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**Spring Into Your Career**

By Arthur Medrano  
*Staff Writer*

The fifth Annual Communication Studies Department Symposium “Spring Into Your Career” celebrated student achievements and alumni successes. Three panels provided alumni and faculty insight into the following topics: “What women need to know about working in the communication industries,” “I just graduated, how do I get my first job?,” and “Becoming a successful professional. What employers will expect from you.”

The symposium culminated into a two-hour awards luncheon that had attendance vary from students and family to faculty and alumni from the Communication Studies Department. Lunch was accommodated by CSUSB’s own Sodexo chefs, while the decor was arranged by students and additional volunteers who are a part of the Communication Society. During the presentations, there were honors for the undergraduate student and graduate student(s), as well as commemorative awards for those who participate in the Coyote Chronicle and Coyote Radio. Chronicle News and Politics Editor Emily Anne Espinosa, and Community Editor Alexander Douglas, were awarded for their service in the Chronicle by Dr. Mariam Betlemidze, faculty advisor. Adrian Silva was awarded by Lacey Kendall, broadcast and media consultant for the College of Arts and Letters. The symposium culminated into a heartfelt speech by Lacey Kendall, broadcast and media consultant for the College of Arts and Letters for his outstanding work in Coyote Radio.

**Combating CSU student hunger**

By Brittanie Gutierrez  
*Staff Writer*

College can be, and is, expensive. Students often have to sacrifice certain things in order to afford their education; but food should never be one of the sacrifices. An issue rarely noticed or talked about, now has a bill in motion to end student hunger. On April 25, Assembly Bill 453 (AB-453) was presented to CA Legislature to fight student hunger among California State Universities by requiring campuses to implement a meal plan donation program.

AB-453 was introduced by Assembly Member Monique Limón after Assembly Bill 214 (AB-214), a bill that “would express the intent of the Legislature to enact legislation to reduce the incidence of hunger and homelessness among college students in California [...] provide definitions of “on-campus food vendors” and “qualifying food facility” for purposes of this provision,” according to AB-214. “This bill would require the trustees and the board of governors, and would encourage the regents, to designate as a “hungry free campus” each of its respective campuses that meet specified criteria. The bill would provide each campus that receives the designation shall receive a funding incentive,” according to AB-453. The program requires that there be a campus employee to help students apply to CalFresh, a food stamp program in California.

Young Invincibles, an organization that was built on having young adults’ voices, “in the debate over health care reform,” according to youinvincibles.org, is pushing for the fight to end student hunger.

Christopher Nellum, Ph. D., Policy and Research Director for YI, stresses the importance of awareness of food insecurity among college students and how expanding job opportunities, grant & scholarship resources as well as resources renovations such as the DEN are part of Castro’s platform for president.

Davalos is a current member of ASI’s Board of Directors as a candidate for ASI’s Lobby Corps, and works in President Tomás Morales’s office as the Legislative Intern.

The DEN is a food pantry that helps fight food insecurity. Receiving the designation shall receive a funding incentive, according to AB-453. The program requires that there be a campus employee to help students apply to CalFresh, a food stamp program in California.

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Christopher Nellum, Ph. D., Policy and Research Director for YI, stresses the importance of awareness of food insecurity among college students and how combating CSU student hunger

**ASI elections emerge**

The Candidates Forum marked the beginning of the official election campaigns for the spring 2017 ASI candidates.

**Combatting CSU student hunger**

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**ASI elections emerge**

By Emily Anne Espinosa  
*Staff Writer*

Students running for higher office had an opportunity to give voice to their campaigns at ASI’s Candidates Forum in the SMSU Theatre on April 26.

The forum marked the beginning of the official elections campaign, where candidates would answer questions posed by the moderator.

Panelists included: Riane Castro & Andrea Davalos for president, Prince Ogidiike and Chad Reyes for Vice President and Connor Dickinson & Georgette Helo for VP of Finance. Castro who is currently on the executive board for Pi Sigma Alpha, chair of the committee for the SMSU, Vice-Chair in ASI’s Lobby Corps, and works in President Tomás Morales’s office as the Legislative Intern.

The DEN is a food pantry that helps fight food insecurity.
Stories behind Route 66

By Maylyne Togafau
Staff Writer

The 2,400-mile-long Route 66, coined the “Mother Road” by John Steinbeck, has an even longer history that circumvents the contribution and impact of women.

The History Department invited project director Katrina Parks and historian Mark Oceguera to present a short lecture and several films on Parks’ upcoming documentary, “The Women on the Mother Road,” on Wednesday, April 26.

Dr. Cherris Lyon, History Department Coordinator, expressed her excitement for the event because of the relevance and importance of the route to San Bernardino since it could be beneficial to the students and community.

The documentary reveals untold stories from families and relatives about how the contributions of mariachi figures during the boom of Route 66 shaped the following generations.

These women of Route 66 were not just caretakers; they were archeologists, teachers, travelers, advocates and even entrepreneurs.

Mila Café, Inland Empire’s oldest Mexican restaurant, founded by Lucia Rodriguez in 1937, celebrates their 80th Anniversary of operation this year.

Notorious for continuing the traditional Mexican atmosphere and original recipes, Mila Café is famous for their classic homemade hard-shell tacos.

However, few people know that Mila Café inspired more than just loyal customers; they arguably inspired the multimillion-dollar company, Taco Bell.

Mila Café had waves of traffic flowing through its business, and since many route travelers were seeking opportunity, there was rising competition surrounding the fast food market.

Across the street from Mila’s, Bell’s Burgers and Hot Dogs Owner, Glen Bell, reportedly walked into the café and asked Lucia’s then husband to show him how the infamous tacos were made.

A few years later in Irvine, California, the first Taco Bell establishment opened.

Even the famous song, “Get Your Kicks on Route 66,” written by Bobby Troup—and later adapted by Nat King Cole—was birthed from the mind of his first wife Cynthia Hare.

Although the short films initially seemed to have little correlation besides the route itself, the project brought to life the history of the everyday hero.

For student Sara Ledesme, the route strikes a chord “because my grandparents were migrant workers, and this was my family’s source of income that was a steppingstone for progress in this nation.”

Ledesme shared how Parks’ efforts in collecting the information along the route have inspired her to do similar research on her own family’s history along the route.

According to Parks, an important contributing factor to the success of the documentary is the hope that it will inspire others to desire to unearth the vast history of stories and perspectives untold.

Continued from the Front Page

they should focus on their education rather than where their next meal would come from.

“The bill is really trying to raise awareness and have schools think about ways to be more proactive. Institutions would have someone from the staff to help students enroll to CalFresh and establish a food pantry. It is also trying to get schools to think about ways to donate,” said Nellum.

“Sometimes students have 20 meals in the dining hall, but only use 10. This bill wants to help create a way to donate those leftover meals to students suffering from food insecurity,” continued Nellum.

YI is an organization committed to the issue of ending student hunger because they, along with some of their partners, such as Swipe Out Hunger and Western Center on Law & Poverty, believe that students should never have to go through food insecurity and just focus on their education.

Currently, one in five CSU students go hungry and have to decide between paying for school and supplies or eating.

Out of the 23 CSU campuses, only 11 schools have programs for food insecure students, according to a CSU study.

One of those campuses is CSUSB, which has The DEN, a food pantry where students can get Day Packs with food and sometimes even gift cards to buy groceries.

“I’m pretty sure this will help a lot of people. I feel that this has to be talked about more so more people will be aware that such programs exist,” said student AnaKaren Alba.

Not every college campus in CA has a food pantry for their students and those suffering from hunger continue to suffer, which can affect their studies and motivation to finish school.

“We want to raise awareness,” said Allie Aguilara, press secretary for YI. “We believe this is an important issue to cover,” she continued.

“Food insecurity is an invisible experience,” continued Nellum. “We need to raise awareness. We’re better together.”

The DEN is open to any currently enrolled CSUSB student and is open every second and fourth Wednesday and Thursday of the month, from 11 a.m. to 5 p.m. and 3 p.m. to 5 p.m.

AUDITIONS

Saturday, May 6th and May 13th starting at 9 am

PETER PAN

Perri Hills Bowl, 1001 E. Highland Ave. San Bernardino

A cast of 75 plus performers from 9 to college age are needed.

Bring Sheet music and be prepared to perform a short vocal audition. An accompanist will be provided. JU does not allow the use of recorded accompaniment music of any kind. The bowl is located behind the tennis courts in Perri Hills Park. For more info, visit www.junioruniversity.org or call (909) 889-0833.
A bill that would make California middle schools and high schools start no earlier than 8:30 a.m. is making its way through the legislature, gathering support from physicians yet opposition from California school boards.

By Shamce Ahmad
Staff Writer

California Senate Bill 328 was approved by the Senate Education Committee April 19, 2017, but has not been officially passed. The bill entails a plan put forth by state Sen. Anthony Portantino to push back the class start times at all California middle and high schools to at least 8:30 a.m.

The opponents of the bill are the California Teachers Association, which is the state’s largest professional employee union, and the California School Boards Association.

Portantino cited that the ability to learn and succeed increases with more time to sleep, saying that “the science and research are clear: our kids will do better if we start the day later.”

The American Association of Pediatrics (AAP) is in agreement with the bill as well.

In a 2014 policy statement update, referring to a move to an 8:30 a.m. start time, they mentioned that “doing so will align school schedules to the biological sleep rhythms of adolescents, whose sleep cycles begin to shift up to two hours later at the start of puberty.”

Former high school student Nick Purcoraizou said that, looking back on it, he thinks it could definitely help students in the long run. “I wish we got to go to school at 8:30 a.m., because it would have made getting enough sleep a lot easier,” said Purcoraizou.

Especially for those students who have busier schedules than others, helping to get more sleep, but thinks there is an easier solution for it. “Just go to sleep earlier,” says Miller. "Making a proper bed time and sleep schedule not only increases the amount of sleep we get but also sets us up to have better organization later in life,” he added.

Sen. Portantino also argues that Senate Bill 328 will also add funding to school districts far and wide, which ties directly to student attendance.

The Los Angeles Unified School District, for example, stated that a 1 percent rise in student attendance could lead to up to $40 million in added funding being brought into their district alone.

The bill looks to make its way through legislation quickly to be passed for the upcoming school year, as the effects on the students could be very beneficial.
**Opinions**

**Veteran Thoughts: “13 Reasons Why”**

By Arturo Brooks & Haley Brown 

Staff Writers

“13 Reasons Why” is another glorified show rigged for teens that advocates suicide as a way to express yourself. If you do not know about this series, it’s a show that airs on Netflix. It takes place in a high school setting where the main character, Hannah Baker, a sophomore, creates a collection of tapes to explain how the actions of her peers lead her to untimely demise.

After watching the show Haley and I had a discussion on some of our concerns about events that unfolded.

Our main concerns with “13 Reasons Why” were the portrayal of the reasons that lead her to commit suicide. We agreed that some of the events were overly exaggerated, contradictory and delusional especially with use of this quote.

“I started with Justin and Jessica, who each broke my heart. Alex, Tyler, Courtney, Marcus, who each helped to destroy my reputation, on through Zach and Ryan, who broke my spirit. Through Tape #12, Bryce Walker, who broke my soul.”

Another example would be the handling of photographs that created the epithet of her suffering through bullying.

We thought these photos, could have easily been dealt with by not only adults but law enforcement as well.

Ryan, an editor for the school newspaper, befriends Hannah at a poetry club meeting and helps her unlock her passion for poetry.

Ryan anonymously puts one of Hannah’s poems in the student magazine without her consent.

Hannah deals with the situation, verbally expressing her disgust and later stating that he broke her spirit.

We feel that Hannah never realized that Ryan’s intention without self-consciousness to help her promote herself to a wider audience, and she took it as hurtful.

We thought this was unbelievable.

There are teachers who monitor what is published in school or handed out.

Showing a teacher reading a poem was unlikely due to policy and guidelines teachers have to follow due to their curriculum.

We were concerned by how she was affected by her peers. Then we were appalled how she flips the script and causes emotional and physical distress to people who are still alive while she is dead.

Zach a star basketball player attempts to befriend Hannah when he had just been traumatized by a previous event and is very vulnerable and angry, but Zach never broke her spirit.

Hannah laughed out at Zach’s kindness, she misconstrued/objectified her intentions towards her they had a miscommunication.

Continued online coyotechronicle.net

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By Samantha Flores 

Staff Writer

The concept of revenge and bullying are old ways. The new way is to treat one another the way we want to be treated with respect.

We all heard the saying “Eye for an eye and tooth for tooth,” but hurting your fellow friend for justice when they have done you wrong, is no longer acceptable. As it is said in the Bible, when Jesus was crucified, one of His last words was that revenge is forestalled, that the new way is to forgive your neighbor (friend), because God has forgiven you. As said in Matthew 6:12.

This is because if we do not forgive one another then we will all be hurting.

Forgiving one another is not easy, especially if it seems like other person does not deserve it, for example a rapist.

Many would argue that a rapist should not be forgiven because they have hurt the victim deeply.

I would agree, but I like said earlier forgiveness is not easy, but it is impossible.

Jesus died for all of us, including those that rape, and that rapist has been forgiven, and so have you.

With the help of God you are forgiven and you can forgive as well; because God has never forsaken you. You can read more in Matthew 6:14-15.

Forgiveness is one step to letting go of what you are dealing with. Pain, loneliness, abandonment even some of the symptoms many go through. Sometimes one may think we are alone, not realizing another may be going through the same thing.

So, we put up a “fake” symptom of happiness, joy, the “I’m OK,” just to be a “normal” person in society.

That’s why an event like “What’s Your Big Lie?” created by Jordan Axani, where its intended for all to express their true self out loud is important.

Having these types of events create a sense of intimacy, because whatever is said stays within the group. This is key because no one would share his or her problems unless this rule is enforced.

Sure, at the end of the session you won’t look at some people the same way because they have shared their true self, but that’s the point because now you would know that you are not the only person facing a similar problem.

Perhaps, you’ll find the person again and be able to talk to them, maybe start a friendship.

But this was not my first time hearing a speaker that encourages this type of therapy-almost exercise.

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**May’s Advice Column: Silence is expensive**

By Maylyne Togafau 

Staff Writer

Most know the phrase “talk is cheap,” but few understand what words left unsaid can be costly.

Last column, I posed the question, “what tough conversations are you not having?” Of course, I had the opportunity to have some tough talks myself. I was in the sauna at the Rec Center this past week, when I overheard three girls talking about Netflix’s 13 Reasons Why, and it piqued my interest to join the conversation.

However, I was surprised to hear that they had no apparent remorse for the leading female character, which had experienced bullying, stalking, sexual harassment, among other woes that ended when she took her own life.

They had comments like, “she was making a big deal” and, “yes, they did some mean things, but they didn’t make her do it.”

Granted, everyone is entitled to their own opinions, especially when it comes to fictional television shows, but I was taken aback by how sad and upset their comments made me feel.

I realized it was because it is conversations like these, when left alone that allow for the continued stigma against, outspoken dialogue on unhealthy relational issues that are so much bigger than our own relationship.

Immediately, I had a fight versus flight gut reaction on whether I should stick my nose where society says it doesn’t belong (in others business), or to have a couple of seconds of discretion by sharing differing opinions with strangers.

I was unsure of how to approach the situation, because I did not know them, so I just asked questions to first understand where their reasoning’s stemmed from.

Ultimately, what I gathered from the conversation is that the girls did not lack compassion for the victim; they had abhorrence for the victim role.

With further discussion, one of the girls—who commented on the on the victim of sexual harassment making her own situation a big deal—had been a victim of sexual harassment herself.

Her embarrassment of having to explain to social media friends that she was no longer “relationshipgoals,” combined with the fear of her previous partner, led her to fight that battle alone.

The strength she has resides in her experience, but the perspective switch showed us both that a victim is not weak but instead they are finding strength for their continuous battle.

Psychologist Dr. Melvin Leiderman conducted a series of studies that found that people watched something bad happen to someone and were unable to help; they would resort to criticizing the victim.

It wasn’t because of guilt, but because people feared what a victim means. It means that bad things can happen to good people.

It means the world is not as safe as we would’ve thought.

Vulnerability is a negative connotation, but in the context of this random encounter, showing vulnerability allowed for a conversation that could hopefully grow into ininvincibility.
Relocations: Good for owners, not fans

By Alexis De La Cruz
Staff Writer

The Oakland Raiders have officially announced their move from Oakland to Las Vegas and the fans have some mixed feelings. If you ask people why they are fans of their favorite sports team, many would answer because their parents were also fans of the team.

Die-hard fans don’t just come from teams winning titles but also because they represent where we are from. The reality is that professional sports are not just about entertainment but also making money. Like athletes, teams don’t stay in the same cities they started in.

Teams decide to relocate for many different reasons, but in the end it always leaves a sour taste in the mouth of the fans that rooted for them since day one.

California has a plethora of teams with some of the most passionate fans in the country, many of who are familiar with losing the team they love most.

The Oakland Raiders have moved from the Bay area to Los Angeles a number of times. The Raiders were established in 1960 with San Francisco as their hometown. In 1982, the Raiders made their move to LA after, then owner Al Davis, tried and failed to secure a new stadium in the Bay area. After 13 years in Los Angeles the franchise picked up again and moved back up to Oakland.

Raiders fans that are old enough may have some whirlpool from these decisions but they are still devoted to the Silver and Black.

“If never bothered me when they went back and forth from Oakland and Los Angeles, but leaving for Vegas feels different, but it would definitely be fun to watch a game in Vegas,” said Al bert Chavez, a fan since the 70s.

The same cannot be said about Charger fans.

This year it was announced that the San Diego Chargers would be moving to Los Angeles.

The Chargers moved from L.A. to San Diego in 1961. Qualcomm Stadium was home to the Chargers for 56 years. After struggling to find the funding for a new stadium in San Diego, owner Dean Spanos, has agreed to move the team to Los Angeles.

Chargers fans did not take the news easy. Many expressed their disappointment by burning their Chargers memorabilia.

“I grew up watching them [Chargers] with my dad, and my two older brothers,” said Tony Santacruz, a life long Chargers fan. “I don’t know if I’ll even watch them anymore.”

Teams take a leap to a new city with hopes to capture the love of the people living there. A new home can bring the opportunity for the franchise to make more money. It could work out in their favor or it could be a big mistake.

One thing we know for sure is that a team that wins will bring in fans, whether they were there from the beginning or are welcoming a team to their city.

New football league offers opportunity

Pac Pro Football has given a glimpse of the future of a secondary professional football league.

By Megan Vina
Contributing Writer

Donald Yee, agent for New England Patriots QB Tom Brady, along with former Super Bowl champion wide receiver Ed McCaffrey and others have formed Pacific Pro Football, a first of its kind league for players directly from high school.

For the first time, emerging football players will have a choice in determining their best path for professional development.

Pacific Pro is America’s first professional football league to utilize—and compensate—players not eligible for other professional leagues.

Average annual salary and benefits for each player are projected at $50,000, with four teams initially based in Southern California’s most populated counties.

Initial player employment offers are projected for winter 2017 and will also include one year paid tuition and books at local community colleges.

Pacific Pro players will play and develop under professional football rules, protocols and style.

Each Pacific Pro team is projected to have 50 players, coached by former professional and college coaches.

Pacific Pro expands the football industry by creating hundreds of new jobs and enhances safety by playing a short 8-game season.

Pacific Pro will also be a development ground for coaches, officials, and executives and a ‘football lab’ for new technologies, smart apparel, and content distributors.

A primary off-field Pacific Pro objective is to help players develop their life paths. "Pacific Pro’s concept of education is expansive. Every team will have a counselor to help players develop their interests academically and/or vocationally, and assist with coordinating meaningful internships in their fields of interest," said Yee.

Pacific Pro’s Advisory Board includes Super Bowl champion head coach Mike Shanahan, former NFL Senior VP and Super Bowl czar Jim Steeg, officiating expert Mike Pereira, and pre-eminent football reporter Adam Schefter. Steve Schmidt, MSN-BC commentator and former lead campaign strategist for the McCain presidential campaign also joins the Advisory Board.

“Professional football is a very specialized game; it demands precise techniques and a certain mental approach,” said Shanahan. “Pacific Pro’s time has come, and these fantastic athletes will be well trained for the pro game on and off the field.”

Pacific Pro, a single entity league, is led by CEO Yee, chief operating officer and former NFL and ESPN executive Bradley Edwards, Chief Content Officer and former Executive VP of Fox Sports Digital Jeffrey Huvar, and chief financial officer John Chung.

Pacific Pro recently closed its angel round of financing and has commenced discussions with content distributors, sponsors, facilities and local political leaders.

“We are gratified by the positive reception to Pacific Pro in the investment, media, government and sponsorship communities,” says Edwards. “We look forward to stimulating the Southern California economy by working with local leaders.”

Our team at Pac Pro Football is excited and energized to build America’s most innovative professional football league. For all of us who love football, we are going to do our best to expand the football industry, and create exciting new opportunities and jobs for the next generation of exceptional football talent.

Donald H. Yee, CEO of Pac Pro Football
Has advancement in sports gear helped players?

By Alexander Douglas

Community Editor

Since the beginning of sports, equipment has played a big role in playing the sport but not always in keeping players safe.

When baseball first started, the batters did not use helmets, which had caused a lot of injuries.

Football players used leather helmets and shoulder gear with limited padding.

In today’s world, we have seen a change in the gear to help prevent the players from getting injured or at least lessening the damage caused by an injury.

“We have top of the line protection,” said baseball player, Jordan Simon. “From a hitter’s perspective, our helmets are very good. We’ve had five guys get hit in the head this year and they all have been fine with no concussions.”

For instance, soccer players wear shin guards, which have been improved by using plastic to be more durable to strong kicks.

“Shin guards keep us more safe from taking kicks to the shin, which is painful and causes bruises,” said women’s soccer player Breeze Rivers. “Shinguard styles change as a soccer player transitions from playing youth to collegiate because younger players need extra protection.”

Even professional sports organizations are always looking for new gear to help guard their players against harm or reduce the amount of injury caused.

Hockey has more padding for the goalies than they did in the early years.

Football helmets have increased in size since the beginning to slow down blows that the players receive.

Although equipment is ever evolving, we have seen that there are still many injuries occurring.

Gear has been developed to help stop the initial blow such as skull fractures, but it has not stopped the serious damage from concussions.

The problem is that although the helmets have gotten bigger, players are still sustaining concussions because the extra padding is still not enough to slow down the blows to the head.

In fact, neuropathologist, Bennet Omalus finds that over 90 percent of NFL players have chronic encephalopathy (CTE) according to Time magazine.

The symptoms range from mild to severe with problems such as impaired memory or mood problems.

In the National Hockey League, over 323 concussions occurred over three seasons, which can result in lifelong problems for the players according to the Globe and Mail.

These concussions and other injuries are supposed to be blocked or stopped by shoulder pads, kneepads, helmets, gloves and many other pieces of gear but they are ultimately failing at protecting a player from more serious harm.

Equipment is improving but sports organizations need to implement more research into reducing or altogether eliminating these health issues.

Use of advanced equipment in sports have lead to less injuries.
Softball team dominates at all home games this season

By Lauren Jennings
Sports Editor

The Coyote softball team has been fairly strong the entire season, taking three out of four games from no. 1 ranked Humboldt State, recording multiple, lengthy win streaks and sweeping San Francisco State in their final home series.

Overall, the team posted a record of 16-4 when playing at home. Only two of the other 10 teams have better home records. Before the team played their first game, Coyote Softball Field got a bit of a face-lift, including a new scoreboard and the addition of a portable locker room.

The Coyotes played their first home games of the season against UC San Diego. They won a team, on April 14.

First baseman Taylor Ancona hit two home runs in the series opener, aiding in the Coyotes 11-1 victory. In game two, the Coyotes held Dominguez scoreless, winning 8-0.

The team repeated their success the next day, winning game one 9-1 and game two 9-8. In three of the four games, the Coyotes scored enough runs to enact the mercy rule. The mercy rule goes into effect when a team has an eight-run lead over their opponent after five innings of play.

Over all, the Coyotes enforced the mercy rule seven times, with five of them occurring at home. The Coyotes took on Stanislaus State, earning a win in game one of their doubleheader. That win marked 10 in a row for the team, on April 14.

They lost the second game against the Warriors but picked up right where they left off the next day, winning the final two games. The team returned home to play San Francisco and earned their third series sweep of the season.

In the first game of the series, starting pitcher Cassandra Williams pitched a one-hitter as the Coyotes won 1-0. The team needed a walk-off to win game two which came on a bases-loaded single from the second baseman Monica Maddox.

The final set of games took place on Senior and Family Day, seeing the Coyotes take their second straight walk-off courtesy of Maddox who scored the game winner on a wild pitch. The final game was a big one for the team as Brown hit a grand slam in the fifth, giving them the edge and an 8-2 win.

Last season, the Coyotes narrowly missed the playoffs, finishing the season in fifth place with a record of 32-23. As Brown hit a grand slam in the fifth, giving them the edge and an 8-2 win. This season, the playoffs look a lot more promising as the Coyotes have a two-game lead over the Chico Wildcats heading into the final weekend of the season.

As the games are played, this story will be updated in the online version.

Coyote athletes of the week

Eli Zaragoza
Second Baseman

Went 7-11 against Chico State, earning a .636 batting average for the weekend.

Recorded five hits during the double-header at Chico on April 22

Cassie Williams
Starting pitcher

Threw a one hit shutout against the San Francisco State Gators on April 21

Earned wins 18, 19 and 20 during the four game series against the Gators
Intersections of Islam and queerness

By Monica Rosales
Contributing Writer

The beauty of being Muslim and identifying as queer was celebrated at the event “Coming Out Muslim” held in the Santos Manuel Student Union Events Center on April 26.

The Woman’s Resource Center and Pride Center invited special guests Wazina Zondon and Terna who shared countless stories, prayers, dance movements and revelations throughout the entire event.

Zondon and Terna’s event is held all over the country and is meant to capture the stories and experiences of being at the intersection of Islam and queerness.

The event started off the event with a variety of music, ranging from Muslim to American.

Interestingly, the event did not make the classic introduction, but one that got the crowd hooked and ready for what they were to say next.

“I was caught off guard with how amazed I was with the event, the stories they shared inspire you to not be afraid and be who you are, the way they inspire you is so hidden and amazing,” said student Nikole Williams.

The performance piece was strong and could be interpreted in a matter of ways. Both Zondon and Terna switch off telling their true stories of the struggles they encountered growing up and being who they believed to be.

“Allah is in what I say and in what I know; Allah is love, Allah is ‘I love you’” said Zodon, beginning the event by explaining her faith.

Growing up and being at the crossroads of race, gender, sexuality, nationality, faith and more put their stories in a strong perspective everyone can relate to.

“The truth is, Allah made me gay,” said Zondon as she takes pride in everything she is.

The stories range from tales about other people’s theories about where queerness comes from and the gifts that come from being both queer and Muslim.

Zondon explained her piece in theories, explaining how society needed to justify and give reasons as to why she was.

“I never felt Islam asked me to be anything than what I am, then how could I despise myself?” said Terna.

The tension of culture and religion is a big factor in Terna’s piece.

She made sure to focus on the struggles of Islamophobia and homophobia, and how it made her doubt the idea that being gay and Muslim was a gift.

Zondon and Terna gave a dance performance as they spoke about how being who they are is not good enough and they have to mask themselves around their own culture at times.

“Hearing stories like these has you open your eyes and make a connection to multiple things you didn’t see before and I’m happy [Zondon and Terna] have this type of performance to show people the reality of the world,” said student Jacob Mathews.

Coming Out Muslim was an inspirational performance with deep meaning that everyone should hear at least once in their lives.

The stories were meant to inspire how the world makes us see certain views and how we should never be ashamed of who we are.
Polynesian Culture

By Franciny Gonzalez
Staff Writer

The “Polynesian Culture” event held by the Other Adult Re-Entry Center (OARC), taught various cultural dances and provided knowledge about Polynesian history.

Desihre Manuel, a Hula and Tahitian dance instructor demonstrated and taught the history behind each move.

“I think the significance I find in teaching dance is awareness of our culture,” said Manuel.

She explained how people may perceive a dance as easy, but in reality it not only takes a lot of passion but also strength since these Polynesian dances consist of long-lasting leg work.

Sefo Tomu hosted Polynesian Culture, as a Tongan he has awaited for this event to come so that he could share his traditions with fellow students.

“There is not a lot of us [Polynesians] here at the school, theirs actually less than 1 percent of us, so not a lot of students know about our culture. This will be cool for them to know about our culture,” said Sefo Tomu, host of the event.

One of the dances, called “KA MATE,” is where they showed their most frightening face. According to their beliefs, expressing a horrifying face would scare and intimidate the opponent they were about to go to war with.

“I find that Polynesian culture is very rich and diverse, and it’s something that you don’t really see,” said student Christian Romero.

Romero mentioned how he had wanted to learn the “KA MATE” for a couple of years now.

Since high school, Romero found it interesting that many sport teams would perform this dance before a game, he enjoyed how it would energize the crowd and get the team pumped.

Although it is possible for students to create their own club on campus, it can be difficult.

It takes a lot of courage to start something on your own, let alone if no one is there to help you along the way.

“I was a board member and part of Filipino organization. I tried to start a Polynesian club like this, but it’s not no easy cake walk,” said Romeo Helms, student and performer.

“It’s really hard to start a club. I’m glad Sefo took the initiative to start a Polynesian club,” Helms continued.

Helms is content with the Polynesian culture described the movement that is being started. He hopes that students will feel more comfortable and willing to join the club.

Students felt that having this event was important for our CSUSB community. Especially considering how many diverse ethnicities exist on this campus.

Those who were from the Polynesian culture described the feeling of being more comfortable since they learned about their roots and connected with another.

“The Polynesian culture is interesting, we are Malaysian and it’s a little different. But I think it’s important to host events like these to show the different cultures,” said student Layla Kapale.

“I find that Polynesian culture is very rich and diverse, and it’s something that you don’t really see,”

Christian Romero

Polynesian Culture

“KA MATE” is where they showed their most frightening face.

By Kimberly Orozco
Contributing Writer

Moving in together before marriage is an increasing trend in the United States, making couples now face the question of whether moving in, is the right time.

Pre-marriage cohabitation can either strengthen a relationship or deteriorate it if it’s not the right time.

According to marriage expert Sheri Stritof, only 50 percent of most heterosexual couples that live together before marriage actually get married.

“I personally think moving in together before marriage has become the norm because we have strayed away from ideologies that deemed it to be wrong. Now it’s almost necessary to know what the other is like before closed doors because maybe his/her habits might be deal breakers for you,” said student Erika Sandoval.

Understanding the pros and cons to living together is important before taking any step toward it.

Some pros can be stronger bonds through more self-disclosure, taking the next step in the relationship and sharing financial responsibilities.

Some cons can be learning your partner isn’t as great as you thought, facing difficult conversations or pressure to get married.

“Moving in with my ex-boyfriend really taught me that we both had different values and goals in life. Soon after moving in, we began to realize we had not disclosed as much information about each other as we had thought and should have before cohabitating,” said Karina Mendona, age 21.

According to Stanley, Rhoades and Markman, researchers and authors behind Sliding versus deciding: Inertia and the Premarital Cohabitation Effect, cohabitation is often deemed as a strong predictor of marriage.

Alicia Estrada, who has been married for two years said: “we decided to move in before our engagement but upon moving in we found that we truly had a strong connection and two months into moving in together, he popped the question and soon after I became Mrs. Estrada. Moving in was the best decision we made.”

According to Psychology Today, in general, usually non-engaged cohabitators without plans for marriage have the most doubts about their relationship.

Having a conversation on what each partner’s expectations are for the future of the relationship can ultimately benefit the couple and make the decision to moving in a lot simpler.

Before moving in together, the couple must analyze their relationship and identify key factors to whether moving in is a smart decision and whether they are truly ready for it.

Some factors you should look out for include: constantly spending more time at their place than yours, having a habit of clothing at their place, having zero pressure to rushing things, etc. It’s not just about saving money, there must be a shared sense of expectations the relationship.

“Moving in with your significant other is a huge step, but if you’re doing it because you genuinely care for each other and both feel ready for it, then you should just do it,” said Jeannette Silva, experienced cohabitant.
In the light of our new divination fortune telling endeavors, featured in the Expressions section on the back cover of the newspaper, we asked students what was their take on divination and fortune telling in general.

"Isn’t that kind of like the fortune tellers at carnivals and stuff?” asked Sam Salazar, a student at Chaffey College.

There are numerous different ways in which one can read their future: tea leaves, tarot cards, numerology and astrology.

Even staring into a candle flame to read the shapes that appear is considered a form of divination.

Divination found its way into pop culture through shows like Charmed, Supernatural, Once Upon a Time and Merlin.

For example, two people may both have a Libra Sun sign, but one may have the Libran Sun in his 12th House, while the other may have his Libran Sun in his 1st house. This could make for two very different types of people. (Corrine Lane. (19 Aug. 2009). 12 Astrological Houses – Astrology Lesson 4. In Free Astrology Lessons (4). Retrieved from https://astrolibrary.org/house/

If the stars cannot answer questions to what one seeks, then maybe numerology may be more suitable.

Numerology is just as it would sound; using numbers to predict the future or give answers to those probing questions asked in life.

Probatically the vaguest type of divination, numerology is fairly easy to learn.

There are different variations, but the Latin alphabet system is most commonly used in divining, wherein letters of the alphabet are assigned to a number 0-9 and messages or “signs” are seen with these numerical patterns.

If the lines on our hands are meant to tell what kind of life we live, and palmistry is much more concrete than any other divining method. It is considered more accurate because every time you look at your hands you will be reminded of what it all means.

"I don’t even know what a birth chart is,” said Elliot Navarro, a student at Chaffey College. Strictly speaking, with a birth chart, there’s a lot more to learn about yourself.

A birth chart is made up of different components that all point to the person that you are, or are in the process of becoming.

This includes your sun sign which is what most people know as their zodiac, their moon sign, the positions of planets and how they affect your personality, and the different “houses” of the zodiac.

The houses involve different aspects of your life, such a money, power, sex, addictions and other important milestones.

"The zodiac wheel is based on the sun’s apparent yearly rotation about our Earth (along the ecliptic), while the wheel of Houses is based on our Earth’s 24-hour rotation about its own axis. The 2 wheels join together at points derived by calculations involving your exact birth time and astronomical birth coordinates. Then, the planets are described in 2 ways: as being in a zodiac sign, and also as being in a House.

For example, two people may both have a Libra Sun sign, but one may have the Libra Sun in his 12th House, while the other may have his Libran Sun in his 1st house. This could make for two very different types of people.” (Corrine Lane. (19 Aug. 2009). 12 Astrological Houses – Astrology Lesson 4. In Free Astrology Lessons (4). Retrieved from https://astrolibrary.org/house/
By Robert Klimper
Staff Writer

Downtown San Bernardino gave two nights to the importance of art for the San Bernar- dino Art Night from April 21st to the 22nd.

A new shared location with Carousel Mall and Court Street Square was selected for the second annual San Bernardino Art Night.

On Friday night, the event was started with small speeches from San Bernardino mayor R. Carey Davis, city manager Mark Scott and community development director Mark Persico who also was one of the driving forces behind the San Bernardino Art Night. "Arts are a way of rebuilding downtowns...and we are trying to get people to rediscover downtown San Bernardino," said Mark Persico.

According to Persico, the reason for the art night to be two days instead of one, was due to the surprising success of the first art night last year.

In between the two areas, was a spot used for showing art expression through Graffiti, with the first day having art done by Ivan Preciado, Juan "Jwoll", and "Reighde".

The second day offered a chance for visitors to try their hand at spray painting in a community art piece. The San Bernardino Art Night had collaboration from the likes of the Cal State San Bernardino, San Bernardino Valley College, the Art Institute of California - Inland Empire, along other local departments like the fine arts commission to make the Art Night possible.

As a commission offered to be responsible for screening the entries into the [art night]...we screened mostly the visual artists and we screened some of the performing artists," said Dottie Garcia, chair of the fine arts commission for the City of San Bernardino.

The fine arts commission provided funding to help support for the San Bernardino Art Night.

The Carousel Mall was used to display several different artists from around the Inland Empire along with with art from CSUSB and San Bernardino Valley College.

Art in the Carousel Mall ranged from paintings and print art to sculptures, photographs and quilts.

"This is a great way of getting my artwork out there, meeting new people, meeting fellow artists and just being around people and making them smile," said Kim Cruz, an art major from CSUSB.

By Blair Hernandez
Staff Writer

Entertainment hit up the British Pub known as the Royal Falconer located within the heart of downtown Redlands, California, on April 21.

Established in 1999 and often hosting open mic nights, the Royal Falconer filled the evening with unforgettable comedy and laughs that knocked the socks off the audience.

"I’m very white, I’m one khaki shade away from being albino and I’m a ginger," said Evan Cassidy.

As everyone chuckled a random person from the audience shouted "power."

The funny and interesting ginger responded, "are you refer- ring to your sun burns?"

During the set, Cassidy expressed supposed shared sexual desires of gingers.

"Ladies love the gingers, my signature move in the bedroom for the ladies is called the ginger rail," explained Cassidy.

Cassidy grew up playing music in bands and made jokes from lyrics.

"In college I developed to become a French man that brought his guitar which grav- itated me to perform for people instead of playing drinking games," said Cassidy.

Every comedian undergoes challenges, trials and errors.

“One of the biggest challenges is performing nontraditional events such as bars, then the drunk loud hecklers and breaking the ice for those who are first timers. Lastly, connecting with the audience and not knowing the demographics," said Cassidy.

Quentin Moscaritolo, followed after making jokes about his height.

"I meet a lot of people the second time and then the next day they reintroduce them- selves," Moscaritolo began.

"How little of a personality do you have for you to forget? I’m the tallest thing in most plac- es but I really wish it would be more interesting things like ‘hey how many stretch marks do you have on your back from grow- ing ten inches. My back looks like some else height chart,’" he continued.

During the show, other comedians performed shorter segments but still thrilled the audience.

"I work at a restaurant, what I don’t like about it is the cooks talk so much shit. How do you know? You don’t speak Spanish. I know because the constant- ly point and laugh. First two months they called me ‘Mircon’ it meant a derogatory term for ‘gay’. I’m white and naive I thought it was a nick name so for two months I responded with ‘si papi’ said McNutt.

Headliner Chris Estrada, “I use to work for a labor union named Writers Guild of America West (WGAW). I spent a lot of time doing something I wasn’t passionate about. When I pur- sued standup comedy, it becama routine like going to the gym. I became obsessed and you just got to do it.” said Estrada.

“How do I make this funny or smart idea for a mainstream audience without downing my voice," said Estrada.

You have to be willing to take a chance and don’t underes- timate the crowd,” he continued.
The fourth annual Riverside Art Market was held on April 22, from 10 a.m. to 4 p.m. The event was located at the Riverside Art Museum both inside and outside the surrounding areas. The art created by the young artists of middle school and high school age were entered into a competition.

“The art coming from high schools and middle schools have been getting better over the years,” said Melissa Brown, a volunteer. The event was family friendly. There were many stations for children to enjoy including one for face painting, another that featured a balloon artist, and an arts and crafts area. The vendors and artists were so passionate about their creations. Whether it was pottery, jewelry, knitted or sewed items, paintings, drawings, music, clothing and a lot more.

The artists of the art displays have their work was a beautiful art piece titled, “Because I am worth it.” Gutierrez shares. “Some of the collection is shipped here from China and we feature their work. While some of these students have their work exhibited and sold very well.” Their international collection ranges in many passions like art in film, nature and more. They offer open studios, exhibition space, artist classes and workshops. Their classes and workshops are always changing to have a taste of the various ranges of art. Not only does the art place offer this, but there is also a monthly themed art exhibition-taking place.

There are also the annual open juried art shows and the young artist shows that students can participate in. The PVAA Art Place is always open everyday to grant anyone a glance at the wonderful world of art.

The PVAA Art Place is an excellent opportunity for art to life and beyond,” Gutierrez shares. They offer open studios, exhibition space, artist classes and workshops. Their classes and workshops are always changing to have a taste of the various ranges of art. Not only does the art place offer this, but there is also a monthly themed art exhibition-taking place.

There are also the annual open juried art shows and the young artist shows that students can participate in. The PVAA Art Place is always open everyday to grant anyone a glance at the wonderful world of art.

“I would have bought it without thinking twice,” said Lorenzo Jaramillo. Whether it was creating art of your own, engaging with the artists and vendors, or admiring the beautiful pieces, it was an excellent event. The event brought support for the local community of the Inland Empire.
Yotie Talks Big Brother in 1984 series

By Janet Curiel
Staff Writer

Students went “through the memory hole” in a discussion with faculty panelists Dr. Chris Naticchia, Dr. Charles R. Metts, and Dr. Cherstin Lyon, in part two of the three-part series of the classic novel “1984,” on April 26, following the previous week’s film screening.

“The 1984 program provided an excellent opportunity to engage students, faculty, and staff in a textured discussion about increasing surveillance in society and the impact it has on our lives, behaviorally, psychologically, and beyond,” stated Robie Madrigal, Marketing, Development, and Outreach Specialist.

The Yotie Talks, a new speaker series that began in the 2015/2016 academic year by the University Diversity Committee, is designed to discuss current issues that are critical to our college campus, according to the CSUSB webpage.

“We are going to Orwell to try and make sense of how we got to where we are right now,” stated Metts, in an interview after the panel discussion. Kelly Anne Conway’s use of the term alternative facts in an interview describing the tactics used by Press Secretary Sean Spicer and may have driven sales of the classic novel, according to an article in The Guardian.

“In 1984,” doublespeak is language that is purposefully constructed to disguise its actual meaning.

Topics discussed by the Yotie panel ranged from: what constitutes freedom, personal advertising, privacy, totalitarianism, autonomy, company overreach and political and social trends seen in the book and now.

A Q&A session followed the hour discussion where a student asked whether “Big Brother” could be compared to the National Security Agency of today.

“The commonality between all our panels was that it is corporations, not the government and we are choosing, and we are collaborating and embracing and participating in our own oppression,” stated Cherstin Lyon. Lyon gave an example in which she participates in her own privacy invasion.

“It’s the personal choice. My husband brought home an Alexa, it goes off all the time and I keep thinking, that is so weird that I am voluntarily in a home where that is just sitting plugged in all the time,” said Lyon.

Metts refers to Marshall McLuhan who coined the term “the medium is the message” in the 1960s and references the change in human interaction as a result of television, phones and overall technology.

“The on the one hand, technology is amazing because the research you can do, on the other hand, it’s a distraction… we are addicted to the technology, hopefully… we learn to put that on the side and engage in deep reading because it’s such a valuable part of an education. The technology is good but it’s also potentially dangerous,” stated Metts.

A topic that came in reference during the discussion was the use of Newspeak, a term used in the book that refers to their official language and how it relates to today.

“From the brevity of a print medium like USA Today kind of newspaper that models itself after a visual medium, all the way to 140 characters like Twitter, it’s just reducing & reducing the complexity of thought… that’s potentially a dangerous thing,” stated Metts.

Audience members asked questions which included the powers of boycotting products.

“As a historian, marches and demonstrations are not particularly helpful in ending restrictive covenants and ending segregation but economic boycotts were very helpful. Thinking of the Montgomery boycott, a yearlong bus boycott by an entire community… the enormous burden on individuals to carry that out… successful but extremely difficult,” stated Lyon.

One of the obstacles of boycotting is that the willingness of people to participate, and the extreme urgency that would be needed to move people to such extremes of political and social action.

Metts mentioned the recent firing of Bill O’Reilly from Fox News was due to advertisers pulling funding, and not direct protests, which refers back to the corporate & financial influence on what is shown and changed.

To conclude the hour discussion, Lyon closed with a takeaway message for the audience.

“It’s not staying alive so much as staying human. So in order to preserve our own humanity, we need to preserve our own thought and disconnect, unplug and take control over our time,” stated Lyon.

According to Madrigal, the series was one of the most well-received Yotie Talks to date, and they’re looking to have more stimulating conversations planned for May and June.

Topics include causes and consequences of the underrepresentation of women in politics and two training days to support undocumented students.

More information can be found by contacting madrigal@csusb.edu or (909) 537-5104.

Aloha from San Bernardino

By Jason Samp
Staff Writer

Aloha Poke Bowl is a delicious and healthy alternative to other fast food locations near CSUSB.

Located just down the street from campus at 4235 N. University Parkway is a restaurant that serves fresh locally crafted Poke.

Poke is a salad style dish that focuses around the main ingredient, raw fish. For those who prefer not to eat the raw fish, there is also a chicken option as well as vegetarian and vegan options.

Edna Buenrostro is a third-year student that also works at Aloha Poke bowl; she was off the clock enjoying a small customized bowl.

“Even though I work here and I can eat it whenever I want, I still crave it,” said Buenrostro. “Even on the days I don’t work I still come in and eat.”

She has been focused on eating healthier and with the amount of customization at Aloha Poke Bowl you can tailor your meal for that.

The customized bowl option is one of the most popular dishes at the restaurant along side the multiple signature bowls.

There are numerous combinations you can make with a customized bowl.

First choose your base from sushi rice, brown rice, wakame, or greens.

Second, you can choose your type of meat from tuna, spicy tuna, salmon, shrimp, albacore or tofu.

Last, you choose your toppings out of 14 different options and a choice of sauce.

The full menu can be found on their website where you can also order your food in advance.

The price for a bowl ranges from about eight dollars to 14 dollars depending on the size.

However, CSUSB students who show their coyote card during checkout receive a discount.

Jon Do, a sophomore at CSUSB purchased a two-item bowl with greens and gave it an opinionated rating of seven out of 10.

He mentioned how the location of the store and the affordability of the food brought him back for his third visit.

“You get a lot more food in a bowl for about the same price as a sushi roll,” said Buenrostro.

Continued online coyotechronicle.net
Dropout rates in SB

By Saeed Villanueva
Staff Writer

High school graduation rates are on the rise in San Bernardino, but are still below state average.

San Bernardino has suffered from low high school graduation rates for years, but has been on a gradual incline since 2010. However, the topic of graduation rates and dropouts has been overlooked in favor of college dropouts, which has received much more media attention.

According to the California Department of Education, the graduation rates for San Bernardino County schools in 2015-2016 was 82.6 percent. The dropout rate was 10.4 percent, which correlates to 3,408 students.

For San Bernardino, this is a good sign, considering the rate was as high as 9.1 in 2010. This shows that the city has been doing a much better job to help children stay in school and graduate.

“It is harder to dropout now with all the programs, resources, and opportunities available to struggling students. The education system isn’t perfect, but I’m confident when I say I know my site does anything and everything they can to help a student graduate,” said Jasmine Luna, a teacher at Public Safety Academy of San Bernardino, and CSUSB alumni.

However, statewide rate last year was 9.8 percent, and Riverside County only had a rate of 6.3.

For the two counties that are very close in proximity, that is a very alarming difference. There can be a variety of different things that can be leading to this wide disparity.

“I’d say the lack of support from families, but each situation is different. Sometimes the student just doesn’t care enough,” said Luna.

Many of these dropouts become invisible and are never heard from again. “They usually go to a continuation school and then we don’t hear from them again,” said Luna.

It is easy for a high school dropout to join a gang or get involved in other sorts of criminal activity.

San Bernardino has a history of gang violence and helping children stay in school is one way to very simply help this problem. This will prevent them from becoming involved in dangerous, and potentially life-threatening activity.

An estimated 20,000 out of 32,000 high school students in the city have dropped out.

This makes Hispanic students more vulnerable to becoming lost within institutionalized systems of oppression.

However, the dropout rates that is by far the largest over any other category are students that come from a foster background. Foster youth children have a 32.1 percent rate of quitting high school, the overall amount of students on foster care isn’t as high but for the ones that come from a background where that rate is very high. These issues are very concerning but the city is making the necessary steps to fix these problems and continue to make sure the drop out rates decrease.

Raves in San Bernardino

By Daisy Figueroa
Staff Writer

“The true magic of raves is in the atmosphere. Everyone is accepted, everyone is happy,” said Vicente Navarro, who has been raving for three years now. “There is such a strong sense of community and love at these events.”

San Bernardino and raves have both developed an unfortunate reputation over the years.

Southern California residents recognize the Inland Empire (I.E.) as a hub for some of the most popular electric dance concerts, or raves.

These include Insomniac’s Beyond Wonderland, Countdown NYE, Escape from Wonderland and Nocturnal Wonderland.

While these raves have developed a bad reputation, due to drug-related incidents, most attendees attest that the gatherings are not about drugs at all, but rather about a sense of love and unity.

“The atmosphere at raves is usually very happy and energetic,” insisted frequent rave attendee Ilse Sarabia. “People have a lot of energy and it’s all about loving each other and making new friends. It is definitely all about peace and bringing everybody together no matter who you are or where you come from to enjoy EDM.”

Proposals have been made, and later denied, pertaining to the banning of raves,” said Jasmine Luna, a teacher at Public Safety Academy of San Bernardino, and CSUSB alumni. Drug-related issues, noise and traffic complaints from nearby residents were the biggest reasons for the proposal.

Matt Priehoff, chief operating officer for Live Nation in California, organizers of these raves, stated that the festivals bring large amounts of money to county and local business and give jobs to local workers.

Priehoff said that the company is committed to improving traffic and mitigating sound problems.

The Inland Empire has ideal conditions for these raves other places do not offer and not taking advantage of this feature would be a disservice to the community.

“People always seem to come back to where they make great memories,” Sarabia states. “So if the I.E. hosts many events, I think people will want to come back.”

Raves encourage a sense of community, where diversity is accepted and loved. San Bernardino offers the same, making it an ideal place to host these raves.

“The I.E. is such a big county overall and it draws a lot of people in,” CSUSB student and recent first-time raver, Yvonne Nunez said. “The diversity and culture of it allows individuals from everywhere to find a place to fit in.”

Raving has become a part of San Bernardino County’s identity.

Promoting peace, love, unity and respect, or what the rave community likes to refer to as P.L.U.R., is an essential part of these raves.

Banning raves in San Bernardino would not allow for some of those ideals to spread into the community.

Although there have been cases of drug-related deaths at raves in the Inland Empire, Insomniac has since then increased security measures at their events.

This includes TSA style searches prior to entering the events with all narcotic laws being strictly enforced.

The use or possession of any illegal drugs at Insomniac events will not be tolerated anywhere inside or outside their venues.

Insomniac events said it is “dedicated to proving a safe environment for headliners, staff, artists and ravers alike.”

They encourage all rave attendees to stay safe and keep it P.L.U.R.
Selecting weather-friendly attire

By Crystal Harrell
Staff Writer Palm Desert

The Coachella concert season has ended, and with summer steadily approaching, it may be time to shift the focus away from finding festival fashion to selecting weather-friendly attire for the workplace.

With temperatures known to reach upward of 110 degrees, the Coachella Valley is a literal hot spot compared to its surrounding counties.

Residents’ often select tight pieces of clothing that will better accommodate them during the stifling heat, but that is sometimes difficult to accomplish when it comes to work dress codes.

Despite rising temperatures, some companies still enforce strict dress codes.

Some prominent businesses in the desert community enforce dress codes for their employees that involve thick material and heavy coverage.

It is typically not advised for workers to show a certain amount of skin while on the job.

“For me, shorter hemlines would make it hard for me to walk around and bend over for things. Plus spaghetti straps could easily fall off,” said Duarte.

Businesses and chain establishments that do not require a uniform enforce these strict dress code guidelines because they want to enforce a professional appearance for their employees who represent the company.

Despite rising temperatures, some companies still enforce strict dress codes.

Barnes & Noble, where she must adhere to company policy when it comes to her clothing choices, regardless of the temperature outside.

“I can’t wear blouses with spaghetti straps, skirts above the knee, or tops and pants that fit too tightly. It’s all just policy, but our shoulders can’t be bare no matter how hot it gets in the summer,” explained Duarte.

Even with these limitations, Duarte believes that the dress code is reasonable, especially considering that certain items of clothing would hinder her mobility on the job.

For me, shorter hemlines would make it hard for me to walk around and bend over for things. Plus spaghetti straps could easily fall off,” said Duarte.

“Businesses and chain establishments that do not require a uniform enforce these strict dress code guidelines because they want to enforce a professional appearance for their employees who represent the company.”

“Part of our uniform are these dri-FIT work shirts that are pretty comfortable in any temperature. We cannot wear anything like sandals though, because at my place of work, proper shoes are required to run most of the exercise machines,” said Devora.

Continued online coyotechnic.net

Meditation for stress relief

By Jordan Ortega
Staff Writer

The CSUSB community is helping students cope with stress through guided meditation, allowing students a place to recuperate and relax.

“We are doing class presentations to get more students to attend the meditation,” said Heather Webster-Henry, Outreach Coordinator from the Counseling and Psychological Services (CAPS).

Students overwhelmed with their rigorous course work and full-time jobs seek refuge in the practice of meditation.

“The students that attend the meditation feel that the program helps them deal with the stress that they are going through,” said Tess Webster-Henry, Senior Health Educator for THR!VE.

Students are often worn-out by midterms, stressed about school, as well as trying to stay on top of their assignments.

It can also be difficult to make free time for a social life, as well as a keeping a job to financially support other components of their lives.

On average, full-time students at CSUSB take four courses a week, not including being involved in clubs and organizations.

Taking the time to distress the students can clear their minds in order to stay on track with their responsibilities.

Meditation is a great way for everyone to “reduce feelings of anxiety and disconnection” within their lives as students.

“It is just like exercising. The Rec Center is there, but if you do not use it, it is useless,” said Tess Webster-Henry.

Mindful meditation is an open program to all students and staff members so they can “learn simple and effective [...] tech-niques for stress.”

Everyone can learn another way of relieving stress, allowing him or herself to do better life.

The meditation program is a part of a joint team effort between the Student Health Center’s THR!VE, Counseling, and Psychological Services.

It is meant as a tool to make students and the community aware that they can seek help before a breakdown.

Continued online coyotechnic.net
Dealing with the divine

By Asteria

Tarot cards, runes, tea leaves, spirit/ouija boards, crystal balls, scrying mirrors, pendulums, and the list goes on: if you can find a sign in it, you can use it to divine. Divination (n): the practice of seeking knowledge of the future or the unknown by supernatural means.

Divination began as something religious, where individuals (or an entire society) searched for answers to questions they could not foresee the answers to.

While fortune telling can be considered a form of divination, a distinction is usually drawn in their techniques and purposes. Divination is much more ritualistic and formal, while simple fortune telling tends to be practical and small scale.

There are plenty of different types of divination, ranging from the most simplistic to the most complicated.

Scientifically, there’s no actual basis for any divining methods. Obviously, there’s no way to prove, or reason to believe, that the cards laid out in front of you which told you to take a chance and quit your terrible job are at all accurate. That’s ridiculous and superstitious.

Yet here we are, as a society, checking our horoscopes daily, making wishes on stars and candles, knocking on wood to un-jinx something we said.

Belief in the supernatural is deeply embedded in most of us; when reason fails us, the supernatural steps in to fill in the blanks.

The following question has been submitted to us by one of the members of our editorial team: How can our newspaper overcome nascent challenges and become one of the best student weeklies in the Inland Empire?

With a clarity spread of four cards, one depicting the overall situation and the other three presenting contributing factors, your answer has been revealed.

Card one is the Tower. The Tower signifies a struggle, but one that promises breakthrough and positive change.

Card two is The Daughter of Cups. The Daughter of Cups conveys a new creative flow, although easily disturbed. Vast amounts of concentration and patience are needed to deal with this type of energy.

Card three is The Ten of Cups. The Ten of Cups is a positive force, surrounding you with excitement and new adventures.

Card four, and the final card for this drawing, is the Nine of Cups. The Nine of Cups is a bringer of wishes come true, wherein your desires will be matched at the end of your journey.

Have your friends and fellow students submit your questions and we will provide divination response to it.

Anonymous submissions welcome.

Divination provides an opportunity for people to entertain the supernatural.

Belief in the supernatural

Clairissa Gonzalez | Chronicle Photos