This school year marks 50 years of California State University, San Bernardino.

By KYLIE RICHARDSON
Staff Writer

The school’s 50th homecoming anniversary was celebrated recently, as many alumni and leaders came home to celebrate what has been achieved in the last 50 years.

"It’s a meaningful opportunity to not only recognize what’s been accomplished, but what we can do better," said former CSUSB President Albert Karnig to The Press Enterprise.

Opening back in 1966, the campus had three permanent buildings and 293 students, with the first graduation class of 59 students coming two years later.

After 18 years of opening their doors in 1964, CSUSB earned its university status, as well as its first year fielding intercollegiate athletic teams. San Bernardino was never known as a college town, but CSUSB has raised its enrollments to over 17,000 students, according to The Press Enterprise.

"That didn’t change overnight, but it is changing," concluded Karnig.

Grad school may be worth it, pg. 5
Break Bread Art Gallery in LA, pg. 7
Oscars shine with diverse wins, pg. 11
Basketball begins playoffs, pg. 16

Pioneer Breakfast honors CSUSB’s first black students

By CRYSTAL NORMAN
Staff Writer

Approximately 400 Inland Empire Residents, CSUSB staff, students and committee members gathered in the Events Center on Feb. 26 to honor past, present and future African American graduates at the at the 4th Annual Pioneer Breakfast.

The purpose of the event was to pay tribute to the life and legacy of past pioneers and to encourage present students, according to the Pioneer Breakfast Chairperson and Facilities Coordinator, Anthony J. Roberson.

"A pioneer is an individual that made an impact at CSUSB by demonstrating a passion for students, exemplifying a commitment to California State San Bernardino University, professionalism, and showing a positive attitude towards colleagues and the surrounding CSUSB community," said Roberson.

"It was my vision to have a scholarship program for African American students. I got a committee together in order to start the process. When we first started, we had a small section in the Events Center and now we take the entire section we’ve been sold out for the past two years," continued Roberson.

This year Roberson wanted to do something extra special for CSUSB’s 50th Year Anniversary and while doing research in the library he came across the 1967 CSUSB yearbook.

The university created special medals that they awarded all four graduates, posthumously in the case of John Henry McCoy.

CFA ready to strike

By JENNIFER MARTINEZ
Staff Writer

The California Faculty Association (CFA) is preparing a five-day strike in April that can potentially affect the quality of education for students.

All 23 California State University (CSU) campuses will go on strike if the CFA does not reach an agreement with CSU management concerning fair wages. "When faculty pay is low and the number of students we each try to teach is high, the CSU cannot attract and retain the best teachers," said CFA President Jennifer Eagan.

Students are struggling to afford the costs of attending college. The CSU must shift system priorities to better align with its core mission of affordable, affordable and quality higher education, according to calfac.org.

Even though students are paying more in tuition than ever before, they are getting less for their education. There are more students per faculty resulting in larger classes and less time to help, according to calfac.org.

"That is unfair to students and to the future of California," added Eagan.

The CSU system, also known as, "The People’s University," is known for its mission to make four-year degrees possible for any Californian willing to put in the effort and hard work.

Their purpose is to help students become middle-class college-educated people who can advance in California’s economy and democracy, according to calfac.org.

Faculty are falling out of the middle class due to stagnant pay and temporary hiring practices.

As the strike is approaching, students are realizing that in order to receive this quality of education, faculty should not be a last priority.

"I feel that the professors should be paid fairly. I think they are setting a good example for students as well. They are voicing their concerns in a healthy way," said student Diego Gutierrez.

Continued on Pg. 3
KKK rally in Anaheim ends in blood

By KYLE RICHARDSON
Staff Writer

A

Ku Klux Klan (KKK) rally in Anaheim left three people stabbed and 13 others arrested.

Violence erupted when a small group of people representing the KKK held a rally at Pearson Park in Anaheim, California.

“It is a disappointing situation to see now-a-days, it’s why can’t we all be civil and respectful?” said student Cooper Jameson at the rally.

Before the KKK had even arrived, protesters had shown up to confront the Klan, according to the LA Times.

Moments after the Klan members had exited their vehicle at the park, fights broke out.

Witnesses told the LA Times that the KKK used the point of a flagpole as a weapon while fighting the protesters.

By KYLE RICHARDSON
Staff Writer

Sgt. Daron Wyatt of the Anaheim Police Department said that the other protesters were stabbed with a knife and an unidentified weapon, according to CNN.

Klan members jumped into their black SUV and sped off, leaving three to fend for themselves, according to the LA Times.

The KKK members, led by William Quigg, an Anaheim resident, were part of the Loyal White Knights in California and other Western States.

This specific group call themselves “Klan without robes,” according to the LA Times, who aim to raise awareness about illegal immigration, terrorism, and street crime.

In the end, six Klan members and seven protesters were arrested, Wyatt told the LA Times.

A day after they were arrested, five of the six Klan members were released from jail, according to CNN.

“It was pretty convincing that the KKK members were attacked violently,” Wyatt told CNN.

Two other protesters were stabbed during the chaos, one with a knife and the other with an unidentified weapon.

CSUSB plans to maintain full campus operations with minimal disruption to students, faculty, staff and guests.

There has been an increase in pay raises and managerial positions for CSU executives and managers at a faster rate than the increase in full-time equivalent faculty positions, according to calfac.org.

“When faculty are worrying about bankruptcy, making rent, choosing which bill to pay or not pay, and losing the time it takes to get to our second or third job, we realize that our students are not getting the best from us,” said CFA Secretary Molly Talcott.

The average CSU faculty member earns $45,000 per year; more than 50 percent earn less than $38,000 per year, according to calfac.org.

“As students we notice when professors are fed up, and their lectures reflect that. Not to say all professors are because there are some who support the strike and continue to give the students their abso- lute best,” added Gutierrez.

The strike will not delay for students who are planning to graduate in the spring. The strike has been planned at a time that will impact students as little as possible.

Faculty members will not penalize students for missing classes that have to be cancelled as a result of the strike; however, all students are responsible for keeping up with their course work.

“Students cannot be compelled to walk out of class, walk picket lines, stay away from campus or support the strike as part of a class assignment or in exchange for a grade,” stated President Tomás D. Morales.

CSUSB plans to maintain full campus operations with minimal disruption to students, faculty, staff and guests.
A new bill designed to increase graduation rates was introduced to California’s legislature by Sen. Steve Glazer. SB-1450, or the “California Promise,” aims to provide a new pathway for incoming college freshmen students to graduate in four years.

“One thing that we fall short on is the issue of student success, being able to complete your degree in four years, and unfortunately California State University ranks near the bottom,” stated Glazer in a video of a press conference at Cal State Sacramento.

That is far below the national average four-year graduation rate for public universities, which is at 34 percent, according to the U.S. Department of Education.

The bill, if passed, would require the trustees and the board of governors to establish a contract that authorizes CSU campuses and the California Community Colleges to enter into a pledge with a student who satisfies a specific set of criteria to support in obtaining an associate’s degree within two years and a bachelor’s degree within four years, according to the California Legislative Information.

Under this optional contract, there are requirements for both student and institution. Students will be obligated to take a minimum of 30 units in an academic year and to maintain a “C” average. The institution will be obligated to give students enhanced academic advising, priority registration for popular classes and a freeze in their tuition if the student met the terms of the contract.

“Whatever you paid in your first year, you would pay throughout your second year, third and fourth year as long as you remain under contract,” stated Glazer.

For one student, the perk of priority registration would be enough to sign the contract.

“At someone who left CSUSB after his freshmen year because I was unable to get the classes I needed to make any progress towards my major, I think this bill would go a long way toward helping students graduate on time and with less debt,” said student Kevin Miller.

“IT’s something we really need considering CSUSB is one of the most affordable CSU campuses but our students graduate with the most debt,” concluded Miller.

Out of the 23 CSU campuses, there are only four that employ similar programs with the desired outcome as “California Promise.”

“Students graduate with the most debt,” concluded Miller.

Kevin Miller.

“My goal is continuing the joke/conversation about the wage gap in a form that everyone can take with them and explore and play with,” stated Malbroux.

“Equipay was originally created as an empirical method to call attention to the issue of wage inequality, some students argue with the higher pay and better job offers to those who came before us,” said scholarship coordinator Louise C. Jones, according to The Sun.

Graduates of the 1967 class and many people who attended the event leaned on the shoulders of color who came before us,” said scholarship coordinator Louise C. Jones, according to The Sun.

President Tomas D. Morales also honored the past graduates.

“Although it is true that their graduating class of 1967 totaled just 59 students, it should disturb us that only four were black. I would suggest that there is no better way to honor these four than by redoubling our efforts to achieve real diversity and inclusion,” said Morales.

“I can tell you that I am fully committed to this. There is no higher or more important priority,” concluded Morales.

First black CSUSB students honored

Continued from Pg. 1

Lois Carson, Maryjane McCoy, Joyce Payne and John McCoy (no relation to Maryjane) were a few of the names he came across while doing research.

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“I would not split up the bill based on gender or racial income inequalities. It just showed that when standing together friendship works. It depends on how much you give to the people who look up to those graduates with the higher pay and better job offers,” Malbroux.

“We need to help students see the value of college, but not just in terms of financial gain. It is about lifelong progress,” stated Malbroux.

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Finding love in the digital era

By JORDAN MITCHELL
Staff Writer

The popularity of online dating has increased in response to new dating applications offered on smartphones. A recent study by the Pew Research Center has shown that 27 percent of Americans between the ages of 18 and 24 have used online dating services or applications. The number of users and participants has tripled within the last two years from 10 to 27 percent, according to the Pew Research Center.

Mark Carrier, a psychology professor at Cal State Dominguez Hills, credited the growing popularity to convenience. “Looking for other people and portraying yourself are all easier to do through the apps,” said Carrier. Some students agree that dating applications are more convenient because technology provides quicker methods of communication. “They’re a fast way to message or talk to someone who would seem interesting,” said student Alba Luviano. Others, however, argue that online dating can be awkward and is typically utilized for spontaneous sexual encounters.

“I have always felt that dating apps or websites are awkward. It seems very unnatural to me to start a relationship through the internet. Although college students are notorious for hook ups, so I could see how popular these apps are amongst college students,” said student Maria Villalpando. Although the number of individuals who use dating applications has grown, the likelihood of forming and sustaining a committed relationship is relatively low. Only five percent of Americans who are married or in a committed relationship said they met their partner online, according to the Pew Research Center.

CC Briefs:

By ELLE CARLOS
Staff Writer

Puzzle packed with ecstasy

Over 1,000 ecstasy pills were found in a puzzle box for a home in Riverside, according to ABC 7 News. The package was mailed from the Netherlands and caught by Homeland Security. Police searched the Riverside residence and found 1,140 ecstasy pills and 90 Xanax pills along with similar postage.

Sung Hee Jeong was arrested on suspicion of controlled substance for sale.

Safety pin in a 5-year-old’s nose

A safety pin was lodged in a five-year-old girl’s nose for six months in Hemet, CA. Khloe Russle experienced green mucous running from her nose with a foul odor for months. In an attempt to identify the problem, she was taken to three different doctors and treated for a sinus infection. Khloe’s uncle asked her to blow her nose when a 1.5 inch black and disintegrated safety pin was released. She’d been playing with safety pins six months prior and didn’t tell her mom that it got stuck, according to ABC 7 News.

Gray hair gene decoded

A study in Latin America found a gray hair gene known as IRF4 among people of European descent, in which premature graying is most common, according to CNN. Graying occurs when hair follicles stop producing the pigment gene that produces hair color. Further studies will be conducted to develop a drug that prevents early graying.

Earliest human remains found

Remains of a new species thought to be the earliest human to walk the earth has been discovered, according to BBC. The species could be the beginning of the homo line and is expected to be dated by the end of 2016. The remains showed a modern foot and hand structure with a primitive braincase.

Super lice

Super lice has been detected in 25 states including California, according to People Magazine. This strain of lice is resistant to over the counter treatments and can be spread through direct contact with an infected person. Doctors can prescribe another form of treatment to remove super lice. The strain has been seen mostly on the east coast, but found in three states on the west coast: California, Arizona, and Washington.

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Teachers Needed to Teach in China

Searching for Motivated individuals who wish to live and teach in China for a year. Room, board and salary will be provided.

Send us an email to place your name on our list of available teachers. You will need to include your resume, a photo and a short self made video introducing yourself.

McCarteruniversity@outlook.com

In the subject line write “Teach In China”. In the Body of the email include your full name, telephone number, address, age, marital status, current occupation and date available.

McCarterUniversity@outlook.com
Pursuing a graduate degree may be advantageous

By STEFFANIE MARTINEZ
Staff Writer

Tough choices have to be made after obtaining your college degree—a huge one in particular, choosing between attending graduate school or going straight into the workforce.

This is not always the easiest decision to make, as there are many factors to take into consideration.

Graduate school is not an extension of your college life—there are big differences.

“The only protection that is essential to studying, you’re entering a new world. But if you choose to go to grad school to study something you’re passionate about, you’ll likely find it much more rewarding than college,” stated Dr. Melissa Boone Brown of Columbia University.

Speaking to recent grad school graduates, I have found that they do regret their decision of pursuing a higher degree.

Let’s look at two factors they actually encourage for students to do sooner than later.

On the contrary, many college graduates find it more beneficial to pursue their career as soon as they obtain their bachelor’s degree.

Most college grads do not want to miss out on opportunities if they hold off on searching too long.

This should not be an issue considering master’s programs, in particular, are tailored to work around people with a full time work schedule, giving the choice of taking night and/or online classes.

There are certain occupations that will not reward graduates for having a higher level degree.

Earnings will always vary by field of study, but there is no question that a master’s or doctorate’s degree will hold more value in the long term.

An analysis by the Georgetown University Center on Education and the Workforce (CEW Georgetown) found that on average, people with more education make more than those with less, pretty self-explanatory.

The numbers are what make the difference.

According to CEW Georgetown’s report, the average bachelor’s degree holder earns about $2.3 million over a lifetime, a master’s degree holder typically earns about $2.7 million, and a professional degree earner typically takes home $3.6 million.

Regardless of what degree you choose to obtain, a master’s does not necessarily guarantee you a job, but it will definitely put you ahead of the competition.

Our campus has plenty of resources to help calm your fears about whether or not you should consider taking the chance and pursue a graduate degree.

The Office of Graduate Studies offers more than 40 different programs and concentrations and give you access to different coordinators.

With their help, it will be much easier to get an idea of what the program offers and they will guide you into the right direction to pursue the degree.

One thing I would like to emphasize is not allow money to solely dictate the decision of your pursuit in continuing higher education.

CSUSB offers many different resources to help you financially while you go through your graduate courses.

It is a huge decision to make.

Do you want to spend the extra number of years at school? Will this degree benefit you financially?

No matter the doubts you may hold, there are always alternatives.

It is the knowledge you would gain through these programs about your occupational aspirations and the opportunities that will open up that you should take into consideration.

Some say the pursuit of higher education is a waste of time because it does not guarantee you a job but neither does a bachelor’s.

Keep in mind that no harm will ever come from choosing to further your education.

Safe sex practices will prevent harm

By NICHOLAS WHITT
Staff Writer

Sex—a wonderful experience that is explored vigorously in college but just like many wonderful experiences, there are consequences if one is not cautious, which seems to be the case.

“It’s estimated that each year, there are nearly 3 million new chlamydia infections in the U.S. Chlamydia is the most common among young people ages 15 to 24,” according to It’s Your (Sex) Life, MTV’s public information campaign.

With 18 to 24 the prime age for people attending college, having safe sex seems to be a bit lacking.

Almost as if they have no concern if they obtain a sexually transmitted disease (STD), sexually transmitted infection (STI), or become pregnant.

Well, it makes sense when “one in four college students has an STD,” according to nursingschools.net.

College students practicing safe sex seems almost as if it was a folk story being told about the blue condom saving only few individuals who are accepted by it.

“The only protection that is essential is the pullout method, because if the girl had anything wrong with her, you would be able to tell, so worrying about pregnancy is the only issue,” said student Brian Brodie.

This is not a response that should be accepted; especially with all the harmful things that can happen to your body if you obtain any STD or STI.

Unless you’re okay with peeing fire every time you use the bathroom or dying.

You may think an STD or STI is just a single day—being pregnant or obtaining a program for students called Family PACT, a family planning program that helps with any person wanting to avoid all potential dangers of sexual intercourse.

It is available to all students attending CSUSB, it is completely confidential, and takes a couple of minutes to fill out a small amount of paper work.

The staff running the program are completely understandabale and non-judgmental, only preaching that you as a student are taking the necessary steps towards practicing safe sex.

Establishing the point that no matter the relationship your partner and you have, safe sex must still be the number one option.

“Even in a monogamous relationship, you must still practice safe sex, it’s your body not your partners...,” said Health Education Assistant Jodi Cruz.

The resources are available to students, yet the program only obtained around 3,000 students either new or returning Family PACT members, yet there are more than 20,000 students currently attending CSUSB, according to a chart provided by Cruz.

Students need to realize how crucial and devastating not having safe sex is.

Cruz continued, as a student there are enough stresses you must deal with every single day—being pregnant or obtaining a program for students called Family PACT, a family planning program that helps with any person wanting to avoid all potential dangers of sexual intercourse.

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The resources are available to students, yet the program only obtained around 3,000 students either new or returning Family PACT members, yet there are more than 20,000 students currently attending CSUSB, according to a chart provided by Cruz.
A course on mindfulness is one of the newest additions to CSUSB’s curriculum. The Communication Studies department dedicates an entire class on helping students strengthen their focus by helping them stay in the present. I believe this is great for students and it is a crucial skill to have for everything we do.

“I’m interested in taking Mindfulness & Communication because it sounds rad,” said student Coleen Cabral. “I would like to learn how to be mindful and how to meditate and to live in the present moment. To distress from my other four classes I’m going to take. It’s a way to knock out an upper-division elective requirement without stressing that the class will be too much to handle,” concluded Cabral.

Certain students think the class will be an easy one, and when I first heard about the class, I thought the same thing. But what surprises me is that students are actually very interested and invested in this topic. The maturity in this topic is a great sign for this generation.

“Mindfulness […] [is] paying attention in a particular way intentionally and without judgment,” said Dr. Bradford Owen, who will be the course instructor. Maybe we are somewhat spoiled by idealism. Maybe we are not grateful enough for what we have, so we do not take care of what is right in front of us. Maybe some of us have self-destructive tendencies that are driven by glaring advertisements and things around us, feeding into the idea that who we are and what we are doing with our lives is insufficient. Whatever it is that steals our attention of what is happening right now makes us forget that we are only promised this very second.

Taking care of this very moment is what allows what is yet to come. Staying in the present takes a lot of commitment to not only yourself, but also to those around you—it is a practice that invites a very specific and fine focus to what is happening with us. This practice is incredibly useful in all aspects of our lives. Staying in the moment, at school or in the workplace, opens us to a wealth of information, knowledge and experience that cannot be taken back or missed if we are fully engaged.

This moment of complete engagement creates a building block and a solid foundation for us, as we are sponges to all that life is giving to us. “I’ve been a mediator for more than 40 years so I found it beneficial personally,” said Owen. “Empirical research evidence has demonstrated a number of benefits of mindfulness. […] Generally it helps reduce stress, reduce unwanted negative emotional reactivity and it helps the ability to concentrate,” continued Owen.

Neuroscientists at Harvard Medical School reported that meditation not only reduces stress, but it can also thicken the gray matter in the frontal cortex, which is associated with memory and decision-making. “There are dozens and dozens of studies that show these kinds of benefits, many of them are physiological. Even a short eight week meditation practice has been shown to thicken the gray matter of the brain in a beneficial way,” concluded Owen.

We allow more positive things to happen in our lives when staying in the moment and inviting mindfulness into our world.
Features

Let's chill

Students hang out in San Bernardino

By MARIA DE LOURDES CAMPOS Staff Writer

“There’s no better university than CSUSB,” stated student Britney Allan. According to Allan, the reason why CSUSB is one of the best universities is because there are an enormous number of places around campus where students can go hang out. These places provide students with stress-free environments where they can unwind and de-stress.

“I love the Woman’s Resource Center here on campus, because it is peaceful and friendly. Not to mention, that they have free scantrons, which is great if you’re ever in need of some. They also have free snacks, chocolates, and condoms, so it doesn’t get any better than that,” stated student Sharleena Baggett. The center is a social outlet for students to relax, socialize, and interact with other students who, like them, want to take advantage of the ample amount of resources and supplies that the center provides.

The Women’s Resource Center hosts events, such as Feminist Comedy Night and Vagina Monologues to promote feminism and women’s empowerment.

“The Woman’s Resource Center is open to people of all genders, all ethnicities, and abilities,” said student Marissa Wolland. “I like hanging out at the Norman F. Feldheym Central Library in San Bernardino because it is quiet, which allows me to do all of my homework and studying without any interruptions,” stated student Jimmy Perez. “I also like to make good use of the computers, because it allows me to perfect my writing,” added Perez. Perez, like much of our student body, makes it a point to find a great hangout spot where he can escape from the deluge amount of stress that work and school infringes upon him.

Another hidden gem that many students may not know about is Castaways.

“Castaways is awesome, especially if you’re on the north side of San Bernardino, because it’s a restaurant that over looks the entire city and at night the view is just incredible,” stated student Michael Gram. Even though it’s kind of old, it’s a great place to go hangout if you’re a student, because the quality of customer service, food, and ambiance is unparalleled to those other chain restaurants that are on Waterman,” added Gram. Student Valeria Gomez said there are not many alternative hangout spots for young adults to go to in San Bernardino.

However, when she’s here on campus and has several hours to spare, she likes to go to the Inland Center Mall because it’s within proximity.

“I like going to the Inland Center Mall because there’s a variety of stores like Torrid, Forever 21 and Victoria Secret,” said Gomez. Gomez takes advantage of the fabulous food court, sales and environment.

If ever hunger strikes after class, check out My Hero’s Subs.

“My Hero’s Subs is a cool sandwich shop here in San Bernardino. They have this sandwich called the ‘Dirty Girl,’ and let me tell you, it’s beyond amazing,” said student Jordan Anderson. The shop owners take really good care of CSUSB and Valley College students because they offer a 10 percent discount with any entree, and at lunch it is super packed because it is super delicious and affordable,” added Anderson.

There are many places to hang out on campus, but surrounding businesses offer students alternative social environments to relax and enjoy themselves. Explore, have fun, and bask in the beauty of San Bernardino.

Break Bread art gallery opens in L.A.

By ARTHUR MEDRANO Staff Writer

Artists Scott Hove and Baker's Son present Break Bread in Los Angeles' downtown fashion district.

This fun, cake-themed gallery housed six chambers with over 9000 square feet of sculptures, an ice cream truck, and a coffee lounge to quench your thirst on this unique experience.

Having never gone to an art gallery myself, I was not sure what to expect.

The entrance was difficult to find due to its staircase entrance, which was occupied with a make-shift hat shop leading into the second story warehouse.

At the end of the stairway, I could already see the first exhibit of a canopy bed decorated with flowers. This hole in the wall gallery, owned by Think Tank, was whimsical and hystorical all at once with taxidermied animals and weapons covered in icing. There were influences by Cirque du Soleil’s Zumanity and watercolors found in artwork throughout the six-chambered exhibit. The beautiful frosting-patterned artwork is not true buttercream or pipework. Instead, the artists used poly-foam and acrylic paint to create a decadent experience as if one were to dine on a Boston cream pie.

They included a mirrored-maze that lead to several different rooms.

One even portrayed a heaven and hell experience with a projected scenery of rain and flames with no sound. Despite the gallery being fun for the whole family, there was underlying criticism of human consumerism we could see in the art. Modern technology and famed video game characters were seen hanging on a fence as if they were targets to be destroyed by wicked beings.

The ice cream truck was also a jagged perception of how much care goes in with distributing just desserts. You could see half-empty Starbucks iced coffees and old magazines covered from ash from what appeared to be a freshly opened pack of Marlboro cigarettes.

A good amount of modern society takes for granted materialistic items. The cakes were a mixture of soft, cool colors with a twist of horrific imagery, â€œa la the “Alien” franchise with miniature teeth. There were plenty of political statements about violence and racism, as seen in a hang-up cake with vanilla icing and a designed image of an unknown Islamist holding a decapitated American figure.

Continued online @ Coyotechronicle.net
**Features**

**Overcoming adversity**

By ERENDY TORRES

"Throw me to the wolves and I will return leading the pack," is a popular quote frequently heard in society. Namely, it is said or said by everyone—fighting through tough times, much is to be learned nothing is permanent. The key's to learn to sleep among wolves—to conquer anything life and learn. What really matters is what people learn from these experiences and how it influences them as they move forward. Two CSUSB students share their heartwarming stories of how cannabis use has helped them into the person they are today.

I met student Arystyna Rector while eating lunch at Farmer Boys. Her six year old daughter approached me with wide green eyes and apearlescent smile, "I became pregnant at the age of 15... abortion was my initial solution," said Rector.

"People at school would bully me, calling me names such as "slut" and "ho." I had to drop out of school because I couldn’t stand the name-calling. It was the most humiliating thing I have ever been through."

"I tried hiding my pregnancy for about four months. I didn’t eat just so my stomach wouldn’t grow. When my (single) mother finally found out I was pregnant, she cried and cried. Seeing my mom cry was probably the hardest part of it all," continued Rector.

"I didn’t go through with the abortion. My mom gave me her unconditional support. When my daughter was born, everything made sense. She became my motivation to be a better person and be the best parent I can be for her."

"I went back to school and got a night time job. Now, I am finishing up my office in 2015. I found that legalized cannabis was the cause of the upturn."

"I didn’t go through with the abortion. My mom gave me her unconditional support. When my daughter was born, everything made sense. She became my motivation to be a better person and be the best parent I can be for her."

"I went back to school and got a night time job. Now, I am finishing up my office in 2015. I found that legalized cannabis was the cause of the upturn."

Dr. Richard Zane said the condition is generally presented when the patients have consumed edible cannabis in the form of candies or cookies. Symptoms include gastro-intestinal complaints, aggressive behavior and hallucinations.

"If it was completely legal, marijuana would be a medical marijuana patient said that the first belated effect he felt was the "sensation of a brick dropping into the pit of my stomach."

However, unlike Rector, an anonymous student shared a story without a “happy ending.”

"I had a problem with alcohol. My rough start in life made me fall into alcoholism. I am not trying to justify my actions, but it is a strong battle I have been fighting since I was 16. God knows I am trying. Though I still cannot conquer my demons, I have definitely become a stronger person," continued the student.

"I came back to school, I make my own money, and I own my own house. My experiences with my dad made me realize that I don’t want to be like him. I want to be a good father. I want to be there for my children."

"I truly believe that we write our own destiny. If we sit around dwelling about the past, we will not grow. We just have to push forward," concluded the anonymous student.

The struggles of life shape and mold our character. They are tests that take us to the edge and a setup to us to overcome and prevail. As rapper J. Cole said: “There’s no such thing as a life better than yours... There’s beauty in the struggle and ugliness in the success.”

**High-flying destinations raise concern**

By CHRIS CAUHAPÉ

Recreational use of cannabis is now legal in Alaska, Colorado, Oregon, Washington, and the District of Columbia. There have been substantial efforts to promote a kind of tourism within these geographical areas, which has become known as marijuana tourism.

The idea of marijuana tourism has even reached the medicinal-marijuana-only states.

A survey by the Colorado Tourism Office in 2015 found that legalized cannabis played a role in the selection of Colorado as a destination in half of the out-of-state visitors interviewed, according to ABC News.

The number of out-of-state residents showing up at Colorado hospital emergency rooms complaining of conditions that may have been spawned by cannabis use had doubled from 2013 to 2014, according to a report by the New England Journal of Medicine. Out-of-state residents were 50 percent more likely to show up at an emergency room complaining about marijuana intoxication than locals.

The tourist patients were a year-and-a-half older (35.5 years) in median age when compared to Colorado residents visiting the emergency rooms.

According to Colorado Public Radio, the head of the Department of Emergency Medicine at the University of Colorado Hospital said that smoked marijuana is not the cause of the upturn.

Dr. Richard Zane said the condition is generally presented when the patients have consumed edible cannabis in the form of candies or cookies. Symptoms include gastro-intestinal complaints, aggressive behavior and hallucinations.

"If it was completely legal, marijuana would be a medical marijuana patient said that the first belated effect he felt was the "sensation of a brick dropping into the pit of my stomach."

"It was if completely legal, marijuana dosage would be regulated by the U.S. Food and Drug Administration and these emergency room visits would become a rare occurrence," stated Sandra Lagerson, administrative assistant in the Department of Nursing at CSUSB, Palm Desert Campus.

Lanny Swerdlow, a registered nurse and the founder of the Brownie Mary Democratic Club, which promotes re-legalization of cannabis within the framework of the California Democratic Party, said that the emergency room visits are symptomatic of gastronomic overindulgence. "These symptoms can be relieved simply by waiting a few hours for the feeling of panic to dissipate," according to Swerdlow.
College can be stressful. As students, many have pretty tight budgets. Books, tuition, and daily expenses often hinder the idea of becoming rich anytime soon. Some students take loads of challenging classes, while others have to balance work, school and families. In the battle between limited time and limited money, I have compiled a list of simple do-it-yourself projects for the budgeted and time constrained student.

This next recipe is especially easy and a delight for all avocado lovers. With just five ingredients and a cook time of approximately 25 minutes, your taste buds are surely going to enjoy this one!

Avocado Bacon and Eggs
You will need: 1 medium avocado 2 eggs 1 piece of bacon, crumbled 1 lbs. low fat cheese 1 pinch of salt Preheat oven to 425 degrees.
Cut avocado in half and remove the pit. Scoop out some of the avocado, so there is enough room for the egg and yolk to fill up core. Place in a muffin pan so avocado can be stabilized. Crack egg into the avocado.
Sprinkle the cheese on top and add 1 pinch of salt on top. Top with crumbled bacon. Cook for 15 minutes and serve! Ramen noodles are a college student staple, especially for students living on campus. Here is a four ingredient recipe of cheesy deliciousness.

Ramen N’ Cheese
You will need: 8 oz. cheddar cheese 2 packages of ramen noodles 1 lbs. corn starch ½ cup milk First grate the cheese and combine with corn starch in a medium sauce pan on medium to low heat until consistent. Keep warm until serving. Boil ramen noodles in a separate pan. Once boiled, drain water. Mix cheesy mixture to noodles and voila! Enjoy your meal!

*note: This makes 2 servings
Food preparation is important, but so is taking care of your body in times of stress. Relax during the stressful weeks with this easy homemade facial!

Oatmeal Mask
You will need: ½ cup raw ground oatmeal 1/2 cup water 1/2 cup milk 1 tbsp honey
Combine these four ingredients and cook in a small saucepan on a medium heat for five minutes.
Let it cool, apply to face, and rinse off after 15 minutes!
According to Buzzfeed, this mask claims to moisturize the face and manage breakouts. Experts, according to Buzzfeed, also said that this reduces inflammation and is definitely worth a try! If you attempt at any of these, be sure to share with your fellow Coyotes!

Comic culture

Comic books have been produced by lots of comic book companies, such as DC Comics, Marvel Comics, Dark Horse Comics, as well as many others.

Comics have affected cultures in many ways for a long time. One of the affected cultures is the movie industry. Many movies have been produced based on comic books, such as Batman and Superman.

“Batman and Superman have infiltrated every major form of entertainment in America, except for the music industry,” according to Teen Ink.

Like Batman and Superman, America has many superhero movies, such as those featuring Iron Man, Hulk, Thor, and Avengers.

As these superhero comic books and movies have become famous, fashion has been affected by the superhero comic books and movies. In America, people see children as well as adults who wear T-shirts, caps and other products of the superhero genre.

Besides the superhero comics, Donald Duck, Mickey Mouse, Cinderella, and other Walt Disney cartoon characters have become famous in America.

Many people have been influenced by the Walt Disney animations and movies. This can be seen in places like Disneyland.

Americans have been affected by the comic books in many ways, such as movies, fashion, and even hair accessories.

Koreans have been also affected by the comic books, but the effects of the comic books to Koreans are different than Americans.

“In America, the comic books have affected Americans with blockbuster cultures, such as Universal Studios and Disneyland. However, in Korea, a minority of people who like the comic books make their fan cultures for their comic books,” said student Yena Hong.

Koreans have made their communities for the comic books they like and support. Through the internet and social networks, the fans of the comics have shared information with other fans in their communities.

Although Koreans have not been affected as much, the comic books have gradually impacted to Koreans with Webtoon.

“We can enjoy Webtoon easily because we can read Webtoon with our smartphones whenever and wherever we want. There are more Webtoons becoming famous, and movies and dramas have been produced from Webtoon,” said student Seongwon Pae.

Some movies, dramas, and even books have been based on the Webtoon, such as "Cheese in the Trap" and "Misang." Koreans are interested in the fashion of the Webtoon. Some clothing stores and websites have advertised clothing with the words, ‘main character’s style’.

America and Korea cultures have been differently affected from the comic books, but Americans and Koreans both love the comic book culture. Even though each country has different aspects of comic book influences, people enjoy comic books in both countries.
The 1975 released their second LP “I Like It When You Sleep, For You Are So Beautiful Yet So Unaware Of It” on Feb. 26.

Bold, audacious, and fearless are all words to describe what the band created with this masterpiece.

The band made a daring move with the lengthy title choice itself. “Although I don’t like the title, I do think that it’s something unique to do. Albums are usually single worded, not a whole sentence long,” said student Manuel Macias.

The album includes 17 creative songs—each of them have their own unique twist, different from what is typically heard in today’s pop culture.

A mixture of genres are heard throughout the album. Some of those genres include ‘80s, chillwave, pop, electropop and indie rock. Usually artists stick to one specific genre in their albums but these guys did it all.

According to the Guardian, lead singer Matthew Healy said that people listen to various genres, and so he felt it was important for his band to deliver just that.

“They made a great move in combining all those different genres, because someone is bound to like at least one of those songs, but I personally have enjoyed listening to the entire album as a whole,” said student Theresa Ramirez.

The song, “I Like It When You Sleep, For You Are So Beautiful Yet So Unaware Of It” can be compared to songs by the indie rock band The Postal Service from their 2003 album “Give Up.” The 1975’s song is definitely electropop—a mixture of both electronic and pop music.

It gives off a sense of quietness, but the electronic beats will keep you awake. It is as if you are falling asleep in a quiet house but can still hear small noises, such as birds chirping or cars passing.

“Nana” is their more heartfelt song about Healy’s passed grandmother and his belief that God does not exist. Along with the piano/guitar ballad, he uses lyrics such as “I wish you’d walk in again/ Imagine if you just did/ I’d fill you in on the things you missed,” making sure that the listener knows that he strongly misses his “Nana.”

The tone of his voice is softly spoken, adding a state of seriousness to the album, because the pain he feels is truly evident, not only in his lyrics but in his voice.

He then continues with “And I know that God doesn’t exist/ And all of that palaver surrounding it/ But I like to think you hear me sometimes,” expressing his religious views on God.

By adding his atheist beliefs, Healy is giving his fans a more inside look into who he is personally. Another song where he lets the listener into his personal life is “A Change Of Heart.” He speaks of a fling where he thought he was in love but later finds himself to have a change of heart, leading to his decision to depart from the relationship.

Just the idea of having to break someone’s heart makes you feel sorry for the girl that he is breaking up with. As you keep listening, you find that she was actually the one that deceived him; he’s leaving her because she’s not the sweet person he thought she was.

You then start to have your own change of heart and feel sorry for him. The versatility of the album is not just seen in their genre choices but also in the mood of each of the songs.

Moving away from the seriousness and heartbreaking tones of “Nana” and “A Change Of Heart,” the songs “UGH!” and “The Sound” are both upbeat, feel good jams, something you can bop your head to while shopping at a store such as Forever 21.

Their danceable hit single “Love Me” is also included on the album. It kicks off with a sound like that of Tiny Tim’s “Tiptoe Through The Tulips,” a song that was featured in the film “Insidious,” but definitely not as creepy.

It is really important to keep your mind open when listening to this song. Someone who appreciates old pop songs will surely find this entire album to be a staple in their iPhone playlist, others will only find a couple of the songs to be of their liking.
You think you know but you have no idea
Oscars finally get diverse

From Leo’s big win to Stacy Dash’s awkward appearance, the Oscars were talked about seemingly by every news outlet in the world. Many fun facts were left unknown about the Oscars that you may not typically find on your favorite Hollywood magazine or routine talk show.

This year was a big year for women in the film industry. Despite the lack of diversity claims that have been surrounding the academy awards these last few months, the award show has improved a little by recognizing more women in film.

Sara Bennett won best visual effects for “Ex Machina,” along with Andrew Whithurst, Paul Norris, and Mark Ardington, making her the first woman to win in this category.

“Brooklyn,” “Mad Max: Fury Road,” and “Room,” were three out of the eight films that were nominated for best picture that focused on a women’s story and a women protagonists.

“It makes me happy that little by little the industry is making progress and giving [women] more opportunity,” said sophomore Evelyn Cortez.

This year marked the third consecutive year a Mexican-born film maker has taken home the win award for best director. Alfonso Cuarón won in 2014 for the film “Gravity” and for the last two years Alejandro González Iñárritu has dominated with his films “Birdman” and “The Revenant.” This makes Iñárritu the first director in 63 years to win Best Director two consecutive years and only the third ever.

Another member of the Cuarón and Iñárritu team that broke a record this year was Emmanuel Lubezki. The cinematographer became the first person in history to win three times in a row for his films with Cuarón and Inarritu which includes “Gravity,” “Birdman,” and “The Revenant.”

Ennio Morricone won best composer for the film “Hateful Eight” at the age of 87. Morricone became the oldest person to win an academy award after beating 2011’s best supporting actor winner Christopher Plummer’s record, who won at the age of 82.

The crowd gave the Italian composer a standing ovation for his win and for his work of 30 years in the industry.

Anohni became the first transgender performer to be nominated for best original song. The singer was up for her song “Manta Rey,” a collaboration with J. Ralph for the film “Racing Extinction.”

Although the artist was filled with excitement when she first heard the news of her nomination, that excitement turned into embarrassment and sadness after learning that she was not invited to perform at the Oscars.

“Last night I tried to force myself to get on the plane to L.A. to all the nominee events, but the feelings of embarrassment and anger knocked me back, and I couldn’t get on the plane,” stated the musician in an article for Pitchfork.

“I think it would have been very cool to see her perform. The academy needs to be more diverse and be more accepting of people,” said student Eric Rojas.

Instead Lady Gaga, The Weekend, and Sam Smith took the stage in which Smith took an Oscar home.

However, the singer should have done some research before accepting his Oscar.

The British musician won Best Original Song for his collaboration with Jimmy Napes for “Writing’s on the wall.”

During his acceptance speech he claimed to be the first openly gay man to win the award. Soon after former Oscar winner Dustin Lance Black who won for best screen play “Milk” in 2009, lashed out at the singer through Twitter.

“Hey @SamSmithWorld, if you have no idea who I am, it may be time to stop texting my fiancé,” stated the screenwriter.

As classy as could be, Smith replied with an explanation that all he was trying to do was to send love to the LGBT community and apologized and congratulated Black.

By ESTEFANIA TORRES
Staff Writer
Not enough good acting to save "Triple 9"

By JARITZA MENDOZA
Staff Writer

"Triple 9" star-studded cast placed fifth in February's last box of- fice weekend with 6.1 million.

Set in present-day Atlanta, GA, the action thriller focuses on a group of crooked men, all of whom have worked in law enforcement, forced to work under the orders of Jewish-Russian mob leader Irina Vaslov (Kate Winslet).

In the opening credits, we hear the group of crooked cops in mid-discussion of a heist they are planning. "This has to be done in broad daylight," one man says as the scene switches to them successfully robbing a bank. After their success, Vaslov tells the men's leader, Michael Atwood (Chiwetel Ejiofor), they must perform one last impossible task, which made his character unbearable.

Unfortunately, this star-studded cast could not alone save the film from scriptwriter Matt Cook's inan- gible storyline due to the lack of fluidity. With continuous additions of needless characters, minor storylines, and predictable plot twists, the story seemed to drift from the main plot leading to unclarity throughout the movie. The violence in the film was remarkable with beheadings, explo- sions and numerous character deaths throughout. The element of color implemented throughout the film was phenomenal and helped connect some loose ends. During a slaughter, house scene viewers see a close-up of Winslet's red heels while animal blood is washed off the floors.

Winslet's use of red in her wardrobe symbolized danger, and this scene served as foreshadow that any scene taken within a red room or lighting signified potential danger. The use of stress and hip hop music in the sound and score was another plus, which seemed to sum up the movie perfectly, confusing at the beginning but exciting towards the end. The film itself could have called in a 999 to gather help, however as far as cop movies go, it was still an enjoyable movie to see.

"This has to be done in broad daylight," one man says as the scene switches to them successfully robbing a bank.

Pokémon 20th Anniversary

By ARTHUR MEDRANO
Staff Writer

JapanLA, a small boutique shop in Los Angeles, was the home for a 20th anniversary celebration of the Pokémon franchise on Feb. 27. It houses unique and interesting items like toys, clothing and accessories filled with the signature "Kawaii" flare.

This shop was getting ready to have large crowds embrace their love for cute things, especially Pokémon-themed.

The event was spread all across social media and the only downfall one could expect is the wait in line for getting the chance to get any items for the 20th celebration. Average wait time spanned from two to three hours just to gain entrance into the small store located on Melrose Ave.

Although most die-hard fans were waiting hours before the actual opening, they made their long wait worthwhile with the ca- maraderie of all age groups celebrating Japa- nese pop culture.

There were collectibles, poke plushies and a signature Evee evolution T-shirt on sale for the event, who is a small furry Pokémon adored by many just as Pikachu and Jiggly- puff are. Waiting in line also brought out many fans copying as their favorite Pokémon character or Pokémon.

You could feel the vivid adoration for the characters or Pokémon. The drawings constructed from the Steps of Knowledge.

"Iggy Pop poses nude for art. Rock star Iggy Pop, from the band The Stooges, had 21 students draw him as he posed as a nude model in a New York Academy of Art class.

In an article by the Rolling Stone, artist Jeremy Deller, who set up the "Iggy Pop Life Class" drawing, explained how he was special for students to draw Iggy Pop, because his body held so much rock and American cul- ture.

The drawings constructed from this art project will be displayed in the Brooklyn Museum this fall.

We're all in this together—again! Charlie's Angels, if they continue, will be continuing the iconic High School Musical film series with the re- release of "High School Musical: 4". "High School Musical 4" will not only feature a new group of students from East High, but according to E! News, the new film will also incor- porate characters from the rival high school, West High Knights.

Although they cannot return as high school students, it will be interesting to see if some of the original cast members, such as Zac Efron, Vanessa Hudgens, and Ashley Tisdale, are in- corporated in some way into the latest sequel.

"Gambit," which stars Channing Tatum in the leading role, was sup- posed to begin filming soon but with the recent delay from Fox, there has been no official release date.

According to Comic Book News, the movie will be continuing the iconic High School Musical film series with the re-release of "High School Musical: 4".

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According to an article by Vibe, the TV film will be centered around three siblings who must fight for their life as they interact with characters from the original TV series, such as Olmec and the Steps of Knowledge.

With a TV film edition of "Legend of the Hidden Temple," and news that there might be a remake of the hit series "Hey Arnold!" Nickedlosen is focusing on bringing back some '90s childhood nostalgia.

Fox has a gambit

Fox has delayed the Marvel comic book film "Gambit" from its release date of Oct. 7, leaving fans wondering when they will get a chance to see this long-awaited film.

"Gambit," which stars Channing Tatum in the leading role, was sup- posed to begin filming soon but with the recent delay from Fox, there has been no official release date.

According to Comic Book News, Fox plans on releasing two Marvel films in October 2017 and January 2018, so this might lead some hope that fans will see it on the big screen soon.
Prince Royce is a bachata singer from New York City who broke into the Latin pop mainstream in 2010 after incorporating both English and Spanish into Ben E. King’s famous song “Stand By Me,” and giving it a smooth urban beat.

The remake quickly became a hot hit, making it on to the top ten Latin Billboard Chart; not only was this the beginning of Royce’s career, but the kick-off to a new bilingual style of music.

“It gives the listeners the best of both worlds, keeping a mutual understanding between his listeners and the messages he tries to convey with his lyrics,” said student Kathia Rodas.

Royce focused on bachata music for the first four years of his career, gaining thousands of fans along the way. In 2015, this spirited, young artist decided to collide both his worlds into one and finally released the English album that he had worked on for a little over three years.

“I think that now, as far as the creative side and the sound, I am much more solid in my head as far as what direction I want to go,” said Royce in an interview with Billboard.

He released his first English album “Double Vision” during the summer of 2015. This album had tracks featuring many popular icons such as Snoop Dogg, Kid Inc, Tyga, Pitbull, and Jennifer Lopez.

“This album, alongside the tour he went on with Ariana Grande, opened many doors for him, both in the English music and acting industry.

In early January, he announced that he would debut his acting career on Fox’s musical “The Passion” that will be hosted and narrated by Tyler Perry; it tells the story of Jesus Christ’s last few hours on earth.

Royce will help bring this story to life by playing his role as Jesus’ most confident partner, Peter. This story, although 2,000 years old, will be given a modern approach through a variety of popular music and charisma.

“As a Latino, I can honestly say that this is a big accomplishment, not only for him but for young Latinos everywhere, comes to show that we should always be proud of our Latin roots,” said student Anthony Lopez.

“The Passion” will not be the only acting we’ll be seeing from Royce. It was announced on March 2 that he will be joining Hulu for the fourth season of its famous series titled “East Los High.”

This makes it the first English-language show with all Latino actors, creators and writers, which fits perfectly with Royce’s ambition and keeps an equal balance between his Latin and American roots.

“I can’t wait to see the series. I skimmed through the first few seasons, but I am 100 percent sure that I will be stuck to my TV screen once Prince Royce joins the cast. I just hope that him focusing on acting doesn’t stop him from making new music for his long time fans, like me,” said student Maria Chavez.

After being a hardcore Prince Royce fan for over six years, I can say that I have never been more proud, not only for his career accomplishments but also for being a leading example to those who have nothing and dream of becoming something.
Coyotes swept by UCSD Tritons

By JACKIE MONARREZ
Staff Writer

The Coyote baseball team fell completely short from Feb. 26 to 28 as they took on UC San Diego’s Tritons in a four-game series.

The first night’s game was hosted in La Jolla where right-handed pitcher (RHP) Tyler Wells threw 104 pitches over five innings. Wells racked up eight strikeouts and only allowed one run. Catcher and first baseman Brian Lockey started the game off with a two-run single, giving the Coyotes a 2-0 lead in the first. Infielder Dylan Lohman scored off of a one-out double by catcher Andrew Lopez, giving the Coyotes a 3-0 advantage.

In the sixth, in-fielder Jake Caron scored an unearned run leading the Tritons 4-1. Wells stepped off the mound with the lead and was replaced by RHP Jonathan Tellier. However, the Tritons returned, scoring three unanswered runs in the seventh and five more in the eighth to give them the 9-4 victory on Friday night.

“It’s always frustrating whenever you’re in the lead and it’s taken away from you,” said Wells.

Wells said the Coyote bullpen has been having trouble lately, but he trusts them. “The ability for them to go out and throw strikes is key right now [and] I think that is what has been killing us,” said Wells.

The Coyotes played their first home game of the season at Fiscali Field on Feb. 27. However, they found themselves back in La Jolla for their last game of the four series on Feb. 28.

In game one, in-fielder Grant Buchanan knocked out two singles, but the Tritons grabbed an early lead when they scored three runs off a three-run home run in the first. “I thought I did pretty good, but the result wasn’t what we wanted,” said Buchanan.

“[We] got to keep working everyday and leave everything in the past and take one day at a time,” added Buchanan.

Game two had a slower start, as it was not until the bottom of the fifth that the Coyotes got their first run on the board. Trailling 4-0 infielder and pitcher William Ouellette scored off of outfielder Damion Edmond’s fielder’s choice, making the score 4-1.

In the bottom of the sixth, Buchanan scored a run after leading off with a single. Buchanan fired back again in the bottom of the seventh with a two-out double to left center scoring Lopez who led off with a walk. RHP Brian Conley took the loss after throwing five innings with four strikeouts and five walks.

The Coyotes found themselves back in La Jolla for their last game of the four series on Feb. 28. The Coyotes trailed 7-0 all the way to the top of the fifth where they earned all of their five runs in that single inning. William Ouellette went 5-for-5 with five singles in the Coyotes 16-5 loss to the Tritons.

“I was seeing the ball really well, I was more aggressive when it came to the fastball early in the count,” Ouellette said.

The Coyotes will play the Chico State Wildcats March 12 and 13 in Chico. Then the Coyotes will return home to play Stanislaus State March 19 and 20.
Brace yourselves, summer's coming

By LAUREN JENNINGS
Sports Editor

There may still be another quarter left before summer break, but now is the time to get ready for trips to the beach. According to Women’s Health, there are seven steps to take to feel ready for the summer.

The first step is getting your sweat on with strength training. The second step is making your belly and butt top priorities.

The CSUSB Recreation and Wellness Center (Rec Center) offers many classes throughout the academic year that can really work up a sweat and focus on the belly and butt.

On all of the free group exercise classes offered at the Rec Center advertise that participants can burn from 300 calories to a seriously sweat inducing 550 calories.

Of the 12 available classes to take, there are four that can burn between 400 and 550 calories that are also geared toward breaking a sweat and working out your glutes and abs. These classes are Boot Camp, Butts and Guts, Cycle Fit and TRX.

Boot Camp is a fast paced and intense workout that involves high intensity training, body conditioning, core training, and speed and agility. The workouts change each class, but promise to burn up to 550 calories.

Butts and Guts focuses on exercising the glutes and abdominals while using hand weights, body weight and balance balls.

The class starts with a warm-up that progresses in intensity, ending after an hour with a cool-down and up to 440 calories burned.

Another high calorie burning option is the Cycle Fit class, which can burn up to 550 calories in the 60-minute time frame. The class may take place indoors, but participants can expect to work on their overall strength, cardio, and fitness.

The TRX class offers an intense workout that can burn up to 550 calories. TRX is a fast paced class that combines cardio drills and suspension training to keep the heart pumping while conditioning the body.

These classes at the Rec Center are just a small part of what you can do to get ready for the summer. The third step mentioned by Women’s Health is to make sure you drink lots of water.

This is an easy step to take as there are many hydration stations available, not only in the Rec Center, but throughout the campus as well.

Drinking lots of water prevents overheating and helps to flush out excess water weight.

Tip number four from Women’s Health is to increase the amount of natural diuretics in your diet.

These are food and drink options that can help aid in the flushing. Choices include: cucumbers, asparagus, lemon, green tea and anything with a high concentration of potassium, caffeine, magnesium, or vitamin C.

Remaining on the note of food, tip five says that it is very helpful to cut out carbohydrates like bread, pasta, and crackers.

Since carbohydrates tend to be on the saltier side, they can lead to excess water retention and bloating. Instead, you should opt for fruits and vegetables with some lean protein.

For those of age, a significant reduction in the consumption of alcohol is a must. By limiting the amount of alcohol in the systems, you’ll get a better nights sleep and consume fewer calories.

The seventh and final tip offered by Women’s Health involves having good posture. They’ve suggested that just by standing-up straighter, you will look thinner and will also be training your body to hold everything in once you are in your swimsuit.

With these tips, you and your friends can be ready for summer in no time.

By KIARA PAUL
Aus. Sports Editor

Coyote Women’s Track and Field headed out to Claremont to compete in the Claremont-Mudd-Scripps Rossi Relays on Feb. 27. The Coyotes competed in multiple activities throughout the course of the day, placing high in many categories.

Each activity is broken down into sections that are categorized by top athletes to lowest ranking athletes.

Each Coyote has two places; one where they placed in the section they participated in and the second where they placed overall out of all the other athletes in the activity.

One of the first activities to take place was the 100-meters.

The Coyotes ran in the fourth, sixth, and seventh sections for the 100.

Taylor Mathews ran in section four of the 100, coming in at 12.77 seconds.

Matthews placed first in section four and thirteenth overall.

In section six, Witney Simpson ran 14.01 seconds for the 100, placing seventh in her section and 53rd overall.

Jaqueline Mota and Amoya Dunn ran section seven for the 100, Mota placed third and Dunn sixth for section seven.

Overall, Mota placed 49th and Dunn 57th out of all the athletes who participated in the 100.

The next activity was the 200-meters. Patricia Cortez ran in section one, she came in 28th place in her section and overall at 10 minutes, 29 seconds.

Soleil Hall also ran the 200 in section one, coming in 16th place for section one and 17th overall. Hall’s time was 10 minutes, 47 seconds.

For section two of the 300, Jessica Steinhoff and Alyssa Casillas both ran.

Steinhoff came in first for section two; her overall place was 13th and her time was 10 minutes, 38 seconds.

Casillas placed sixth for the section and 41st overall for the 300. Casillas’ time was 11 minutes, 27 seconds.

The 100-meter hurdles came after, in which Jazmine Jones placed first in section five and 18th overall.

Jones’ time was 16.10 seconds to complete the hurdles.

Trisha Toyotome competed in section two of the 400-meter hurdles; her time was 1 minute, 16 seconds.

Toyotome came in seventh for her section and 21st overall.

Jones and Shanna Sherruman both participated in section three of the 400 hurdles.

Jones’ time was 1 minute, 9 seconds; she came in second for the section and 10th overall.

Sherruman ran in third for section three and 16th overall, her time was 1 minute, 14 seconds.

The Coyote softball team won three games out of two back-to-back double headers against the Cal State Stanislaus Warriors this past weekend in the four game series.

Things kicked off on Feb. 26 where the Coyotes earned their first loss out against the Warriors with a final score of 4-3.

Outfielder Jessica Angulo drove in the Coyotes’ first run in the third inning, followed by catcher/outfielder Ashley Leiftingwell and pitcher Cassandra Williams, who each earned a RBI in the sixth inning.

Williams, who pitched for five innings, recorded six strikeouts on the mound and allowed three earned runs.

The Coyotes’ second game against the Warriors began with Angulo singling up the middle to drive in the first run in the fourth inning.

The game remained tied until the fourth inning when outfielder Morgan Ratliff hit a double to left field earning her a RBI. Two batters later, outfielder Caelyn Smith singled to left field scoring another run for a lead of two over the Warriors.

The final innings of the game, Ratliff and Angulo both doubled at bat earning one RBI each. Then finally in the sixth infielder Amanda Herrera doubled to center field earning the last run of the game for the win with a final score 6-4 Coyotes.

Pitcher Amanda Ramirez relieved Williams and had four strikeouts and one walk with six hits allowed. The Coyotes faced the Warriors in another double header the following day where the Coyotes claimed a victory in both games.

The first game was off to a very slow start with both teams not getting their first hits until the sixth inning.

Ratliff hit a double to right field earning two RBI’s. Infielder Kaylee Gemmll hit another double, earning an additional RBI to give the win with the final score 3-1 Coyotes.

Williams took the mound, striking out six and had four strikeouts and one walk with six hits allowed.

The Coyotes faced the Warriors in another double header the following day where the Coyotes claimed a victory in both games.

The final game against the Warriors and the Coyotes took another win with a final score of 5-4 Coyotes.

Angulo got an RBI after a single to left field in the first inning. In the second inning, Ratliff earned three RBI’s after hitting a three-run home run to left field.

In the seventh inning, Herrera popped-up in the infield, but the Warriors shortstop missed the catch, leaving Ratliff open to score.

Williams earned five strikeouts and one walk against the Warriors putting her current record at 11-4.

The last double header against the Warriors earned head coach Jim Maier his 500th and 501st win. Maier has a 15-year career coaching softball that has earned him an overall standing of 501-309-2.

This is Maier’s second season with the Coyote softball team and his contributions speak for themselves.

This time last year, the Coyotes’ record was 9-11. Currently, the Coyotes stand at 13-8. The next home game will be on March 11 and March 12 against the Wildcats of Chico State University.
Basketball dives into playoffs

Coyotes beat Stanislaus State Warriors in game one

By JACKIE MONARREZ
Staff Writer

That’s a wrap on the women’s basketball normal season.

The Coyotes had the honor of finishing their last two regular season games on their home turf of the Coussoulis Arena.

Coyotes’ first game of the weekend was against Sonoma State Seawolves on Feb. 26.

However, the Seawolves won this game 57 to 48.

Senior Alexcia Mack shined in her second to last game of her regular season college career by scoring a high of 19 points and shooting two 3-pointers in the first quarter.

Mack was the only Coyote who was able to reach double digits in scoring against the Seawolves.

The Coyotes started out the game just right by taking a 19-11 lead in the first quarter.

Seawolves took the lead over the Coyotes towards the end of the second quarter and by the end of the first half of the game the score was 29-28.

Chelsea Barnes was the next runner up for most points scored in the game against the Seawolves, totaling it up to 9 points.

Barnes scored a 2-point jumper to catch the Coyotes up to the Seawolves.

Barnes said the team needed to make “more shots, and rebound better,” in order to have a chance at winning the game.

“We have a really good team,” said Barnes.

“But as the end of the season approaches, in order to win, it comes down to playing harder and smarter than the other team,” continued Barnes when asked what the team could improve on.

The Coyotes took another lose when they played their second game of the weekend against the San Francisco State Gators.

The final score was 64 to 59.

Mack led the Coyotes in points again, scoring 17 total while Chelsea Austin and Barnes scored 12 points each.

The Coyotes honored their seven seniors before the game.

Emotions were high as the seniors said their farewells.

When asked how she felt about playing her last regular season game, “it was [a] bitter sweet moment,” said Barnes.

“I will miss being around people I genuinely love,” added Barnes.

Barnes also mentioned that playing basketball “has helped [her] learn to speak up, how to stand alone, made [her] a stronger person, physically and mentally.”

Barnes ended with wanting to “thank Cal State San Bernardino for a second chance at playing basketball.”

Coyotes ended the regular season 13-12 overall and 10-10 in CCAA.

Although it was the end of regular season, the Coyotes redeemed themselves and dominated their playoff game against the Stanislaus State Warriors; winning 76 to 66.

Senior Brianna Harden scored a season high of 22 points with 10 rebounds.

Harden wasn’t the only Coyote to score in the double digits, as Barnes scored 15, Sophie Bhasin scored 11, and Mack scored 10.

Coyotes trailed behind in the first-half of the game but picked it up in the beginning of the third quarter when Barnes scored a 2-point layup.

Mack kept the momentum going when she shot a 3-pointer, putting the Coyotes up 58-56.

Coyotes were in control in this game and nothing could stop them from achieving this win.

They walked away as first round winners with their heads held high.

Coyotes win first game of the season, 66-60

Coyotes win first game of the season, 66-60

Coyotes go on four game win streak

Coyotes go on two game win streak

Coyotes win three straight games

Coyotes win playoff game number one

Swift

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