie Sanders!

“I’m for Bernie Sanders because he is for me; he is for all of us,” said student Julissa Gallegos. Sanders supports tuition-free public colleges and universities, and it resonates with me as a student because of my fellow students’ experience with crippling debt.

“Mr. Sanders has inspired candidates pushing policies like tuition-free public colleges and universal health care, initiatives that were once regarded as radical but that now have the support of many millions of Americans,” stated writers Jonathon Mahler and Yamiche Alcindor of The New York Times.

“He is not corrupted by money from everyday Americans, 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.

A $1 trillion investment in infrastructure could create 13 million decent paying jobs. We need to invest in infrastructure, not more tax breaks for the rich.

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 who will do their best in representing America.

“Bernie’s message sums it up: it’s ‘Not me, but all of us,’” continued Gallegos.

Pondering on what Sanders would do if he were to be elected, Sanders shared what he would do if he were to run.

“A really brilliant and talented person, without any doubt,” stated Putin.

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Trump is putting it all out there, telling the United States the truth is out there.

And if there is one thing I can respect, it is someone who can be real.
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.

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.
Business

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 to 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 livesteic.com.

Technology has advanced with the iWatch and other devices, such as the Fitbit and Misfit, 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 use a home gym, according to statistica.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 nutristartic.com.

“I try to 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, encourages 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 day. A simple tip for losing weight is 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.

Sports

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

By GREGORY GARMILL
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 Cousousis 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.

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.

Laura Tropila and/or 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 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.
Sports

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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 4-4 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.

By S. Hananna Sherman
Staff Writer

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

Track sends off a dozen seniors

By Shanna Sernaman
Staff Writer

“I learned that teamwork makes the dream work,” said captain Patricia “Patty” Cortez.

“But really I learned that everyone is a piece for the puzzle of the puzzle, in order to get to the final goal it requires everyone’s dedication and efforts,” continued Cortez.

There are a total of 12 seniors on the CSUSB women’s track and field team, all of which have helped mold each other into more than just a normal team.

“I will miss being on a team and getting to be a part of something bigger than me,” said Cara Bonafede.

These women have become a family of hard-working athletes who strive for a common goal. “It’s been a roller coaster,” said Cindy Balderas.

“Being a part of the team was hard too because the training was different and things didn’t turn out as planned, but I’m glad I didn’t give up,” continued Balderas.

The women’s track and field team has only been around for two years, but with the strong bond they portray, one would think they have been together a lot longer.

“It is one of the most memorable experiences in my life,” said Elizabeth “Lizard” Hernandez.

“Having the opportunity to be part of a college sport and meet new people, with all different backgrounds and stories,” continued Hernandez.

The team came together barely knowing each other and in just two years’ time they developed into a fast and fierce unit of competitors. “The people at CSUSB are amazing, it’s like one big community,” said Cortez.

The team as a whole had an eventful season and the seniors are going out with a bang.

“My biggest accomplishment is getting a PR [personal record] in my final 10k [10,000 meters] of the season,” said Bonafede. The team was strong both on the track and in the classroom.

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

For the women of the track and field team, competing together was a moment in time none of them would forget.

“My experience was definitely the best college experience I could ask for,” said Cortez.

The women spent their time here learning from each other, their coaches, in the classroom and from their jobs.

“At CSUSB my experience has been very interesting and entertaining,” said Sierra Marea.

According to Bonafede, her time at CSUSB and with the team has helped her grow and create a lifetime of good memories.

“The funniest moment was every time someone showed up to practice and didn’t realize they had a piece of cloth backwards or inside out, usually me,” said Bonafede.

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.

Continued online @ coyotechronicle.net