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Polluted groundwater threatens water resources

Contaminated groundwater wells are on the rise in the Los Angeles County area, according to a new analysis by the UCLA Luskin Center for Innovation.

By ALEXANDER DOUGLAS

The cost of this in terms of water resources is extreme. The region’s water pollution will become permanent in five to eight years and would have to be shut down, according to the study. Among water problems the California State Water Resources Board found high levels of toxic chemicals, including arsenic, thallium and nitrates in water supply wells near the wastewater disposal sites. "Arsenic and thallium are extremely dangerous chemicals. The fact that high concentrations are showing up in multiple water wells close to wastewater injection sites raises major concerns about the health and safety of nearby residents," said Timothy Krantz, a professor of environmental studies at the University of Redlands. These were the only contaminants Continued on Pg. 2

CSUs offer more online classes to save money

By JORGE CAMPOS

Cal State Universities (CSU) are saving money by offering online courses, yet some students say online courses don’t go as in depth as a regular classroom. The result is, universities have figured out a way to save money, but according to students, at the cost of quality education. The CSU system has saved approxi- mately $4 million through the bulk purchase of online advising, class materials, and $1.6 million for plagiarism detection programs, according to the Los Angeles Times. "Although it still an early stage to start measuring cost, it is important to begin evaluating ways to drive down cost without affecting academic quality," officials said during a presentation before the Board of Trustees, who met on Wednesday, May 20, in Long Beach. CSUs have reported saving an average of $50 million in the past by providing their students with online streaming courses, according to the Los Angeles Times. "Administrative efficiencies are easier to boil down to a dollar figure but when you’re talking about academics, you’re really looking to increase learning, civic engagement all of the work of a university Continued on Pg. 3

CCBriefs:

By RANDALL HIGGINS

Ireland; the first country to pass same sex marriage. Ireland became the first country to pass “same sex marriage” by popular vote on May 22. Since 2011, the country has had civil unions, but these did not come with marriage rights or protection of family. The Guardian news outlet reported the count at 62.1 for the legalization and 37.9 against. Increased social media usage; increased STD’s Rhode Island officials say the increasing statistics of sexually transmitted diseases (STD) are reflective of an increased social media usage, according to Newser.com. People are using social media to arrange casual and often anonymous sexual encounters. The effectiveness of the social media is showing up in the numbers of increased STD cases including HIV. Syphilis, for example, was nearly eliminated in 2000 and has had a sharp increase across the country. Westboro Baptist Church takes on J.K. Rowling Westboro Baptist Church (WBC), earned the ire of J.K.Rowing, according to the Daily News. When Rowling tweeted out that Gandalf and Dumbledore were now able to marry in Ireland, WBC replied via Twitter that they will picket the service. Rowling replied, “Alas, the sheer awesomeness of such a union in such a place would blow your tiny bigoted minds out of your thick sloping skulls.” Excessive heat kills in India The heat in India, reaching over 118 degrees, has killed close to 1,500 people, according to The Guardian. Authorities across India have introduced an awareness program asking people to stay inside between 1 to 4 pm. People are advised to wear broad-brimmed hats, light-colored clothes, use umbrellas and drink a lot of fluids. We’re pretty cool It should be noted that for those needing a practicum, the Coyote Chronicle writing team is an excellent way of getting your credits. The student editors are brilliant in their duties which include helping the writers, the atmosphere is genuine acceptance and fun, and the adviser/teachers excels in sharing his real life expertise. One student said that all of her school friends came from this class and that she recommends taking the class.
Continued from Pg. 1

from the eight water wells out of more than a hundred in the area, according to the state water board.

The contaminants are harming one of California’s largest sources of income, according to the California Department of Water Resources.

“Contamination is a major concern and the drought just exacerbates water issues, and the groundwater is one of those,” said Sara Aminzadeh, the executive director of the California Coastkeeper Alliance, a group that advocates safe water.

The department said that California’s groundwater basins “has been the most important single resource contributing to the present development of the state’s economy.”

Sometimes the water systems will give out polluted water when they are unable to treat the water, according to the Los Angeles Times.

“The costs of treating water will cost more money but is more cost effective than relying on increasing imported water,” said Albert Gastelum, the Department of Water and Power’s director of water quality.

“The water we serve meets standards and is safe to drink and our water has never been better at the tap,” said Gastelum.

A new purification plant would enable the Los Angeles Department of Water and Power to clean water from out of service wells.

“It’s just a matter of time before we’re out of resources. Enjoy what we can now. Just a matter of time. Other places are already experiencing having no water,” said student Cordel Wilson.

Along with the water contamination, California’s underground water resources are being depleted at a rapid rate, according to The New York Times.

California is the last state in the West to move towards the limitations on use of its groundwater, according to The New York Times.

Fracking has used between 140,000 and 150,000 gallons of water per day, which cannot be consumed or used in farming operations, according to Adam Scow, the California Director for Food and Water Watch.

“Climate conditions have exposed our house of cards and the withdrawals far outstrip the replenishment. We can’t keep doing this,” said NASA scientist Jay Famiglietti.

With less drinkable water, Californians are in for a rough drought in the next few years.

Cordel Wilson
CSUSB student
Web learning saves money and helps some

By DANIELA RUEDA
Staff Writer

The California State University system hopes to get $59 million more in state funding to expand enrollment in the next academic year by 10,000 students.

Gov. Jerry Brown announced that he has included an additional $157 million for CSUs in the latest version of his budget plan, according to an article on KPCQ.

Brown’s updated budget suggests his January plan will increase the universities’ $3-billion base budget by $120 million, or 4 percent, and does not include any new money to expand in-state enrollment, according to KPCQ.

CSU Chancellor Tim White stated that to get the funding necessary, Cal State plans to call on students, labor leaders and law- makers to help push for the extra dollars to meet enrollment needs, according to KPCQ.

Cal State said it needs to open up the additional seats next year to meet a long-term state goal for college-education officials.

Laurie Weidner, a Cal State spokeswoman, stated, “The state needs at least the million more college graduates by 2025. So as the largest producer of bachelor’s degrees in the state, the CSU takes that challenge and responsibility very seriously.”

The university hopes to spend the extra funds in the governor’s latest budget plan, including $38 million for programs that help students earn their degrees faster, according to KPCQ.

Moving students to graduation is a key initiative. Administrators said that the number of Cal State students transferring from community colleges has been going up, making it even more important for current students to graduate and open up seats, the article stated.

Student Sarah Gonzales believes that Cal States could use more funding for student benefits.

I think the school would benefit from more money because we need access to more classes and programs to help us graduate faster and I feel we are limited because of funding,” said Gonzales.

Brown also reached an agreement with University of California President Janet Napolitano, on an in-state undergraduate tuition freeze for at least two years in exchange for an extra $436 million in state funding for the university system to offset pension costs, according to KPCC.

Community colleges, primary and secondary schools are major winners in the revised proposal.

The University of California and CSU systems also benefited from larger allocations in the wake of the state’s improved economy and brighter revenue picture, according to KPCC.

Los Angeles Unified School District Superintendent Ramon C. Cortines expressed gratitude for Brown’s budget proposal revealed Thursday, which will provide more money into public education in California, the article stated.

“We are grateful to Gov. Jerry Brown for his continued support for California public education,” stated Corrines.

The state legislature is responsible for the governor’s proposal. Weiner stated that Cal State hopes to secure the extra funds before a June 15 deadline, when lawmakers need to approve a budget and send it on to the governor, according to the article.

Black students’ graduation rates raise concerns

By CHERAE HUNT
Staff Writer

Black college students are less likely to graduate with a bachelor’s degree than any other ethnicity, according to The State of Higher Education in California – Black Report.

The percentages of black students graduating with a bachelor’s degree is higher than a decade ago but is still less than the percentage of white graduates, the report said.

More than 90 percent of these black adults have a high school diploma but only 23 percent have at least a bachelor’s degree, versus 42 percent of white adults, according to the Campaign for College Opportunity.

All the students interviewed were black students.

“No, I don’t think black students are set up to fail in college. If anything, I think it is better. My first year they set me up with a mentor to ensure my success at the school. Now can I say the same for all California colleges? No, because I don’t go there,” stated student Ebony.

The report, which relies on data from the U.S. Census Bureau American Community Survey, the California Department of Education and institutions of higher education among others, de- fines blacks as both African-Americans as well as those from the African diaspora who do not consider themselves Afri- can-American, according to The Sun.

“I do think Caucasian and other races have a better advantage and have more opportunities than black, but I don’t think we are set to fail. If black students just apply themselves more they will be able to graduate and have a successful future,” stated David Higgins.

Since the Great Recession, there has been a stark decline in both black freshmen and transfer enrollment, par- ticularly in the California State University system, though the decline could be partly due to federal changes in report- ing race and ethnicity, the report found.

“Transferring from a community college to CSUSB was a lot of hard work. I took the same college math class three times. It wasn’t because I wasn’t trying but I just felt like no matter where I went I won no one on that campus wanted to help me, even the people who were paid by the school to help students,” said student Jessica Rankins.

“I do think Caucasian and other races have a better advantage and have more opportunities than black but I don’t think we are set to fail.”

David Higgins
CSUSB Student

CSU wants money for more students

By DANIELA RUEDA
Staff Writer

Continued from Pg. 1

and do it with the same resources,” said Ken O’Donnell, Cal State’s senior director to CSUSB student Daniel Lopez.

“Online classes are a great investment and are definitively beneficial to every- one because they give you a very flexible schedule to work with. However, on the downside, it is all on you. There is no pro- fessor there to tell you what you need to do or to help you when you need them,” said student Joshua Norvelle.

State funding for CSUs and other pub- lic colleges and universities have increased incrementally under multi-year spending plans arranged by Gov. Jerry Brown, but remains far below pre-recession levels, ac- cording to the Los Angeles Times.

Officials said that the governor still takes the opportunity to repeatedly lecture campus leaders on the need to cut costs.

The system will need $60 million more in state funding for 2015-16 than is being proposed in Brown’s revised budget.

“The 23-campus system is part of sev- eral national grant-funded programs that are evaluating more ephemeral student success measures [as] resilience, de- termination, self-efficacy and intellectual prowess, all traits that are valued by em- ployers,” said O’Donnell.

CSUs said that efforts are more concrete: used-book and digital-book rent- al programs saved students $30 million.”

Cal State awards students random scholarship

By CHERAE HUNT
Staff Writer

Three of this year’s California State University graduates were awarded $10,000 scholarships to celebrate three million living alumni.

The winners of the scholarship are Paul Gomez of CSU Los Angeles, Gor- don Jones of CSU Northridge and Dana Stengin of San Jose State and CSU Stan- islaus. They were randomly selected from thousands of entries on CSU’s digital Class of Three Million Yearbook, according to an article in The Sun.

“Wow that’s amazing! I am graduating this year and it is really exciting. I’m going to be one of the million alumni,” said student Cecily Blisten.

Scholarships may be used for further- ing their education, and the award can be used at any accredited higher education in- stitution, or donated to a CSU campus to support students.

The scholarships were sponsored by Herrig Jones, a company which sells educa- tional achievement products such as caps, gowns and class rings.

The celebration of three million alumni began in October 2014, and will con- tinue through June 2015 with the gradua- tion of 10,000 students during the Spring quarter.

“It’s really nice to see these young adults go from freshmen to seniors and fi- nally figuring out what they want to do,” said CSUSB staff member Cliff Bradshaw.

“One in 20 Americans with a college degree earned that degree at the CSU. The positive contributions of the CSU alumni family to California, the nation, and the world simply cannot be overstated,” said Aaron Moore, director of advancement at the CSU Chancellor’s Office in a statement to The Sun.

“I do think Caucasian and other races have a better advantage and have more oppor- tunities than black but I don’t think we are set to fail.”

David Higgins
CSUSB Student
Grads & undergrads have chance to compete for awards

By CECILIA GUTIERREZ Staff Writer

CSUSB Office of Graduate Studies (OGS) is involved in a wide range of academic, career activities for all students. The CSUSB Student Research Competition, for example, is an annual event that gives both undergraduate and graduate students the opportunity to present their scholarly work in an academic competition. Research presented is specified towards the students’ discipline and career goals.

Students compete by discipline and class standing (undergraduate/graduate) and each have ten minutes to give an oral presentation of their work to a jury. They also have five minutes to answer any questions the jury has regarding their work.

According to OGS’s events and calendar page, winners advance to the CSU Student Research Competition as representatives of CSUSB and are provided with a prized award “contingent upon funding.”

The Robert and Frances Fullerton Museum of Art (RAFFMA) is located on the northwest side of campus and offers students opportunities to educate and express themselves.

RAFFMA first opened its doors in 1996 and became accredited in 2008 by the American Association of Museums. Visiting its different exhibits is a great way to expand your knowledge of culture and history.

In Fall quarter, RAFFMA will be opening its doors to the renovated Ancient Egyptian Exhibition. The exhibit will include new artifacts that students and the public can learn about and appreciate. They also expanded the collection from what they usually have available.

Megan Hast, a CSUSB art history major, recently got the opportunity to visit the exhibit with her art history class while it was still under construction.

“I really like Egypt and the culture and having this opportunity to learn about the set-up of the exhibit has helped me understand that even at other museums there needs to be a story related to the line-up of artifacts,” said Hast.

The Egyptian antiquities are what the RAFFMA museum is best known for since it has one of the largest displays of Ancient Egyptian history west of the Mississippi river.

Although the museum is temporarily closed through June for renovations, there have been other exhibits that have inspired students and feature emerging and established artists.

“The Hero’s Journey” is a student exhibition by A.E. Van Fleet that was on display from May 20-29 inside the Dutton Family Gallery.

The pamphlet for the exhibit states that “the Hero’s Journey provides an opportunity to re-examine traditional categorizations in art and culture, such as sacred and profane and high and low, while attempting to demystify the veil that separates the experiential from the transcendental.”

Not only is this museum an interesting part of our campus, but they also keep their visitors and CSUSB faculty who take their students to view the displays have the chance to see a little bit of our history and the expressions that artists create up close.

Hast wants to one day become a curator for a museum and said, “I hope to succeed in my field by utilizing the skills I have gained from the art department and I plan on learning more about the process of setting up an exhibit from the opportunities the museum here has to offer.”

Eva Kirsch is currently the director of RAFFMA and any questions regarding the upcoming Egyptian exhibit should be directed to her at (909) 537-7373 or e-mail them at raffma@csusb.edu.

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Law School Survey of Student Engagement (LSSEP) 2014 Indicators
“Free the Nipple” feminist movement

By BRITTANIE GUTIERREZ
Staff Writer

In my opinion, both women and men need to take notice of the “Free the Nipple” movement because it is not about nudity, but rather gender equality.

“Free The Nipple” is a documentary and a social movement created to “stand against female oppression and censorship, both in the United States and around the globe,” according to freethenipple.com.

The new feminist campaign has popped up on timelines and feeds everywhere with celebrities like Miley Cyrus and Cara Delevingne promoting it.

We see advertisements and other forms of media featuring shirtless men standing on the beach, working out and barbecuing without a care in the world. Abercrombie and Fitch, the clothing retailer, had shirtless male models standing outside of their stores in the U.S.

However, women are censored and not allowed to post “provocative” pictures that show too much cleavage or any breasts in general. Women cannot even breastfeed in public without being scrutinized.

The female breast is meant for feeding a newborn child; it is not for the enjoyment of the male gaze or for sexualization in mainstream media.

“In my opinion, males have to be taught that the woman body is a human body and not made for pleasure,” said student Miguel Hernandez.

I believe that a woman should be able to freely post a topless picture, and society needs to stop sexualizing the female body. “I feel like we should have the right to show it [nipple], but then again you also have to understand that you have to accept the effect of showing it,” said student Adriana Martinez.

“It seems a little shocking, because I’m so used to not being okay to post nudity, it’s inappropriate, but I think it’d be great if it was equal,” said student Amber Olson.

When I spoke to my mom about how she felt body censorship issues, she agreed that women should have the freedom to post topless pictures and breastfeed in public, however, one cannot control the male mind from sexualizing the female body.

“In my opinion, both women and men have to take notice of the “Free the Nipple” movement because it is not about nudity, but rather gender equality.”

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The female breast is meant for feeding a newborn child; it is not for the enjoyment of the male gaze or for sexualization in mainstream media.

“Because of the way I was raised, I don’t see it being the norm yet,” said student Miguel Hernandez.

I believe that a woman should be able to freely post a topless picture, and society needs to stop sexualizing the female body. “I feel like we should have the right to show it [nipple], but then again you also have to understand that you have to accept the effect of showing it,” said student Adriana Martinez.

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“In my opinion, males have to be taught that the woman body is a human body and not made for pleasure.”

When I was in elementary school, I was always told that I could not wear thin-strapped shirts because they were too revealing and was once told that it “tempted” boys. I never understood what exactly was tempting to a seven-year-old boy and to this day still do not understand.

Why are women denied the right to walk around shirtless or criticized because of the way they are dressed?

I am not saying for every woman to walk around shirtless and post nudes every minute; I just believe that we as women should have the choice and not suffer repercussions or stigmatization.

A breast is a breast, a nipple a nipple, and society should not criticize women for self expression of their body.

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LIVE YOUR PURPOSE ®
Minimum wage movements pushing for increase in fair pay will help today’s working class make ends meet despite opposition viewpoints declaring the increase impossible or unfurtable. Programs as well as campaigns like “Fight for Fair Pay” and “Fight for 15” respectively, strive to increase minimum wages for low-paid and fast foot industry workers receiving low wages for hard work and exploitative treatment. The “Fight for Fair Pay” program proposed by New York Gov. Andrew Cuomo aims for a dramatic wage increase for all workers.

“Reasonable minimum wage is a necessity to improve the standard of living for workers, encourage fair and more efficient business practices, and ensure that our most valuable members of the workforce can contribute to the economy,” as written on the “Fight for Fair Pay” website.

Subsequently, the “Fight for 15” campaign strives to “dramatically raise pay for hundreds of thousands of fast food workers across the state of New York,” according to fightfor15.org.

Since their inception, many different minimum wage increases have occurred in many states, including California.

“I think that a gradual increase—if fifteen years wants to be the goal, okay so make that the end result—but don’t jump from ten to fifteen,” said Daniel Becerra.

Certain California cities are gradually taking action. In the beginning of May, San Francisco has raised the minimum wage to $12.25; a first step to reach the $15 hourly wage.

The metropolitan city of Los Angeles has voted to raise the $15 hourly wage by 2020, according to NBC.

In my opinion, Los Angeles is a prime location for the minimum wage increases within the fast food industry due to instances of exploitation and unequal pay.

“Sometimes I have to walk half an hour from work to get to my apartment because money’s not enough to pay a ride on the bus,” said Boyle Heights resident Juan Moran in a Los Angeles Times article regarding minimum wage increases.

A rise in living expenses will occur in Los Angeles for the next five years, if the city decides to embark in minimal steps like San Francisco is doing thus far. However, even if increases do occur, the $15 hourly wage is a bit out of reach. Small business owners as well as employees will have economic struggles.

Although it is beneficial for low-paid workers, at the same time it will hurt employers by forcing businesses to reexamine their labor force assets and costs.

“There is simply not enough room, enough margin, in these businesses to absorb a 50-plus percent increase in labor costs over a short period of time,” said Ruben Gonzalez, the Los Angeles Area Chamber of Commerce’s senior vice president for public policy and political affairs.

Is the raise worth the chance of getting laid off from work or a rise in living expenses? Let’s tune in five years later to see results.

“Mad Max” raises debate

By KASSANDRA GARCIA

Although Vanity Fair has hailed “Mad Max: Fury Road” as the most spectacular feminist triumph, it is also viewed as “a feminist piece of propaganda posing as a guy flick” by some men that go by the term “meninists” (members of the abused men’s right movement).

If you’re unfamiliar with the controversy surrounding the new Mad Max movie, here’s my quick rundown: There are some men out there who actually feel that America is being feminized and that “real” men—men who are tough and totally secure in their masculinity—are being threatened. “My are not things” actually asked men to boycott the film because of the Hollywood “garbage propaganda machine which spews out the feminized film”.

I mean how frail can some men’s egos actually be?

“This is the vehicle by which they are getting to force a lecture on feminism down your throat,” Clary states.

Why is it so threatening that in this male-dominated society men exist and can be badass without men?

What’s threatening about ‘Fury Road’? Is the idea that the ideal man burns, women might not actually want men to protect them,” said Buzzfeed’s Laurie Penny.

For a revolutionary, in a sense, that it is a female dominated film. I think this type of representation—women being free and willing to be unstoppable—is important.

Why is it threatening that Furiosa, the leading lady, isn’t your stereotypical “perfect heroine”? That she has a buzz cut, is unsexy and isn’t wearing any visible mascara? The message is simple. There aren’t prolonged speeches about how wrong it was for Immortan Joe to mistreat them. Instead, it’s summed up in a single sentence: “We are not things.”

Clearly to Clary, it is a harrowing experience having to acknowledge that hundreds of male actors are overlooked by female-dominated leads, an obvious cinematic atrocity against the ever so endangered male gender.

So funny that men are actually offended by strong women. The movie was great!” said student Adam Lewis. The movie is clear the “Mad Max” isn’t your typical gun-filled, action-packed summer blockbuster because for the first time in who knows how long, it was a female dominated film.
Features

Flatulence under microscope

“One who does not burp or fart is bound to explode.”

By PAULINE FONTANAUD
Staff Writer

This rough translation of a proverb by Chinese philosopher Lao-Tseu says it all. Farts are a natural way for your body to release the gas it produces or absorbs. They are the result of trapped air, which can have many sources. While we chew and drink, we swallow air that will need to be released. But most of it is caused by fermentation. Some food substances don’t get absorbed in our intestines and end up in the colon. There they are fermented by the bacteria living in our gut, creating gas.

“I never fart,” stated student Crystal Virgen. FALSE. Everybody farts. On average, a person produces about half a liter of farts a day, men and women alike. Actually, if you were to fart continuously for six years and nine months, you would have produced gas with the equivalent energy of an atomic bomb, according to my calculations. But then again, I’m not a scientist.

“I think farts happen when gas passes through your butt hole vibrates, like a kazoo” stated Virgen. TRUE. The fart sound is due to the rush of air making your rectum vibrate. Is that not lovely? So the degree of noise depends on the amount of pressure behind the gas. “Beans have never made me fart, maybe it’s because I’m Mexican and I’m immune,” stated student Erik Cervantez. While beans can make you produce gas, they aren’t necessarily the biggest culprit. In fact, everyone reacts to certain foods differently and have their own personal gas maker.

That being said, there are certain types of food that are more prone to cause flatulence. The list is longer than you’d think.

Grains: whole wheat and brown rice, in particular.

Vegetables: most notably asparagus, cabbage, broccoli, Brussels sprouts, carrots, cauliflower, celery, cucumbers, kale, onions, radishes, and tomatoes.

Legumes: especially beans, lentils, peanuts, peas.

Fruits: particularly apples, apricots, bananas, grapes, melons, peaches, pears, plums, and prunes.

Sugars: including those commonly used in processed foods.

Fats: including oils used in processed foods.

Sugar alcohols: commonly used in processed foods.

Protein: meat, fish, poultry, eggs.

Carbohydrates: starches, sugars, fiber.

Some food substances don’t get absorbed in our intestines, such as Facebook, Instagram, or Twitter. Exaggerated posts, frequent selfies, and chain letter memes and posts shared on social media may be viewed negatively by others.

“Everyone hates people who tend to seek attention and show off overactively,” stated Dainius Runkevičius of The Huffington Post.

“I think a lot of people use social media as a front. It’s like people are trying to show off on social media, people trying to show perfect lives,” said student Trianna Menor. “The media easily detaches us from personal connections and relationships,” added Morando. Student Leslie Morando said that people may be “transformed completely through social media vs. real life” by accessing the superficiality of the Internet in order to “become someone they are not.”

“The media easily detaches us from personal connections and relationships,” added Morando. Morando elaborated on her beliefs as to why social media users may find it easier to hate someone on social media, adding that when we are aware of others’ flaws, “we are eager to jump on people and find things for us to hate about a person based on the things they like, report, tweet, and snap.”

“Although people say ‘don’t judge a book by its cover,’ we do,” added Menor. Social media makes hating easier

By WOOJUNG CHOI
Staff Writer

Is it easier to hate someone on social media? Coyotes think so, particularly if they have never met in person.

Facebook users can look at a profile picture and “form an impression...and virtually no words are necessary,” according to assistant professor of communication Brandon Van Der Heide from Ohio University.
The new restaurant is the perfect place to stop for a drink after a long day of classes.

University Bar & Grill

By DANNI YBARRA  Staff Writer

Newly-built University Bar & Grill has potential to be a great local hangout for CSUSB students and surrounding residents. Located at 2999 W. Kendall Dr., it is open from 3 p.m. to 9 p.m. Tuesday through Thursday, 3 p.m. to 11 p.m. Friday and Saturday, and closed Sunday and Monday.

The new restaurant is the perfect place to stop for a drink after a long day of classes. Having only stopped in once, I have yet to make my final decision on the restaurant as a whole.

There were only four other people in the restaurant beside my party of two, and no others arrived during the hour and a half I dined. This was slightly off-putting to me; I enjoy having at least a small crowd of people in a restaurant, along with a bit of noise, to set the atmosphere and allow me to let loose of the tension from the day.

“I’ve driven past [University Bar & Grill] a few times on a weekend and it looked pretty good,” said student Sameje Palmer concerning the amount of business the restaurant receives.

Aside from the lack of people in the restaurant, the modern decor with booths, tall tables, and numerous flat screens playing ESPN and Fox Sports gave off the sports bar vibe they are clearly trying to achieve.

“It’s just still really new. It needs to be broken in,” said Palmer.

Upon reading many Yelp reviews, I was not sure what to expect when it came to the service or food, but I was pleasantly surprised by both.

I had probably the friendliest waitress around—very attentive and engaged.

She took our drink order and brought them out to us right away. I highly recommend their mango margarita on the rocks!

Palmer also believes they have a great selection of beers, including drafts and IPA’s. Despite the fact that their kitchen doesn’t open until 4 p.m., it did not take long for our food to come to us. The Yelp reviews mentioned cold food or a long wait time. This did not happen to me.

I thought the chicken club sandwich and macaroni and cheese I ordered were perfectly cooked to order and delicious.

The Yelp reviews mentioned cold food or a long wait time. This did not happen to me.

The prices were also exactly what I was expecting. Everything on the menu is around $10, and they give generous portions.

“It really could be such a great place, but I’m scared they won’t get the business they need and we will lose it,” said Palmer.

“The students are going to have to be the ones to keep it alive. They just have to give it a chance,” continued Palmer.

All in all, I will need to visit a few more times, but I do believe University Bar & Grill can become a popular eatery in the area if people, especially students, take advantage of it.

“Social media tends to detach us and desensitize us from feelings and emotional connections. What we see in social media is more superficial than a personal relationship,” said Morando.

Morando and student Jessica Garcez agreed that it is easier to judge others on social media platforms if they do not know them, such as an athlete or celebrity.

“I think many attention seekers make it painfully obvious of their ulterior motives and I cannot help but feel their handling of private information indicates poor judgment,” said Menor.

Continued from Pg. 7
Are you smarter than a 5th grader? Or better yet, are you smarter than a search engine?

Searching online may make you think you’re smarter than you actually are, according to Matthew Fisher, a doctoral student in cognitive psychology at Yale University.

People can search just about anything online instantaneously, leading them to believe they learned this knowledge themselves, despite relying on a search engine.

“We think the information is leaking into our head, but really the information is stored somewhere else entirely,” said Fisher.

Fisher explained that online searches believe they took the test to search and become knowledgeable with only a tap of a button. With that said, the Internet gives us a false sense of being all-knowing.

Fisher conducted a study with two groups to test out his hypothesis on how online searching affects our illusion of knowledge.

One group was allowed to use the Internet for a question survey, while the other group could not.

Fisher started the study with a simple question, “Why do we have leap years?”

He gradually increased the difficulty of the questions, offering more variety as well. The exact same questions were asked of both groups.

After each respective questionnaire, Fisher asked each candidate to rate their own intelligence.

The subjects allowed to use search engines rated themselves to be more knowledgeable on average than those who were in the control group.

We as a society veer off, asking the Internet questions, rather than asking ourselves if we have the knowledge to answer it.

“I think we might be abusing it in a way. Cause I feel people should be knowledgeable of simple questions. But then again I don’t even know why we have leap years,” stated student Bianca Velasco.

Although the Internet has made society lazier in certain respects, it also has made information access more convenient when essential.

Users can view scholarly sources, the results of case studies, and fact-check odd facts with the Internet differently. They have a lot more information at their fingertips.”

I understand the reliance of online searching could be viewed as negative, but it may also be beneficial. It could be negative in a way where we do not take the time do retain the knowledge we receive because it wasn’t necessarily earned.

However, it could be positive because, if we as a society wanted to research deeper, we have all the resources available at our fingertips.

Debunking myths—considering the topic of introversion

If you’ve ever been called quiet, shy, or introverted, there’s a chance you took it offensively as there are negative connotations associated with the term.

Carolyn Gregoire of the Huffington Post suggested that although about one-third of the population are introverts, “it may be one of the most frequently misunderstood personality traits.”

Gregoire also went on to suggest that common stereotypes hold that “introverts are socially awkward loners who abhor large crowds and don’t like people very much.”

Among the various myths about introversion lies the belief that introverts don’t make good leaders or public speakers.

Susan Cain of The New York Times debunked this myth, stating: “On the long list of attributes of a successful president— or of any leader—an outgoing persona is low on the list. The charisma of ideas matters more than a leader’s gregarious charm.”

Despite their tendency to keep to themselves for the most part, introverts can be surprisingly effective leaders, and if need be, public speakers.

You might consider instances in which some of our greatest leaders, inventors, and entertainers—those we may least expect—have been described as introverts.

Tod Van Luling of the Huffington Post pointed out various world leaders and influencers who happened to be quiet, reserved, or introverted, mentioning individuals like Abraham Lincoln, Rosa Parks, Audrey Hepburn, J.K. Rowling, and Johnny Depp.

These well-known and often celebrated individuals are a sure sign that there’s hope for the introverts.

Cain pointed out the falseness of the belief that introverts don’t like to be around people, as she stated, “introverts like people just as much as extroverts do, and often care deeply about them.”

Introverts, equally as fond of being around people as the extroverts, simply enjoy solitude and use it to recharge or even spark creativity and critical thinking.

Some might agree that we live in a world that expects the quiet and reserved individual to adapt and evolve to an extroverted world, whilst overlooking some of the things we can learn from the large population of introverts.

Despite the negative views of this personality trait shared by some, introverts can actually have several desirable traits which make them skilled at listening, writing, and preparation due to their ability to utilize solitude to collect their thoughts.

Van Luling thoughtfully makes his case about introversion in reminding us that “being shy absolutely doesn’t mean being powerless,” and that “sometimes you need to be quiet to make real noise.”

In a perfect world, introverts and extroverts would be treated as equals, but at the very least we can overcome the misconceptions of introversion by familiarizing ourselves with reality.

If you are part of that one-third of our population who are labeled as introverts, embrace the areas of which you are skilled because this personality trait.
Arts & Entertainment

Saturation Fest

Back to the Grind supports local artists in a welcoming environment

By JOSE ALVAREZ
Staff Writer

The sign reads Back to the Grind a place for all to come together, to leave all labels outside.

Stepping into Back to the Grind, I found myself trying to wiggle into the crowd and unfortunately missing out on the strong aroma of coffee because I was sick.

When I finally managed to take a seat, the band Gemini Fiction took the stage.

Although there was another band downstairs, I did not find out until several bands had played.

You can enjoy the show from either downstairs or upstairs where framed art pieces are displayed all over the walls and some even hang from the ceiling.

The signs and artwork did a great job in adding to the presence and positive vibes of the coffee shop.

The employees were easy going, vibrant and great conversation starters, adding to the homey feel of the environment.

“As soon as I walked in, I felt welcome and the atmosphere in there made me feel almost like I was at home,” said sophomore Enrique Sanson.

“Everyone treated me warm heartedly and because of this I will surely be coming again in the future!” continued Sanson.

They don’t treat you like a customer, they treat you like you’re part of the family.

I fell in love with the sound of Gemini Fiction. They had their own twist on alternative rock with a talented guitarist keeping a nice, rough, head-bobbing rhythm throughout their original songs.

The singer was a young lady with a voice that was softly layered over the songs’ rhythms.

I was impressed overall by how much local talent was there, but the band that stood out the most to me was again, Gemini Fiction.

They caught my eyes and ears early on in the show and really opened me up; instead of just dismissing local and unsigned artists as I usually do, this experience made me realize that there are artists out there worth giving a listen.

The menu also included a small variety of pizza, salads, soups and bagels.

They had a little bit of everything to satisfy you, no matter what you’re craving.

Some of the different events at Back to The Grind included poetry readings, Open Mic, Chess Night, and live DJs.

The coffee shop is open every day of the week and is located in Downtown Riverside.

By JOSE ALVAREZ
Staff Writer

Habitats lead singer, Dithy Ramb, leaves the audience in awe with her exquisite ranges of vocals.

Roses Pixel perform an intimate set in the basement at Back to The Grind as the audience gathers, supporting local music.
"Tomorrowland" a thing of the past

By TIFFANY MOVES
Staff Writer

Disney missed the mark with its new film “Tomorrowland,” released in theaters May 22. This new live action Disney film is based on the popular, Tomorrowland, found in many Disney parks.

The film stars George Clooney and Britt Robertson, who join together to venture the future through a simple pin with an orange “T” on the front.

In the beginning of the film, Frank Walker (Clooney) and Athena, played by Raffey Cassidy meet at the New York World Fair, where Frank gives her one of the infamous orange pins that transported him to a futuristic world.

Athena reaches out to Casey Newton (Robertson) by secretly placing one of the pins in her bag. Casey then realizes just by a touch of the pin she is able to get to Tomorrowland all you see is computer-generated imagery (CGI).

Bird could have done much more with the film through effects and different backgrounds but failed to do so.

Disney plans to release their new blockbuster film “Inside Out” on June 19, which leaves many people hoping “Tomorrowland” is not the future of Disney movies to come.


By ITZAYANA JIMENEZ
Staff Writer

ASAP Rocky surprised us all by releasing his highly anticipated sophomore album, “At.Long.Last. A$AP,” which was originally set to be released on June 2. However, the album was delayed.

Rocky, who also goes by Pretty Flacko, has always been very open about his life and drug use.

In a recent interview with The New York Post, he mentioned his recent interaction with LSD, stating, “Makonnen gave me acid at SXSW (South by Southwest)... After that, I went back to my mansion and fucked nine chicks.”

He also mentioned that in his new album, "There’s definitely a psychedelic influence," said Rocky.

In the ninth track, "Jukebox Joints," he raps, “I’m tripping off the acid, now yo ass is looking massive.”

"Jukebox Joints," features Joe Fox and was produced by the one and only Kanye West. This song brings a hint of soul to the album and has some old school West influence in it.

The production level from this track is what impressed me most.

West helped Rocky take us on his journey in these five and a half minutes with Fox’s soothing hook, the transition between Flacko’s creative verses and West’s, and ending with soulful trumpets. "LSD (LOVE x SEX x DREAMS)," the fourth track on the album, is a relaxed song about love and acid.

The track starts out with an incredible guitar riff that will put you in an instant trance and Rocky singing "I know I dream about her all day I think about her with her clothes off." The music video to this song is full of artistic and psychedelic depths.

This track is slightly different for Rocky, it is much more calming compared to the rest of his songs.

"Lord Pretty Flacko Joyde 2," the seventh track, is the type of song that hype you up, gives you the energy to get up and start your day.

This track is only two minutes long.

In my opinion you should put it on repeat and blast it in your car. Flacco collaborated with many incredible artists for this album, some being: Schoolboy Q, M.I.A., and Rod Stewart. A$AP Rocky will be playing at multiple festivals this summer, such as Lollapalooza, Squamish Valley, and Austin City Limits.

“At.Long.Last.A$AP” is available to stream in stores, on Spotify for free, or bought on iTunes for $11.99.
Insanity at Insomniac

By RAPHAEL DUNN
Staff Writer

This past Memorial Day weekend, I was given a ticket by Insomniac Events to cover their event RARE at the National Orange Show (NOS) Events Center here in San Bernardino.

The event took place on May 24 and was designed, curated, and executed by DJ Carnage in partnership with Insomniac.

The event had a massive turnout, which led to me waiting in a parked line for almost two hours with a slew of bass and trap heads, which is a blend of rap, hip hop and electronic sounds.

Once inside, I could already hear engaging, booming sounds coming from one of the sections of the crowd shouting, “Chipotle gang! Chipotle gang!” This is one of his infamous trademarks.

His set was so good that nobody left for the exit until he officially ended and the house lights came back on; the faces in the crowd were filled with smiles.

Dance music seems to be taking the country by storm, and over the years festivals, like RARE, have been created for holidays or special days.

Insomniac seems to be at the forefront of this trend, providing events on holidays like Valentine’s Day (Crush), New Year’s Eve (Countdown) and now RARE (Memorial Day).

But does Insomniac really correlate the holiday messages into the events?

According to the attendants of RARE, yes.

“I think Memorial Day is a holiday to be spent with family, but day events like this allow us to spend time with family over the weekend while letting us have a day to ourselves and rage hard,” said attendee Arianna Petuna.

I had many conversations with attendees throughout the night about plans with family, which tells me time was made for the holiday and it ended with some fun.

Insomniac also curated NRG, another event in Long Beach held over the weekend that was different in sound and atmosphere.

Most attendees chose to attend RARE because of the growing popularity of the trap hip hop sound that is provided by Carnage and Yellow Claw.

“Their set was so good that nobody left for the exit until he officially ended and the house lights came back on; the faces in the crowd were filled with smiles.”

I came to realize that not all feature films must come from major production studios in order to achieve major success.

“There is no medium that expresses an artist’s thoughts both visually and audibly like film festivals, giving anyone a chance to showcase their art,” said CSUSB film admirer Adam Galloper.

Since California serves as the base of the entertainment industry, it only makes sense that many of these showcases are held here in the Golden State.

While they may not be the Cannes, Berlin or Venice Film Festivals, our state does host the quite prestigious Los Angeles Film Festival, Sacramento Film and Music Festival, and my personal favorite, Palm Springs International Film Festival (PSIFF).

Academy Award winners such as Meryl Streep, Bradley Cooper, Julianne Moore and even Brad Pitt, have attended and even starred in the featured films.

Another one of the many virtues these festivals offer is bringing variety and culture in the form of film.

For students, the festivals offer a number of opportunities.

“It’s great networking with students since it gives them different perspectives by both film and artist, and the best part is being in a very creative environment,” said CSUSB Film Festival attended, Cecilia Bacerra.

Having volunteered in this year’s PSIFF, I had the opportunity to witness the appreciation from all those who attended and by the people who participated during the festival.

Needless to say, I felt the same admiration, and more importantly it gave me the incentive to pursue my career in filmmaking, where one day I may have the blessing of having my work screened.

For instance, one of the films shown was “In Order of Disappearance,” which is a story of a snowplow driver, played by Stefan Skarsgård (“Pirates of The Caribbean”), who seeks revenge for the murder of his son by killing thugs responsible , was surprisingly enjoyable and quite funny.

The film, having been featured at the 64th Berlin International Film Festival, delivered and left audiences amazed with its different format and smart use of humor where many dark comedies fail at.

So if you are open to a different take on film and wish to witness its artistic purpose, then by all means attend or volunteer to your closest festival.

You may not only get free access, but you also might get to meet your favorite movie star.
Instead of seeing the same type of women grace the canvas of a photograph and the catwalk, women of different shapes, sizes, and race are now emerging. While this has become more apparent, 18-year-old Australian native Madeline Stuart, would like to change one more thing. She wants to pave the way for women with Down syndrome to aspire to their dreams of becoming a model.

Stuart who has Down syndrome, a genetic chromosome disorder, has begun her own mission to become a professional model and is inspiring others along the way.

“I think it is awesome what she is doing,” said student Angela Martinez. “It just goes to show you that anything you put your mind to is possible, it really is inspiring.”

Stuart’s aspiration to become a model challenges the stereotype of the disorder and hopes that her exposure will create acceptance for the people who have it. Her story has attracted a lot of attention from the media and has received nothing but praise.

“You are beautiful, inside and out” and “Madeline I do not personally know you, but you are an inspiration and no matter what you are loved,” are some of the wonderful comments people have said about her.

As a child, Stuart struggled a lot with her weight which is one of the common side effects of having Down syndrome.

After becoming frustrated with herself when she could no longer keep up with her friends, she decided that it was time to do something about it. Stuart went on to lose weight by hip hop dancing, swimming and cheer leading and lost over 40 pounds.

When she lost the weight, she gained a whole new confidence about herself.

With her desire to become a model, her inspiring story led geek-wear label, Living Dead, which prides itself on signing models of diverse body types, to hire her.

Since spreading the word on her Facebook page, she has kept fans up to date on how her journey is panning out.

“I visited her page and wanted to see how people from around the world felt and was pleasantly surprised with what I read.

One quote that touched me the most was, “You are an inspirational young woman and are very attractive. I don’t know you but I am so proud of you. I wish you the best in your modeling career and anything else you choose to do.”

For me, Stuart is a true inspiration who shouldn’t be looked at as someone who has Down syndrome, but someone who is going after their dreams and making them come true.

Her mother, Rosanne, has been there for her every step of the way and was never discouraged after the doctors had told her Madeline would never achieve anything.

“She really wants to change the way people discriminate against disability,” stated Rosanne in Daily Mail Australia. “People with Down syndrome can do anything, they just do it at their own pace. Give them a chance and you will be rewarded beyond your greatest expectations.”
Participating matrix:

**Sports**

**Calling all powerlifters**

By LAUREN JENNINGS  
Staff Writer

The Coyote Powerlifting Competition will be offered by the Strength and Conditioning Center on June 3 to further test the strengths of CSUSB’s finest weightlifters. The Strongest Coyote Challenge tested the strength and endurance of CSUSB students earlier this year.

The powerlifting competition consists of three tasks that include bench presses, deadlifts and squats. Each contender will have three attempts at each task. The goal for each lifter is to accumulate as much lifted weight as possible.

Powerlifting is often compared to weightlifting, but those who participate in either sport, tend to disagree. Weightlifting consists of overhead lifting as opposed to waist and shoulder level lifting seen in powerlifting.

Timing is a key factor for both sports, but is much quicker in weightlifting. Powerlifting requires a greater strength approach as opposed to a speedy one.

The bench press event works out the upper body and requires pressing weights upwards and away from the body while remaining in a supine position.

The deadlift consists of three different parts known as the setup, the drive and the lockout. The setup involves positioning yourself behind the lowered barbell, bending the knees and gripping the bar. The drive is lifting the barbell and the lockout is the conclusion of the lift, as the barbell is to be held just below the hips with the body as straight as possible.

The final event, the squat, consists of standing in an upright position with a barbell resting on the upper back and then bending the knees and hips to lower the body.

Mark Bell of Bodybuilding.com suggests 12 different exercises for the beginning powerlifter. Six exercises for the upper body and six for the lower.

Bell stated, “If you want to be strong, you have to put in the effort. Get off the couch and work hard in the gym. Put a lot of intensity into every lift.”

Bell recommends the bench press, military press, pull-ups, bent over row, curls and the farmer’s walk for upper body strengthening.

He also recommends squats, the deadlift, lunges, leg presses, leg curls and leg extensions for the lower body.

Exercises are important for training as well as the type and amount of food consumed.

“You have to eat to build muscle. For your macros, try to get one gram of protein per pound of body weight, one gram of carbs per pound of body weight, and shoot for half a gram of healthy fats per pound,” stated Bell.

Muscleandstrength.com recommend ed working out four days per week with two rest days and one day off scattered throughout.

They also suggested designating day one to the chest and back, days two and four to legs and day three to shoulders and triceps. Required equipment includes a barbell, bodyweight, cables, dumbbell, an EZ bar and standard workout machines.

“What I advise is using the basics. Even the most hardcore training methods revolve around simple principles, the main one being; lift heavier weights, get stronger,” stated a contributing writer from Bodybuilding.com.

On June 3, the CSUSB powerlifting champion will be revealed. They will not only be crowned the Coyote Powerlifting Champion, but will have major bragging rights.

Registration has begun at the Student Recreation and Fitness Center (Rec Center) and will continue until June 3 until 4 p.m.

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**Workin’ on “Butts-n-Guts”**

By RICARDO MENDEZ  
Staff Writer

The CSUSB Student Recreation and Fitness Center (Rec Center) offers various group exercise classes including one of the most popular activities: Butts-n-Guts.

This strength training exercise focuses on the glutes and abs, hence its name. “I would recommend it to others for more motivation,” said biology pre-medication student Leslie Campos.

Classes are held every Wednesday at 6:30 p.m. in Room 203 and vary in duration from 45 minutes to an hour.

Kinesiology major two-year Emily Hill, a Rec Center employee, is the class’s instructor.

Hill started the workout with small warm up exercises including wall squats, lunges, leg presses, leg curls and the farmer’s walk for upper body strengthening.

Six exercises for the upper body and four for the lower. The class is available to all shapes, sizes, but most of the participants are women. “Maybe because there is more girls, they’ll feel inferior,” said Campos, one of the few males who attend.

There are some breaks in between the exercises to catch your breath before continuing the workout.

All you need to participate are comfortable clothes, workout shoes and your motivation. All the exercises were one minute, but time flew because the music was energizing. The atmosphere did not feel like a fitness class, but more like a club where Indie, Pop and Rock music were played.

Different genres of music were blasted to encourage maximum effort from each participant.

With this workout, you can burn up to 440 calories in as little as an hour.

“I’ve seen results, flatter stomach and less fat,” said Cardenas.

The workouts vary based on Hill’s discretion for that day. “I try to keep it interesting for the people in my class,” said Hill.

After the challenging yet fun routine finished, Hill ended off with a “cool down.”

Butts-n-Guts has been at the Rec Center for years and leaves the students feeling great about themselves.

“If the participants leave with a smile on their face, because you just made them work their butts off,” said Hill.

If you’re looking to gain some junk in the trunk, the Rec Center’s Butts-n-Guts class is for you.

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**Mon, June 1, 2015**

Image: Photo courtesy of the Sports Club.

Image: The participants endure wall squats during one of the workout stations.
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LUXURY STUDENT LIVING ACROSS THE STREET FROM CSUSB
As students wind down for summer, CSUSB Athletics is preparing for their upcoming seasons. In fall 2015, CSUSB welcomes back men and women’s soccer and volleyball. The men’s soccer team looks to improve and devote most of their energy to developing their roster on hand. “Fortunately for us, we did not lose a lot of players to graduation but we feel we have successfully replaced the ones we did lose and look to make gains moving forward,” according to Head Coach Stephen Ralos.

After ending their 2014-2015 season with 9-5-2, the team is looking forward to next season. “We feel good about the upcoming season. We are returning a large group of players from a fairly successful campaign last season and have added some much needed depth, maturity and experience with the incoming crop of players for the 2015 season,” continued Ralos.

The coaching staff starts recruiting for upcoming seniors during their junior year at CSUSB, so rebuilding the team is not a concern for Hollimon. “We have a very good recruiting schedule and plan, so for us losing seniors is emotionally taxing, but we shouldn’t be taxed too much ability wise,” continued Hollimon.

The team finished the 2014-2015 season 14-4. Their season came to an end with a tie during the California Collegiate Athletic Association (CCAA) tournament.

With many players returning the team looks forward to similar success in the future. “…in our style and system of play, the majority of the excitement will come from the dynamics of teams total performance,” according to Hollimon.

Volleyball ended their 2014-2015 season with a record of 21-7. The team lost against Sonoma State, losing their opportunity to move past the National Collegiate Athletic Association (NCAA) West Regionals. The 2014-2015 roster has four seniors, leaving a lot of team building for their upcoming season. Students can look forward to some great volleyball and soccer at CSUSB this upcoming fall quarter.