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Simulated campus gunman

By MARLYN RODRIGUEZ
Opinions Editor

CSUSB conducted an Active Shooter Preparedness exercise on Thursday, April 10, at 10:30 a.m. in front of University Hall. Although the specific point of attack took place in one building, the exercise was campus wide. Depending on the circumstances, campus police advise students to either evacuate or seek shelter when this type of situation occurs.

"A situation like this occurs on university campuses and throughout the community. We need to make ourselves aware and prepare for the general circumstances," said Police Chief Jimmie Brown.

Brown added that the importance of this simulation is to "make sure that the campus is ready in a situation of this sort." Brown would like students, faculty and staff to "take the situation seriously in order to be fully prepared in such circumstances."

Joe Gutierrez, assistant director of Public Affairs, had his own take on the active shooter exercise.

"This exercise should be taken as seriously as an earthquake and fire drill because it is just as important and prevalent," said Gutierrez. "The problem is that active shooter instances happen too often; we want to save lives in this situation."

He also mentioned that the goal of the simulation is to "make sure that the campus is ready in a situation of this sort."

Jimmie Brown
Police Chief

Study shows recent graduates struggle to pay off college loans

By MARLYN RODRIGUEZ
Opinions Editor

American Student Assistance (ASA) believes that student debt might actually be hindering the economy instead of helping it.

Many students take out loans, but aren’t making enough money after graduation to support themselves. This leads to a vicious cycle and many students are unable to pay back their debt, according to ASA.

ASA also reports that high debt directly correlates to a student’s ability to actively participate in the economy. Student debt delays their ability to purchase a car or a home, open a small business or even start a retirement savings. The Chronicle of Higher Education states that the amount of student loan debt is greater than what students are making after graduation. Because of the effect student loan can have on other aspects of their lives, the circumstances are becoming known as the “Domino Effect.”

"Monthly student loan payments deplete consumer savings, and prevent other types of spending," reports the Chronicle.

"These students are not as likely to take financial risks and help boost economic growth," reports the Consumer Finance Protections Bureau.

Falling behind or becoming late on the student loan payments can have a negative effect on credit score, which will, in turn, make it even harder to buy a home,” said Greg Richey, CSUSB professor of finance.

The Campaign for College Opportunity (CCO), a California non-profit organization that motivates students to attend college and be successful, reports that student loan is greater than the combined amount of mortgage, credit card and auto debt.

The U.S. Department of Education’s data shows that the amount of students borrowing money has increased by

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Awards included the ATOD champion, Chancellor’s Award, and the Student Leadership Award.

The program also featured a panel discussion on the importance of bystander intervention training programs, and the challenges of preventing substance abuse on college campuses.

The conference provided valuable insights and strategies for addressing substance abuse prevention with a focus on peer-to-peer support and community collaboration.

By ANDRES IBARRA

Staff Writer

More than a thousand college students die from alcohol-related incidents each year, according to the National Institute of Health. The CSU Chancellor’s Office held its 13th Annual Alcohol, Tobacco, and Other Drugs (ATOD) conference at California State University Channel Islands (CSUSB) last Wednesday.

The conference also discussed alcohol and drug related trends among students, substance abuse prevention strategies, bystander intervention training programs, and college student mental health and wellness.

Established in 2001, the ATOD conference is a CSU system wide effort to prevent students from using harmful substances.

Helga Kray, associate VP for student affairs, said, “It’s a bad and dangerous thing to do,” said one student who asked to remain anonymous.

Students interested in becoming a part of CSUSB’s national award winning radio program are recommended to volunteer and meet with the broadcast and marketing consultant, Lacey Kendall, who can be found in PL-31.

Coyote Radio can be streamed live at radio.csusb.edu and the Coyote Radio app is available free for download at the Google Play Store as well as a downloadable app iTunes for Android and Apple smartphones.

CSU conference tackles substance abuse

The conference also featured keynotes such as the CSUCI President, Dr. Richard Rush, the Starkey Family, and Oscar-winning actor Louis Gossett Jr.

The majority of campus run radio programs are owned by their respective campus’ telecommunication networks, added Kendall.

Many campus radio programs draw resources away from students and prohibit them from utilizing the technology to their fullest capacities.

“Coyote Radio is owned by the Communications Department and we serve the entire campus,” said Kendall.

The tasks and expectations imposed on the students in the classroom prepare them for the standards he or she would encounter in the workplace.

The program is held every Wednesday from 12:1 p.m. at the Lower Commons Oak Room.

Advice and Registration, the school’s student orientation program, also discusses the problems of substance abuse and ways it can be prevented.

SOAR is also working to make sure that new students can enjoy living on a substance-free campus while also making sure that they don’t encounter any drug issues.

“It’s a bad and dangerous thing to do,” said one student who asked to remain anonymous. Many students try to abstain from substances, and he did believe it was ultimately one’s own choice.

This year’s ATOD conference was the largest yet, with 400 registered attendees.

“Coyote Radio specializes in local, unsigned bands with over 400 artists on the current playlist from San Bernardino, Riverside, and San Diego counties.

The music covers nearly all musical genres and styles. Experimental pieces with lyrics have been performed in a spoken verbalization, reminiscent of poetry.

All music is screened for artistic quality; sexually, racially explicit, or profane content is interdicted.

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Recent earthquakes remind students to be prepared

By STEPHANIE PARA  
Staff Writer

Recent local earthquakes have CSUSB students focusing their attention on the potential “Big One.”

According to the United States Geological Survey, a 5.1 earthquake, with an epicenter in the city of La Habra, struck at 9:09 p.m. Friday, March 28. The quake was felt widely throughout Orange, Los Angeles, Ventura, Riverside, and San Bernardino Counties.

“I definitely felt it, it shook the whole house,” said CSUSB Computer Science student, who asked to remain anonymous.

While the quake shook Inland Empire residents, extensive damage was sustained in Orange County.

More than $10.5 million in damage has been discovered in public property alone, according to Orange County Officials.

The discovery prompted a ratification of an emergency proclamation by Orange County Board of Supervisors to request a declaration of a state emergency on the federal level in order to secure funds to repair said damage, as stated on the Orange County Register.

According to Natural Disasters and Geology instructor, Dr. Joan Fryxell, this quake is unrelated to our own San Andreas Fault, and belongs instead to a blind thrust fault in Puente Hills. Although a quake this size does little to affect the San Andreas Fault, there is a small chance that some tension could increase on the area of the San Andreas Fault according to Fryxell.

Experts say a bigger earthquake along the lesser-known fault that gave Southern California a moderate shake could do more damage to the region than the long-dreaded ‘Big One’ from the more famous San Andreas Fault,” as reported by CBS Los Angeles.

In response to her own Earthquake preparedness, one CSUSB Computer Science student said, “My family has an emergency kit at home, with water and supplies for all of us.”

“It’s impossible to not be scared, but it is possible to be scared in the right place,” said Dr. Fryxell.

She advises students to physically practice safety techniques, such as not panicking and to stop, drop, and take cover.

“The reaction you have during an earthquake depends on how confident you are, the more you practice. The more it becomes committed to your motor memory, the more apt you will be to react in the way you practiced,” Fryxell continued.

Dr. Fryxell also encourages students to become aware via online websites such as usgs.gov and shakeout.org, where students can get up-to-date earthquake information and emergency kit preparation help.

“There will be aftershocks expect more earthquakes,” said Fryxell.

Therefore, it is strongly encouraged to have enough water and food per person to last at least three days, as stated on earthquakecountry.org. That is at least one gallon per person per day.

For students who drive more than five minutes to campus, Fryxell recommends not only having supplies and emergency kits at home, but also in their vehicles. She suggests a pair of walking shoes, food that does not easily expire, such as granola bars, and a roll of duct tape. All items can be stored in a simple backpack, which can be ready to go when an earthquake hits.

Although the threat may be high, simple preparedness can save your life.

Student debt weighs down economy

Continued from Pg. 1

$300,000 from 2003 to 2011. According to the Department of Finance, the amount of student enrollment tuition and fees has increased by 97 percent in the Cal State University system from 2007 to 2014.

CSUSB tuition has almost doubled from the 2007-2008 school year to present day, reports the CCO.

“We are told nothing else can lead to prosperity besides economic status,” said student Moses Ramirez.

The same report by CCO claims that there are a few factors causing the increase in debt.

One reported cause is the rising number of students attending college who, after graduating, fall into debt. Another may be that students are not taking full advantage of the grants they qualify for, and schools are not including the cost of room and board in their financial aid packages.

The report states that state budget cuts cause the increase in tuition, forcing students to borrow more money to make ends meet.

Richey suggests that students “Should remain optimistic because of the positive externalities.”

The “externalities,” according to Richey, are that “the debt leads to a degree that will give the students much greater earning potential, and also the interest they pay on education debt is tax deductible.”

Richey advises students to consider making a budget, pay more than the monthly payment, and search for different loan forgiveness plans.

Only time will tell what direction the severity of student debts will go and how campuses and students will respond.

CCBriefs:

By MINTIMER AVILA  
Online editor

Nine-month-old boy accused of murder

The child, Muhammad Mosa Khan, appeared in court in Pakistan on charges of attempting to murder security officers by throwing stones at them during a police raid meant to catch gas thieves.

Khan’s father told reporters that they were protesting against an electricity charge. Khan has been given bail and his case adjourned for a later date.

NASA rover captures a strange light on the surface of Mars

An artificial light that appears to arise outward was photographed last week and sent to the Jet Propulsion Laboratory in Pasadena, CA.

“One possibility is that the light is the glint from a rock surface reflecting the sun,” said Justin Maki, a NASA imaging scientist.

Bird flu scientists stop research

Researchers believe that the virus, H5N1, might only require five more mutations to be easily transmitted through people.

The virus is considered so deadly that scientists stopped all research because they feared it might be used by terrorists for a biological attack.

Spiders cause Mazda to recall 52,000 sedans

The Yellow Sac spider is drawn to the hydrocarbons in gasoline and can crawl into the fuel hose of the vehicles, creating its home and blocking airflow that can cause the tank to crack and even catch on fire.

Starting this month Mazda will install a software patch on the recalled models to alleviate pressure on the fuel tank to prevent any cracking.

Bacon prices increase after virus kills baby pigs

Millions of baby pigs have died in less than a year as a result of a virus that has never been seen in the US. The price of bacon now averages for $5.46, a 13 percent increase since last year.

The pork industry has committed $1.7 million to disease research, but a solution has yet to be approved.

There was no mention of potential harm towards humans eating the pork.

Men were zapped and now walk

Four men who were paralyzed have regained some movement in their legs and all but one were able to control the force of the movement after receiving spinal zaps at the University of Louisville’s Kentucky Spinal Cord Injury Research Center.

Dr. Roderic Pettigrew, a director of the US National Institute of Biomedical Imaging and Bioengineering said, “We can now envision a day where epidermal stimulation might be part of a cocktail of therapies used to treat paralysis.”
Opinions

End the “Super Senior” trend
It takes too long to graduate—for different reasons

By KOBY HERAMIL
Editor-in-Chief

Some students change their major too often or wait until it is too late. Stop being indecisive and make up your mind. This is the time for you to take your education seriously and start thinking about your future.

Another issue students face, especially working students is the fact that they work too much. I understand you have bills to pay and probably other mouths to feed. But don’t forget the reason why you’re going to school, to have a better life so that you’re not working 12-hour shifts at a crappy job.

To be honest, I am guilty of all these reasons. I transferred schools and lost some credits. I remember speaking with an advisor, who to my surprise seemed happy to inform me that regardless of lost credits I would graduate within five to six years.

Well I didn’t want to rack up any more loans on top of my debt, so I decided to take a few more classes than required.

I cut back my hours at work to fit in more study time. It was hard but I’m glad I did it. Because by June I will get my diploma and it only took me four years. I don’t say this to boast, but to encourage those working late nights trying to make ends meet.

I say this to the student who is worried about deciding on a major. You can make it to graduation and not in five or six years but in four.

I turn the finger to college administrators who are not doing enough for students to take their required classes. Some students change their major too often or wait until it is too late. Stop being indecisive and make up your mind. This is the time for you to take your education seriously and start thinking about your future.

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I turn the finger to college administrators who are not doing enough for students to take their required classes.

I planned out my courses during the expected availability and time offered. Come registration the last class I needed to take for Spring quarter wasn’t going to be offered.

I asked campus admissions and advising when the class would be offered again and even they didn’t know! So at that point what was I supposed to do, what were other students like me going to do? And that’s one of the problems I have with college campuses keeping their students longer in school.

I think more efforts should take place to encourage and herd students in the right direction. No more of this ‘five or six year expected time’ talk, get students serious about their education.

Professors who worry too much about their teaching methods, should not let the discussion fall short or give long monologues—students are probably sleeping.

Regardless, this issue needs to go hand in hand with the students and administrators. This may be the only way for us to focus on the education and be concerned with our future in preparing those who are going to be living it.

I don’t believe college campuses are doing enough to motivate students in graduating early.

Campus police are effective and necessary
Students reflect and accept that patrol around campus is helpful and calming

By RONA ORTIZ
Staff Writer

The idea of graduating in five to six years has become a normality around college campuses, yet this occurrence has not made me hopeful about the future of our rising adults. I don’t believe college campuses are doing enough to motivate students in graduating early. A viable reason might be that it increases the school’s income by keeping students longer, who in turn have to take out loans to cover the cost.

Some college students call themselves a “super senior,” which refers to someone who attends an educational institution for more than five years.

But the reasons behind the delayed expected graduation are plausible. Students are bombarded with other priorities, which frankly take more precedence over their education. Students structure their class time and the amount of classes around their lifestyle.

Whether it be avoiding early morning class times or late class times most students want that lovely three day weekend, so they try to schedule Fridays off.

Students should choose a desired major beforehand. If students are unsure about this decision, general education classes can be advantageous for them. It becomes an opportunity to view an introduction about other potential majors.

But try to have a major settled before the third year. Some students change their major too often or wait until it is too late. Stop being indecisive and make up your mind. This is the time for you to take your education seriously and start thinking about your future.

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Campus police are effective and necessary
Students reflect and accept that patrol around campus is helpful and calming

By RONA ORTIZ
Staff Writer

The Police Department at CSUSB is active on campus and very beneficial to students, faculty and staff.

The Campus Police Department employs 18 sworn police officers. They have an active support staff including community service officers (CSO).

The CSOs are students who are trained to assist the officers and the CSUSB community. Additionally, patrol teams monitor the campus 24 hours a day, seven days a week.

Yet many students are unaware that we have active law enforcement, let alone an actual Police Department on campus.

“I’ve never seen an officer on campus,” said Lacey Matson. “I’ve walked to my car on a pitch black night and haven’t seen police patrolling,” she added.

The police on campus have a tough job; they are responsible for over 20,000 students on campus in addition to the surrounding residential area.

According to Scott Kovach, Support Services Supervisor, the campus police department keeps students informed of services offered through the campus website, new student orientations and crime prevention presentations.

The department also offers a campus escort service.

The escort program provides transportation to CSUSB students, staff, faculty, or visitors who are concerned about their safety.

This service is available 24 hours a day, seven days a week, and can be requested through the police dispatchers at (909) 537-5165 or from a campus phone at extension 75165.

Many students express a general feeling of safety on campus.

“Campus police are here for us,” said Glynn Guerra. “I can’t rate their service because I haven’t had to use it, but I know they send out alerts to students,” she added.

The most recent alert sent was to notify students about the active shooter preparedness exercise.

“This is a campus wide exercise to prepare students in case there is a campus shooter,” Sergeant L.Fields said. “It is important that student’s contact information is updated,” added Sergeant R.Balderrama who went on to say that they notify students via text message, email and phone calls.

Campus shootings are a growing concern in the U.S. The drill is an added measure of safety for CSUSB students.

The police department is committed to providing “quality service” to the campus community.

Michael Umana can attest to that; when his motorcycle was hit on campus, it took police minutes to respond. “They provided me with good information and thorough service,” he said.

When asked about emergency response times, “(It) is immediate, with an average time of 1-5 minutes on scene, depending where they are responding from,” stated Department Supervisor Scott Kovach.

The fact that our school has on site law enforcement allows for a prompt response to the community.

A substation is also located within the university housing.

“This enhances the safety of university residents, with officers assigned specifically to the residential community on the campus,” according to the university police website.
Consider your housing options

By LOYDIE BURMAH
Staff Writer

It is difficult as students to afford a comfortable living, but given the options of staying at home, on-campus housing, or living in a nearby residential area, I would say that living at home would be the most affordable option, for those granted that opportunity.

Many students currently live at home with my family, and have been for the duration of my college education. It is argued that living on campus provides a better college experience but when considering on-campus rental costs, I wonder if it is truly worth paying the price.

Caputo Santiago, who resides in Moreno Valley, believes that living at home is a better option for him, even considering the rough commute on the 215 freeway.

“You have your family and you get to run things however you want,” added Santiago, who is opposed to dealing with the unpredictability of roommates and on-campus housing regulation constraints. The CSUSB Office of Housing and Residential Life webpage, housing.csusb.edu, a document listing housing rates for on-campus rental fees can be found. Prices range from $2,500 to $3,000 depending on your preference of room and choice of village (Serrano, Arrowhead, or University Village).

Since meal plans are only required for Serrano Village residents, paying a fee of $760 per quarter is mandatory in order to cover the cost of the meal plan.

Student Gabrielle Cooke resides in a condo with roommates in Highland. Cooke mentioned her deciding factors for not living at home or on-campus were affordability and proximity to her work and school. “I enjoy the people I live with, the neighborhood, the location, and freedom,” added Cooke.

She said the only downfall to where she stays are that it is a “little pricey” and that certain neighbors aren’t always cooperative or amicable.

As for me, I live in Rancho Cucamonga with my family. Living at home does have its expenditures. For instance, I pay for my fuel, food, laundry, and other miscellaneous expenses.

I may not have to pay renting fees, but I make sure to contribute what I can and my expenditures are still cheaper than living on campus. Although space is limited and, at times, my family can be annoying, I would not want to live anywhere else just yet.

I may not have everything within my proximity, but I have enough to be comfortable and content.

This includes my place of work, my sources of entertainment, and even my friends. Residing at home allows me the opportunities to prepare for living life on my own after college.

Even with these alternative options I would still prefer living at home.

Take advantage of the Rec Center

By SHIANE JACOCKS
Staff Writer

I have found that I can sit at ease, knowing that I can improve my body physically and mentally at the Student Recreation and Fitness Center (SRFC) because it is conveniently located on campus and included in my tuition.

CSUSB insures that at the SRFC, any regularly enrolled student is automatically a member and any other of type membership is at a reasonable cost of $140 annually.

The SRFC provides students with programs like the overall fitness center, aquatics area, rock climbing wall, Group X classes, and the equipment area.

The SRFC often throws events with the students and an additional $14 to the Student Union that goes toward the SRFC.

Student fees enable the SRFC to operate effectively and fully serve the students.

The budgeted costs to fully operate the program in 2005-06 was $1,541,200, and the cost for student fees was $1,301,894.

The SRFC is highly beneficial to students because it is easily accessible on campus.

The Rec Center allows students a physical outlet to escape the stress of classes during the week.

“I take full advantage of the Rec Center and go everyday with my roommates. I’ve built muscle and my stress has decreased,” said student Jazmine Mendoza.

Many students who are on campus every day do not see it as a hassle to go, as it is in an accommodating area of the campus.

Students should make an effort to visit the SRFC because it is a great way to get to know others, become healthier both mentally and physically, and focus better to know others, become healthier both mentally and physically, and focus better to know others, become healthier both mentally and physically, and focus better to know others, become healthier both mentally and physically, and focus better to know others, become healthier both mentally and physically, and focus better to know others, become healthier both mentally and physically, and focus better to know others, become healthier both mentally and physically, and focus bett
Every hero has a story. Paper Clouds Apparel (PCA) spreads awareness, encourages artists with special needs and raises funds, all at the same time. Every two weeks the company features a new cause. Their most recent cause is for Autism Speaks.

These recent Autism Speaks fundraisings efforts in honor of a modern day hero, Rachel D’Avino, who died when she attempted to protect her special education students at Sandy Hook. It was D’Avino’s favorite charity. Autism Speaks demonstrates what D’Avino sought out to achieve in life. D’Avino’s story has not yet been forgotten.

A modern day super hero who stood in front of bullets in an attempt to save lives had already been giving life through her efforts. When asked about Team Rachel, founder of PCA, Robert Thornton had a lot to say about Rachel and Autism Speaks. “Team Rachel is such an amazing organization that participates in Autism Walks to keep the memory of Rachel D’Avino alive,” said Thornton. “Her mission was to make the world a better place for those with autism.”

PCA also creates a voice through everyday clothing. Artwork from kids that have special needs are printed onto T-shirts, tote bags and flex fitted caps that go on sale to raise funds for specific charities. Artists for the apparel mentioned on the PCA blog site include 8-year-old Corbin Dillane, who shared kind words about Rachel.

“Rachel was my best big person friend. I have ADHD and Rachel used to help me think of things to do to keep me from having good behavior,” stated Dillane.

“My picture is my own video game land. Rachel and I played video games together a lot. I think she would love my video game land,” continued Dillane.

The official PCA website stated that to help fund special needs schools and organizations, fifty percent of the proceeds from the sale of all merchandise is given to the cause we are promoting in each campaign.”

Rachel’s friends and family named these fundraising efforts by PCA Team Rachel. The fundraising starts April 7 and ends April 20, which gives two weeks to raise as much money as possible for Autism Speaks. Team Rachel’s fundraising earned nearly $400 as of April 10. PCA has raised over $6,000 in funds this year.

The clothing company has helped other causes raise money, including Icing Smiles which accumulated $1,120, and The Centers for Habilitation with $382. National Down Syndrome Syndrome was also helped, making $550, along with Triple The Fun, $1,763, ThrowBack by Popular Demand, $567, AbilityPath, $280, and National Autism Association, $1,183.

Each one of these charities and organizations strives to create awareness for a good cause. D’Avino showed hope through her teachings and PCA aims to keep that hope alive.

Information about PCA and product can be found on papercloudsapparel.com and Rachel’s story can be viewed on racheldmarriedavino.com.

How to save on textbooks
Finding alternatives to keep your pocket full

By ERICA WONG
Staff Writer

With textbooks as high as $300, an increasing number of students are resorting to other methods. In a survey conducted by Iota Phi Theta, 152 out of 170 CSUSB students believe textbook prices are too high. “Buying expensive books causes a financial burden on students that are already worried about other things,” said Christina Estrella, a Cal Poly Pomona student. “Most students these days do not receive enough financial aid or other money to purchase the necessary books for all courses.”

Most of the students interviewed confessed they would pick and choose which books to buy, depending on the difficulty of the class and whether they’ll be tested on information found only in the book that is not in the lecture material.

Textbooks are not the only supplies students are required to purchase. Clickers and access codes to certain websites may also be required materials for classes. A majority of students believe these materials need to be used more often if they are required for the class or that a rental service should be available for temporary uses of these materials.

Contrary to popular belief, the Coyote Bookstore pays a very similar amount to the price a student pays for books. “The costs may appear high at times but that is only because of the publishers that make the books,” said a former Coyote Bookstore employee.

He explained that lower prices may mean the bookstore may not be able to bring in enough profit to even pay their employees and there is always some sort of chain reaction. Although this seems like a Catch-22, students recommend renting, sharing the book with a friend or classmate, and even finding legal PDF versions online with a simple Google search.

UC Berkeley graduate Travis Lambirth recommends making older friends in your major so you can access hand-me-down textbooks while simultaneously getting help in picking classes. He also recommends planning ahead because required books are often listed on the course website. This way, you can check out prices between competitors online instead of having to pay full price last minute at the bookstore.

Lambirth believes books may be an investment for the future. “Today, I have an awesome library of textbooks from school that I am proud of and that I have consistently consulted since graduating three years ago,” said Lambirth.

There are also other ways to get books outside of borrowing from friends. If an instructor doesn’t keep the book on reserve in the Pflau Library, Amazon and Chegg are both popular sites for students to find the books they need. If all else fails, there is even a Facebook group called CSUSB Post & Book Trade for students looking for good deals to buy and sell books with their fellow Coyotes.
This Spring’s must have accessory:

By NAILEA FABIOLA AYALA
Staff Writer

Fashion has become an important accessory at music festivals and local clothing stores are taking advantage of the upcoming festivals; they have raised prices on the most popular spring trends, including the famous floral crowns.

Young women, especially students, should not have to purchase flower crowns at a high price when these crowns can easily be made at home.

Making your own flower crown gives you the opportunity to decide exactly how you want it to look, since you decide the kinds of flowers and the size of your personalized flower crown.

“I bought my flower crown online for Coachella last year. It cost $15 plus shipping, so I would much rather make it myself this year,” said student Dalia Elizarraraz. She is not the only one that has decided to make her crown at home.

“My friends and I will be making our flower crowns this year. They’ll end up costing about $10,” said student Angeline Trieu.

Here are five easy steps to help you arrive to music festivals in the latest accessories.

This project costs around $8 and you can find the materials at your local crafts store. Materials needed for this project are an assortment of artificial flowers, jute twine, floral wire, scissors, and tape (optional and only used on flowers that are a bit loose).

STEP 1: Using the floral wire, create a circle that fits your head, make sure you can take it on and off comfortably. Wrap twine all around the circle. This will help when tying the artificial flowers.

STEP 2: Cut out a short piece of twine and place it under the flower bud, then tie it to the twine you used on the floral wire.

STEP 3: Continue grouping flowers and tying them to the twine, make sure the knots are tight.

STEP 4: Layer the flowers so no floral wire can be seen. Continue to cover the entire crown.

STEP 5: Using scissors, cut off leftover twine that is still visible. Fold the petals to make the flowers sturdier and stay the way you want them.

Flower crowns take time, but are easy to make.
The Clothesline Project: Healing wounds through artwork

By MELISSA GILBERT
Staff Writer

Domestic violence is a sensitive subject that people tend to avoid, but has become one of the main focuses of the Women’s Resource Center's (WRC) with the Clothesline Project Workshop.

The new cause is an educational and a recovery tool for victims of domestic abuse and allows people who have suffered from brutality get to share their stories and reflect through art.

The movement was first initiated in 1990 in Massachusetts and has become a thriving project to raise awareness for domestic violence.

WRC is hosting The Clothesline Project to assist domestic violence victims with the healing process of the traumatic events they have experienced.

The new workshop launched on April 7 and came to a close on April 10. This activity was created to accomplish three things.

First, to help people make peace with their abusive past.

Second, to raise awareness on the issue that is domestic violence to the public and third, to empower and support women who are still suffering from violence.

Elisa, one of the students in charge of the project stated, “A lot of people come to the WRC and ask for an event in relation to domestic violence because a mother or friend have been victims of violence against women.”

She said, “Approximately twice a week, I refer students to community services helping women.”

Elisa’s statement is supported by the statistics on domestic assault from Intimate Partner and Sexual Violence Survey (NISVS) stating that 1 in 4 women and 1 in 7 men have experienced severe physical violence by an intimate partner.

The same survey demonstrates that in the United States, an average of 24 people per minute are victims of rape, physical violence, or stalking by a partner. Yearly, 12 million Americans are victims of abuse.

Domestic assault also affects men, children, and friends.

It is imperative to create events like the Clothesline Project to offer a platform of expression to the survivors and allow them to come to terms and accept their past.

There are about 500 projects nationally and internationally, from Massachusetts to Tanzania with an average of 50,000 to 60,000 decorated T-shirts, according to the Clothesline Project website.

The Clothesline Project has proven to be an effective method of healing. Other groups and organization have picked up the idea and applied it to their own cause.

Violence against women is, unfortunately, still a part of our reality despite the fact that many organizations work on a daily basis to achieve the same goals as the Clothesline Project.

Even if the number of victims remains high, it is imperative that more initiatives like the Clothesline Project take place to raise awareness.

The shirts decorated during The Clothesline Project Workshops will be displayed to the public between April 14 and 18 at the Student Union.

Making credit cards work for you

By JENNIFER BAESKENS
Staff Writer

Credit cards can drag you down a rat hole of serious debt and leave you marked for life.

Students Patrice Thompson and Chris Burns both use their credit cards frequently.

“I understand that I need to be a responsible user and I understand the consequences and how it can affect my future if I am not responsible,” said Thompson.

Credit card companies flock to campuses during the beginning of the school year trying to get students to sign up for new credit cards.

These companies don’t let students know what is in the fine print and most don’t understand what a risk these cards can be.

According to Lisa Gomez, Vice President of People’s Bank Southern California Mortgage Division, “Giving credit cards to young students gives them the ability to harm themselves and their future.”

“Many young people don’t read the fine print and thus they are harming their futures,” continued Gomez.

Late payments, cash advances and using your card to buy everyday items are all ways in which these cards can be harmful.

Late payments and interest only payments not only create bad habits, but they also lead to debt.

According to statisticbrain.com, the average undergraduate has $3,173 in credit card debt, not including student loans.

Default rates, which are the highest interest rate a company can charge you, are also increased for each payment that is not paid.

Monthly payments go up until the balance is lowered or paid off.

Credit cards seem scary but they can do a lot of good and have many positive attributes to students.

Credit card companies give their customers the protection they need against fraudulent activities, many times without question.

This service provided by the companies is a great service of protection against credit card fraud both on a personal level and a mass level, such as the recent Target controversies.

Burns told a story of how his credit card was charged fraudulently.

Burns was able to contact his bank, have the charge voided and have his money reimbursed. Burns’ bank then sent him a new card to prevent more fraudulent charges.

Credit card companies not only protect their customers but, the credit card itself will be able to help purchasing a home when the time comes.

Credit cards offer one of the three forms of credit needed when getting a conventional loan.

A home might seem like a long way off but it is important to remember that keeping a low balance or no balance at all will help with the loan.

Credit cards can be a life saver when we are in a situation where we need to make an important purchase like textbooks.

We have all been in that situation where we have needed to purchase a book and are in between paychecks.

These cards can be a great tool when life gives you lemons.

Credit cards can be good and bad. They can be scary if misused but they can also be very helpful and a great tool if they are used with responsibility and understanding of the terms.
Coachella: Beyond the music

By JOY UTTERBACK
Staff Writer

Music lovers gather once again in Indio, CA for the Coachella Music Festival which will take place over the course of two weekends this April.

This year will feature a variety of artists including Grammy Award winning Lorde and Arcade Fire among others. Coachella is one of the largest music festivals in Southern California.

In addition to the wide variety of artists, Coachella has to offer an array of food, activities, and parties that will cater to any festival seeker.

From meat lovers to those who practice veganism, there is something to cater to you.

According to the festivals website, “As in years past there will be something for everyone no matter what your dietary restriction might be. This year we are putting extra focus on this and making it even easier to find. Vegan, Raw Vegan, Gluten Free and Kosher food vendors will be grouped together to give you more options.”

For those who have a more all natural/organic taste, there is a farmers market open from 7 a.m.-2 p.m. by the campgrounds.

According to Coachella.com, food at the farmers market will include, “Local, pesticide free and organic produce, kombucha and juices, farm fresh smoothies, baked goods, organic coffee and snacks.”

For those of you that do not have as many dietary restrictions, there are a large variety of food vendors including Pinks Hot Dogs, Donut Friend, Grilled Cheese Truck, Silvio’s Brazilian BBQ, among many others.

Coachella also has many games and attractions.

Games include three-legged races, a bad dancing competition, dodge ball, hula hoops, Simon says, a hula hoop competition, a snowball fight, and a water balloon toss.

Activities offered include free yoga every day at 8 a.m., 9 a.m., 10 a.m., 12 p.m., and 2 p.m. and Pilates at 11 a.m. and 1 p.m.

A favorite activity among Coachella goers is the silent dance party that takes place Thursday through Sunday at 1 a.m. Because of noise pollution laws, the music of Coachella must be done by 1 a.m., but that does not stop this dance party from going.

The silent dance party takes place in the Camping Activities Dance Dome. Attendees each put on headphones and dance to music among hundreds of other music lovers.

Matthew Gaeta, a CSUSB student who has attended the festival for the last three years said, “The silent dance party is incredible. It’s like going to [a] dance club completely deaf, then suddenly being able to hear what everyone is dancing to after putting their magical headphones on.”

Another attraction is Coachella’s iconic Ferris Wheel.

CSUSB student Joel Hanke, who attended the festival in 2013 said, “The views from the Ferris Wheel are amazing. You are looking at a real life picture of the Coachella festival, it’s surreal.”

To all the those attending Coachella these upcoming weekends, have fun, be safe, and make the most of all the games, activities, and variety of food the festival has to offer you.

Weekend Two (April 18-20)
Headliners: OutKast, Muse, Arcade Fire

You can catch the Helix Poeticus or better known as the Coachella snail displaying amazing art and quote on its shell.
“My work presents viewers with an unapologetic depiction of lives on the edge, lives in transition (bodily, emotionally, and circumstantially) and attempts to capture the strength, beauty and resilience of my chosen kin and our shattered yet shared experiences,” said Matthew McMilon.

The Robert and Frances Fullerton Museum of Art (RAFFMA) recently showcased the work of McMilon in a solo exhibition entitled “Re-Presentations.”

The exhibition was held in The Dutton Gallery at the RAFFMA and premiered on April 3 and lasted through April 10.

McMilon’s exhibit featured several collections of photographs, sculptures, poems, and paintings all centered around themes of identity, intimacy, and ambiguity related to the LGBTQIA community.

LGBTQIA is an acronym for lesbian, gay, bisexual, transgendered, queer, intersex, and asexual individuals.

Attendees of the exhibition immediately noticed the intimacy of the room and were able to get up close and personal with the artwork.

Stunning photographs depicting transitioning bodies surrounded the room, as well as strategically placed sculptures laced with personal items from the artist provided imagery to the poetry that coincided.

One of the pieces entitled, “The Invocation and Subsequent Burial of Your Ghost,” was a poem and a sculptural performance that featured a vessel made from biodegradable, eco-friendly paper and a restored tarnished silver ring.

The beautiful poem was dedicated to the death of a 10-year relationship, as well as a date of burial.

The poem eloquently expressed pain and heartbreak, while the sculpture depicted physical items representative of his memories.

The vessel’s burial date presented in the poem seemed to symbolize a future release from the pain of such a devastating breakup.

The performance was both heartbreakingly, empowering and revealed a deep insight into a very personal experience.

Paintings were located on a few of the gallery walls.

One statement from McMilon’s introductory piece said, “It is my firm belief that the LGBTQIA community has bowed to burdensome social pressures to conform and blend for too long and that it is time for a revolution.”

McMilon’s exhibition was a powerful piece.

His piece was dedicated to presenting a culture to the world that is predominantly marginalized by society. McMilon’s showcase was a step towards a cultural revolution.

Students and faculty are encouraged to attend events like McMilon’s solo exhibition “Re-Presentations” and all other art showings at the RAFFMA on the CSUSB campus.
Marvel’s “Captain America: The Winter Soldier” dominated the box office during its opening weekend, raking in $303.3 million worldwide.

Chris Evans once again suits up as Captain America and is joined by Scarlett Johansson as the spunky Black Widow.

After battling it out in New York City with The Avengers, Captain America is now in Washington D.C., still getting adjusted to his new life.

In the film’s first action sequence, Captain America is given a mission by Nick Fury (Samuel L. Jackson) to rescue hostages.

His fighting style is captured perfectly in this sequence with swift and fluid movements.

His iconic red white and blue shield plays a bigger role in this film than the last in that it almost seems an extension of him.

It is after this assignment; however, that he questions S.H.I.E.L.D (Supreme Headquarters, International Espionage, Law Enforcement Division) and their true motives.

One thing notable in this film is how Captain America seems lost in his new life. He is a man out of touch with the new world.

He doesn’t know where he fits in and wants to do what’s right but just doesn’t know anymore.

His feelings are truly tested when he is up against the villain, the Winter Soldier, who has no regard to human life and is a formidable foe.

Like Captain America, his power comes from training along with his left metallic arm.

Captain America must overcome his feelings and do what he thinks is right.

“I loved the addition of the Falcon, but also enjoyed the mystery that surrounded the Winter Soldier,” said student Tim Sanders.

The chemistry between Evans and Johansson is outstanding and newcomer Anthony Mackie, as the Falcon, is a great addition as Captain America’s sidekick.

Don’t get too excited though. The relationship between the Captain and Black Widow is merely friendship.

Jackson’s Fury also played a vital role and never missed a beat to outsmart his enemies.

Action, comedy and drama are all used in the film and do not come off as cheesy.

The film is well written and gives off a completely different vibe, compared to earlier Marvel films.

Dark colors and hues helped set the tone of the film and illustrated Captain America’s inner struggle.

Another element that was different was the usage of CGI (Computer-generated imagery). There was much less of it, which made more of the action scenes realistic.

CGI was used the most in the climax of the film, which created a powerful scene.

The avid Marvel fan will find Easter egg clues for future superhero films and see an iconic appearance from Stan Lee.

Stay tuned, after the credits they reveal not one, but two scenes that add into the chaos in the Marvel world.
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Dame was shorthanded after the huge loss and cruised for the rest of the game. Notre
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UCONN used a 10-2 run to open the seconds going into the break. However, Chronil
half, cutting the de
Dame led a spirited comeback in the history with 10 points, six rebounds, and
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the paint in the outscored Notre Dame 32 to 10 in points in and the Huskies did not disappoint. They played great we'd have a chance to win," Coach Auriemma stated, "I knew if we points, 16 rebounds, and seven assists. Senior Stefanie Dolson added 17 points, six rebounds, and seven assists. Coach Auriemma stated, “I knew if we
seemed to play great we’d have a chance to win,” and the Huskies did not disappoint. They outscored Notre Dame 32 to 10 in points in the paint in the first half alone.

Stefanie Dolson was on pace for the first triple double in a national title game
first half alone.

They remained untested after the run. Notre Dame led a spirited comeback in the first half, cutting the deficit to five with 22 seconds going into the break. However, UCONN used a 10-2 run to open the first five minutes of the second half.

They remained untested after the run and cruised for the rest of the game. Notre Dame was shorthanded after the huge loss of their interior post presence senior center Natalie Achonwa, who tore her ACL in Notre Dame’s Elite eighth win over Baylor. This was the third loss in four national title tries for Notre Dame. The Fighting Irish were led by senior guard Kayla McBride, who poured in 21 points and added 5 rebounds. Senior Kayla McBride said after the game, “They got into a rhythm and it just went downhill from there.” Although the game did not live up to its billing, the atmosphere was electric as Auriemma collected his ninth title passing Pat Summitt’s eight national championships.

Legendary coach Pat Summit congratulated the Huskies and their coach releasing the statement, “Congratulations to the UCONN Huskies for winning the 2014 NCAA National Championship” she continued, “My compliments also to coach Geno Auriemma for winning his ninth national title. He has accomplished this feat in record time.” The jabs thrown climaxed with Coach Auriemma saying, “We’re supposed to play each other, try to beat each other’s brains in, try to win a national championship and compete like hell, and then we’re supposed to get together afterwards and go have a bottle of wine? That sh** is just not going to happen.”

Coach Auriemma continued, “My compliments also to coach Geno Auriemma for winning his ninth national title. He has accomplished this feat in record time.” The jabs thrown climaxed with Coach Auriemma saying, “We’re supposed to play each other, try to beat each other’s brains in, try to win a national championship and compete like hell, and then we’re supposed to get together afterwards and go have a bottle of wine? That sh** is just not going to happen.”

The latest victory of the UCONN women adds to its legacy of dominance after posting its fifth undefeated.

The menus are full of vegetables, fruits, lean protein and complex carbohydrates. One of the menus for men starts with a breakfast of a mushroom frittata and a bowl of strawberries. Dinner is seared tuna with grilled vegetables for a total of 595 calories.

AllRobics is a low impact, fat burning aerobics class done on a trampoline and burns over 1,000 calories per hour, according to Sky High Sports in Mira Loma. AllRobics includes all the normal moves you would find in a regular aerobics class plus bouncing.

There are also several moves that can only be done on a trampoline. Sky High offers four different AllRobics classes offered several times throughout the week. AllRobics Speed is a high intensity class designed to get your heart rate to maximum level for short periods of time.

AllRobics Strength is a whole body workout and Sky High stands by the mantra “No muscle left behind.” AllRobics Endurance will get your heart rate to the optimal level and keep it there for the longest period of time. Sky High asserts AllRobics Endurance will produce the most weight loss out of its four classes.

AllRobics All Around combines moves from the other three classes. Sky High Sports requires everyone to sign a liability waiver before using their trampolines. Trampoline jumping is considered an extreme sport and has comparable rates of injuries.

Combining AllRobics with the Fast Diet is a recipe for success that will give you fast results that you can keep for a lifetime.
By LUIS PETTY
Staff Writer

Climb to a new quarter

Climbers use safety gear such as a harness, which are worn around the waist and attaches to a paracord rope that is connected to the top of the wall.

The belayer is a staff member who stands below the wall, pulls the cord as the climber ascends the wall, and serves as a counterweight to keep the climber suspended in the air in case he or she falls.

The belayer can also feed the cord to allow the climber to descend when he or she reaches the top or decides to come down.

Top rope climbing is a safe version of rock climbing and a great way to experience the outdoors, providing new perspectives to the sport as well as some ins and outs.

“Give it a chance, there is a lot of misconception about the sport,” said staff member Karina Velarde.

Velarde continued, “it’s a great emotional experience, a chance to release pinned up stress and an opportunity to build a great sense of community.”

“It is also a great way to develop oneself physically and mentally,” said staff member Tim Whitney.

An undertaking that requires technique and versatility, it often brings out something different from each of its climbers, whether it be some time to oneself or just the chance for a thrill.

“For me it’s a peaceful escape, freedom, a chance to get away from it all,” said Velarde.

“I get a surge of runners high, a sense of clarity,” said Whitney when expressing his take on the sport.

When asked why they would recommend rock climbing to students, Velarde and Whitney both said that it is a fun sport that should be given a chance, and a safe way to conquer one’s fear of heights.

Rock climbing is a sport with a simple objective: reach the summit of the rock on the rock wall.

The rock formations present difficult levels with different ropes, along with the different paths for students to follow.

Student Stephen Barrett explained that he is not much of a climber but climbing provided an enjoyable challenge, “It’s a fun workout and a fun alternative,” said Barrett.

The rock wall also provides opportunities to students who want to challenge themselves.

The Mile High Challenge encourages students to push themselves to the next level while also helping students relieve the stress of the quarter and competing with others that are also in the competition with them.

The Challenge is a tough endeavor undertaken by rock climbers.

Those who complete it are among a select group of individuals who have climbed the rock wall for a mile, or 155 times, and can be entered to win prizes at the end of the challenge.

All students are encouraged to participate and should take advantage of the opportunity.

All students are invited to participate those with no experience and more advanced climbers can accept the challenge of reaching the top of the wall.

Rock climbing is a fun and challenging way to push a person mentally and psychically while setting and accomplishing new goals.

The rock wall is opened Monday through Thursdays from 1:30 p.m. – 9:30 p.m. and Fridays and Sundays from 1:30-7:30 p.m. and closed on Saturdays. Make sure you have a chance to experience something new in your workout routine.
The UConn Huskies defeated the Kentucky Wildcats for the 2014 NCAA men’s Basketball Championship winning their second champion title in three years.

The Huskies were able to clinch the title with a 60-54 victory over Kentucky during Monday night’s final in Arlington, Texas.

The Huskies are one of six schools in NCAA history to claim four championship titles. UCONN was the seventh seed going into Monday night’s final, Shabazz Napier and Ryan Boatright led the Huskies to victory with a combined performance earning 36 points, ten rebounds, and six assists during the game.

Husky guard and second leading scorer Boatright suffered a potentially game ending ankle sprain with nine minutes left in the game. He cringed in pain before forcing the Huskies to call a timeout.

“I just tied my shoe tighter,” said Boatright. “That’s all you can do when you roll an ankle.”

The Huskies have come a long way. Just last year they were banned from competing in the NCAA Championship due to academics.

“Ladies and gentlemen, you are looking at the hungry Huskies, this is what happens when you ban us,” said Napier as part of his Championship celebration.

The Wildcats went into the championship game with a freshman starting lineup. The Huskies faced one of the youngest teams in NCAA history, and their frustration and fatigue nearly cost them the victory.

The emotional frustration showed when Napier pushed his teammate in the middle of an offensive play and some heated words were exchanged. However, they redeemed themselves and came together to defeat The Wildcats. Senior point guard Napier was the leading scorer for the Huskies with 22 points, six rebounds and eight assists. He was also named Most Outstanding Player of The Final Four.

At the end of each season, several players are left to contemplate their futures in basketball. The nation’s top ranked basketball players can continue their education with their Alma mater or declare for 2014 NBA draft.

Napier, a two time NCAA Champion and a decelerated senior at UCONN now faces the bittersweet end of his college basketball career. Napier tugged at his school jersey, while uttering to his teammates, “I told you,” a premonition he saw early on in the season, that together they would be champions.

In his second year as a head coach at UCONN, Kevin Ollie did the impossible and led his team to the NCAA Championship.

Everybody said we were over. Those guys have been through so much. When it was dark days, they still played together.

And now we’re in the light and it’s real good to see the emotions on those kids’ faces because they’re the ones who stuck in and believed. A lot of other people didn’t,” said Ollie.

The Huskies have proven to themselves and the rest of the country that they were the team above all teams, and leave their place in basketball history.