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THE INDEPENDENT STUDENT VOICE OF CALIFORNIA STATE UNIVERSITY, SAN BERNARDINO SINCE 1965 Coyote Chronicle MONDAY, MAY 11, 2015 **COYOTECHRONICLE.NET**

One thing they can

Firefighters and police are leaving San Bernardino



Ten percent of firefighters in San Bernardino left the city to find jobs elsewhere, according to The San Bernardino Sun.

Besides he fire department, the San Bernardino Police Department (SBPD) has also taken a hit in the last few years. Approximately 50 officers leaving the department between 2013 and 2014. This increased the turnover rate to six percent, according to The San Bernardino Sun.

The number of police officers leaving the SBPD since San Bernardino declared bankruptcy has nearly doubled, according to The San Bernardino Sun.

The San Bernardino Sun also reported that the city proposed \$84 million in spending and about \$7 million in budget cuts for police and fire departments in 2014.

Firefighters have said that the fire department has gone from a dream department to a stepping stone before they move on to another job, according to The San Bernardino Sun.

According to Jarrod Burguan who is the SBPD police chief, officers are leaving to find jobs elsewhere.

The San Bernardino City Council is scheduled to look at a contract from The California Department of Forestry and Fire Protection (CAL FIRE), San Bernardino County Fire and private fire agencies, according to ABC7 Eyewitness News.

This proposed contract could help assist the San Bernardino City Fire Department to obtain employees to fill the posi-

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Career Center employees working at the dress closet.

CSUSB Career Center expands services

By RANDALL HIGGINS

Staff Writer

The CSUSB Career Center has implemented new times and expanded their services to better meet the needs of campus

The Career Center's office is located on the third floor of University Hall, in room 329. The Career Center staff members will answer questions, make appointments or set up walk-in appointments.

The office hours are new and extended. The office is now open Monday through Thursday, 8 a.m. to 7 p.m. and Friday 8 a.m. to 5 p.m.

Walk-in hours were previously from 1-4 p.m., and are now 10 a.m. to 4 p.m.

Along with more hours, the Career Center has expanded their services to include a clothes closet for students.

The office manager, Olivia Nanez-Salazar, spoke about having a dream for the Career Center.

Nanez-Salazar had always wanted to add a clothing closet to the Career Center, and with the support of the interim director, Christina Rodriguez, her dream came

Two fellow workers, Fallon Pitts and Amy Branham, also asked to be a part of this concept and are now a part of helping students dress for success.

A clothes closet is where one can get gently used business attire, at no charge, for the use of meeting and applying for

According to Nanez-Salazar, the first impression is a very important part of the job process.

The clothes closet is open just in time for the Spring Career Expo on Tuesday, May 12 at the Santos Manuel Student Union Events Center.

The minimum dress code will be in effect and is business casual, so if you need to upgrade your wardrobe for a job interview, stop by the Career Center.

CCBriefs:

By JORGE CAMPOS Staff Writer

Woman finds bag of cocaine inside granola bar

Cynthia Rodriguez reported that a bag of cocaine fell from the wrapper of a Nature Valley granola bar she purchased

Rodriguez stated that she originally thought she won a prize. She called Nature Valley and a company representative told her to report the incident to her local police department, according to WBIR.com.

Police officer sues Starbucks after his free coffee spilled on him

Matthew Kohr, a North Carolina police officer who received a free cup of coffee while in uniform, is now suing Starbucks, claiming he burned himself after the hot coffee spilled on him.

The officer is seeking \$750,000 from the multi-billion dollar coffee giant to cover the cost of medical fees and damages, according to ABC News.

Teacher puts autistic student upside down in trash can

A special education teacher was charged with cruelty to children after putting an autistic student inside a trash can and compared him to Oscar the Grouch.

Marrieta Pursley told the student about his trashy behavior and told him "If he has trashy behavior like Oscar, he'd go in the trash can."

An unnamed employee immediately stepped in and confronted Pursley and notified administration and the police.

Bank robbery posted on Instagram

Dominyk Alfonseca, who is accused of robbing the TowneBank at Virginia Beach Town Center, posted a picture of the note he handed to the teller on his Instagram account along with a video of the teller "piling up the money for him," according to KSDK.com

"For real, I didn't even do it for money, you understand? I didn't do for that money. I knew my pic would get exposure," stated Alfonseca.

Pentagon credit card used for gambling and hookers

An audit of the Government Travel Charge of Transactions from the Department of Defense revealed that a significant number of Pentagon employees were charging their extracurricular activities involving escort services in Las Vegas and Atlantic City, according to Chicago Sun Times.

Pentagon employees may have used the government cards for gambling and escort services in order to shield the charges from spouses.



Cali should prepare for quakes, pg. 5



Asian heritage extravaganza, pg. 8



Arts & Music Festival returns, pg. 13



Shape up for summer, *pg. 14*

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Due to budget cuts, San Bernardino city firefighters and police are leaving the city to find work in other cities and counties.

San Bernardino can't keep firefighters

Continued from Pg. 1

tions that have been left vacant.

The city has also suggested outsourcing to other fire organizations and public safety offices for months.

Since the discussion of outsourcing began in the fire department, ten more firefighters have left.

One former firefighter, Battalion Chief Nathaniel Cooke said, "I think you're going to see a mass exodus from the city of San Bernardino Fire Department. First and foremost, the morale is the lowest I've ever seen it, and I was there approximately 15 years," according to The San Bernardino Sun.

When asked about the consequences of cutbacks, Mike Fascinato, a firefighter paramedic, said, "We have postponed a hose pressure test."

Despite these budget problems the firefighters are still doing their part to help

with the drought.

To conserve water, the San Bernardino City Fire Department has even stopped watering their fire station's front lawn.

CSUSB students feel these cutbacks will have a negative effect on our mountainous area. With summer getting closer, the fire department will have their hands full with potential fire threats, leaving students worried for their safety.

"That sucks. Especially for this season. We need professionals to put out fires. The city is doing something wrong. They need them to help people feel safe. What the hell is the city doing?" said student Ce-

When asked what she thinks about the cutbacks, CSUSB student Kelsey Hamilton said, "It's bad for the area. We are in a fire prone area."

Fascinato also said they were looking for new water sources to help with the water shortage.

Corrotte Chiromicle

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Latino student graduation rates down

By DANIELA RUEDA Staff Writer

The statewide number of Hispanic students who graduate is a lower portion than other ethnicities, according to The San Bernardino Sun.

In Fall 2014, 18.952 students were enrolled at CSUSB, and 10,400 of them were Hispanic, according to the CSUSB admissions department.

Latinos face many obstacles. Many are often first-generation college students in their family. Others are low-income or attend low-performing schools that do not adequately prepare them for college, according to The San Bernardino Sun.

Sixty-five percent of Latino undergraduates attend a California community college but only 39 percent will earn a degree, certificate or transfer within six years compared to the 53 percent of Caucasian students, according to the Campaign for College Opportunity's The State of Higher Education in California: Latino Report.

Proposition 209, also known as California Civil Rights Initiative, was approved in 1996. It prohibits consideration of race, sex and ethnicity for opportunities in public employment, public contracting and public education, according to The San Bernardino Sun.

The nonprofit campaign also recommended that the state's public universities be allowed to use race/ethnicity as one of many factors in weighing an applicant's qualifications.



Latino students face issues that is causing them to struggle with graduation, enrollment and obtaining financial aid.

Campaign for College Opportunity, stated that Proposition 209 should be modified for the benefit of students' education by requiring race as a factor in an applicant's qualification.

"It's exactly why we believe that Proposition 209 needs to be modified and that race and ethnicity need to be factors used in admission," said Siqueiros.

Siquerios said that more funding needs to be a primary focus.

"Our primary focus definitely is to Michele Siqueiros, president of the expand university capacity to serve more

students, focusing attention on pushing the governor and policy makers to find more funding," said Siqueiros.

Alejandra Ortiz, a CSUSB sophomore, believes the Proposition 209 modification would help Hispanic students.

"I know a lot of other Latinos that are first-generation and with Proposition 209 being modified, students will have more financial help," said Ortiz.

While more Latinos are graduating from high school and completing the required coursework to be eligible for fouryear public universities, they are still less likely to have a college degree and "lag far behind in overall college readiness, enrollment and degree completion rates," according to the Campaign for College Op-

Ortiz said she had a difficult time with financial aid because she is the first person in her family to go to college.

"I didn't have the support from my brothers because they didn't go to college. My FAFSA was the hardest part for me and dad was not working at the time. Luckily, I qualified for financial aid and that is the only reason why I'm in college," said Or-

Rebecca Gonzalez, a transfer student at CSUSB, said she faced financial problems before she transferred.

"This is my second year at CSUSB and I transferred from a community college. My experience was difficult because I had to work to pay for community college since I didn't qualify for financial aid," said Gonzalez.

Gonzalez was surprised to hear the graduation rate of Hispanic students was

"Students attending community colleges should be more informed about financial aid because that is what is holding them back from succeeding," said Gonza-

Siqueiros said that remedial education for community college students should be improved and colleges should find ways to help improve their transfer rates and their ability to apply for financial aid.



Due to the drought, Gov. Jerry Brown has called for water restrictions throughout the state. Farmers, who were previously hit the hardest by water restrictions, are no longer affected as much due to regulations placed that protect their usage.

Water cuts erode Farmers' livelihood

By CHERAE HUNT Staff Writer

California is suffering through the worst drought in over 100 years and CSUSB is doing its part to deal with the

"We have been in multi-year droughts and extended dry periods a number of times in the past, and we will be in the future. In periods like this there will be shortages, of course, but the state as a whole is not going to run dry in a year or two years," said Ted Thomas, a spokesman for the California Department of Water Resources according to Los Angeles Times.

Gov. Jerry Brown claimed that "this historic drought demands unprecedented action," while standing on a patch of dry, brown grass in the Sierra Nevada Mountains that is usually covered in up to five feet of snow.

There have been restrictions limiting the water usage of California residents. These new restrictions have not affected farmers as much due to previous regulations, according to an article by Martha Raddatz on sanfrancisco.cbslocal.com.

"They're providing most of the fruits and vegetables of America to a significant part of the world," said Brown.

"The farmers use a lot of water but they use it to produce something that we need," said the CSUSB Water Resource Institute Executive Director of Programs Boykin Witherspoon III.

There will be significant water cuts among large landscapes like cemeteries, campuses and golf courses.

"Out of the 200 to 300 gallons of water per person used a day in water, 50 percent is used on landscapes," said Witherspoon.

CSUSB is using Calsense irrigation control systems at the main and Palm Desert Campus, according to the CSU Water Resources and Policy Initiative.

"We have a water shortage in California because we have experienced far below average precipitation in California for the last three to four years. Surface reservoirs directly collect precipitation runoff. Groundwater basins hold percolated water from rainfall and from snowmelt," stated CSUSB Professor Joan Fryxell.

"These are the primary sources of water for the state, with Colorado River water contributing about 10 percent of the state's water usage. California is taking its full allotment from the Colorado River, so that is already maxed out," added Fryxell.

CSUSB students have their own opinions and concerns about the drought.

"It's scary to know we can run out of water, especially when we live near the ocean. I wish there was a way we can use that water to our benefit," said student Rachel Stewart.

CSUSB is also taking initiative by installing low domestic fixtures throughout campus, 20 percent reduction on irrigation controllers, and turning off ghost flush (automatic flush) on all automatic toilet valves, according to the WRPI.

"We need to start prioritizing. I mean what is more important? Perfectly green grass or having water I can drink if I am dying of a heat stroke? We need to start thinking about the future," said student Carlos Gonzalez.

CSUSB also has The San Bernardino Valley Water-Wise Demonstration Garden to educate the community.

"I am willing to cut back. I even take shorter showers. I don't know how else I can help but I would like to," said student Derrick Jameson.

To find out ways to personally conserve water, go to wateruseitwisely.com.

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TOTAL STATESTIVELLE

CSUSB partnered with community organizations to present the festival

By ERIKA FLORES
Staff Writer

The third annual Latino Book and Family Festival (LBFF) took place on Saturday May 2, 2015 in the Santos Manuel Student Union (SMSU).

The LBFF has been a great opportunity for more than 1,500 members in the Inland Empire community to learn and appreciate Latino education, literacy, and culture

The festival is organized by CSUSB and other community organizations including Latino Literacy Now, Kiwanis of Greater San Bernardino, and Libreria del Pueblo.

Dean of the John M. Pfau Library, Cesar Caballero, has been on the planning committee for this event for the past three years.

"The main purpose of the LBFF is to promote literacy, education, the arts, and culture," stated Caballero. "The festival provides a venue for the Latino and greater community to become aware of Latino authors and their published works," added Caballero.

The event hosts entertainment for families, local and published authors, and workshops for people interested in becoming writers.

"All students in surrounding school districts are invited to participate. Folks are also exposed to art and culture with the rich offering of programs that take place on two stages: folkloric dances, singers, musical groups, puppet shows, storytellers, and Aztec dancers," stated Caballero when asked why attending the festival is beneficial.

This year, the planning committee worked with the Mexican Consulate to bring in storytellers and a theater group from Mexico that presented some of their work for all the families to enjoy at the festival

The LBFF also hosts an essay and art contest for students who are interested in

participating.

The winners of these contests are recognized during the opening ceremony where Ted Alejandre, superintendent of San Bernardino County Schools, handed out awards.

With over 50 award-winning authors participating, one of the featured authors was Judith Valles, former mayor of San Bernardino, who presented her book "Como Decía Mi Mamá: As My Mother Would Say".

"For many families, this may be the first time they step onto a university campus," stated Caballero. "Many children have been heard telling their parents that this is where I am going to go to college when I grow up. Thus, the Festival helps to motivate young students to read, do well in school, and go on to college."

The importance of literacy, education, and culture is evident throughout this event.

"The workshops presented by experts

in their fields provide a wealth of knowledge dealing with topics that range from how to find scholarships to how to write memories and publish a book," stated Caballero.

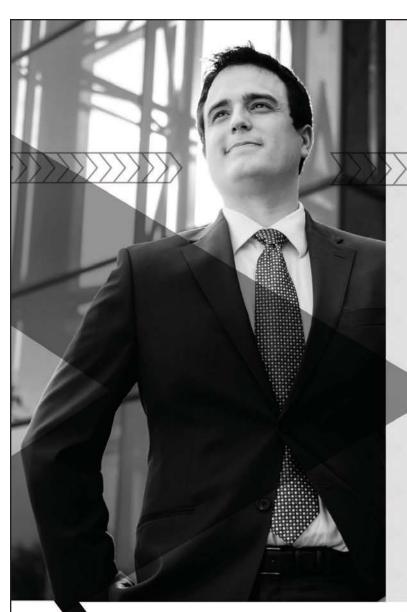
For the past few years, the LBFF held here at CSUSB has always been on the first weekend of May to incorporate Cinco de Mayo.

There are many people who volunteer their time every year to help plan this event.

The time and dedication invested is valuable in a community where a majority of the population is Latino.

"It is great to see whole families coming in to take part in the festival and become exposed to literature and the arts in a fun and exciting way," stated Caballero.

"It is also rewarding to see campus and community leaders coming together to hold a festival that champions reading, writing, education and the arts," continued Caballero.



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Law School Survey of Student Engagement (LSSSE) 2014 Indicators **Chronicle Page 5**

SoCal unprepared for serious quake



By RANDALL HIGGINS

Staff Writer

"The Big One" is near, are you ready? Californians are not prepared for a large natural disaster.

The pictures of Nepal after their April 25th earthquake show how devastating an earthquake can be.

If you follow the news, the biggest complaint of the Nepal victims is that the government is not doing their job. If the government does not move faster hunger, thirst, and disease will begin to kill residents. Nepal's government has the supplies, but is struggling to get them to their people.

The government is fighting its own red tape and landslide closed roads.

We cannot afford to wait for the government in the event of an emergency because they may not be able to show up in time.

No one can precisely predict the next earthquake. Geologists can only create seismic charts and write research papers stating the odds of an earthquake happening in a particular area.

The U.S. Geological Survey, in partnership with the Southern California Earthquake Center, the California Geological Survey, and the California Earthquake Authority, have increased the odds of an 8.0 magnitude earthquake striking California in the next 30 years.

Are you prepared?

Dr. Lucy Jones, an adviser for risk reduction at the U.S. Geological Survey said that because of our reliance on technology the damage could be much worse and could last for much longer than we have previously imagined, according to a Daily Mail article discussing natural disas-

Jones goes on to say that as many as 10 million people can be affected because old utilities and infrastructure could collapse.

Furthermore, our food is ordered and shipped through the Internet, and both Internet and cell phone technology would be lost for an unknown amount of time after a quake.

The American Red Cross states that preparedness is the most important step in recovering from any disaster.

However, most local residents admit to not being prepared at all.

The American Red Cross webpage features a link to PrepareSoCal.net, a public awareness program regarding

educating people on how to prepare for any kind of emer-Natural disasters do not discriminate; they affect ev-

The idea is to create more resilient communities by

ervone.

member of the community when catastrophe strikes because a community can only become resilient when the entire community joins together.

There are Internet sites that have lists of what you need to collect for emergencies.

The Department of Conservation in California has information on surviving a natural disaster along with a list of items to have in preparation.

The City of San Bernardino has a website that answers questions about what an earthquake is, and tips on handling pets, children, and the elderly. The American Red Cross is also a good place to start.

Lack of money and room to store these items will usually stop a person because the initial list of what is needed can be overwhelming. The secret is to buy one or two items at a time.

When picking up a can of beans pick up two. Buy a gallon of water, and store them on the bottom shelves of the kitchen cabinets, where no one can see it stored. If there is room anywhere in your home, use it.

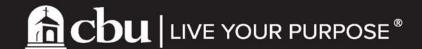
We are students and what we are proficient at is reading books and learning. This is worth more than all the supplies if we learn what to do, how to do, and when to do it in an emergency. Find used books about first aid. Learn how to make and keep a fire to cook meals.

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Mayweather's domestic abuse history

By BRITTANIE GUTIERREZ

Staff Writer

Manny Pacquiao versus Floyd Mayweather: The fight of the century, as dubbed by many.

In my opinion, it was more of the disappointment of the century.

All I heard before, during, and after the fight was the amount of money Mayweather was going to obtain even if he did not win.

"Boxing is valued for money; it's not talent. The richer and well known you are, the less the talent matters," said student Marlyn Amaro.

Mayweather ended up with \$200 million as opposed to Pacquiao's \$100 million, according to mirror.co.uk.

"Completely all about the money now. Past boxing legends would be very disappointed," said student Marco Montoya Jr.

You have fighters like Pacquiao, who represent a whole country, that are over-shadowed by people like Mayweather because of money.

Many argue that the fight was rigged, claiming Mayweather's win was predetermined.

I agree due to past fights where his punch count and power punches were below his opponent, yet at the end he was given the win.

Money can often buy your innocence. While some were focused on the money being made, others, like myself, were focused on Mayweather's domestic violence charges.

Any sport prides itself on an athlete's character; they hold high standards for them due to their role model status.

Mayweather has been charged in the past with domestic violence against his ex-



Joaquin Junco Jr. / Chronicle Illustration

Mayweather has been charged with many domestic violence charges against ex-partners throughout the last 14 years.

wife, former fiancée, and three other women. After interviewing and asking about the charges, two female reporters were banned from the fight against Pacquiao, according to inquisitor.com.

I do not care that he is considered a champion. He abuses women and continues to box and is seen as an idol in the eyes

of many young children.

His image, to me, is controlling and abusive rather than athletic and skillful.

Do your actions outside of the ring not matter?

"I think he should have been suspended," said student Sarai Martinez.

We all saw the Ray Rice issue in the media.

He was suspended from the NFL after allegedly beating his wife. He then apologized publicly for his actions.

But because of Mayweather's financial status, he has been forgiven or dismissed of his charges, and not being suspended from boxing.

When asked about his past, Mayweather denies it, even though he's pleaded guilty on two accounts of domestic violence.

He continues to get away with this because he believes money absolves all problems.

His victims are now left with internal, emotional wounds; his kids are left with the thought of their dad being abusive; and the sport is tainted by his bad reputation.

I have never been a Mayweather fan, finding his flashy character rude and inconsiderate.

Sure, he may be a strategic fighter, but strategy does not matter when you abuse any person, male or female, because they finally stand up to you and go against your wishes.

I think Mayweather is possessive, controlling, and abusive.

"Money" is just his nickname, not a tool to rid him of his wrongs.

Characters in sports should be valued just as highly as athleticism.

You are in the public eye, seen by many, act like a role model, not a statistic.

Sex ed should be more inclusive

By KASSANDRA GARCIA

Staff Writer

Ontario, Canada created an up stir on social media announcing that a comprehensive sex education initiative is to be implemented in September 2015.

This act is designed to properly educate the youth on contraceptives, sexual consent, gender identity, sexual orientation and other sex-related issues.

In my opinion, comprehensive sex education is crucial because sex education in the U.S. is far from educational.

"Honestly all I remember about sex ed was putting the condom on the banana and the emphasis on male genitalia," said student Hayley Rodriguez.

According to an analysis done by Guttmacher Institute, the U.S. shows that 28 states do not require sex education.

While in 20 states sex education, if provided, includes information on abstinence but not on contraception.

The analysis also showed that teachers can provide sex education through a biased perspective and promote specific religious agendas.

This type of biased and inaccurate educational system encourages sex ignorance and leaves individuals confused.

This is why comprehensive sex education is important and should be considered

in the U.S.

This initiative will raise awareness which is crucial because trial-and-error is no way to learn about subjects as intimate as sex.

Sex education should not be limited to one sexual orientation and/or people should not feel they have to abstain from any sexual activity until marriage.

That is why when I hear people argue that abstinence-only programs are a proper way to go, I cannot help but internally yell.

According to Advocates for Youth, abstinence-only programs have actually been proven ineffective and harmful.

These programs try to keep individuals in the dark by enforcing rules to abstain from sex.

Knowledge and control of our own body should be a fundamental human right that should not have to be pushed behind closed doors.

Not only will this raise awareness about contraceptives, but it offers validation for youths in the LGBTQ community as well as young girls, whose anatomy isn't as openly discussed.

"I just found out that women do not pee from their vaginas," said student Robert Reyes.

It's things like this that make me realize that sex education in America is truly a joke.

"They never really focused on female anatomy, I think that's why a lot of women aren't fully aware of what goes on down there," said student Amy Torres.

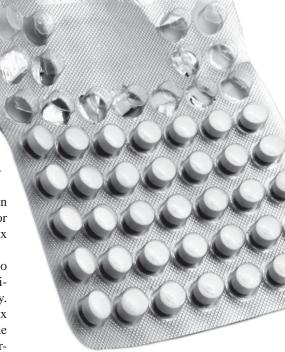
Proper representation will allow individuals to be comfortable in their own skin.

This initiative also focuses on creating a consent culture.

In this day and age sexual assault can be viewed as an epidemic now whether or not that has to do with a lack of proper sex education remains to be seen.

I do believe that exposing youth to consent culture and turning it into a societal norm can help improve today's society.

I strongly support comprehensive sex education because the youth deserves the right to accurate, non-stigmatizing information about their health and well-being.





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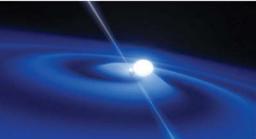
Advance to the next level of funding – Undergraduate students need to complete 45 units in a year to advance to the next class level (e.g., from freshman to sophomore) and associated higher level of financial aid.

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PHYS 02LA. General Physics Laboratory (1). Session 1. Lab 3 hrs. *Laboratory for PHYS 002A*.

PHYS 02LB. General Physics Laboratory (1). Session 1, Session 2. Lab 3 hrs. *Laboratory for PHYS 002B.*

PHYS 02LC. General Physics Laboratory (1). Session 2. Lab 3 hrs. *Laboratory for PHYS 002C*.

Engineering

PHYS 040A. General Physics (5). Session 1. Lecture 3 hrs, discussion 1 hr, lab 3 hrs. *Classical mechanics*.

PHYS 040B. General Physics (5). Session 2. Lecture 3 hrs, discussion 1 hr, lab 3 hrs. *Thermodynamics, mechanical and sound waves, elasticity.*

PHYS 040C. General Physics (5). Session 1. Lecture 3 hrs, discussion 1 hr, lab 3 hrs. *Electricity and magnetism, electromagnetic oscillations; dc and ac current; circuits*.

Humanities

PHYS 006. The Violent Universe (4). Session 2. Lecture 3 hrs, discussion 1 hr. *Astronomical phenomena: Big Bang, black holes, quasars.*

PHYS 037. The Origins (4). Session 1. Lecture 3 hrs, discussion 1 hr. *Cosmology, chemistry of life.*

Summer School Registration: May 18-June 15

Session 1: June 22-July 25

Session 2: July 27-August 29
For more information, consult the

UCR Catalog or see your advisor.

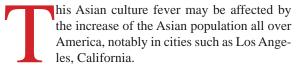
Chronicle Page 8 MONDAY, MAY 11, 2015

Asian Pacific Heritage Month

While many students aren't aware of Asian Pacific Heritage Month, they all, in their daily lives, partake and celebrate Asian culture.

By WOOJUNG CHOI

Staff Writer



"Since 2010, Asian Americans have been the fastest-growing racial/ethnic group in the United States...with the total Asian-American population in the U.S. at 19.4 million," according to NBC news.

The most representative example of Asian culture fever in America is K-Pop, particularly Gangnam style.

Korean singer Psy wrote the lyrics to the song which became a huge hit in the U.S., ranking second on the Billboard Hot 100 list in America.

hit. It was catchy and my nephew at the time loved to hear the song," said student Summer Zeit. Asian foods such as sushi, soy sauce, pho, and Korean

BBQ are no longer unfamiliar to the student body.

"I have heard of Gangnam style when it first became a

Even though sushi is a traditional Japanese cuisine,

sushi restaurants are growing in popularity.

"Not only is it delicious cooked or raw, but it is beautifully made. Every time I go out for sushi, I always get this beautiful plate of food that I can't help but to snap a picture," said student Gina Fields.

"The iconic Asian culture has been growing even in movies like the Fast and Furious movies," said Zeit.

"I believe the most iconic influence that Asian culture has had on me I think of games. Mainly video games like Super Mario and Donkey Kong and of course, who can forget the Tamagotchi, my first pet," said Fields.

Fields gushed over Vera Wang's elegant clothing line that she has seen many times across red carpets.

"If only I could afford her. Maybe one day. But I do like to look to get inspiration and from other Asian influences when it comes to fashion," said Fields.

Student Darnica Nguyen recommended "Paris by Night", a Vietnamese musical variety show, to those who would like a television series to watch in celebration of Asian Pacific Heritage Month.

"The series has everything from modern/folk Vietnamese music to drama/comedy skits that deal with Asian American problems and mini documentaries," said Nguy-

Student Lizette Chapa admires the works of Japanese director Hideaki Anno, perhaps best known for his work on "Neon Genesis Evangelion."

"Something I really like about him, and I guess Miyazaki too, is that they're really outspoken against 'otaku' culture, even at the cost of losing fans or money because there are some really weird people," said Chapa.

"I believe Korean dramas cut across all ages. They really teach us the morals of society and it's fun watching with all those sweet, romantic moments. And I love Lee Min Ho," said student Fanny Silva.

Asian culture has brought some amazing and iconic things to the U.S. that many Coyotes will certainly remember and enjoy forever.

Notable Asian & Pacific Islanders

By ANGIE BURKHART

Staff Writer

he Asian and Pacific Islander community has bred some of our greatest entrepreneurs, athletes, inventors, and entertainers from individuals like David Chang and Isamu Akasaki to Amy Chow and Ang Lee.

Asian-Pacific culture has woven itself into American life, enriching anything from our cuisine and technology to music and film.

If you're an Asian cuisine fan, you might want to consider the success of Korean-American, award-winning chef and author David Chang.

The New Yorker calls him "one of the most celebrated chefs in the country," and it's no wonder; he's the founder of several thriving restaurants around the U.S., from

Momofuku Noodle Bar to Seiõbo, and has even received two Michelin Stars.

If you're not impressed yet, I ask you to consider the work of Japanese scientist and inventor Isamu Akasaki.

According to nobelprize.org, Akasaki, along with his partners Hiroshi Amano and Shuji Nakamura, received The Nobel Prize in Physics 2014 "for the invention of efficient blue light-emitting diodes which has enabled bright and energy-saving white light sources."

Aside from cuisine and technology, Asian and Pacific Islanders have also made notable achievements in entertainment.

Margaret Cho, for example, is an award-winning, Korean-American stand up comedian, who has also starred in sitcoms and off-Broadway shows.

Cho "received GLAAD's first Golden Gate Award in 2000 honoring her as 'an entertainment pioneer who has made a significant difference in promoting equal rights for all, regardless [of] sexual orientation or gender identity'," according to tyguide.com.

Another notable individual from this community, who has taken prominence in film, is Taiwanese-born, American film director Ang Lee.

Lee is known for his directing in films like "Hulk" (2003), "Life of Pi," and "Brokeback Mountain," which, according to The New York Times, won him a "Golden Globe for Best Director of a Motion Picture, as well as an Academy Award for Best Direction."

Speaking of film, it seems fitting to recognize the well-known, Samoan-American actor, former wrestler and football player, Dwayne Johnson, who you may know as The Rock.

The Rock has become a familiar face to Americans, appearing in films such as

"Hercules" (2014), "G.I. Joe: Retaliation," "Fast & Furious 6," and many more, winning multiple awards, such as the MTV Movie Awards, People's Choice Awards, and Teen Choice Awards.

We can't forget to mention achievements in television, so it's fitting to acknowledge television and recent Broadway star, Vanessa Hudgens, who is Filipino-American.

Hudgens gained most of her celebrity fame from a role in Disney's "High School Musical," and just recently took on a lead role in a Broadway revival of what The New York Times calls a "pretty and pleasant revival of the musical 'Gigi'."

Among the Asian-Pacific community are a vast and diverse group of individuals of whom bring about a great deal of art, talent, and culture to the melting pot we call America. Please join me in celebrating Asian-Pacific Heritage Month!



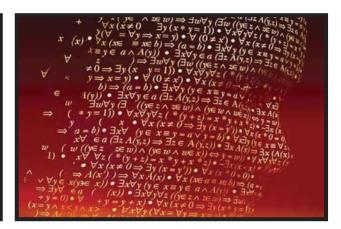
"The Gangster We Are All Looking for" by Thi Diem Thuy Le relates the life of a Vietnamese family in America.

"A little girl narrates like poetry about a family of refugees. It's not a traditional story, which made it much more breathtaking," said student Jessica Garcez.



"Silence" by Japanese author Shusaku Endo, is the story of a persecuted Jesuit missionary sent to Japan.

"This book is brutal, crazy beautiful, and I literally cried. It has to do with God staying silent when his believers suffer, and the main character comes up with his own answer," said student Nick Vera.



"Stories of Your Life and Others" by Ted Chiang is a collection of narratives in which the characters must confront the most unexpected changes in their lives, while trying to maintain some sense of normalcy.

This piece of work will soon be adapted into a movie starring Amy Adams.

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Korean FESTIVAL 2015







For the first time in CSUSB history, the Korean Festival (2015) shared Korean culture like never before. Students partook in authentic cuisine from the region, performed in dances, and enjoyed a local string quartet and traditional Korean vocalist.

By YERIN KIM

Staff Writer

he Korean Festival 2015 crashed a cultural wave, providing the campus community a unique and intimate opportunity to experience Korean culture on May 1.

The Korean Culture Club (KCCS), Korean Students Association (KSA), and Korean Language tutors organized the event with the help of professors Bomi Hwang and Donman Kim.

The collaborative event was free, sponsored by the Korean Cultural Center in Los Angeles, the Center for International Studies and Programs, the Asian faculty, staff, and student association.

The Korean Festival included traditional Korean cuisine and a variety of performances, such as a live band, a string quartet, K-pop dancing, and traditional Korean vocal performance.

The festival started with a live band performance in the Lower Commons. The band, formed by both Korean and domestic students, performed K-Pop songs from soft ballad, to R&B, and rap.

The authentic Korean cuisine, Bibimbap, was served as a bowl of rice topped with diverse vegetables, such as broccoli, zucchini, red cabbage, carrots, mushrooms, and some protein foods like egg or meat, pepper paste sauce

'Gochujang', and sesame oil.

Bibimbap, known as healthy food for well-balanced nutrition, was prepared by Bibimbap Backpackers, a group of Koreans who travel the world to promote healthy Korean cuisine.

The dinner reception was followed by performances of music and dance in the Santos Manuel Student Union (SMSU) Theater. CSUSB President Tomás D. Morales, and Provost Andrew Bodman, Dean Emerita Eri Yasuhara visited and made remarks to celebrate CSUSB's first Korean festival.

The showcase started off with a string quartet by the Cajon Ensemble, consisting of two violins, a viola, and cello, performing classic Korean songs.

A K-Pop dance crew, composed of Korean and domestic students, continued the exciting atmosphere within the theater.

Korean traditional performances constituted the second part of the showcase, represented by the Dooreh Troupe for the Traditional Korean Folk Art and Lee Young Nam Korean Dance School. Traditional percussion, dance, instrument, and vocal performances captured the audiences' eyes and ears.

Especially, Samul-nori, the Korean folk music of four

percussive instruments, was performed by the Dooreh Troupe for the Traditional Korean Folk Art, composed of Korean percussionists, featuring an internationally acclaimed master performer, Daeseung Kang.

"My favorite part is the percussion performance because of the amount of emotion and power that each person put into their instrument," said student Robert Cortez.

The director of the Dooreh Troupe was Kang—selected by the Korean government as an "Intangible Cultural Asset (No 34)"—specializes in Kangryung Mask Dance, which is preserved in a specific province of Korea.

"I feel honorable to come and have performance today. I am proud to spread our traditional Korean music, Gukak, over the world," said Kang.

The Korean festival ended up with a joyful finale with all the staff members on stage amid a storm of applause.

As the first cultural event of the Korean community, this festival provided a taste of the Korean cultural spirit, exposing them to the interesting and unique aspects of the culture.

The Korean Festival 2015 marked the beginning of a cultural exchange between CSUSB and the Korean community. Hopefully, the festival will return next spring and become an annual tradition.

History of Asian History Month

By PAULINE FONTANAUD

Staff Writer

ay is Asian-Pacific American Heritage Month. It's the celebration of Asian and Pacific Islander heritage in the United States.

The month-long celebration recognizes the achievements and contributions of Asian Americans to the cultural heritage of the United States. Asian-Pacific includes all of the Asian continents and Pacific islands of Polynesia, Melanesia, and Micronesia.

President Jimmy Carter signed a Joint Resolution declaring the first ten days of May as Asian-Pacific Heritage Week in 1978.

In 1990, President George W. Bush signed a bill to extend the Asian-American Heritage week to a month. Two years later, Congress officially designated May of each year as the Asian-Pacific American (APA) Heritage Month.

The month of May was chosen in honor of the first Japanese people who immigrated to the United States on May 7, 1843.

It also marks the anniversary of the completion of the transcontinental railroad on May 10, 1869. Most of the people working on the tracks were Chinese immigrants.

There are currently 18.2 million Asians in the U.S.—5.3 percent of the population, according to the U.S. Census Bureau. Most live in Hawaii, California, and New York.

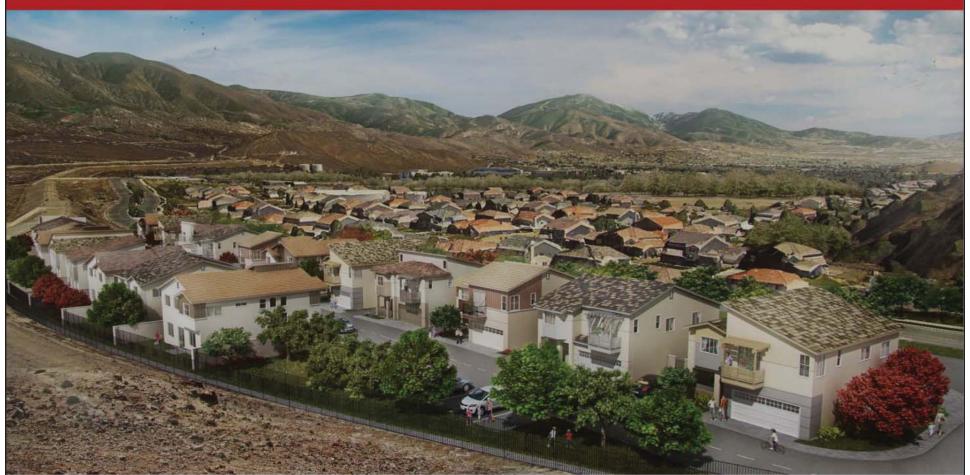
The Bureau estimates that by 2050 there will be 40.6 million Asians living in the United States. The APA Heritage Month is celebrated, among other things, through community festivals, government-sponsored activities, and educational activities for students

This year, the Southern Californian television channel Life Connected is broadcasting a special on the APA Heritage Month on the thematic resilience of the human spirit.



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THE COLONIES AT UNIVERSITY PARK

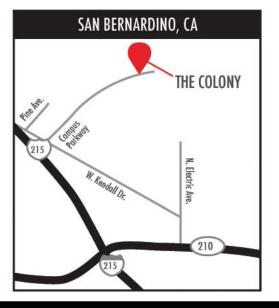
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(Left to right) Marcus Mumford, Ben Lovett, Ted Dwane, and Winston Marshall are to headline this summer's Leeds Festival at Bramham Park in England to promote their new album "Wilder Mind," which released May 4.

By RAPHAEL DUNN

Staff Writer

Mumford & Sons known for the foot stomping and heavy banjo riffs, have gone in a completely new direction with their third studio album, "Wilder Mind."

The English Rock band, led by Marcus Mumford, has gained worldwide recognition for the revival of the "Folk-Rock" sound with their previous albums "Sigh No More" and "Babel."

The band released "Wilder Mind" on May 4, and it is currently No. 1 on the iTunes purchase charts. Before its official release, rumors fluttered about abandonment of the banjo and implementing more electric instruments to their sound.

"None of us had any interest in doing Babel 2. It was always going to be different," said guitarists Ted Dwane in a recent Rolling Stone interview.

"I don't really like it. It's not the band

and sound I fell in love with; the Indie-Rock folk sound," said student Stephanie Ruiz.

Well known producer of Artic Monkeys and Florence + The Machine, James Ford applied his dynamics of orchestral backdrops and fused them with Mumford & Sons' trademark epic harmony choruses.

The new sounds contain elements from bands like Fleetwood Mac and Radiohead.

The result? An arena rock-filling sound with one-of-a-kind buildups where electric guitars reign king.

"Tompkins Square Park" is the first track of the album, and immediately lays the foundation for the new sound with an electric guitar solo and dubbed to have similarities to a Strokes break-up song.

"The Wolf," a lead single from the album, was a preview of their new sound that brings back the garage rock sound with electric guitar riffs that has a Bruce Springsteen freedom feel to them.

While the sound may be different the song content remains the same with themes ranging from break-ups and declarations of loyalty. In other words, "heart on a sleeve" message stays consistent through the tracks.

Most of the inspiration for the lyrics came from the band itself and the personal intimate relationships the band members have experienced.

"Half of the band has gone one way towards this sort of happy marriage, and the other half has gone the opposite direction to a lonely single existence," said Dwane.

"Only Love" keeps the theme alive with lyrics like "I didn't fool you but I failed you, in short, made a fool out of you."

"Believe" reads lyrics, "and I'm climbing over something and I'm running through these walls" amidst guitar flares and drum crescendos.

Mumford has also grown as a musician by shifting from raw and sounds with loud banjos to what is defined as a regular rock band front man with a clearer voice.

One of the most diverse songs on the album that displays Mumford's shift as a singer is "Cold Arms," which is just him and a guitar.

The track lies somewhere along the lines between old and new, with Mumford's smoother voice and the bands recurring themes of love and despair.

"I think that since the album has new sounds, it will be listenable for a wider audience," said student Rebeca Garcia.

The band is currently rehearsing their new songs for a jam-packed summer tour.

They will be playing at many music festivals across the globe and have a head-lining slot at Bonnaroo which is based in Tennessee filled with a generous amount of artist who are the epitome of diversity within the music culture.

MOVIE REVIEW



By MARVIN GARCIA Staff Writer

Our world is threatened once again and only earth's mightiest heroes can save us from the robotic-apocalypse that is set to come in "Avengers: Age of Ultron."

This time, the team faces the menace of a sentient-robotic being known as Ultron who seeks to purge the impurities of the world through human extinction.

Under the leadership of Captain America, Iron Man, Thor, The Hulk, Black Widow, and Hawkeye team up to face him.

Then they encounter twins Scarlet Witch and Quicksilver, who together not

vengers: ge of Ultron

only match the heroes in power but also test their team's foundation as protectors of earth.

"It left me speechless. There were times I was gripping the arms of my seat like did that just really happen and other times were WTF," said student Kade Sweeny.

Director Joss Whedon returns to reassemble the talents of Robert Downey Jr, Chris Evans, Mark Ruffalo, Chris Hemsworth, and the rest of the crew as he yet again leaves us jaw-opened by capturing the true grit of Marvel Comics.

Whedon faced a great challenge this time around.

How can he exceed what had accomplished in the first Avengers? How can his vision of "Age of Ultron" bring the fresh and uncanny expected in a sequel where audiences sense that with each new step will lead to something bigger?

Well, while the premise of such films must be retained, something transcending must always be elaborated and embedded in the end. Whedon delivers, especially in one of the most epic moments in all Marvel comics-Downey Jr.'s Iron Man-Hulkbuster armor battle against Ruffalo's Incredible Hulk.

This intense sequence is proof of craftsmanship and visual skill, let alone of how well Whedon was capable of adding humor.

Speaking of humor, this film is surprisingly full of it. Ultron, played by James Spader, was the one who put the "haha" in hilarious. Even when his role was voice-over, Spader portrayed the character, amusingly, sarcastic and snazzy compared to his comic book counterpart and added innovation.

"The film was dark, but it had a lot of humor, especially with Ultron. He ended up being my favorite character," said student Cesar Perez

I am glad this time fans got to venture the far reaches of the world. Among them were England, South Korea, Italy, New York, and Bangladesh where they give life to the fictional country of Sokovia and Wakanda.

The computer generated images skills, camera shots, Iron Man's new armors, the emotional tensions between Captain America and Iron Man that will lead them to conflict, is all included.

Comic book fanatic Cecilia Bacerra, though she prefers the first one, believes the film was decent and it serves as a good bridge for "Ant-Man" coming on July 17th.

Not only did Marvel Studios bring the bacon to their fans, but they managed to bring barrel wagons of cash home with a worldwide opening weekend of \$627 million profit.

If you haven't seen "Age of Ultron," what the hell are you waiting for?

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CANCELLED: TV Shows gone but not forgotten

By RACHEL MOLINA Staff Writer

T.V shows get cancelled all the time, but when it is a show that we have become invested in, it gets personal.

When a show we like gets cancelled too early we get angry, confused, and wonder how the show may have ultimately ended. While there are many shows that get the ax, there are some more popular than others.

FOX has a reputation of cancelling shows early on. The most recent show that FOX cancelled on Wednesday May 6 is "The Mindy Project," due to low ratings

"The Mindy Project," a romantic comedy series, first aired in 2012 and starred Mindy Kaling (The Office) and Chris Messina.

Kaling's character, Mindy Lahiri is a young Ob/Gyn doctor who tries to balance her personal and professional life in New York City.

In the series we see chemistry form between Mindy and her co-worker Danny Castellano (Messina) whom she first hated. Their relationship is always questionable as to what they really are; friends or something more.

The series ended in a cliff-hanger as we see Danny get on a plane to India to ask Mindy's parents for their blessing to potentially marry her.

While this show lasted for 3 seasons, their are plenty of fans who have felt it ended too soon. However, there is hope that Hulu will pick up the series for a couple of more seasons.

The following shows are examples of devastating losses to NBC.

In 2002-2003, "Firefly" was a Sci-Fi Western that starred Nathan Fillion (Castle), Adam Baldwin (Chuck), and Summer Glau (Arrow).

The show followed a renegade crew 500 years into the future on the ragtag smuggling vessel Serenity while exploring unknown parts of the galaxy.

"Firefly" won an Emmy Award and only lasted 14 episodes while leaving many of its fans in denial.

"I was sad to see the show go, the director Joss Whedon did a good job with character development," said student Josh

Due to its popular fan base, the film "Serenity" was released in 2005 to give the show closure and even lives on as a comic book series.

One show that made me sad when it

got cancelled was "Go On."

"Go On" aired from 2012-2013 and starred Mathew Perry from the hit show "Friends," who lived his life as a sportscaster. After losing his wife, he attends a mandatory solace group where he confides in the members.

The show won the Prism, Huading, and Gracie Allen awards after one season and I believe it got cut way too soon.

In the year 1980, at McKinley High, if you didn't fit in with the popular kids, you fit in with the "freaks" or "geeks."

"Freaks and Geeks" was a popular show in 2000 that starred well-known actors like Seth Rogen, James Franco, and Jason Segel. Some of the issues portrayed in the show were drugs, drinking, bullying and most of all acceptance.

"I always liked how this show showed a hidden side of high school. It showed the outcasts, like me, with their own set of problems and drama," said student Elizabeth Esparza. It was cancelled after only 12 episodes even though while 18 were actually produced.

Our favorite cancelled shows will always have a place in our hearts and while there are many that got the cut too soon, these are only a few some CSUSB students just can't get over.



Nationally awarded playwright joins CSUSB



Chronicle Photo | Jose Alvarez

(Left to right) National awarded playwright and poet, Carlos Satizabal, works alongside, Bibiana Diaz to assist during the production of "La Quinta Temporada" and "Los Vendidos".

By JOSE ALVAREZ

Staff Writer

Farm workers are being honored through a play that will take place on campus that celebrates 50 years of CSUSB and Farm Workers Theater.

Carlos Satizábal, a nationally awarded playwright and poet, has been invited to CSUSB to work alongside Bibiana Diaz.

in the final stages of the play.

Although Diaz and Satizábal don't mention Cesar Chavez's name, the play will reflect on the impact he and Luis Valdez had on farm workers in the 1960s.

"La Quinta Temporada" and "Los Vendidos" are the two plays that will be adapted for the stage thanks to a collaboration from Acto Latino and Los Amigos, clubs on campus.

Projects like this are done every winter and spring quarter and are usually performed by students.

"I felt fortunate and surprised that Satizábal will be aiding Director Diaz I won, it is a great acknowledgement for my work, "said Satizábal, translated from Spanish.

> "I fell in love with the theater when I went to my first show at seven years old,"

Satizábal continued.

After falling in love with theater, Satizábal followed his passion at a community college and throughout his university career.

He co-founded Tramaluna Theater Company under the Corporacion Colombiana de Teatro (CCT) where he worked on several personal works.

"We have been very lucky that we have such renowned people aiding us in our play," said Diaz.

This is not only a cultural activity but also an academic activity as the performers will have to try their best to speak and pronounce everything well in Spanish.

There were obstacles in order to get the project together, some of the more prominent ones including budget, time management and language barriers.

"These are the three major problems that we have with our plays, the wardrobe comes out to be very expensive at times, " said Diaz.

I found this to be surprising, and when I asked for more details she told me that many of the items are not easily found.

Many times they have to buy, or at times even make the outfits themselves. which costs a lot of money.

When talking to Satizábal and Diaz, I found these inspiring words when I asked in Spanish, "Do the students look interested in the play?"

"You have to take into consideration that for them this is the first time they ever experienced theater. These are not theater students. These are not professionals, they do not have any previous experience. They are going to be anxious and nervous about this in the beginning but this changes their life. The theater changes somebody's life. it gives them confidence and makes them feel like they belong to something," said Satizábal.

Diaz suggests that this is a great collaboration because both Satizábal and herself deal with the same topics and themes in their plays.

The play will be open to all students in the Santos Manuel Student Union Theater on May 14 and May 22 at 7 p.m.

It will be a \$5 admission fee and will feature English subtitles which will give the audience a more enjoyable experience.

MONDAY, MAY 11, 2015

Annual showcase of local talent

By RAPHAEL DUNN

Staff Writer

Live music and emerging local artists will take over CSUSB once again at the third annual Arts and Music Festival on May 15 from 4-9 p.m.

The festival will feature live art demonstrations, art exhibits, live music performances, and activities tailored for kids, which will be free for students and open to the general public.

Carl's Hawaiian Shaved Ice, Kettle Tyme, Luccas Italian Food, and Family First Tacos will be on site, providing food and beverages.

There will also be a Beer Garden like last year supported by the Dale Bros. Company.

The live art portion will feature demonstrations in ceramics, painting, wood working, and glass blowing; all done by CSUSB students in the Visual Arts Center.

An art walk will be held and composed of more than 50 artists from the Inland Empire and Los Angeles County displaying their artwork.

All finished products will be available for purchase.

"The art booths promote more local artists and the beer garden brought a lot of people out last year," said current Vice Chair of the Santos Manuel Student Union Board of Directors Jackie Aboud.

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Photo courtesy of artsconnectionnetwork.org

Come enjoy the unique talents of the San Bernardino community on May 15.

The live music portion will feature the return of the "Best of the Bands" competition and Latin Jazz performances.

One of the most anticipated musical performances of the night will be from the Orquesta Salsa Caliente band, who will headline the Jazz festival taking place in the Lower Commons.

Orquesta Salsa Caliente have played on "Dancing with the Stars," performed at Dodgers Stadium, been featured on VH1 and MTV, and have been in a Diet Coke commercial.

The CSUSB and UCLA Latin Jazz bands and the Latin Society music group will precede them. Meanwhile on the other side of campus at the Visual Arts Center, the "Best of the Bands" contest will be in full swing.

The CSUSB Underground Music Society has partnered up with Guitar Center of San Bernardino and Eclectic Roots to give local bands from the Inland Empire an opportunity to shine on stage in front of a live audience with a chance to win a grand prize.

After numerous entries for the competition, 12 bands have been chosen to perform on stage.

"I think it's good exposure for local bands because everyone is still coming off that Coachella live music vibe," said student Marisol Rivera.

One of the bands featured is Chase Walker Band from Riverside, California.

Led by guitarist, Walker, the American Blues band has already been on tour and played at many famous venues such as the El Rey Theater and the Roxy in Los Angeles.

Their single "Blues Deluxe" is featured as their song of submission for the "Best of the Bands" contest and is one of the more highly anticipated acts to watch.

Taylor Locke is also another popular group that displays very deep roots in the Indie/Pop/Rock genre.

Hailing from Los Angeles, their "Running Away From Love" music video features a quirky theme and has the most views on Youtube out of all the contest

submissions.

Photo courtesy of artsconnectionnetwork.org

The Vast Alps, another band from Los Angeles, submitted the song "Let Your Walls Down" which gives off a mixture of "The Black Keys" and "The Shins" vibe and also has over 1,000 views.

Most of the bands display a Rock sound that any audience can enjoy, which is important when trying to appeal to a diverse audience.

"I hope the bands have a sound everyone can enjoy. I think 'screamo' rock would be too loud," said student Carter Berry.

The CSUSB's Department of Theatre Arts will also perform a dance piece choreographed by Professor Leslie Bryan.

Activities will start in the Visual Arts Center and will scatter across campus through the John M. Pfau Library and end in the Lower Commons.

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Chubby or not, here summer comes

By SHELBY HANCOCK

Asst. Sports Editor

Summer is a time to kick back, relax and enjoy the sun.

Is your body ready for the 100-degree weather, the long days in the sun and bathing suit season?

"[It's] time to prepare the body for not only looking good in such few clothes, but preparing the body for the effects of the heat and sun," according to boxingscene.

Three important components of keeping our bodies healthy and looking good this summer are exercise, high antioxidants and staying hydrated.

We all want to avoid body-shaming this summer; exercise will not only eliminate that, but will also give you the energy to do the fun things you want.

"Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently," according to the Mayo

In turn, a better functioning cardio system results in more energy, improved muscle strength and boosted endurance.

Many other benefits accompany exercise, such as reduced poor health conditions and diseases, improved mood, better sleep, and it provides pleasure and enjoyment, according to the Mayo Clinic.

The one benefit that may be useful for the summer season is toned muscles and reduced body fat.

"Exercise is also known to help contribute to a sense of confidence and well



Photo courtesy of 1ms

Whether you're sitting on the couch or going to white sandy beaches, its time to start preparing for summer now.

being, thus possibly lowering rates of anxiety and depression," according to healthline.com.

According to amazingwomenrock. com, 25 percent of Americans would like to shed 10 to 20 pounds this summer, while only 20 percent would like a promotion at

One of the most hazardous chemicals

to our body are free radicals, which are produced many different ways, one of which is through our skin's reaction to sunlight.

The best protection we have against free agents are antioxidants.

High antioxidant foods are crucial in our diets and include fresh fruits and veg-

"They work by generously giving

electrons to free radicals without turning into electron-scavenging substances themselves," according to Harvard's Nutrition

When your skin is exposed to high ultraviolet (UV) rays, it can cause skin damage and sun burn.

The benefit of Astaxanthin,"has been shown to be one of the most powerful antioxidant combinations for helping protect the skin from reactive species of oxygen," according to nutrex-hawaii.com.

Not only will you keep the doctor away, you'll also be more protected from diseases like skin cancer.

The last summer prep component is staying hydrated. The body benefits greatly from the intake of water, considering our body is 60 percent water.

Benefits of water greatly outweigh the costs it comes with, such as constant trips to the bathroom.

According to boxingscene.com, water can help moisten skin, fight off heat exhaustion and dehydration, and help the body cope with high summer temperatures.

"[Water] has become the second most popular drink (behind soft drinks)," according to WebMD.

When your water intake doesn't match that of your outtake, you become dehydrat-

As you sit out by the pool in the 115-degree weather, it is important that as you sweat, you replenish yourself.

Whether you have fun summer plans, or just hope to get some relaxing time, help prepare your body to have the best summer yet.

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DORUS Coyoté sports season comes to an end

The 2014-2015 year of sports has come to a close for CSUSB as the seasons for all of the teams have ended

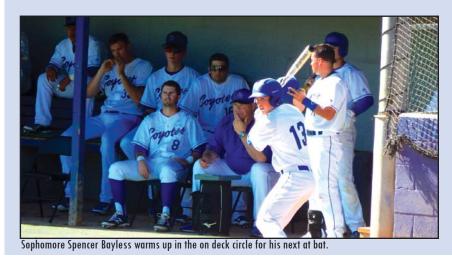
By LAUREN JENNINGS

Men's Basketball Highlights

- Completed the season with a record of 12 wins and 14 losses.
- Had 12 wins and 10 losses in conference play.
- Finished sixth out of 12 in the CCAA standings.
- Played in the CCAA Tournament, falling to Humboldt State University.
- Senior Isaiah Morton, junior Jacob Thomas, and sophomore Everrett Turner named All-CCAA.



Senior Taylor Statham gets ready to begin play as his name is announced to the cheer of the crowd.



Baseball Highlights

- Coyotes opened the season with a night game, thanks to an upgrade in park lighting.
- Season high 14 hits against Sonoma State University.
- Finished with eight wins in CCAA conference play.

Golf Highlights

- CSUSB finished fifth at the Hanny Stanislaus Invitational.
- The team received invitation to play in the National Collegiate Athletic Association (NCAA) Division II West/Central Super Regional.
- Finished ninth out of 20 in the Super Regional.



Players from Coyote golf take a photo together as their exciting season comes to an end.



Track and Field Highlights

- Team made its CSUSB debut.
- Placed second in the 4x800 relay in their first official meet.
- Sophomore Cynthia Rivera took best time in the 3,000 meter-steeplechase in their third and fourth meet.
- Junior Evelyn De La Luz placed fourth at CCAA Championship, and becomes first Coyote to place in the championship.