The DEN helps homeless CSUSB students

By DANIELA RUEDA
Staff Writer

Many students across 23 California State University (CSU) campuses have been identified as lacking basic necessities, such as food, housing and hygiene products, according to the Los Angeles Times.

CSUSB started The Delivering Emergency Nourishment (DEN) CSUSB Food Pantry in January 2015, which assists students who face food scarcity.

Since then, the DEN has reportedly helped 50 students who have been living in their cars and on friends’ couches and approximately 425 returning students over the past three years, according to Diane Podolske, director of the DEN.

The DEN is available to currently enrolled CSUSB students, which includes undergraduate, credential, graduate, and doctoral students.

The DEN also provides referrals to other food programs and services not offered on campus.

Podolske said that most students on campus are not aware of the program, or are too shy to ask for help.

“There have been times when students come in for assistance from us and say they haven’t eaten in days and we have food they can heat up right away and eat it while we go through the intake process,” said Podolske.

Podolske also described the different meal packs offered by The DEN.

“We have day packs and weekly bags. Over 100 students have received those and come back week after week. The day pack is food just for the day, if we don’t have enough to eat. It is also available at many different offices on campus including campus recreation,” said Podolske.

“I think for some students, school is the one good thing they got going so we want to make sure it isn’t food that is the barrier to them continuing,” added Podolske.

CSUSB students, Anjanette Escalante and Ian Barrial, believe The DEN program is a great resource for students to utilize.

“Twenked to Jail”

Courts in Russia have jailed a group of girls after finding them guilty of “pretty hooliganism” for twerking at a World War II memorial.

The six girls were making a dance video for a local dance class, according to the Associated Press.

The school the girls attend was temporarily closed down while officials inspected all dance schools in the area.

Platypus dinosaur discovered, thought to be fake

A new dinosaur that resembles a platypus was thought to be fake was discovered in Chile, according to The Sydney Morning Herald.

The scientists concluded that the bones belonged to one creature.

Anti-Gay Representative Outed on gay hookup app

Anti-gay North Dakota State Representative Randy Boehning was outed by a Grindr user.

Grindr is a geosocial networking mobile application geared towards gay, bisexual and bi-curious men.

Boehning was caught by 21-year-old Dustin Smith, who showed the local Fargo newspaper the explicit photos.

Boehning said, “The 1,000 pound gorilla has been lifted”, noting that it feels good to stop lying.

Meet your ASI candidates

By JORGE CAMPOS
Staff Writer

The Associated Students Incorporated (ASI) elections are in session.

ASI executive candidates assembled in front of students and answered questions concerning the school and students on Thursday, April 30.

Continued on Pg. 3

Continued on Pg. 2

CCBriefs:

By ALEXANDER DOUGLAS
Staff Writer

Not enough beef

Chipotle is going to stop serving genetically altered food due to shortages of some of their food products.

There is increased demand for food that is free of genetically modified organisms (GMOs), which has raised the prices of such products, according to the New York Times.

The high demand and low production of GMO free food has led to a beef and pork shortage, which has forced about 600 Chipotle restaurants to put up signs saying they are not currently carrying pork.

First home HIV self-test kits sold

The first human immunodeficiency virus (HIV) self-test kits are being sold in England, Scotland and Wales.

The self-tests created by Bio Sure UK work by detecting antibodies in a drop of blood and any positive tests must be confirmed at a clinic.

The kits are designed to help detect the 26,000 undetected cases of HIV in United Kingdom patients, according to BBC.

Say no to stigma!, pg. 6

Mean Girls soooo Fetch, pg. 9

Fuller House, you got it dude!, pg. 11

Body shaming epidemic, pg. 14
**What are your plans if you get your desired position?**

My main goal is to be a service to the students and to give everyone the support they need to succeed. I want every student to know that I am here for them and will do everything in my power to support them in their journey toward their own personal success.

**What do you plan to do about the school first?**

I would really like to promote involvement within the college. We host many events and plan to continue and we encourage feedback on what students would like from their college and how we can better assist them to be the best.

**How will you ensure that students are receiving the information provided at these meetings?**

Leadership diversity is very important and I have chairs at all of these meetings to make sure that students’ concerns are being voiced and my goal is to voice your concern.

**In your role as the Vice President of Finance how will you ensure responsible spending of student fees?**

By making that interpersonal connection with clubs and organizations prior to the three week[s] of paperwork and applying for funds and guiding them through the process.

---

**Meet the ASI Candidates (2015)**

**Bryce Davis**
ASI President Candidate

**Jackie Aboud**
ASI President Candidate

**Jorge Zatarain**
Executive Vice President Candidate

**Alex Gutierrez**
Vice President of Finance Candidate

**Miranda Conseco**
Board of Directors Candidate
Fake medicines extremely dangerous

By CHERAE HUNT
Staff Writer

Americans are using imported, counterfeited prescription drugs that are actually working against them.

These false prescribed medications cause the diseases to become stronger and people to become immune to the medicine.

Joel Breman in a National Public Radio (NPR) interview.

The most commonly made counterfeit drugs include cancer medication, painkillers, cardiovascular, antibiotics and psychiatric medicines, according to safemedicine.org.

“If the companies and organizations have strict guidelines, I don’t think it should be a problem to import medications from other countries,” said student Jamie Quintos Cerrillo.

“Counterfeit medicine is fake medicine. It may be contaminated or contain the wrong or no active ingredient. They could have the right active ingredient but at the wrong dose. Counterfeit drugs are illegal and may be harmful to your health,” according to the U.S. Food and Drug Administration (FDA).

“We need [a] stiffer legal system to figure out where it’s coming from. Also get references on where it comes from and what it looks like so people will be informed on what is out there,” said student Quintos Cerrillo.

“Many people get these counterfeit prescription drugs because they are more affordable than the drug prescribed by the doctor,” stated Breman.

“I don’t like it but I understand it. The pharmaceutical company is a business and patients are charged a co-pay for $140 medication when it only costs $50 under a different name,” said Professor Anna Wilson.

“People have resorted to leaving the country because the prescription medication is cheaper in other countries,” said professor Dr. Geraldine Fike.

“I’ve seen it personally where people have been on life support because they’ve taken these medications from outside the country,” said Wilson.

The FDA, America’s department of health and human services, regulates drug quality in the United States.

“While U.S. drug supplies are generally considered safe, incidents of counterfeit drugs have been increasing. In the 1990s, the FDA investigated an average of five cases a year; there have been more than 20 investigations per year since 2000,” according to fraud.org.

Counterfeiters have figured out, through technology, how to introduce these fraudulent prescription drugs in clever ways depending on the drug.

“It’s frustrating. I feel bad for patients they have to go to Mexico or order medication on the Internet and I often have to figure out what medicine they’ve taken if they come to the hospital,” said Fike.

“If you are giving substandard doses with just a little bit of the active pharmaceutical ingredient, then the disease-resistant organisms will [survive]. When there’s no [active ingredient at all], people think you’re not really promoting mutations. But if you take a patient in the hospital infected with a superbug, and you give them a blank with nothing in it, other patients in the hospital become susceptible,” according to NPR.

“That doesn’t sound good because as med students we are trying to help our patients and that sounds outrageous,” said student Kimberly Sharpless.

Often nurses can provide free samples of medication before you purchase the prescription.

Websites like caringvoices.com offer assistance for medication, such as coupons, discounts, or even free medication.

Correction: Mandatory Vaccinations

The Coyote Chronicle incorrectly presented information regarding SB277.

SB277 is not a bill that now requires vaccination for all children in day care or public school. That part of the law has been in existence for decades, upheld by the US Supreme Court in 1905 (Jacobson v. Massachusetts) and 1922 (Zucht v. King), and found in the California Health and Safety Code Section 120235 (Amended 2010), California Code of Regulations Title 17 6000-6075, and California Ed Code 48216.

SB277 does two things: 1) eliminates the Personal Belief Exemption in waiving immunization requirements for school entry, allowing only medical exemptions and 2) requires districts to notify parents at the beginning of each school year of the vaccination rates for each required immunization at the school the student(s) will be attending. All fifty states and the District of Columbia require vaccines for school entry and all provide medical exemptions. California is a minority of states that allow exemptions for personal belief according to Joan Edelstein, MSN, DPHl, RN.

Aiding Homeless CSUSB students

Continued from Pg. 1

this program was going on and I know what it is like to be tight on money and not have money for gas, let alone food,” said Escalante.

Burial shared his opinion on the impact of The DEN.

“Students should use all the resources provided to them,” said Burial.

Rashida Crutchfield, a Cal State Long Beach social work professor, also will conduct a study to help students who lack the necessities, according to the Los Angeles Times.

The one-year project will study the food problem and housing insecurity and make recommendations for how the university can support students in need, according to the Los Angeles Times.

Students who experience homelessness are not required to identify themselves, and because of the stigma associated with homelessness, they purport to feed false circumstances from those who might be able to help them,” stated Crutchfield.

A number of CSU campuses already provide services such as donor-funded food pantries, clothing and hygiene products for students in need.

CSU Long Beach recently started an emergency intervention program that includes donated meals, short-term housing, and emergency funds, according to the Los Angeles Times.

The study will focus on students’ experiences with food scarcity in hopes that all CSUs can address the issue.

Earthquake devastates Nepal

By RANDALL HIGGINS
Staff Writer

Nepal will slide into economic chaos as a result of the devastating earthquake that not only destroyed buildings and killed thousands of people, but devastated Nepal’s entire tourism industry.

The earthquake, the Los Angeles Times.

IHS Global Insight estimates the cost of reconstruction at $4.00 to over 8,000, and the projected dead age and casualties is not yet known.

“People are charging $140 for what it comes from and what it looks like so people will be informed on what is out there,” said student Quintos Cerrillo.

“The exact number of deaths and injuries has been on a steady increase since the earthquake. The death toll figures changed from 2,000 to over 5,000; injured from 4,000 to over 8,000, and the projected dead from 5,000 to 10,000, according to an article from the Associated Press.

Some of the villages were 12 hours walking distance from the nearest source of help, according to AP.

India activated the necessary protocol to send their emergency response teams to Nepal within minutes about hearing of the disaster to assist Nepal.

Before the day was over doctors, search and rescue teams, supplies and equipment came from India and China, according to an article from National Public Radio (NPR).

According to the same article, released by NPR, the U.S. began to send supplies and emergency crews adding $9 million to the initial promise of $1 million.

Trained men flew out of California on Sunday, April 26, along with a few search dogs and arrived on Monday, April 27, ready to work.

The countries of Iran, Qatar and United Arab Emirate have joined Israel, the United Kingdom, Canada and Spain in the massive aid movement.

With every passing day fear has turned into anger as one village blockaded the road to the central warehouse, where medical supplies were being delivered. This particular village had no food or water, so they commandeered supply trucks. The last three trucks the villagers commandeered were military trucks containing armed soldiers, according to Jagran Post.

This led to a standoff between the villagers and the soldiers, according to Jagran Post.

In the capital of Nepal 200 people demonstrated in parliament, claiming that the government is not doing enough, and it is not doing it fast enough.

There are still villages that have not seen any relief, to the full extent of damage and casualties is not yet known.
Scholarship for students on academic probation

By ERIKA FLORES Staff Writer

Elena Jacobo, 27, and Ruben Suarez, 19, were both awarded a $500 scholarship towards their education from the Office of Advising and Academic Services. They received the Dianna Pelletier Resilience Scholarship for their academic achievements during Winter quarter 2015 on Tuesday, April 28.

Both students were on academic probation and, by working hard, they qualified for this opportunity.

“I applied because I saw the criteria, and I met them and thought, why not? I have nothing to lose,” Suarez said. For Jacobo, the motivation to apply came from her daughter.

“I had never applied for a scholarship because there were too many requirements, or I didn’t qualify. But for this scholarship, I saw it as an opportunity,” said Jacobo. These students, like many others, have had to overcome different life challenges that caused them to stumble academically.

Pelletier loved working with students here at CSUSB and when she died from cancer, her legacy continued through this scholarship that intends to reward students’ motivation and achievement who have been on academic probation.

One of the requirements needed to qualify is to have earned a minimum of a 3.2 grade point average for a specific quarter.

“My daughter, who was in third grade at that time, was going through some medical problems and I knew I had to help her, so she wouldn’t get behind in her class. That is when I started getting behind,” said Jacobo.

It was while she was trying to help her daughter with her education that she realized that she too needed help.

“As adults we sometimes forget to ask for help. There are many resources that we can use here and we take them for granted. I thought I could handle it myself but it wasn’t until my daughter said, ‘Mommy, you need help just ask’ that I realized that I too needed help,” said Jacobo.

Suarez describes his resiliency as a way to excel in his academics and a comeback from what had been a hard time in his life.

“When I finally snapped out of the funk I was in, I decided it was time to hit the books again and hit them hard. Taking the proper steps to get where I am today was tough and it isn’t over yet, but it’s a start,” Suarez stated in his application essay.

The scholarship recipients both had to learn life lessons that in the long run will benefit their academic careers.

The Dianna Pelletier Scholarship gives priority to students who work to pay for their education and do not receive financial aid.

“I’m glad I learned a life lesson from this and I’m ready for the years to come,” said Suarez.

Greek Life: A look inside

By CECILIA GUTIERREZ Staff Writer

As a sorority or fraternity member you reap many benefits. Membership benefits include leadership, involvement with school affairs, job opportunities, and networking skills.

Juan Herrera, a former brother of Sigma Chi, serves as an example of how these networking opportunities attained from fraternity membership help during the pursuit of job opportunities after graduating from college.

Herrera now works in CSUSB President Tomás Morales’ office (making a fair amount of money) and traveling on behalf of CSUSB.

What gave him the upper-hand? Being a part of a fraternity.

Many of us have seen movies that reflect the Greek Life, however, how many of us really know what these fraternities and sororities do?

CSUSB’s Greek Life encompasses more than what stereotypical movies portray.

Friendship, justice and learning are the three core values Sigma Chi looks for in potential members.

“We’re all about grades, we’re all about community service, and we’re all about our brotherhood,” said Connor Dickson, a freshman Sigma Chi fraternity member.

Dickson continued, “I think that a lot of people, even older adults, probably think that all we do is party.”

“I definitely think that movies like ‘Animal House’ and ‘Neighbors’ do not really help because that’s all they do in the movies,” added Dickson.

Indeed, stereotypes frequently portray a “party” up until dawn image towards sorority and fraternity members and some do fit that profile.

The leadership board of Sigma Chi, however, pushes their brothers away from the negative standards society has set.

Sigma Chi’s Public Relationships Chairman of Organization, Tyler Hicks, mentioned in a recent interview that there are seven standards he and his brothers live by.

These include being a man of good character, a student of favorability, living with ambitious purposes, a congenial disposition, good morals, having a high sense of honor and personal responsibility.

Not only is character necessary to be a member, but the expectation to participate is also vital.

Hicks couldn’t help but laugh when asked how much time he devotes to his fraternity.

“That’s an interesting question because the way I place myself in Sigma Chi and CSUSB is that I’m consistently giving back to the organization at all times,” said Hicks.

Hicks lives near and works on campus for the Associated Students Incorporated (ASI) office, which strengthens the bond with his brothers as well as his networking opportunities.

In this way he contributes to not only the organization but to the campus as a whole.

“But I mean when you’re having fun, it’s not really a time commitment. I’m doing it because I want to,” said Hicks.

Though the benefits of partaking in a fraternity or sorority sound helpful in the pursuit of experience and career, costs may hinder participation.

Expenses, specifically for the Sigma Chi fraternity, include a $300 quarterly fee, or a $900 annual fee.

“Do the costs really outweigh the benefits? That’s really up to you, the student, to decide,” Hicks continued.

If interested in pledging in a fraternity or sorority, Fall and Winter are the times to pledge.
PURPOSE REQUIRES PERSEVERANCE.

Have you considered looking beyond a Bachelor’s degree? Many in-demand careers require graduate degrees for entry and advancement. Earning a graduate degree is one of the surest ways to expand your opportunities and increase your earning potential.

Programs Offered:
- Athletic Training
- Kinesiology
- Public Health
- English
- Counseling Psychology
- Counseling Ministry
- Forensic Psychology
- Counseling Psychology
- Counseling Ministry
- Education
- Credential Programs
- Leadership and Adult Learning
- Leadership and Organizational Studies
- Higher Education Leadership
- and Student Development
- Leadership and Community Development
- MBA
- Music
- Nursing

Apply today with promo code “CSUSB1” to waive your application fee.
calbaptist.edu/CSUSB1

We Make Law School Practical, Affordable, and Within Your Reach.

RATED #1 LAW SCHOOL FOR STUDENT SATISFACTION™

THE MOST UNIQUE LAW SCHOOL IN THE U.S.
- Ready-to-Practice Curriculum
- Ranked No. 3 in Diversity (National Jurist)
- $25K Per Year Tuition Rate-Guaranteed
- Small Classes

UNIVERSITY OF LA VERNE
College of Law

320 East D Street / Ontario, CA 91764
Tel: (909) 460-2001 / Toll Free: (877) 858-4529
Visit: law.laverne.edu/thenumbers
“Sex workers” should not be stigmatized

By KASSANDRA GARCIA
Staff Writer

I believe that people who choose to pursue work in the sex industry should not be stigmatized for choosing to do so. The lack of respect hinders the ability to make a distinction between sex work and sex trafficking. It is important to understand that the term “sex worker” is not prostitution and covers sex work but also includes pornography, stripping, and escorts.

Regardless of the sex work, many people think that this line of work is immoral and that those who partake in the industry are setting themselves up for mistreatment. They try to justify these judgments by saying they are “all maniacs and oppressors,” said Tomcat, one of “Kink’s” documentary porn directors.

Some try to argue that this line of work isn’t a form of real work but rather just an easy way out because “everyone wants a Lexus and they don’t want to work for it,” said student John of “Kink.” Those who partake in the industry should not be classified as less than workers of other industries. There is no way that this line of work could be easy because it takes a mental toll on most due to criticism by society.

Take note that sex work and sex trafficking are not synonymous. Yet some people use sex work as a euphemism for sex trafficking. This helps invoke the stigma that sex work encourages and therefore promotes sex trafficking when there is a huge difference.

The difference is choice. Sex workers chose to be a part of this work.

“Everything is consensual. They are in control of the scene,” said Princess Donna, a porn director in “Kink.”

“People often think that sex workers are forced into the industry which is why they are viewed so poorly in society,” said student Melissa Contreras.

Sex worker motives vary widely and can include debt, survival, and empowerment or just as a way of earning a living. In the documentary “Kink” you see the directors promote a safe and caring work environment, which is one thing many people don’t get to see.

“If they aren’t comfortable with what we are shooting we change it to accommodate what they are comfortable with,” said Princess Donna.

Whether it is because of money or just the enjoyment behind it the actors talk about how it’s like any other job.

“There are days where you genuinely enjoy it and there are other days when you aren’t there for the money,” said Luke.

“The biggest misconception is that they think we are contributing to the downfall of people,” said “Kink” porn director Tomcat.

These negative connotations allow sex workers to be mistreated and criminalized in a society which may prevent them from seeking legal redress in instances where they actually are being mistreated.

We need to respect that these workers are entitled to do whatever they wish to do with their bodies so long as it doesn’t hurt others.

They are people looking to find a source of income that best suits their needs, which should be respected.

In my opinion societal pressures try to shame those in the industry.

Atheism not a religion

By DANIEL DeMARCO
Copy Editor

It’s disheartening to hear otherwise intelligent people say stupid things. It has come to my attention recently that a large community of people argue that atheism is a religion, even that it’s up for debate.

To my dismay, there are even non-believers who make this claim.

From what I’ve experienced, this claim is usually made with some slippery maneuvering of words and defining of concepts which seem to always be based on subjective interpretations, not actual definitions.

Oddly enough, these interpretations end up quite convenient for the individual asserting the argument.

For some it is as easy as presenting some comical analogies to show them how incorrect the claim is.

“Atheism is a religion like baldness is a hairstyle.”

“An atheist is a religion like abstinence is a sexual position.”

“An atheist is a religion like barefoot is a shoe style.”

“An atheist is a religion like off in a television channel.”

These are some of the various analogies to become popular on the Internet for this very argument, but some people remain unconvinced.

In an act of good faith (pun intended) I will share both the Merriam-Webster Dictionary and the Oxford English Dictionary definitions of the word and concept of religion.

According to Merriam-Webster, religion is “the belief in a god or in a group of gods,” “an organized system of beliefs, ceremonies, and rules used to worship a god or a group of gods,” or “an interest, a belief, or an activity that is very important to a person or group.”

The full definition breakdown follows:

1: “the state of a religious <a nun in her 20th year of religion>”

2: “worship of God or the supernatural, commitment or devotion to religious faith or observance of a personal set or institutionalized system of religious attitudes, beliefs, and practices”

3 archaic : conscientiousness.

4: a cause, principle, or system of beliefs held to with arduous faith”

According to the Oxford English Dictionary, religion is “1: belief in and worship of a superhuman controlling power, especially a personal God or gods”

1.1- A particular system of faith and worship

1.2- A pursuit or interest to which someone ascribes supreme importance.”

Based on these definitions provided by arguably the two most well respected dictionaries, there is but one instance where one could even attempt to construe an argument that atheism is a religion. This instance ends up failing due to semantics though.

Online trends influence trends

By BRITTANIE GUTIERREZ
Staff Writer

Online trends on social media regarding social issues and topics have become more about provoking shallow interests and attention rather than creating social awareness.

In my opinion, the misuse of social media in aimlessly popularizing trends can result in self-abuse, which leads to a lack of awareness.

“A lot of people do it for attention,” said student Laura Moreno.

People notice hashtags and use them more than to actually inform the trend is and do research thus becoming informed.

They begin to partake in public conversation regarding important issues.

Use it but do not abuse it; know what’s trending because it has more meaning than you think.

Online trends such as hashtags for instance the “Black Lives Matter” and “All Lives Matter” movement trend on social media regarding recent political brutality against African American males and other people of color.

Some people do not pay attention or are not aware of the recent deadly use of police or military usage; they just use Blacklivesmatter or Alllivesmatter to grab the talk and find included.

Recently, the “Kyle Jenner Lip Challenge” trend involved people placing a shot glass atop their lips and making a sucking motion to imitate lip injections and Kylie Jenner’s “natural lips.” They want to look like her,” said student Arthur Roman.

People are so focused on looks and becoming more obsessed with looking like celebrities that they forget that the actions have consequences.

Participants are physically left with bruises and scars and mentally young women and men are left with low self esteem issues believing they cannot achieve glamorized celebrity like “perfection.”

Creating and using trends on social media does have positive perceived traits,

trend online, people begin to wonder what the trend is and do research thus becoming informed.

They begin to partake in public conversation regarding important issues.

Use it but do not abuse it; know what’s trending because it has more meaning than you think.

Dictionary definitions:

According to Merriam-Webster, religion is “the belief in a god or in a group of gods,” “an organized system of beliefs, ceremonies, and rules used to worship a god or a group of gods,” or “an interest, a belief, or an activity that is very important to a person or group.”

The full definition breakdown follows:

1: “the state of a religious <a nun in her 20th year of religion>”

2: “worship of God or the supernatural, commitment or devotion to religious faith or observance of a personal set or institutionalized system of religious attitudes, beliefs, and practices”

3 archaic : conscientiousness.

4: a cause, principle, or system of beliefs held to with arduous faith”

According to the Oxford English Dictionary, religion is “1: belief in and worship of a superhuman controlling power, especially a personal God or gods”

1.1- A particular system of faith and worship

1.2- A pursuit or interest to which someone ascribes supreme importance.”

Based on these definitions provided by arguably the two most well respected dictionaries, there is but one instance where one could even attempt to construe an argument that atheism is a religion. This instance ends up failing due to semantics though.
RATES AS LOW AS $595

$100 REFERRAL BONUS
LOOK & LEASE SPECIAL
ALL UPFRONT FEES WAIVED
TOUR FOR 10
EVERY NEW TOUR GETS A $10 GIFT CARD

SIGN NOW FOR FALL 2015!

FLOOR PLANS AVAILABLE TO ACCOMMODATE 1-6 STUDENTS

LIVETHEGLEN.COM
909.713.3850 • TEXT “GLEN” TO 47464
LEASING OFFICE, 5250 UNIVERSITY PARKWAY,
SUITE D, SAN BERNARDINO CA 92407

AMENITIES
- Walking distance to campus
- Roommate Matching program
- Multi-media lounge with 4K TV’s
- Modern Fitness Center with Fitness on Demand virtual training
- Resort Style Pool and Spa
- 24-hour study rooms with interactive presentation boards
- Private bathrooms and walk-in closets available in each unit
- Spacious balconies
- All-inclusive utilities
- Upgraded cable package and high-speed Internet included in each unit.

LUXURY STUDENT LIVING ACROSS THE STREET FROM CSUSB
Spring break: La Havana

By JESY AMARO
Staff Writer

Cuba is a cultural delight of-fer to foreigners visiting the country.
La Havana and Varadero are two well-known cities for their rich Cuban culture, historical ruins standing tall today, and friendly people at every corner ready to share with you a bit of their beloved Cuba.

La Havana, Cuba used to be an impenetrable jungle that kept the island safe from pirate invasions around the year of 1492, according to Milaka Pavich (Tour Guide).

My family and I visited Cuba for two weeks in April; it was a rewarding Spring getaway to take part in and learn Cuban customs.

Today, it is common to live in a sixteenth century Spanish colonial home in Cuba and drive around in a car from the 1950s.

We ate well. The food is similar to Mexican cuisine, but without the extra sauces.

I don’t recall the names, but I had grilled plantain and a white rice, black bean delicacy.

In Cuba, the locals speak Spanish, utilizing many nonverbal gestures while speaking—mostly hands.

For example, after taking a picture with them, they pointed to an eye as they made eye contact with me, asking to see the picture.

The gesture was repeated about four times quickly, serving as an unin-tentional distraction since I had a tough waiting for change in our system and with the U.S. as a need, but more as a want,” said Karina Garcia.

Her husband Anthony had a different view and said, “I believe we have been waiting for change in our system and with the U.S. involved that change will come sooner than anticipated.”

Many Cubans agreed upon the same subject about “change”, especially the youth who are eager to venture out of Cuba and experience a more liberating lifestyle with more opportunities available.

It is key to have an open mind and be accepting to new ideas when exploring a new environment ready to take action. Cuba is the place for that new change to occur.

La Havana, Cuba was once a dense, virtually impenetrable jungle, providing natural protection from savy pirates.

Announcement of the restoration of the ties with the United States.

“Yes, Cuba is a hard working country and we have come so far on our own that we don’t see much of ties being restored with the U.S. as a need, but more as a want,” said Karina Garcia.

Her husband Anthony had a different view and said, “I believe we have been waiting for change in our system and with the U.S. involved that change will come sooner than anticipated.”

Many Cubans agreed upon the same subject about “change”, especially the youth who are eager to venture out of Cuba and experience a more liberating lifestyle with more opportunities available.

It is key to have an open mind and be accepting to new ideas when exploring a new environment ready to take action. Cuba is the place for that new change to occur.

La Havana, Cuba was once a dense, virtually impenetrable jungle, providing natural protection from savy pirates.

Announcement of the restoration of the ties with the United States.

“Yes, Cuba is a hard working country and we have come so far on our own that we don’t see much of ties being restored with the U.S. as a need, but more as a want,” said Karina Garcia.

Her husband Anthony had a different view and said, “I believe we have been waiting for change in our system and with the U.S. involved that change will come sooner than anticipated.”

Many Cubans agreed upon the same subject about “change”, especially the youth who are eager to venture out of Cuba and experience a more liberating lifestyle with more opportunities available.

It is key to have an open mind and be accepting to new ideas when exploring a new environment ready to take action. Cuba is the place for that new change to occur.

La Havana, Cuba was once a dense, virtually impenetrable jungle, providing natural protection from savy pirates.

Announcement of the restoration of the ties with the United States.

“Yes, Cuba is a hard working country and we have come so far on our own that we don’t see much of ties being restored with the U.S. as a need, but more as a want,” said Karina Garcia.

Her husband Anthony had a different view and said, “I believe we have been waiting for change in our system and with the U.S. involved that change will come sooner than anticipated.”

Many Cubans agreed upon the same subject about “change”, especially the youth who are eager to venture out of Cuba and experience a more liberating lifestyle with more opportunities available.

It is key to have an open mind and be accepting to new ideas when exploring a new environment ready to take action. Cuba is the place for that new change to occur.

La Havana, Cuba was once a dense, virtually impenetrable jungle, providing natural protection from savy pirates.

Announcement of the restoration of the ties with the United States.

“Yes, Cuba is a hard working country and we have come so far on our own that we don’t see much of ties being restored with the U.S. as a need, but more as a want,” said Karina Garcia.

Her husband Anthony had a different view and said, “I believe we have been waiting for change in our system and with the U.S. involved that change will come sooner than anticipated.”

Many Cubans agreed upon the same subject about “change”, especially the youth who are eager to venture out of Cuba and experience a more liberating lifestyle with more opportunities available.

It is key to have an open mind and be accepting to new ideas when exploring a new environment ready to take action. Cuba is the place for that new change to occur.
The California drought has limited avocado production, but with the drought intensifying to historical levels, production is expected to drop considerably in the next thirty years. The shortage may in
and is expected to drop even lower.
280L) of water is needed in the state.
us take a look at ourselves and really think about the types
girls we are,” said student Tiffany Shubin.
Everyone is obsessed with their own life. We are nar-
cissistic and neglectful of others feelings and situations,”
said Delgadillo.
“The movie shows us that and creates a sense of com-

mean, the movie is still very relevant.
11 years later, she still doesn’t go here

The classic lines “you can’t sit with us”, “on Wednes-
days we wear pink” and “so fetch” have become a part of
American culture, especially among teen girls.

The movie, which was loosely based on the book
“Queen Bees and Wannabes”, showcases the “new girl”
Cady, who falls in with the popular girls known as “The
Plastics.”

She must learn to play the game of being a teenage
girl if she is to survive her first year at a public high school.

“Mean Girls is a movie where the majority of ado-
lescent categories are presented in the social dynamics
of public high school in the United States, this makes for a
relatable entertainment,” said student Stella Delgadillo.
The movie’s lasting power can be greatly attributed to
the social dynamics Delgadillo references, and has even
been a topic of sociological discussion.

The greatest, most immediate cause of
the avocado shortage is the drought in Califor-
ia, and scientists say climate change could
drought for the impending shortage.

In accordance with the increasing
popularity of the green berry—yes, it is a
fruit—the consumption rate in the United
States is also increasing.

“More than 80 percent of the avoca-
dos grown in the U.S. come from Califor-
nia,” according to slate.com, a daily online
magazine.

In order to produce one pound (about 454g) of avocados, 74 gallons (about 280L) of water is needed in the state.

However, because of the economic
problems and climate change, the total out-
put of avocados in California is decreasing
and is expected to drop even lower.

The greatest, most immediate cause of
the avocado shortage is the drought in the
state.

“Avocados are already in short supply
because of an ongoing drought in Califor-
ia, and scientists say climate change could
greatly reduce avocado production in the
future,” according to Cornell Barnard of
KSDK News Channel 5.

Americans import approximately 20
percent of their avocados from Mexico,
however, it may be difficult to receive more
because of the cartel drug violence at
the border, according to Adam Sternbergh
of slate.com.

Many Coyotes, who are privy to
the avocado’s health benefits as a super food,
facial mask, and diet, blame the California
drought for the impending shortage.

“The avocado shortage could affect me personally because the demand will increase, which in turn will increase the
cost,” said student Gina Fields.
The avocado is expected to increase in
price by 28 percent, according to a study
performed at the University of Arizona.

In the next three decades, avocado pro-
duction may decrease by 40 percent due to
climate change, according to scientists at
Lawrence Livermore National Laboratory.

“Yes, I believe the drought in Califor-
nia will play a part. With new regulation in
effect to try and preserve water, I believe
the farmers will do their part to help Cali-
fornia,” added Fields.

“Despite the shortage of avocados, lots
of people still want to buy it. Of course
me, I would like to eat the avocado, but the price of it soars as time goes by. Therefore, it’s hard to buy as much as I bought be-
fore,” said student Myunghoon Lee.

However, he doesn’t think the cur-
rent shortage of avocado will affect future
crops.

“The lack of avocado can affect the
method that cultivates it. However, it poss-
es a problem of how to decide for future
crops. Still, many people favor to purchase
avocados and it is uncertain that buyers de-
mand the future crops as much as avoca-
dos,” said Lee.

Ten percent of California’s total water
supply each year is used for almonds, ac-
cording to slate.com.

“But almonds are also the state’s most
 lucrative exported agricultural product,
with California producing 80 percent of the
world’s supply . . . .Alfalfa hay [uses] about
15 percent of the state’s supply,” according
to slate.com.

Approximately 70 percent of the al-
falfa grown is used in dairies to feed live-
stock, and the remaining portion is export-
ed to Asian countries, according to slate.
.com.

Many Coyotes hope to soon consume
avocado without the worry of it disappear-
ing in the future. How are you going to
handle your avocado cravings from now on?
“A new world hangs outside the window, beautiful and strange it must be falling away.”
- Sound & Color

“Some want to see those who’ve gone above.”
- Future People

“It’s been so hard for a girl like me, it’s true, people say I look just like my daddy, cause I do.”
- Guess Who

By MARVIN GARCIA  
Staff Writer

Alabama Shakes music scene

Lay back and let go of your thoughts and worries as you drift away with Alabama Shakes’s second album “Sound & Color.” The album features 12 original songs in a genre-mix attempt to captivate audiences. The sound of music starts anew with this coming-of-age band. Alabama Shakes is composed of lead singer/guitarist/songwriter Brittany Howard, along with second guitarist Heath Fogg, bassist Zac Cockrell, and drummer Steve Johnson, all coming from the city of Athens, Alabama, and sharing their affinity for music.

With “Sound & Color,” the group was able to further experiment and elaborate from their debut record “Boys & Girls” without feeling the pressure of their big breakthrough or the struggle to come up with new material. They claim it was all about exploring everything they found intriguing, play with sound composition and genre-bending, and the opportunity to reflect on how to put together previous music pieces that were not featured in the first record as they had intended. All tracks offer originality and something relative to listeners, which is solid proof in their mid-stream single, “Don’t Want To Fight.”

What makes this song quite catchy is found in the chorus, which is simple and direct. “It was a chill song that I can listen to when I want to relax,” said student Vanessa Lopez after listening to the single. “I was not completely shut off to not listen [to] the rest of the song.”

The one song that really snatched my senses was “Future People,” where it really split me in two. The lyrics may be a bit sad since it references our desire to see those who are long gone and how they watch over us, but the music just blends too well to mind it at all.

Each track is quite dynamic in composition, but regardless of the short lyrics, the message is delivered nonetheless. “They have a folk style that reminded me of adventure,” said devoted fan Lindsay Cherek. She also shared how one of the other songs made her think about connections with people and those in her life.

The beats, sounds, and Howard’s singing renders a twist with every track you listen to, like a sudden change in persona. “She (Howard) has smoothness in her voice, and an older feel to it,” said student and fan Kimberly Rodriguez.

The beats, sounds, and Howard’s singing renders a twist with every track you listen to, like a sudden change in persona. “She (Howard) has smoothness in her voice, and an older feel to it,” said student and fan Kimberly Rodriguez.

They have a folk style that reminded me of adventure,” said devoted fan Lindsay Cherek. She also shared how one of the other songs made her think about connections with people and those in her life.

She also shared how one of the other songs made her think about connections with people and those in her life.

The beats, sounds, and Howard’s singing renders a twist with every track you listen to, like a sudden change in persona. “She (Howard) has smoothness in her voice, and an older feel to it,” said student and fan Kimberly Rodriguez.

They have a folk style that reminded me of adventure,” said devoted fan Lindsay Cherek. She also shared how one of the other songs made her think about connections with people and those in her life.

Alabama Shakes’s “Sound & Color” and “Boys & Girls” are available now in stores and digital download through iTunes.
Pin a rose on your nose, “Full House” is back

By RACHEL MOLINA
Staff Writer

Fans of the television family sitcom, “Full House,” get ready, the Tanners are coming back but this time with a gender reversal.

It was confirmed on April 21 by John Stamos (Uncle Jesse) that a revival of the show called, “Fuller House” was ordered by Netflix for a 13-episode season.

“We’ve been working on this for many, many years,” said Stamos on Jimmy Kimmel Live.

He also confirmed that he will be producing along with the show’s original producers and making guest appearances.

“Full House” originally aired from 1987-1995 as a comedy series about three men raising three young girls in San Francisco.

The show was known to cover topics that appealed to a young teenage-demo-graphic and at the end of each show always taught us a valuable lesson.

“Fuller House” will revolve around eldest sister, D.J. Tanner (Candace Cameron-Bure), her younger sister Stephanie Tanner (Jodie Sweetin) and her lifelong best friend Kimmy Gibbler (Andrea Barber).

This time it is D.J. Tanner-Fuller who is recently widowed with two children and one on the way.

Still set in San Francisco, D.J., who is now a veterinarian must adapt to raising her rebellious 12-year-old son, J.D., and neurotic 7-year-old son, Max.

Stephanie is an aspiring musician and Kimmy is a single mother to daughter Rebecca, whose traits are similar to those of a younger Gibbler.

When the girls learn that D.J. lost her husband, they join together and move in with her to help raise the boys while preparing for the birth of her new baby.

Netflix has confirmed that they are in the works to get Bob Saget (Danny Tanner), Dave Coulier (Joey Gladstone), Lori Loughlin (Aunt Becky), and Mary-Kate and Ashley Olsen (Michelle Tanner) to make guest appearances.

Cindy Holland, vice president of original content for Netflix, made a statement about her anticipation for the show.

“As big fans of the original ‘Full House,’ we are thrilled to be able to introduce Fuller House’s new narrative to existing fans worldwide, who grew up with the original, as well as a new generation of global viewers that have grown up with the Tanners in syndication,” said Holland.

I, myself, am excited for this revival after growing up with “Full House” and am hopeful that it will be successful.

“I am glad to hear it wasn’t Steve (D.J.’s high school sweetheart) who died. I am hopeful to see him return,” said student Megan Rosebury.

While there were some students who were excited about this revival, there were some that were indifferent.

“I honestly feel like they waited too long, but I definitely would watch all 13 episodes to see how the show is,” said student Jenny Basye.

“I don’t think it is going to be as good as ‘Full House’ because I don’t think anything is as good as the original,” said student Cynthia Kelley.

I guess we will have to wait and see.

“Fuller House” will be making its debut on Netflix in 2016.
Music aficionados grab a cup of joe
Augie’s Coffee House captures talents at Open Mic night

By JOSE ALVAREZ
Staff Writer

Augie’s Coffee House, located on 5th Street in Redlands, provides a warm family atmosphere with music, coffee, friends and events.

There are many events at Augie’s throughout the year, such as “Art in the Alleyway”, which according to the manager, Blair Smith, happens quarterly. This is where they set up paintings and other forms of art in the alleyway next to the coffee shop.

I originally went to Augie’s for “Jazz Night”, but I was disappointed when I found out that they no longer host it. In its place is another event called “Open Mic.” “Open Mic” is a small event that takes place once a week, every Tuesday, at around 6:30 p.m.

It is in the same small alleyway where everything is set up. Equipment Manager Shalit Edu sets up speakers, microphones and a guitar to a mixing board before the show begins.

Edu is a sophomore student at Riverside Community College and can play several instruments. He also kicked off the “Open Mic” night with some of his original songs.

The event had a slow start but after 15 minutes people began to show up. Edu’s performance had a mellow sound to it, which he described as his own twist on Jazz.

The unique sound surprised the audience, especially when he performed elaborate riffs on the guitar.

Although it was a small stage and crowd, that didn’t seem to affect any of the event participants since they all seemed more focused and concentrated on their craft.

“I love playing for people even if it’s just a small crowd,” said Edu.

The coffee house puts out a good vibe and all the people seemed welcoming.

“It’s a good job. It’s fun and it’s satisfying and there is a lot of good people up here,” said the barista, Steven Delben.

Delben also mentioned that he feels happy to connect with the regulars at Augie’s, and if he worked at a big coffee shop chain.

He later added, “It is much busier than four years ago. The business picked up when we started slow roasting the coffee.”

“I want to support the small businesses around town,” said Emma Martinez.

People of all ages hang out both inside and outside the coffee house.

I talked to teens and adults that both say it is a good place to spend some time. Everyone was open to conversation and willing to talk to anyone else.

It is a special atmosphere that reminds you of a homey environment.

The shop had merchandise such as shirts and mugs all around telling people to drink local coffee.

Considering how delicious the coffee tasted, I would recommend it to any coffee lover out there.

If you want to enjoy an authentic cup of coffee with positive vibes, then visit Augie’s, which is open from 6 - 9 p.m. Monday through Saturday.

“The Age of Adaline”:
Blake Lively stays youthful for eight decades

By TIFFANY MOYES
Staff Writer

Blake Lively returns to the big screen in the film “Age of Adaline.”

Lively plays a woman named Adaline who is incapable of aging after a horrific accident.

Adaline lives in fear of people knowing her secret and is constantly having to move to different cities until she meets a young man named Ellis (Michiel Huisman).

The chemistry between these characters can seem forced in the beginning of the film, but throughout the movie it grows to be much stronger.

The growth Lively has had as a performer proves that she will be a force to be reckoned with in the future and will continue to grow as an actress.

This romantic film is something that we haven’t quite seen before in the sense that it incorporates science fiction elements.

Director Lee Toland Krieger brings viewers back to the proper mindset and reminds us that this is a romantic film.

He showcases the connection and true love that forms between Lively and Huisman.

The cinematography and vision of Krieger gives the film a more vintage feel, as Krieger wants you to actually feel as old as Adaline and allows the audience to experience the aging process and emotion that Adaline goes through.

The flashbacks throughout the film help support the feel of the film even more, with warm colors in flashbacks and darker colors in present-day scenes.

While Lively is the protagonist of the film, legend and film icon Harrison Ford headlines the cast too.

“Age of Adaline” displays the incredible performance of Lively and her separation from her past roles in pieces such as “The Sisterhood of the Traveling Pants,” “New York, I Love You” and “Gossip Girl.”

“I used to love watching [her] in ‘Gossip Girl,’ so finally getting to see her in a new film after having her baby made me so excited,” said student Tanya Villanueva.

Despite the lackluster performance of the rest of the cast, Lively and Ford carry the film and remind the audience why they are on top.

The future for this film doesn’t seem very high after being unable to take the top spot for the weekend, losing to “Furious 7” and going up against the highly anticipated “Avengers: Age of Ultron” its second week.

Most of the money this film will make will be from all those men making it up to their significant others for taking them to see the “Avengers: Age of Ultron.”

“Yup, I’m definitely going to take my girl to see that one, especially since she’s coming with me to see the Avengers, that was our deal, so I’m hoping it’s good,” said student Caleb Reeves.

“Age of Adaline” is a good film to see, and worth it if you are trying to get away from the big summer blockbusters.
Dreamt is the only word that ends in a-m-t.

With 1,025,108 other words in the English language, what are the odds? One in 1,025,109, actually. Learn even more earning a master's degree at National University. Online. On Campus. Non-profit.

Don't think you have time to learn something new? You just did.

San Bernardino Campus
804 East Brier Drive
(909) 806-3300

Keep learning at advance.nu.edu

A NEW OPPORTUNITY AWAITS YOU @
PACIFIC McGEORGE SCHOOL OF LAW

JD certificates in Advocacy, Government and Public Policy and International Legal Studies
JD concentrations in Business, Criminal Justice, Environmental Law, Intellectual Property, and Tax Law
Areas of excellence in Health and Water Resources
Nine Innovative clinics, including Criminal Appellate Advocacy, Elder and Health Law, Federal Defender, Immigration Law, Legislative and Public Policy, and Prisoner Civil Rights

Kristian Corby, '13

Apply today. 916.739.7105 | mcgeorge.edu
Sacramento, California

UNIVERSITY OF THE PACIFIC
McGeorge School of Law

$46 per Unit!
Summer Open Registration Starts May 1st
Classes start May 25th

You don't need to be a math genius to see that $46 a unit is one heckuva lot less than what you're paying at your university right now! Take advantage of low community college tuition this summer to get your core requirements out of the way. Save money you can put to good use on lots of other things, like textbooks, student loans and having a life!

San Bernardino Valley College has plenty of professors with advanced degrees. And at community college, our mission is all about teaching.

You'll also find that many of our 100- and 200-level courses have lower class sizes than the classes at many 4-year schools! You can actually get some individual attention from your professor, if you want it.

Plus, our campus is gorgeous. New, modern buildings with up-to-date labs. Acres of green space. Friendly people.

You can choose from many courses that are fully transferrable for your BA or BS degree.

Don't delay; act now!

San Bernardino
Valley College
www.valleycollege.edu
Bodily shaming is big business; about 45 million Americans are gym members according to realbuzz.com. Statista.com stated in 2015, gym revenue was more than $21.8 billion in the United States.

“It’s when you abuse your body because you're ashamed of it,” said sophomore Crystal Torres when asked what she thinks about body shaming. “Body shaming is criticizing yourself or others because of some aspect of physical appearance,” according to Waldenbehavioralcare.com.

While we face negative body image we find comfort in criticizing ourselves. “It has become the norm to criticize aspects of our bodies as some type of bonding experience with friends,” according to waldenbehavioralcare.com.

No one is immune to this phenomenon because shaming can be applied to any body type, whether people are “too skinny” or “morbidly obese.”

“I got 99 problems but my curves ain’t one,” were one of many quotes written on the gym mirrors showing appreciation of their bodies.

In an interview with Ellen DeGeneres, body shaming is a national problem that has motivated thousands of men and women to begin the “No Body Shame Campaign,” which recognizes body guilt.

Celebrities also face these self-esteem damaging issues, as stars like Kelly Clarkson, Rob Kardashian and Pink have all been criticized for their weight. Some celebrities responded through Instagram and Twitter with comments saying their body’s don’t define them and they won’t conform to the media’s standards.

The Student Recreation and Fitness Center (Rec Center) took initiative and planned a week of activities to help students stop body shaming themselves and others.

This week included sticky notes on walls, where people write what they love most about themselves, stations where you build your own pins with motivational quotes to live by and a wheel with prizes.

“One of the main reasons for this week was to bring attention to body shaming and how people perceive others,” said senior German Ruiz.

International Week is also an opportunity for students...can be successful,” according to aaup.org.

Students and institutions have certain responsibilities when it comes to education.

Even though I personally don’t, I believe students have an obligation to fulfill their academic responsibilities, colleges and universities also have a responsibility to ensure that all students...can be successful,” according to aaup.org.

Students and institutions have certain responsibilities when it comes to education.

“We need to stop being our own worst critics, remember our worth and our happy, all while setting the example for our kids,” said Clarkson in an interview with Ellen DeGeneres according to Huffington Post.

For students who would like some help fighting negative perceptions of themselves, CSUSB offers programs and help for maintaining a healthy lifestyle.

The Rec Center took initiative and planned a week of activities to help students stop body shaming themselves and others.

The Rec Center’s slogan “where every shape fits” shows how the Rec Center is accepting of many body types.

Outdoor program offers unique student getaways

The CSUSB website, with a campus of 18,952 students, only 1,500 live on campus.

About 80 percent of students commute to get to campus, meaning they arrive to school and drive home.

“After class, I like to go home because I work full time and have a long drive,” said senior Erin Miramontes.

Of the 19.7 million college students in the United States, 71 percent have jobs other than being students, according to the United States Census.

“Although students who work have an obligation to fulfill their academic responsibilities, colleges and universities also have a responsibility to ensure that all students...can be successful,” according to aaup.org.

Students and institutions have certain responsibilities when it comes to education.

Even though I personally don’t, I believe students have an obligation to fulfill their academic responsibilities, colleges and universities also have a responsibility to ensure that all students...can be successful,” according to aaup.org.

Students and institutions have certain responsibilities when it comes to education.

“We need to stop being our own worst critics, remember our worth and our happy, all while setting the example for our kids,” said Clarkson in an interview with Ellen DeGeneres according to Huffington Post.

For students who would like some help fighting negative perceptions of themselves, CSUSB offers programs and help for maintaining a healthy lifestyle.

The Rec Center took initiative and planned a week of activities to help students stop body shaming themselves and others.

This week included sticky notes on walls, where people write what they love most about themselves, stations where you build your own pins with motivational quotes to live by and a wheel with prizes.

“I got 99 problems but my curves ain’t one,” were one of many quotes written on the gym mirrors showing appreciation for your body no matter what size.

In addition to the week of festivities celebrating all body types, scales were removed from the Rec Center showing that numbers don’t represent your best assets.

The Rec Center’s slogan "where every shape fits" shows how the Rec Center is accepting of many body types.

Students should take advantage of the activities and programs offered by CSUSB.

One of these services is the Outdoor program offered by Recreational Sports.

The program offers day hiking, overnight camping, taking trips to national parks, backpacking in the wilderness, and snowboarding.

Activities also include taking trips, surfing, kayaking, river trips, group outings, educational programs and team building activities.

“CSUSB Outdoors mission is to provide the community with a diverse range of outdoor recreational and educational opportunities,” according to the Recreational Sports website.

The program aims to teach students certain skills while having a good time. Participants learn safety, appreciation, and understanding of the outdoors and other skills that will help them long after their time at CSUSB.

Other skills students learn are personal growth, leadership development, teamwork and healthy communication skills as well as how to form new relationships with other students.

Although students would benefit from the activities, most trips are only at about 80 percent capacity, according to Mark Oswood, director of the Outdoors program.

Activities offered by the program are open to students, staff, alumni, faculty, and affiliates.

“I would really like to get out because I am always in a classroom. The events sound fun,” said senior Chelsea Galvez.

In addition to the week of festivities celebrating all body types, scales were removed from the Rec Center showing that numbers don’t represent your best assets.

The Rec Center’s slogan “where every shape fits” shows how the Rec Center is accepting of many body types.

Students and institutions have certain responsibilities when it comes to education.

Even though I personally don’t, I believe students have an obligation to fulfill their academic responsibilities, colleges and universities also have a responsibility to ensure that all students...can be successful,” according to aaup.org.

Students and institutions have certain responsibilities when it comes to education.

“We need to stop being our own worst critics, remember our worth and our happy, all while setting the example for our kids,” said Clarkson in an interview with Ellen DeGeneres according to Huffington Post.

For students who would like some help fighting negative perceptions of themselves, CSUSB offers programs and help for maintaining a healthy lifestyle.

The Rec Center took initiative and planned a week of activities to help students stop body shaming themselves and others.

This week included sticky notes on walls, where people write what they love most about themselves, stations where you build your own pins with motivational quotes to live by and a wheel with prizes.

“I got 99 problems but my curves ain’t one,” were one of many quotes written on the gym mirrors showing appreciation for your body no matter what size.

In addition to the week of festivities celebrating all body types, scales were removed from the Rec Center showing that numbers don’t represent your best assets.

The Rec Center’s slogan "where every shape fits" shows how the Rec Center is accepting of many body types.
Summer Session: June 8 – July 30
Registration Begins May 4
All Classes Are Only $46/Unit

Summer Success!
Register Now for Summer Session 2015!

Priority Registration for Summer Session 2015 is NOW OPEN. Register today and take advantage of all these great benefits:

Financial Aid – Additional financial aid will be available to qualifying students.
Access to High-Demand Courses – Offering the courses students need to get ahead or to stay on track for graduation.
Savings on Tuition – Same great classes at a lower price when taking 4 or 8 units.
Timely Graduation – By taking advantage of summer session, students will move faster toward their graduation goals.

For more information: Visit www.summer.csusb.edu
E-mail summer@csusb.edu Call (909) 537-3978

Advertise with us!
Contact us for special offers!
Isand@csusb.edu (909) 537-5815
The Coyotes’ softball season has officially ended and with it comes the ending of a CSUSB softball career for four players. Victoria Lievanos, Mary Menicucci, Nicole Nobbe, and Alyssa Ramos are the four seniors leaving the Coyotes softball program.

Lievanos joined the Coyotes as a freshman in 2012 after lettering in softball for two years at El Toro High School. “It made my college experience 10 times better as you meet so many people and make so many fun memories,” said Lievanos. She hit five doubles as a sophomore, tying for fourth on the team. She batted in 12 runs and was second in sacrifice bunts with six. “The bus rides are a blast and I have so many fun memories with the girls just laughing and having a good time,” said Lievanos when asked about her favorite Coyote softball memory.

During her junior year she crushed seven home runs, 10 doubles, and drove in 35 runs. She was also one of five Coyotes to have a batting average of .300. “It’s the little things that will make me miss playing the most,” Lievanos stated.

Menicucci joined the team as a junior in 2014. “I would like to coach at any level to show and express my love for the game,” Menicucci said, as well as playing slow pitch softball. She hit .294 and drove in 22 runs with six doubles, one triple, and two home runs. “Being a Coyote was a great experience that I had for two years. We always had fun on the road trips, being goofy and making fun of each other,” she stated.

Menicucci batted .250 with six doubles, two home runs, and 24 runs batted in, as a senior. When asked about her favorite memory Menicucci stated, “I think the last weekend playing as a Coyote because all the girls were emotional and very expressive on how they felt about the game and all the seniors. We felt like a family.”

Nobbe joined the team in 2014, after playing at Cypress College her freshman and sophomore years. Her first year on the Coyote softball team was a successful one since she earned National Fastpitch Coaches Association (NFCA) All-American, Daktronois First-Team All-West Region, NFCA West Region honors along with First-Team All-CCAA (California Collegiate Athletic Association). “I plan on playing pro softball for a team in Japan. Shortly after my career, I would like to coach at the college level,” said Nobbe when asked what her future softball plans involved.

Nobbe had a batting average of .500, making her the second player in CCAA history to do so. Her batting average ranked her fourth in the National Collegiate Athletic Association (NCAA). Regarding her plans after graduation, Nobbe stated, “I plan to pay off my loans as soon as possible.”

Her senior season continued to showcase her talent as she batted .460 with 24 doubles, 14 home runs, and 35 runs batted in. “My favorite moment would be senior day, with the most fans we’ve ever had at a game. All our families, friends, and food,” she stated.

Alyssa Ramos joined the team in 2012 as a freshman, boasting two all-league selections while attending Ontario Christian High School. “Playing for the Coyotes was one of the best experiences of my life, especially the past year. I have met some of my best friends playing softball,” stated Ramos.

During her 2015 season she had a batting average of .299, hit 14 doubles, one home run, and drove in 18 runs. Ramos’ favorite memory of being on the team was after she hit her first collegiate home run. She stated that, “the best part was rounding third and seeing all of the smiles on the girls faces and feeling them banging on my helmet.”

The Coyotes finished the season with a record of 28-24.

By LAUREN JENNINGS
Staff Writer

Softball says goodbye to seniors
Mary Menicucci, Alyssa Ramos, Victoria Lievanos and Nicole Nobbe all say goodbye as they finish their senior year

Photos courtesy of Mary Menicucci
Photos courtesy of Alyssa Ramos and Victoria Lievanos

Seniors (left to right) Mary Menicucci, Alyssa Ramos, Victoria Lievanos, and Nicole Nobbe (right) are all finishing their last season here at CSUSB although they all have left a mark for the Coyotes and the school.