March 14th 2016

CSUSB

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Men walk a mile in her shoes

By ELLE CARLOS
Staff Writer

A total of 63 men, both students and faculty, walked in high heels through the lobby of the San Manuel Student Union to raise awareness about sexualized violence against women on March 7.

The Walk a Mile in Her Shoes event was hosted by the Panhellenic Council, which includes Alpha Delta Pi, Alpha Phi, Kappa Delta and Zeta Tau Alpha sororities. “One of the things I think should be incorporated is cat calling, because that is something that girls go through all the time,” said student Michael Mejia.

Walk a Mile in Her Shoes is an international mens march to stop rape, sexual assault and gender violence. By men taking a walk in women’s shoes, they are able to view these situations from a different perspective.

“It was pretty cool,” added Mejia when asked what he thought of the event.

In 2014, five forcible sexual offenses were reported on campus, according to the CSUSB police department annual report.

The 2015 CSUSB police department annual report indicated that within the next 24 months Sexual Assault Intervention Tactics (SAINTs) will be implemented within the Greek fraternities and Women’s Self-Defense training for Greek Sororities. Alpha Delta Pi sorority provided a display of information regarding services offered on campus for victims of sexual assault, such as the campus Title IX office, which was also a supporter of the event.

San Bernardino Sexual Assault Services had advo-

To raise sexual assault awareness, the men of CSUSB were able to rent high heeled shoes in the SMSU.

CSUSB’s four year graduation program

By JOEL CRUZ
Staff Writer

The Four-Year Graduation Pledge Program offered by CSUSB promises to help incoming college freshmen graduate in four years with a signed commitment contract.

The program, which is offered by Advising and Academic Services, is an optional contract in which willing college freshmen students who qualify for the program must meet certain obligations to ensure their completion of a degree in the allotted four years.

These obligations include enrolling in at least 15 units per quarter, maintaining a 2.7 quarterly and CSUSB grade point average, submitting an educational plan within their first academic year, and meeting regularly with their department academic advisor.

In return, the students receive first priority registration or Priority One based on their quarterly academic progress monitored by Undergraduate Studies, according to Advising and Academic Services.

Along with CSUSB, three other CSU campuses maintain similar pilot programs to get students to graduate in four years, according to an article on the LA Times.

For some students, a program like this could be beneficial for incoming college freshmen.

“I think having this program would raise graduation rates. Students will actually be able to get the classes they need and finish on time,” said student Marie Valenzuela.

By 2014, nearly 23 percent of students who enrolled in the program had graduated, more than double the four-year completion rate compared with 2007, according to the LA Times.

“I am graduating after six years and with way too much debt compared to a lot of my peers, the cost of college tuition has risen exponentially over the past few decades, it is next to impossible to enroll in a lot of classes until you have the highest priority registration possible, forcing us to extend what would be four-year degrees into six-year degrees,” said student Christina Maguire.

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Grad program promise

By LAUREN JENNINGS

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Mint Press News

http://www.mintpressnews.com

Although there is a severe drought in California, Nestlé’s main water supply for production is from San Bernardino.

Nestlé running dry

By KYLE RICHARDSON

California’s water supply has disappeared in the last four years as we are currently in a drought.

“Bottled water is not a contributing factor to the drought,” said chief executive of Nestlé’s water subsidiary in the U.S., Tim Brown in an interview with The San.

The majority of California in the past have received 40 percent of their water from the state’s vast underground hydrological savings banks, such as aquifers beneath the San Joaquin and Sacramento River basins.

Today, that number has jumped to 70 percent, according to the “Scientific American.”

“I think it’s a double edged sword, because we are trying our best to conserve water, but getting charged extra by the water companies,” said student Sean Egle.

“I feel like we are knowledgeable about the drought, but the state isn’t set up to collect the water, the Los Angeles River is a concrete run in,” added Egle.

In June of 2015, state officials announced the first cutback to farmers’ water rights since 1977 and ordered cities and towns to cut water use by as much as 36 percent, according to Pro Publica.

Those who do not follow the cutbacks will face fines.

This past winter’s El Niño didn’t alleviate the drought at all.

In an interview with NPR, Alice Walton of the L.A. Times, spoke of El Niño’s possibilities.

“It will make a dent, but it certainly won’t end the drought,” Alice Walton told NPR.

“Southern California is not really set up to collect this water. You know, tens of billions of gallons of water are going to rush out to the Pacific Ocean … but really that we [will] see it [drought efforts] in Northern California. And that’s where it could really make a difference for the drought,” added Walton.

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The Arrowhead bottle water brand, which has been bought and sold by many different companies, has relied extensively on the spring water from the San Bernardino Mountains and other springs around the state for the last 120 years according to the Inquisitor.

Most recently, Arrowhead water has been purchased by Nestlé.

In October 2015, three environmental groups filed a suit in a California federal court against the United States Forest Service, demanding Nestlé stop selling the water as the “premium” Arrowhead brand, according to The Huffington Post.

Nestlé though, doesn’t believe the bottled water is contributing to the drought in California. 

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ASI elections are coming

By CRYSTAL NORMAN
Staff Writer

Approximately 13 student office positions are now open for the 2016-2017 Associated Students Incorporated (ASI) elections at CSUSB.

The purpose of the ASI Elections is to elect representatives to serve on the ASI Board of Directors, as well as the student body President, Executive Vice President, and V.P. of Finance and all the representatives elected serve a one-year term, according to the CSUSB ASI website.

“This is an exciting time for us right now, it’s all up in the air on who will be a candidate for the elections,” said Elections Coordinator Jessica Patalano.

This is one of the best student leadership opportunities on campus that looks great on a resume, according to ASI member Brenda Zamora.

“Although the public is aware of some members who are running, they aren’t sure on who will win because it’s just the beginning,” said Zamora.

As mentioned earlier, packets are due on March 25, 2016; however, the elections process really occurs on April 26 at the annual candidates forum.

Candidates tell students and staff members of CSUSB what they want to do for the school.

“Although there is some secrecy on who is going to be a candidate, there’s a good chance that Alex Gutierrez will be in the running for the vice president of finance and he has a lot to say,” said student Jessica Hernandez.

ASI doesn’t only voice student opinion at CSUSB, but also offers internships as incentives to succeed in college.

This year ASI has approved funding for one CSUSB student to have a summer internship in Washington, D.C. through the Washington Center.

The website’s motto even reads that regardless of your background and past experience, there is a place for you within our organization and there are many ways to get involved, build leadership and serve our students, according to the ASI website.

There are over 16 students, including five elected executive officers and four representatives representing each of the colleges as well as students-at-large, students with special and dual majors, graduates, and students residing in the on-campus residence halls, according to the ASI website.

“We’ve already received more than 30 applications for this year and can’t wait to see the results for the future candidates,” said Patalano.

Continued from Pg. 1

Wobbly ankles for awareness

Between 60-70 percent of rapes are at least partially planned ahead of time, according to movingtoendsexualassault.org.

For cases of sexual assault, dating violence, sexual harassment or stalking, students or faculty members can seek help by contacting the campus advocate Marina Wood or the Title IX department.

“I am always going to encourage people to refer to myself, the advocate, because I’m confidential. I am able to help them brainstorm other options,” said Marina Wood, CSUSB advocate.

Service options for victims of sexual assault include Title IX, police, counseling and psychological services, or an off-campus sexual assault services department.

Panhellenic Council decided to take the lead on the event this year to increase awareness by getting more organizations involved.

End sexual violence trainings have been pushed across the CSU for the past couple of years and this event served as another way to spread sexual assault awareness.

Walk a Mile in Her Shoes served as an interactive way for men to learn about sexualized violence women experience and increase awareness about an issue that has unfortunately become so common.

“Women are usually stalked. It is a premeditated type of violence,” added Muse.

Men at CSUSB sport high heels to help spread awareness for women.

“One of the things I think should be incorporated is cat calling, because that is something that girls go through all the time.”

Michael Mejia
Student
If you’re a starving college student, you’re not alone

CSU campuses known to offer the most assistance are located in Chico, Northridge, Pomona, and San Bernardino, with food pantries and emergency housing, according to KPCC News.

Some students on campus are aware of the services San Bernardino offers, others think more can be done to raise awareness.

“I think all CSU campuses should initiate a food pantry such as we have here at CSUSB, The DEN,” said student Hazel Ceron.

“These food pantries should respect the students’ privacy and keep confidentiality at all times. However, while keeping confidentiality, the food pantries should also be taking at large-scale events to bring awareness to our student body and how they can contribute to the cause,” continued Ceron.

The DEN, which opened mid-January, offers emergency supplies for CSUSB students in need.

So far The DEN has given 69 students large bags of groceries and hygiene products and distributes “day packs” of food for short-term assistance, according to the CSUSB website.

“’I feel like I’ve heard about it a little bit because I tried to volunteer for The DEN. I think it’s crazy and sad but it’s believable at the same time,” said student Jasmine Turner.

White said he will extend the study for the 2016-2017 academic school year, according to The Press-Telegram.

“It is our shared responsibility to chart the course that is responsive to the needs of all students and to empower student success by combining quality education with opportunity,” said White.

The DEN is located in the Faculty Office Building, Room 227.

Feb 25

By Jennifer Martinez

Staff Writer

A Virginia jail is no longer allowing inmates to receive personal printed photographs after officials found inmates chewing on pictures that had been soaked in a drug, according to ABC News.

The photos were drenched in a liquid form of the narcotic-addiction treatment drug suboxone. Those receiving the photos would chew on them to absorb the contents.

The jail had already banned all nonwhite paper packs of food for short-term assistance, according to the CSUSB website.

Pro gun campaigner Jamie Gill, 31, was taken to the hospital after being shot by her four-year-old son, according to metro.co.uk.

Gill’s son found her loaded .45 semi-automatic handgun in the back seat of her truck where he pointed it at her and pulled the trigger.

The father, who was identified as “A Duan,” found a buyer online who was willing to pay 23,000 Yuan ($203 USD) for the infant.

The buyer reported this incident to the police, who later tracked them down and arrested the mother. The baby is currently with the buyer’s sister in safe custody.

Jeremy Meeks, the criminal whose mug shot had people swooning all over social media, was released from prison in Stockton, Calif., and is now a model, according to metro.co.uk.

Meeks was charged with possession of firearms and was jailed for 27 months in February 2015. His mug shot racked up more than 80,000 “likes” after it was posted on the Stockton Police Department’s Facebook page.

He has been signed to White Cross Management and is ready to start his new career.

A teenage couple in China sold their 18 day-old daughter online in order to buy an iPhone, according to newindianexpress.com.

The father, who was identified as “A Duan,” found a buyer online who was willing to pay 23,000 Yuan ($203 USD) for the infant.

The father failed to bring her flowers for International Women’s Day, according to telegraph.co.uk.

Day, according to telegraph.co.uk.

A Romanian man was admitted to hospital after his wife allegedly stabbed him in the genitals when he failed to bring her flowers for International Women’s Day, according to telegraph.co.uk.

Ionel Popa, 40, from East Romania, arrived at Vaslui County Hospital on Tuesday morning, where he required emergency surgery.

The wife, 40-year-old Marinela Benea, claimed the “flowers” story was made up and that they had in fact been arguing about his failure to do household chores.

A Virginia jail is no longer allowing inmates to receive personal printed photographs after officials found inmates chewing on pictures that had been soaked in a drug, according to ABC News.

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The jail had already banned all nonwhite paper and any papers containing drawings or paintings be received in the photos.

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Cloning is risky business

By MICHAEL ISBERTO
Staff Writer

Growing up I told myself, if I won the lottery, I would use my winnings to try to make Jurassic Park a reality. The only problem is that I’ve learned through somatic cell nuclear transfer is simply inefficient,” stated The Genetic Science Learning Center at The University of Utah.

“The success rate ranges from 0.1 percent to 3 percent, which means that for every 1000 tries, only one to 30 clones are made. Or you can look at it as 970 to 999 failures in 1000 tries.”

As humans, we have more power than any other species. We are creative beings. But should we have the power to play God? Should we have the power to create other beings?

Maybe, but if we’re going to play God, we should ensure we are doing so from a position that benefits the greatest number of people. Recently, talks of cloning have made its way back into the news. South Korean cloning scientist Hwang Woo-Suk, who was also a part of the research team that extracted DNA from the Wooly Mammoth, is now looking to also clone the Siberian cave lion, another prehistoric animal. The Siberian Times stated, “Two in-fant prehistoric big cats dating from Pleistocene times - were found in a ‘sensational’ discovery last year. “The cubs were dug from their icy graves, complete with all their body parts: fur, ears, soft tissue and even whiskers,” said Dr. Albert Protopopov, head of the mammoth fauna studies department of the Yakutian Academy of Sciences. The question of ethics will usually always come into play with something as controversial as cloning, but there are also benefits to cloning.

“One biomedical application of the cloning technique is genetically modifying animals so that their cells and organs can be transplanted into humans,” according to the Scientific American.

“Thousands of people die every year because of the unavailability of human organs for transplantation. Genetically modified animal organs could begin to fill this need,” according to the Scientific American.

The University of Utah Health Sciences also stated that cloning for medical reasons could benefit many people, but they also included a couple additional reasons why scientists might want to clone.

Through cloning, we could revive endangered or extinct species.

By RACHEL RUNDENGAN
Staff Writer

Is it just me, or is my generation (generation Y) extremely pessimistic about dating and relationships?

As I examine the trends and humor in social media such as Instagram, Vine, and Twitter, I began to realize that if not all, most are associated with courtship and romance. Whether it would be a man being too desperate, or a woman being overly jealous, they all have one thing in common—cynicism.

The irony of all this is the creation of a new trend that stemmed from the bitterness of generation Y, the “relationship goals.”

The general idea of “relationship goals” is everything that a person finds perfect in a relationship—of course perfection may vary among people.

I am not an expert in relationships nor am I a specialist in dating, but I do know this, if you want something real, first you have to be real with yourself.

The first step to that is the willingness to commit. I understand that commitments are terrifying, but so is abandoning something that could have been beautiful.

The image of dating and relationships that social media has portrayed has forced many people to speak and act in a particular way that has made it difficult to achieve the fruit of authenticity.

For example, when you are getting acquainted with someone of your interest, do not pretend to be someone you are not.

Do not allow the standards of what you have learned from social media dictate your actions.

Do not allow other people’s idea of what is perfect to control your judgment. The reality is this—sooner or later, the truth will remind you just how much easier it would have been to tell it from the start.

Being in a (romantic) relationship is not easy.

It requires two people to work together regardless of any disagreements.

So before you call it quits after a couple of heavy arguments, remember that a healthy relationship stands firmly on overcome challenges.

The one thing I have learned from my relationship is that sometimes it’s okay to feel and be vulnerable.

And I think that is the fear of most people today; being completely powerless and appearing weak.

Nobody enjoys the feeling, but being vulnerable to the person you are in a relationship with does not always mean it is a bad thing.

It just means you are committing yourself in something that shines ego.

So again I say, relationships are not easy.

It begins with awkward-flirtatious dates, to many random obstacles that would lead to making the relationship exclusive, to finally arriving at a love you admire on “relationship goals.”

To all the ladies and fellas out there who cannot seem to keep up with the dating and relationships standards created on social media, forget them.

Do not allow “relationship goals” to influence your impression and ideas of what is perfect for yourself.

If you truly seek to have something real, you first have to be real with yourself.

Opinions

#RELATIONSHIPGOALS should be realistic

Cloning is risky business

Horrorscopes for March 2016

Aries
Show care towards your loved ones.

April 20 - May 20
Clear any negative emotions that linger.

May 21 - June 21
Visualize your goals; they will come true.

June 22 - July 23
Strengthen your intuitive skills.

July 24 - August 23
Use your passion to inspire others.

August 24 - September 23
Fortune shines greatly upon your efforts.

September 24 - October 23
Reflect upon your indecisions.

October 24 - November 22
Translate your energy constructively.

November 23 - December 21
Keep your ambition firm and unyielding.

December 22 - January 20
Engage in mentally stimulating conversation.

January 21 - February 19
Take time to pursue artistic endeavors.

February 20 - March 20
Be patient; what you seek will find you.
Textbooks must be affordable

By STEFFANIE MARTINEZ
Staff Writer

Finals week is here again. You’re probably looking around realizing you’ve spent hundreds of dollars on all these textbooks you didn’t once open. All of this could have been avoided had your professors researched the “open educational resources” alternative. It might have been able to get a quality textbook from $10-$40 in comparison to the textbook average that begins at $60 and goes up to $200.

Open textbooks are written with the understanding that they will be free to print or read online. It is a beneficial option that has been proven to work at some universities; it would be a great alternative for schools because it would save students a substantial amount of money.

The U.S. Public Interest Research Group reviewed the program at five colleges and proved it to be successful. Although there are limited quantities of subjects available, interest is growing for open source textbooks.

Whether you’re an incoming freshman or a soon to be graduate, I’m sure we can all agree the price of textbooks are sometimes ridiculously high.

It’s not an easy decision, do you splurge on the brand new book at a high cost? Or do you purchase the used version which unfortunately is full of either writing, highlighting, or unnecessary notes (sometimes all of the above)?

The alternatives, while different in terms of appearance, at times don’t save you much more money than the other.

When I came in as a freshman I made the mistake of buying all my textbooks, since our syllabus said it was “mandatory,” only to find that by the end of the quarter it wasn’t fundamental to pass the class.

Also being asked to purchase the newest edition when there was hardly any difference at all from the one before.

I know this is a problem. I’ve witnessed in some of my classes students saying they aren’t able to purchase the textbook.

It is not because they want to spend their money elsewhere but simply because they can’t afford it.

According to college source, the yearly books and supplies estimate for the average full-time undergraduate student at a four-year public college is about $1,200.

The-business of textbooks is a scheme to make money. If textbooks cannot be made free, they should at least be priced at a rate affordable to all students.

“Smart drug” usage unsafe

By NICHOLAS WHITT
Staff Writer

“When I was young, students would use drugs to check out. Now they’re using them to check in,” said Anjan Chatterjee, a professor of neurology at the University of Pennsylvania in an interview with The Guardian.

Nootropics, or smart drugs, are drugs used to increase concentration and stamina to whomever it’s prescribed to.

As someone who has been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and have been prescribed nootropics for more than 10 years now, I can attest to the risk of taking them.

Yes, they do have many magical benefits, but just like everything else in this world, it’s a double-edged sword.

Some of the negative effects range from addiction to heart problems.

“Irregular heartbeat, increased blood pressure, restlessness, anxiety, nervousness, paranoia, headache, dizziness, insomnia, mood dryness, suppressed appetite, diarrhea or constipation, impotence or changes in sex drive” are some of the side effects caused from taking them according to www.rxlist.com.

These medications should not be taken unless prescribed due to the issues they can cause.

Smart drugs should never be taken lightly, they are meant strictly for those diagnosed with Attention Deficit Disorder (ADD) or ADHD-like symptoms.

“These medications are used to treat Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD), which affect attention span, impulse control, self-discipline, and hyperactivity in the case of ADHD,” according to University Health Services at University of Texas at Austin.

Some of the most common ones, personally speaking, are Ritalin®, Adderall®, Concerta®, and Focalin®.

Students love these wonderful capsules of chemicals, especially when finals are around the corner.

Prescription drug usage for concentration is widely known to have many beneficial effects but oddly enough, individuals still bask in a reality of ignorance.

In fact, a study was conducted of 1,811 undergraduates at a large, public, southeastern research university in the United States at the Department of Communications, the University of Kentucky.

Of the study participants, 34 percent reported the illegal use of ADHD stimulants.

Most illegal users reported using ADHD stimulants primarily in periods of high academic stress and found them to reduce fatigue while increasing reading comprehension, interest, cognition, and memory.

Many students are completely unaware of just how devastating these drugs can actually be.

It is in fact heavily regulated and is considered a controlled substance to the government.

“Possession of Adderall without a valid prescription is punishable as a misdemeanor. If you are convicted, you can face up to 96 days in county jail and a fine not exceeding $1,000,” according to www.wklaw.com.

Just like any other drug, it is also a criminal act when selling the medication to others.

“Possession of Adderall for sale is punishable as a felony and if you are convicted, you face two, three, or four years in state prison,” according to www.wklaw.com.

These pills are sought after constantly and it’s reasonable as to why, but there are things many do not know about the drug after her long periods of use, due to lack of evidence.

Using the medication might be bitersweet; but unless you’re okay with the risk of your heart stopping randomly, then I would advise you to not take them.
Caitlyn Jenner faces backlash from LGBT communities

By CAROLYN SOLAR
Staff Writer

Reality television star and transgender woman Caitlyn Jenner has become increas- ingly vocal about her political ideologies during the 2016 presidential campaign. This comes shortly after transitioning from male to female last year. Unfortunately, these ideas have not resonated well with LGBT rights advocates.

Jenner has made a few choices since her transition that have people scratching their heads, including her recent decision to support a candidate that typically would not support her lifestyle choices. Jenner offered to be a “trans ambassador” to U.S. Republican presidential candidate Ted Cruz.

Cruz has shown resistance to sup- porting equal rights for trans students in schools. Allowing trans students to use rest- rooms as their identifying sex was an issue for Cruz, as he called it “lunacy” and stated that this was forcing little boys and little girls to shower together.

In fact, “The Advocate,” a LGBT pub- lication, declared Cruz the “Phoebe of the Year” for his opposition to same sex mar- riage and introducing a bill that would un- marry same sex couples upon entering a state without marriage equality. Jenner chooses to support Cruz and would like to advise him because, accord- ing to her, “He’s very conservative, and a great constitutionalist, and a very articulate man,” she said in an interview with “The Advocate.”

Democrats have shown more support towards minority groups, while typically, Republicans hold deep religious views that have not shown support for LGBT equal- ity. Jenner met Cruz before her transition and said he was nice and hoped he would have his girls on a trans issues board to advise him on making decisions when it comes to trans issues,” said Jenner in an interview with "The Advocate."

In the past, Jenner has been criticized for her lack of support of many other LGBT issues, such as gay marriage. Critics say her lack of understanding of the LGBT community stems from her status pre-transition as a successful, white, male, athlete and television star.

Some say her privilege and limited experience as a trans woman will not mir- ror issues that many trans people are faced with in their everyday lives. Some students argue that Jenner is making a logical decision, although many advocates disagree.

“I think Jenner is supporting Cruz for his political ideas and not necessarily his deep religious views. She may not agree that his religious views are supportive of the LGBT community, but Jenner does have a large following and is probably one of the most widely recognized trans women in the media,” said student Danielle Erikson.

“She would be able to get a message out to a large number of people and speak for them, because she is the most high-pro- file trans women in the public eye,” added Erikson.

Other students have agreed that this decision might be beneficial for the trans community in the long run. “Every candidate has one specific au- dience they want to target, for Hillary, it’s women, for Bernie, it’s students and the working class, for Trump, it’s kind of mis- cellaneous, but for Ted it is conservative Christians,” said student Jessica Winter.

“I think Cruz is doing what he can to target this audience specifically, but with that being said, that does not necessar- ily mean that Jenner agrees with all of his ideas. He also has a lot he wants to do to fix the economy and I know Jenner has spoken about making sure that all trans people have jobs,” added Winter.

Jenner’s offer to be trans-ambassador is still just a proposition that Cruz has yet to respond to.

Astronaut returns to earth

By CHRIS CAUHAPE
Staff Writer

American astronaut Scott Kelly landed safely aboard a Soyuz spacecraft, at the Russian operated Baikonur Cosmodrome in Kazakhstan, in March 1.

Kelly’s 340 day mission aboard the International Space Station was the longest lasting space flight ever for an American astronaut.

He spent the long space voyage taking tests to determine the physical and mental effects of extended weightlessness, cramped quarters and exposure to radia- tion 24 times stronger than what is felt on Earth.

Scott Kelly’s mental and physical condition was compared to his identical twin brother Mark Kelly, who is a former astro- naut and the husband of former Arizona Congresswoman Gabby Gifford.

Prolonged weightlessness made Kelly two inches taller and weaker in muscle and bone once he returned and felt the gravity of Earth. The Earth’s pull returned Kelly to normal stature after only a few hours.

Kelly said that steady work kept him mentally in order, but looking down at the pollution on Earth has turned him into an environmentalist.

The mission was part of the prepara-
tions for the expected manned trip to Mars and back. It is speculated that the Mars mis- sion will take place at some time during the 2030s.

If Earthlings are to go to Mars two de- cades from now, remedies and adjustments will have to be discovered in order to make the two to three year journey safe for the human mind and body.

Such innovation will be reminiscent of the 1960s, when the “Space Race Teet” introduced a tsunami of new products and technologies to the world.

Communication satellites, satellite dishes, satellite television and global posi- tioning all came about due to the space constraints that remain in geosynchno- nous orbit.

Geosynchronous means that the sat- ellite remains at the same spot over the planet because it orbits at the speed of the Earth's rotation.

This technology replaced land-based microwave relay stations.

Space Race innovation has made pos- sible the laser eye surgery that has replaced risky scalpel incisions.

“Space Race Teet” produced magnetic resonance indicators (MRI), and computer- ized tomography (CT) scans which have made potentially harmful depletion sur- gery unnecessary.

The digital imagery which makes virtual reality a reality was developed for spacecraft flight simulators and has been adapted to train all aircraft pilots.

The same technology makes the op- eration of unmanned warplanes possible. Is attempting to explore Mars a good idea? Student Rafael Velasquez doesn’t neces- sarily think so.

“We should stop colonization of the uni- verse and settle down, and protect the envi- ronment we have, instead of looking for an- other one to mess up,” said Velasquez.

“No need to travel when we have SKYPE, is there?” said student Tomasito Napalan. “As important as space explora- tion is, I think exploring the depths of the oceans has more urgency for human beings as a species.”

The space mission was the fourth one for Kelly. Prior to his recent mission, his longest space voyage was the Russian operated Baikonur Cosmodrome in Kazakhstan, in March 1.

Kelly says he has made his final NASA mission although he would consider an- other space voyage perhaps with a private company.
March is Women's History Month. It is the month in which we honor all the humanitarian and political achievements of women who have made a difference and fought for equal rights. Notable women who are often mentioned are Rosa Parks, Harriet Tubman and Susan B. Anthony, but all women are celebrated during this month.

More specifically, March 8 is the globally recognized International Women's Day.

"International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women.

The day also marks a call to action for celebrating accelerating gender parity," as stated on InternationalWomenDay.com.

The idea of celebrating women emerged during the early 1980s.

Initially, only one week of March was designated to celebrate women.

"Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as 'Women's History Week,'" as stated in the Women's History Month official website.

For the next five years, Congress assigned a week of March for women's history celebration, since an official week was never established.

In 1987, the National Women's History Project (NWHP) petitioned to have the full month of March dedicated to women.

"Congress passed Pub. L. 100-9 which designated the month of March 1987 as Women's History Month, as declared in the WHM official website.

The Women's Resource Center at CSUSB is celebrating the month of March by putting out several events honoring women, such as daily trivia about women's history on social media and a Feminist Comedy Night.

"I think it is awesome that we have a month dedicated to women. Not only do they bring us into this world, but they are all in one: mothers, sisters, professionals, cooks, nurses, counselors… They basically take on every role in our lives," said student Makenna Doyle.

Reserving a month or even a day to celebrate women remains important to this day.

Though women have accomplished several important goals and milestones throughout history like voting rights and the right to use contraceptives, there are many more milestones that need to be fulfilled.

"It's unfair how we often talk about women being equal to men, yet that 'equality' is not reflected in our salary," continued Doyle.

There are still some countries that do not recognize equality for women. Even here in the United States, a gender pay gap still exists.

"Women are almost half of the workforce. They are the equal, if not the main, breadwinner in four out of ten families. They receive more college and graduate degrees than men. Yet, on average, women continue to earn considerably less than men," as stated on the website, Institute for Women's Policy Research (IWPR).

"Though women have come along way throughout history and that itself is a reason for celebration, recognition should be reflected by establishing full equality between both genders."

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Features

Celebrating women’s history month

By ERENDY TORRES
Staff Writer

Waist training
Concerning constraint

By MARIA DE LOURDES CAMPOS
Staff Writer

Social media are platforms in which celebrities can endorse the latest fashion craze.

Kim Kardashian, Amber Rose, and Black Chyna swear by waist training as the new standard for beauty.

What exactly is a waist trainer?

"A waist trainer is a device that is made up essentially of bands of material that wrap tightly around the waist and lower rib cage to provide women with an instantly slimming hourglass figure," said student Monica Sanchez.

Sanchez said that on social media, actresses like Brooke Burke and Jessica Alba were trending because they gave credit to waist trainers for helping them get back into shape after giving birth.

"Waist training has helped me reduce water retention and the swelling of my uterus, while it supported my unwanted baby skin," stated Burke on her blog.

The misconception that many people have about waist trainers and corsets is that they are the same thing.

In fact, they are somewhat different.

Corsets reduce the waist by compressing the waistline, but also comfortably support the ribs and hips.

Whereas, waist trainers simply compress the whole midsection, which is an uncomfortable approach, as this squeezes the ribs, resulting in the notorious inability to breathe," according to plastic surgeon Stephen Greenberg.

Greenberg states that this new fashion trend can and has caused detrimental side effects to women who want an easy solution to weight loss.

Waist training can cause the stomach to push up and beyond the diaphragm, which can result in reflux.

One should tread lightly when trying new trending products on social media, because products are often glamorized to promote consumerism.

Many students here at CSUSB can relate.

"I tried a waist trainer, because I thought it was going to shape and form my body like Kim Kardashian," said student Rebecca Reyes.

Reyes said that when one waist trains, there is a loss of mobility because of constraint and control around the midsection.

However, after a couple months of waist training, she noticed that she lost about two to four inches off her waistline.

"Waist training is a very difficult task, especially, when your waist trainer is loose, because that means you have to buy another one and they don’t come cheap," said Reyes.

The amount of money spent on a waist trainers is quite high, because it’s a temporary fix to permanent weight loss.

On average waist trainers run anywhere from 60 to 100 dollars.

"These devices can’t actually reshape the body or trigger fat loss, there’s no evidence of that, rather they are just temporary results. If people want to lose weight, they need to have a balanced diet and implement a workout that is suitable for their age, height, and weight," stated Dr. Caroline Apovian of Boston University School of Medicine.

If one wants to achieve a more slenderized midsection, high-intensity cardio exercises can be the alternate solution to waist training.

"Movements like the infamous burpees, mountain climbers and jump squats are high intensity cardio movements, that have been proven to slim down the midsection," stated personal trainer and student Jorge Sandoval.

Tread lightly and question whether or not products that are trending on social media are, in fact, credible and safe.

Photo courtesy of Kim Kardashian

Celebrities use social media to endorse waist training.
T-Rex costume

Tons of fun!

By HAECHEOL JANG
Staff Writer

The T-Rex costume has become a viral sensation across the Internet, inspiring a number of humorous videos.

Trends have always existed and today’s trends can quickly become viral online. YouTube helps spread many trends. Recently, there is a new trend in the online world: the T-Rex Costume.

People wear the T-Rex costume and act out in many funny situations. Many people can be surprised by the costume’s appearance. It looks like a real Tyrannosaurus Rex!

There are many funny video clips on YouTube related to this costume, and there are even a few Facebook pages dedicated to the costumed humor.

Some clips depict people running on a treadmill while wearing the costume.

Another clip shows a person wearing the T-Rex costume while fishing.

In that particular clip, the wearer holds a fishing rod while sitting by a pond and it looks like a dinosaur desperately trying to fish.

Another clip shows two people in the midst of a slap battle while wearing the T-Rex costume.

In other clips, people wear the costume while pole dancing, riding a hoverboard, and even while ballet dancing.

As silly as this new trend may be, it is quickly becoming a viral phenomenon.

What do CSUSB students think about this costume?

Some students had never heard of the T-Rex costume.

“Honestly, I don’t know anything about this costume. I have never seen this costume or the videos, but it looks funny. If I have a chance to wear it, I want to wear it. I think it will be perfect for Halloween,” said student Kyungsic Park.

“I don’t know about it, but I think it is good for kids. It can help to play with kids and make kids smile,” said student Geovanni Orozco.

Other students remained neutral about the costume.

“I don’t know about this, but I can expect what it is after looking at the pictures of the costume. Actually, I don’t have specific opinions about it and I enjoy seeing different people’s personalities when they wear it. It’s just fun watching different people enjoy the costume,” said student Noel Estrada.

Enjoying the simple things in life, and having fun, is a great way to interact with the world around you.

The T-Rex costume is a funny way to play and pass time online. Take a minute to enjoy a laugh and have fun watching!
Students’ spring forward fashions

By ESTEFANIA TORRES
Staff Writer

CSUSB is one of the most diverse campuses in Southern California and even more diverse when it comes to student fashion. Walking onto the campus you immediately see the variety of different styles: from the student union, to the lecture halls, to even the library.

Some students decide to dress up in the latest trends, while others tend to go for a more comfy look. Since the seasons are changing, students are transitioning to a more spring look.

Residents are in the process of trading in their coats and scarfs for tank tops and vibrant colored attire.

California has had its bipolar weather these last couple of days, where one day it’s a stormy overcast and the next a mid-summer’s day.

It’s very interesting to see our campus go from winter to spring fashion, so I spoke to some Yotes to see what their go-to style is during this crazy Cali forecast.

“It’s sometimes hard to dress up in the morning because you don’t really know how the weather is going to be...you can never go wrong with light clothes,” said Junior Jasmine Quintero.

Jimmie King is breaking the classic stereotype of what it looks like to be a chemistry student, rocking a denim on denim outfit inspired by comedian Kevin Hart.

“He was wearing this in an interview with the Rock that I saw on Instagram and I thought for sure I’ve never done that before and I have red shoes,” explained King.

He also explained that his favorite stores range from Pac-Sun to H&M, and sometimes lurks into Forever 21.

Alberto Mendoza sporting a red Thrashers hat, a black graphic T-shirt, and black Vans closely resembling that of a skater, talked to us about how he deals with the transition from winter to spring.

“It’s not very hard, when it’s too hot I wear shorts and a T-shirt and when it’s too cold I wear pants and a jacket. I just wear what I think looks comfy and cool,” explained Mendoza.

Now that spring is around the corner, we are starting to see students incorporate more color and patterns into their wardrobe.

Student Esso Omuson wore an authentic Nigerian shirt filled with many patterns and beautiful greens, oranges, and reds.

“This is a perfect time to wear this because there is a breeze outside and the sun is out so there is good lighting and especially for bright colors like these and it makes your skin kind of glow,” said the fashionista.

Another fashionable student is Maryam Hassan, who was dressed in a charcoal gray jacket, a white shirt and a brown hijab—perfect for the transitioning of winter to spring.

“I love simplicity. I’m not into very ostentatious dressing. I like simplicity but I still like looking nice so that would be my inspiration, to find the simplest nicest thing that appeals to me,” said Hassan.

This campus is slowly moving to spring and it’s very exciting to see the changes undergo before our eyes.

“It’s very interesting to see our campus go from winter to spring fashion, so I spoke to some Yotes to see what their go-to style is during this crazy Cali forecast.
Students and poets expressed their thoughts on racism, love and politics at the “Speak Yo Truth” event held by the Cross Cultural Center.

Performers were able to do a spoken word piece and use instruments to sing or recite their own personal poems as crowds cheered on with rounds of encouragement and satisfaction on March 7.

There was a cohesive mix of new talent and seasoned veterans of artists around campus. The event was previously held during fall quarter as we experienced the progression of performers unveil a new mask of emotions building up for this great night. The art form of spoken word is best described as an improvisational performance and has no bounds as to what one can do on stage.

Every individual put their heart and soul into what they wish to express as emotions captivated the audience. Not only do they confess their thoughts about these subjects, but they also draw from their faith in performing live, looking past the stage fright and nerves as they let out true colors and come through as they become the embodiment of the poem. A spoken word performer, who goes by the name True, had a commendable performance.

True described his piece as being ameteur, especially when it comes to events like these. He introduced the audience to his powerful drive and ambition when confronted with social injustice and harsh lives many can relate to.

Although he was a first timer, his passion seemed everlasting as he got the crowd going with a few standing ovations. Most of the crowd in attendance were friends rallying in support to be a confidence boost for the ones taking the stage. At that point, having friends can make you act less nerve-racking knowing someone close to you is right there cheering you on. During interval time, it was apparent that everyone who went on stage felt a sense of joy and relief while they went to speak with friends and fans, and reinforced those in doubt before taking the stage.

The sheer number of attendees made you feel welcomed, regardless if you felt left out, a quick poem about having a crush or a song speaks to you.

It was great to have seen social discrimination be a key part found in this event, as most who participated were a part of the minority and wished to give their thoughts a right to speak when they may have deemed it impossible. So next time you go to a show and have a few verses penned, or would like to speak your heart out, do not fear taking the plunge and embrace the crowd and let your words carry you through.

Overall, Speak Yo Truth was a wonderful spectacle of students and local talent with impacting words a whole class could not reach. As crowds cheered for what we believed were these individuals breaking free from an imprisonment of thoughts, the event was a complete success and one that many students should experience front row or on the mic.

Open mic night speaks the truth

By ARTHUR MEDRANO Staff Writer

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London gets bloody

By ANDREA JIMENEZ Staff Writer

“London Has Fallen” was not my favorite film, but I cannot say that it did not keep me in suspense. While shedding a couple tears as my deepest thoughts went to the lives lost in the many terrorist attacks that have impacted our lives and made our world, I realized how it was hard to keep up with all the gore.

Exploding buildings leaving puddles of flesh and a city full of smoke and fire. Quel, as terrorists had no mercy on anyone, leaving puddles of flesh and a city full of smoke and fire.

Surrounded by enemies, with no bodyguard to protect or guide him, the president managed to take care of himself; he didn’t show fear and refused to be subdued to the enemies, adapting to Banning’s bravery.

The ending was not impressive; fighting off 100 terrorists, saving the president, and surviving for a huge explosion... but not cyclically original.

I would rate this movie a three out of five paws, because the bloody scenery violated my eyes, but if you’re into all the gore and action, I highly recommend it.
Fans danced their way into an unforgettable experience with free tickets to the Season 13 Mar. 8 taping of “The Ellen Degeneres Show.”

The guest list consisted of actresses Felicity Huffman (“Desperate Housewives”), Wendi McLendon-Covey (“Bridesmaids”) and music producer and Snapchat star DJ Khaled.

“The Ellen Degeneres Show” which ranks in millions of viewers everyday, is one of the hardest shows to gain access to, trying eight years my self.

In the waiting area.

The waiting room contained a small EllenShop kiosk, a café on wheels and three flat screen TV’s reading “Him at El-len” so fans could post pictures on social media.

By 2 p.m., the second check-in started where numbered tickets were distributed individually along with a questionnaire.

Over 400 fans were escorted numerically in small groups to Stage 1, officially known as the “Ellen Stage.”

Fans were greeted by security before entering a long hallway decorated with numerous photos highlighting iconic moments of Ellen with her guests throughout the seasons like her dancing with Justin Timberlake.

The Ellen shop resided past the hallways in the “Riff Raff Room” filled with shirts, pajamas, backpacks and much more available for purchase.

After turning of their cell phones, fans were escorted to the iconic stage, although smaller in real life, blue and white colors along with numerous plants and wood walls and flooring made the stage look open and lively giving fans an awe reaction.

Before starting and in-between breaks, fans were brought to the stage to show off their best dance moves, hoping to win a free Ellen t-shirt.

Fans jumped and clamped out of their seat as Ellen walked out of the sliding doors for her monologue before dancing her way through the crowd.

After her segment “What’s Wrong with These Photos?” Ellen introduced her first guest, Huffman, who talked about her family before discussing her show “American Crime.”

After a quick break, Huffman and Ellen battled in a hilarious round of “Hot Hands” where both tried to match celebrity photos with their names. Ellen introduced her second and guest DJ Khaled with a mash-up of his greatest SnapChat videos.

DJ Khaled, who has produced numerous #1 hits and recently signed

After a quick break, Huffman and Ellen battled in a hilarious round of “Hot Hands” where both tried to match celebrity photos with their names. Ellen introduced her second and guest DJ Khaled with a mash-up of his greatest SnapChat videos.

DJ Khaled, who has produced numerous #1 hits and recently signed

Demand for the tickets went through the roof.

“Ellen’s extravagant episode

By JARITZA MENDOZA Staff Writer

The fans left the show with the last guest of the day Wilmer Valderrama of “That 70’s Show” will be appearing on ABC’s hit show “Grey’s Anatomy” this spring, according to Vibe magazine.

Valderrama hasn’t shared any spoiler alerts as to how he will be making his appearance just yet; his girlfriend Demi Lovato on the other hand can’t seem to hide her excitement for him. According to Variety, the actor will be playing a new character who goes by the name of Kyle Dixon beginning in early May.

Chance the Rapper calls Spike Lee out

Chance the Rapper recently caught wind of Director Spike Lee taking jabs at him last week in Evanston, IL at the screening of his new movie “Chi-Raq.”

“Chance The Rapper’s a fraud. Straight-up fraud. He puts himself up as a speaker of the people, but that means you have to put truths that you see. That doesn’t mean you can pick and choose what you talk about,” said Lee.

Chance fires back via Twitter calling him lame and “more importantly a liar;” he also claimed to have incriminating audio of Lee “begging” him to be apart of the film.

The Flash and Supergirl Cross-over

The moment we’ve all been waiting for has finally arrived—“The Flash” and “Supergirl” are about to unite.

However, the collaboration may not be what we think. In the titled show “The Flash and Supergirl’s Finest,” the speedy one appears in Supergirl’s universe on the CW network. As we all know they are set in different universes, The Flash appears and helps her battle Siehlan/Silver Banshee and Livewire.
Kendrick Lamar gives us a peek into his visionary world with his new album, “untitled unmastered.”

Lamar has outdone himself with this one, generously releasing the leftover demos of his last critically acclaimed album, “To Pimp A Butterfly.”

At only 35 minutes in length, it includes eight unpolished tracks, each of them telling their own thoughtful story that lets the listener into the rapper’s mind.

It’s definitely a daring move for the artist to let out an album that is completely untouched because auto tune and other various editing software are now offered to make songs completely flawless.

Lamar has proven again and again that when it comes to lyrics, he’s a genius.

Although this album is completely unedited, uncut and unfinished, it’s nothing less of perfection. The lyrics actually say something and their “rawness” gives the performance correctness and meaning.

Not many emcees can start spitting out words with a message from the top of their heads, but that seems to be easy for Lamar. The lyrical genius brings us his ideas about love, dedication and politics.

The song names accompany the unedited theme in the album, as they are also untitled. They’re instead dated with the recording date, ranging from early 2013 to 2016.

“Untitled 08 | 09.06.2014.,” is electronically upbeat, giving off an old school hip hop vibe. It’s something that can be danced to at a house party with close friends.

Despite the uplifting beat, the lyrics are about having “blue faces...” because of money loss.

In the interlude, Lamar raps, “In today’s day and age we practice the self pity of taking the easy way out/ You wait on them, him and her/ But when a blessing takes too long, that’s when you go wrong,” sending a motivational message, to get things done ourselves, and not to depend on others to do them for us, because by the time they do, it’ll be too late.

He brings the listener into the recording studio. Throughout the album, the rapper is heard talking to his production team, telling them to add drums or to start the song from the top. The team themselves are heard talking to Lamar, adding to the raw aspect of the recordings.

Also uncensored, “Untitled 07 | 2014-2016.” includes a produced beat by 5-year-old Egypt Dean, son of Alicia Keys and Swizz Beatz.

Producer Beatz excitedly stated on his Instagram page, “This is the best Dad moment everrrrr!!! Congrats to my son Egypt for producing his 1st track on this amazing Kendrick Album. He’s only 5yrs old.”

The album as a whole is a motivational work of art. The messages are strong and worth listening to.

As he stated in “Untitled 07 | 2014 - 2016.” he has been and continues to be inspirational to upcoming emcees everywhere.
The 2015-2016 basketball season came to an end this weekend for the lady Coyotes who were defeated 77-71 by Cal State Dominguez Hills.

Although, this was the second straight year that the Women’s basketball team had reached the CCAA semifinals, it was a first for new head coach Sue Crebbin.

Senior Alexcia Mack finished her Coyote basketball career at the top, earning three All-CCAA honors and became the first in eight years to earn consecutive first-team honors. She established a career free throw percentage record of .791, with a total of 1,255 points, 399 field goals, 341 free throws, 115 three-pointers.

Senior Adrianna Brodie was recognized as honorable mention for the second season in a row. Brodie had the second best shot percentage in CSUSB’s history with 60.9 percent, making 81 of her 133 attempts. Brodie finished her basketball career fourth in free throws with 210 and placing seventh with a free throw percentage of .742 percent, making 210 of her 283 shots.

Brodie ranked fifth with 650 rebounds and was one out of seven players in CSUSB history to play in 100 games.

Senior Chelsea Barnes, who led the Coyotes in scoring, earned sixth place in the CCAA, and 12th place overall in the CCAA for rebounds. Barnes finished her two-year basketball career with the Coyotes with CCAA’s fifth best field goal percentage (44.6 percent, 298 of 677).

“In the end we didn’t perform when we needed to, it was disappointing because we had a lot of talent on the team,” said Barnes.

“I’ll always love the game of basketball and it is bittersweet that it is over, but I’m excited to finally be part of the real world, this will not be my last basketball game, just my last at CSUSB,” added Barnes. The Coyotes went 14-13 overall during the season and finished in fifth place in the CCAA tournament.

The men’s basketball season came to an end two weeks before, when they lost to San Francisco State 76-70.

Senior Desi Barmore scored 21 points and senior Juan Martinez scored a total of 13 points against the Gators.

Both Barmore and Martinez were honored in a pregame ceremony held for Senior Night, along with senior Zeke DeBlase who earned eight points that night.

Junior Everett Turner had a total of eight points, seven rebounds and eight assists against the Gators.

Everett Turner earned an All-CCAA honorable mention.

“A season didn’t go like we had planned but everyone grew immensely. We fought through a lot of adversity and my teammates have my respect,” said Turner.

After missing the first nine games of the season, Turner bounced back to lead the Coyotes scoring 12.9 points per game. At the CCAA tournament banquet, Turner was named All-CCAA honorable mention player, second season in a row.

“Individual accolades are nice, but team accolades are even better. My focus now is figuring out ways to be more of an asset to my team,” added Turner.

The men finished 9-15 overall.
Kappa Delta races for donations

“As of right now, we [have] raised over $20,000 for PCAA.”
Olivia Wilson
Kappa Delta VP of Community Service

Every ten seconds a report of child abuse is being made. Kappa Delta Sorority of Cal State San Bernardino volunteer each year to bring this statistic down by holding their annual Shamrock 5K run. This was Kappa Delta’s sixth year in a row to host this event; which was held on March 5. The run is to raise money and awareness for Prevent Child Abuse America (PCAA).

In 2015 Kappa Delta raised over $27,000 for PCAA and their goal for 2016 was to raise $30,000. PCAA helps nearly 100,000 families who have been affected by child abuse with their Healthy Families America program. With the money raised by Kappa Delta approximately 80 percent goes to PCAA, while the other 20 percent goes to the child help facility in Beaumont, CA.

According to Child Help, the United States holds one of the worst records, for industrialized nations, of child abuse. On average the U.S. loses between four to seven children daily from child abuse. The San Bernardino community and other organizations and clubs on campus come together with Kappa Delta to take part in helping out PCAA. This year there was approximately 685 runners signed up for the Shamrock run.

Olivia Wilson, who is Kappa Delta’s VP of Community Service, was the brains behind putting the 5K together and bringing it to life. When Wilson was asked what inspired her to run for Community Service chair, Wilson said, “I have always been apart of helping my community throughout my high school years.”

“I once learned of Kappa Delta’s philanthropies, I knew I wanted to be apart of making opportunities possible,” continued Wilson.

“My favorite part about Shamrock was simply witnessing the participation and support we had. It is an amazing feeling when you see your guests having a great time and talking about their donations to PCAA. I also enjoyed working with my chapter and seeing all their enthusiasm,” said Wilson.

The big question here is how much did Kappa Delta raise for PCAA?

This scenario is a reality for fellow ‘Yotes, McKenzie Gutierrez and Juan Carlos “Charlie” Gonzalez, who are not only full-time students, but also full-time members of the professional indoor soccer organization, the Ontario Fury.

“I’m going to school full-time, I work, we have to be on our fitness so working out almost every day, and then doing all that on top of appearances, so it definitely does get overwhelming, but it’s all about prioritizing and keeping on track,” said Gutierrez, who is a second year dancer for the Ladies of Ontario Fury.

“It’s stressful because I live in San Bernardino and have to drive to Ontario to go practice and play, then I have to go to class right after, sometimes I even miss class to go practice,” said Gonzalez, who is a rookie midfielder for the Ontario Fury.

A part of being a member of a professional sports team means attending weekly practices and games.

According to Gonzalez, who was just awarded Rookie of the Year, the Ontario Fury soccer team meets every day for practice, Monday through Friday. Despite the mandatory practices, they also have weekly games.

The Ladies of the Ontario Fury dance team meets once a week for practice, leaving the dancers responsible for maintaining their fitness on their own time, as well as being on top of the dance routines.

There is a lot of personal reward that comes from being on a sports team, but both these ‘Yotes and Furys agree that one of the greatest rewards is being a part of the Ontario Fury family and giving back to the community, especially kids.

“Playing on the team gives you some character that you build towards people to be a leader, for example towards kids, you can help them grow in a positive way,” said Gonzalez, who is pursuing his credentials in physical education and wants to coach college soccer.

“Not only to go to school but also to do what they want to do, whether it’s sports or any other thing they want to do, they can do it,” continued Gonzalez.

“Not only are we telling kids that look up to us school is so important, you need that degree, but also it’s manageable, you can be living your dream and doing what you love on the side,” said Gutierrez.

Gonzalez and Gutierrez are living their dream by doing what they love and getting their degrees. They both agree that with hard work and dedication, anyone can reach their goals.

“As cliché as it sounds, just don’t give up, if you have that passion or spark in you let it shine let it lead you, you’re going to hit obstacles like we have, but just keep going,” said Gutierrez.

“Find something that motivates you to keep going and doing what you love, if you give up you’re going to regret it in the end, so just find something that motivates you to keep going and never give up,” continued Gonzalez.
The Coyote softball team not only won all four games they played against Cal State Dominguez Hills, but they also racked up their sixth no-hitter in CSUSB history.

Left-handed pitcher Cassandra Williams struck out nine players in her first no-hitter. This was the first no-hitter game in over ten years for a Coyote pitcher.

Williams earned pitcher of the week from the California Collegiate Athletic Association for the third time since the beginning of the season.

In the first game against the Toros, outfielder Morgan Ratliff started things off with a solo home run to right field.

The Coyotes would not score again until the seventh inning when infielder Amanda Fitzgerald scored on a wild pitch.

Ratliff doubled again to left field with two runs following, and was able to advance to third on an error by the Toros second baseman.

In the fifth inning, Smith earned the final RBI of the game with a single to center field.

The third game of the series against the Toros began with infielder Arianna Hernandez hitting a single back to the pitcher for the first RBI in the second inning.

Ratliff dominated at the plate, hitting a double to center field earning her three RBIs.

Ratliff doubled again to left field in the third inning earning another RBI.

The Coyotes took the win with a final score of 9-5.

The last game of the series proved interesting as the Toros hit three solo home runs throughout the game. However, the Coyotes battled back and the earned the win with a final score of 6-4.

The Coyotes earned their first run in the bottom of the second. A couple of errors took place during the afternoon of March 5.

The Coyotes came out on top with a final score of 11-5.

The Coyotes scored all eleven of their runs in the first four innings, scoring one in the first and two each in the second and third. Six runs were scored in the top of the fourth.

Right-handed relief pitcher Cory Peterson earned the game four win.

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