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# Coyote Chronicle



Photos courtesy of Robert Whitehead | CSUSB

Students, faculty, community members, and more gathered in person and online to listen to the three guest speakers at the 'Who Are the Refugees?' event, discussing the Muslim refugee crisis, that took place on Feb. 21 in the College of Education.

# Who Are the Refugees?

**By Noe Ramos**  
Staff Writer

Students, faculty, and community members gathered to discuss "Who Are the Refugees?", a panel event focused on bringing awareness and attention to the Muslim refugee crisis.

The event, "Who Are the Refugees", took place in the College of Education on Feb. 21.

This event was hosted by the Center of Islamic and Middle Eastern Studies and sponsored by the University Diversity Committee, the Department of Communication Studies, the Mediterranean Studies Academy, and the Muslim Students Association.

The key points discussed in the panel were who were the refugees, why do they come here, what are some of the challenges that they face, and how do they come the United States.

The three guest speakers at the event were Hussam Ayloush, the Executive Director of the Council on American-Islamic Relations Greater in Los Angeles, Nahla Kayali, the founder and Executive Director of Access California Services (AccessCal) and co-founder of the Refugee Forum of

Southern California, and Ramla Sahid, the Executive Director of Partnership for the Advancement of New Americans (PANA) in San Diego.

Each speaker discussed individual topics such as the amount refugees we have taken in the past based on how many we take in now, the idea of Islamophobia, and how it affects many Americans' perception and attitude towards Muslims.

In addition, there was talk about organizations, such as PANA, that assist Muslim refugees when coming to the United States.

Professor Ahlam Muhtaseb, Communication Studies professor and a member of several activist groups, had reached out to the speakers to present at this event.

"I wanted this panel to provide information on an in depth view of this issue and to understand indefinitely where they come from and why they come," Muhtaseb said.

It had taken preparation since last year for Muhtaseb to put to put this together. Luckily Muhtaseb had known two of the speakers already.

According to Muhtaseb, preparation for the event had started since last year, where luckily Muhtaseb had already been acquaintance with two of the speakers for the event.

Muhtaseb is an activist of several groups in San Diego and wanted to find a speaker from the area, which resulted in Muhtaseb receiving a recommendation for Sahid from PANA.

"She had a personal experience growing up, she knew all the challenges [...] I thought that was very interesting to have someone that is an advocate, but at the same time who lived the experience, to speak from the heart," Muhtaseb said.

According to Muhtaseb, there was an unprecedented amount of interest in the

panel.

She had received emails from professors, as well as so many people from the community that she had to decline some requests, leading to the event being live streamed as solution for those who could not attend the event.

There was a high volume of students that attended this event, some with a preconceived notion on the event and others lack knowledge but looking to learn more and gain interest in the event.

"I thought the three speakers were very informative [...] I especially enjoyed Ramla because I thought that I could connect with her and what she represents," said student Nancy Ruedas.

Another student, Allan Ortez, was curious about what topics the panelists would present.

"It was beneficial by understanding things about refugees and immigrants and how they come to the United States," said Ortez.

With this event, the organizers intended to spread awareness, increase understanding, and promote interest in the current refugee situation, especially from Muslim-majority countries, in the world today.

**"I wanted this panel to provide information on an in depth view of this issue and to understand indefinitely where they come from and why they come,"**

**Prof. Ahlam Muhtaseb**

**Community**

## Disability Services

The Office of Services to Students with Disabilities offers various resources.

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**Features**

## Confessions

Reflecting back on Coyote Confessions and the science behind anonymity.

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Numerous art supplies were provided by participants to create the posters for The Art of Dreaming workshop on March 7.



Student Tevin Daniel adding his own interpretation to a traced image of a 1978 'Rally for a Free Chile' solidarity poster.

## Art of Dreaming poster session

By **Loydie Burmah**  
Executive Editor

A poster session for the future workshop “The Art of Dreaming: The Power of Turning Trash to Art,” occurred on Feb. 23.

Contributors gathered in UH-53 to create unique posters in promotion of the event on March 7 at 6:00 p.m. in Visual Arts 303.

The posters are featured throughout various locations across campus, detailing the event through enticing visual imagery.

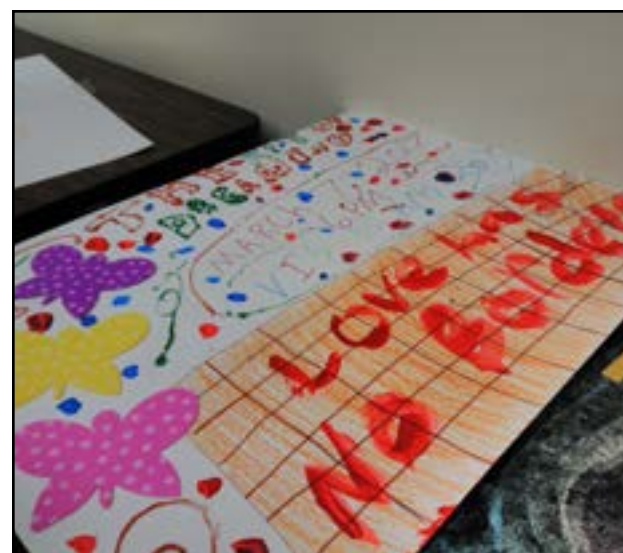
Collaborative efforts between students, faculty and other organizations have ushered the future workshop into inception, displaying strengthened solidarity through community networking.

The session was hosted by Dr. Juan Delgado of English, and Dr. Liliana Gallegos, assistant professor of Communication.



Loydie Burmah | Chronicle Photos

Journalist Pat Murkland and IT Consultant Rigoberto Solorio drawing diligently.



“Love has no Borders” poster created by student Luis Esparza.

## New National Security Advisor



Photo courtesy of Getty Images

Lieutenant General H.R. McMaster and President Donald J. Trump on Feb. 20, the day of McMaster's appointment to office.

By **Jarrold Walley**  
Staff Writer

Lieutenant General H. R. McMaster was selected to replace Michael Flynn as President Trump's national security adviser.

McMaster is more than qualified for the job with a military background spanning over three decades per the statement released by [whitehouse.gov](http://whitehouse.gov) and [arcic.army.mil](http://arcic.army.mil). He has served in the Gulf War, Afghanistan, and Iraq.

McMaster also has an impressive educational background as a graduate of the United States Military Academy in West Point, New York.

In addition, he received a PhD in military history from the University of North Carolina at Chapel Hill. He has also written an acclaimed book titled *Dereliction of Duty*.

He is currently an active duty three star general and is the acting director of the Army Capabilities Integration Center, which focuses on developing concepts to improve the Army.

Before his acceptance of the national security adviser position, he served as

Deputy Commanding General, Futures at the U.S. Army Training and Doctrine Command.

Student Manuel Elias said, “McMaster seems like a good choice: he has an accomplished military career. I'm wary of [President] Trump's ability to follow his advice, but we'll see.”

There is no question about the professional background of McMaster. However, there is some concern about his lack of experience in diplomatic affairs, and in the White House. Unlike other national security advisers, McMaster has spent his entire career in the military. He has not held a position in the White House prior to his now appointed position.

“It's not necessarily a bad thing that he hasn't worked in the White House,” said student Julie Lopez. “I look at it like [he's] bringing something new to the position. He hasn't been corrupted by politics.”

McMaster is a serviceman of his country, and hopes to fulfill his duties in advising President Trump on matters of national security. He will be taking over for acting national security adviser Keith Kellogg, who took over after Michael Flynn's resignation.

# Coyote Chronicle

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## OPINION:

# Defunding Planned Parenthood does not defund abortion



Photo courtesy of Lost Girl

Numerous Planned Parenthood services are available all over the country, with nearly 650 centers in the United States.

**By Lost Girl**  
Contributing Writer

Planned Parenthood defunding threats from the Republican Party are growing and people are not happy.

Threats to defund Planned Parenthood (PP) have grown more serious, now that the party controls both the Senate and House.

During a CNN Town Hall meeting in January, Speaker of the House Paul Ryan made comments regarding his stance on PP.

“We don’t want to commit taxpayer funding for abortion, and Planned Parenthood is the largest abortion provider,” said Ryan.

Now let’s get factual. PP does receive federal funding. The \$500 million collected a year, comes mostly from Medicaid and Title X, but by law, federal funding cannot contribute to abortions.

“The funding that goes towards the actual abortion procedures come from anonymous donors or other patrons of PP donating,” said student assistant of the Women’s Resource Center (WRC), Felicia De La Isla.

“All the federal funds that PP gets or would get goes towards solely education and basic healthcare,” she continued.

Birth control, STD testing, and cancer screenings are other services that PP provides and will be affected if defunding

happens.

PP has helped prevent 579,000 unintended pregnancies, provided more 4.2 million tests and treatments for STDs, and provides 270,000 pap smears and 360,000 breast exams, according to Planned Parenthood.

Only three percent of all services are abortion services, so claims saying PP is just an abortion clinic are absurd.

“They don’t know what goes on in PP, they don’t know of all the resources that they have,” said student assistant of the WRC, Naomi Salcido.

So many low-income Americans rely on services provided by PP because receiving these services elsewhere are expensive.

“With cutting funding, you’re stopping students and people who don’t have the greatest income from getting what we need that is affordable. It’s like cutting our healthcare or insurance,” said student Brianna Jinter.

Birth control can cost up to \$50 a month, but with most health plans, they can be free—but health insurance is expensive.

In 2016, healthcare insurance for an individual was \$321 with a deductible of \$4,164, according to eHealth. That’s for

one person.

Taking away a service such as PP would take away some people’s primary health clinic within their budget.

Now, I can understand the conservative point of view that some people are not okay with abortions, but PP isn’t solely about abortions.

If anything, they are trying to prevent abortions and unwanted pregnancies by educating young people on safe sex and preventative contraception.

PP wants to educate people about how to prevent unwanted pregnancies or STDs; they offer health services otherwise unattainable to most people who cannot afford health insurance.

“Planned Parenthood has helped a lot of people who don’t have medical coverage at all. And not just for reproductive health, but physical health and therapy as well,” said De La Isla.

So let’s defund PP; let’s defund some people’s main source of healthcare and let them go into debt for a simple physical check-up.

After all, we’re all rich white men who have an abundance of resources at our beck and call and we all live in the suburbs with the perfect healthy family.

**PP does receive federal funding, \$500 million a year, most of it coming from Medicaid and Title X, but by law, federal funding cannot go to abortions.**

# Protesting Yiannopoulos on college campuses

**By Arturo Brooks**  
Staff Writer

The riots at University of California, Berkeley earlier this month have brought forth concerns on college campuses throughout the U.S. in regards to federal funding, campus security, and freedom of speech.

Milo Yiannopoulos was scheduled to speak on Feb. 1 at UC Berkeley, until a riot broke out and caused his event to be canceled.

Yiannopoulos is infamous for speaking against feminism, the black lives matter movement, extremist leftists, and extremist LGBT members, despite Yiannopoulos himself being a gay, Jewish immigrant who claims he “only dates black guys.”

A peaceful protest was planned to denounce the Republican speaker. Not only by students and staff, but also the Berkeley city community.

As Yiannopoulos was getting ready for his speech in the dressing room, chaos broke out in the middle of the protest.

The peaceful protesting soon turned violent, hijacked by rioters. They were hurling roman candles, targeting police with rocks, shooting fireworks, and even going as far as starting fires and throwing the steel barriers.

Yiannopoulos was brought to the fifth floor of the building, until they began to worry the building would be stormed. For his safety, Yiannopoulos was given a bullet proof vest and evacuated to an unknown location.

Yiannopoulos gave a statement on a live feed via Facebook, where he let his supporters know that he was safe.

At 3 a.m. President Donald Trump released a statement on Twitter.

“If U.C. Berkeley does not allow free speech and practices violence on innocent people with a different point of view - NO FEDERAL FUNDS?”

This has brought up the speculation of whether or not the labeled “UC Berkeley riot” was an attack on freedom of speech.

However, this isn’t the first time a college institution had an incident like this with Yiannopoulos as their guest speaker.

University of Washington rallied a peaceful protest that

went without incident until 7 p.m., when the protesters began to become increasingly violent and the event soon turned into a riot.

They began hurling bricks and other objects, such as fireworks and paint at police officers working the event.

A protester was shot as both sides clashed outside from the left and right.

Yiannopoulos stopped his speech to go check on the situation. After, he returned to the podium to continue his speech.

“If we don’t continue, they have won,” stated Yiannopoulos.

After the event had ended, police still could not allow anyone to leave due to the amount of danger and a gunman at large. Police then escorted all attendees through an underground parking garage.

Additionally, University of California, Davis had a very similar incident.

Students had called for the university to cancel Yiannopoulos’s event due to the fact that they don’t agree with his speeches.

The Interim Chancellor Ralph J. Hexter of UC Davis stated, “We affirm the right of our students — in this instance, the Davis College Republicans — to invite speakers to our campus.”

Protesters began to block the venue doors to not allow anyone to attend.

Around 7 p.m. UC Davis made the call to cancel the event due to the inability to guarantee safety of the attendees.

Shortly after, the protesters began to turn into rioters, breaking down barricades, and even attacking Yiannopoulos’s video producer.

All these protesters and rioters had one thing in common: blocking someone’s right to speak freely. Not only through violence, but by blocking the venue.

The Constitution states “To use certain offensive words and phrases to convey political messages.” *Cohen v. California*, 403 U.S. 15 (1971), according to uscourts.gov.

This allows Yiannopoulos the right to speak about political messages and his beliefs, regardless of how

controversial his opinion may seem.

As a result of these events, many questions and concerns have to come to light.

Some examples would be whether schools should be defunded like how President Trump has suggested, whether schools should be held accountable of actions of students and staff involved in violent protest, and should a greater presence of security be guaranteed for controversial speakers and events.

## CLASSIFIED:

### Student Job: Get Hands on Experience with Alzheimer’s/Dementia

Afternoon caregiver needed daily for elderly couple in private home in northeast San Bernardino, 2:30pm to 8:00pm. Duties include helping with Hoyer lift in putting elderly couple to bed in the afternoons, meds, regular bed checks, changing soiled undergarments and bed linens as needed, laundry/light housekeeping, help with feeding and toileting, monitoring home security system and being friendly to our animals. We need an assertive and confident self-starter to run our household five hours, each day. Please email resume, availability and hourly salary requirements to [13litron@gmail.com](mailto:13litron@gmail.com)



# Millennial struggles

## From digital involvement to lack of initiative

**By Keith Rivas**  
Contributing Writer

The number of difficulties which college students must go through over the course of their time in higher education isn't slowing down. Depression, desperation, and a desire for acceptance lie at the core of what college tends to allow for.

Because of these side effects, some students may be less likely to pursue opportunities in their desired field of work for the sole reason that they do not feel like they'll be accepted.

It is a foolish thing to believe, but it is hard to argue with students who feel like they've looked in the mirror already.

Battling that assertion, Hollywood director and actor Zack Ward took to Twitter to respond to a statement on student involvement.

"Getting them involved and keeping them motivated to stay involved is the key," Ward tweeted.

When thinking of how to accomplish just that, the avenues available

aren't as numerous as the consequences of not reaching out. Taking that first step to reach out, being outside of the box during interviews or internships, and remembering their name can go such a long way.

But that is only half of the battle. Knowing that the next step is understanding where to fight for the attention of college students.

That answer is social media.

Millennials have this intimate connection with their cell phone, among other electronic devices, that hasn't been seen in previous generations. While absolutely a generational thing, the problem that often occurs is attempting to find the right way to incorporate social media into the workplace.

An assumption between generations is that social media zaps the desire to work hard from somebody -- for lack of better phrasing, it makes them lazy.

The thought there is also that disconnects users from the real world, giving them a false sense of reality.

This is the quickest way to take motivation out of the conversation.

**"Getting them involved and keeping them motivated to stay involved is the key,"**  
**Zack Ward**

Blogger Evan Lovett echoed Zack Ward's comment by also putting emphasis on motivation and initiative.

"Absolutely true, need the complete buy-in but more importantly the initiative to do so," tweeted Lovett.

With that being said, the questions remain whether or not college students want to show their initiative to older generations if there's no allowance for understanding in the workplace. When that doesn't happen, frustration is sure to follow and it speaks for itself in the field.

While former LA Kings All-Star Bernie Nicholls wrote that he "couldn't

agree more," professional blogger Corbin Warnock didn't tweet to the same tune.

"It depends... there is always two sides to every story," remarked Warnock.

The idea of a central college struggle isn't the right way to approach the topic. Every student goes through tremendously different things and it's not fair to them if they're painted with a broad brush.

Also, since initiative is everything, that needs to be the focus for post-graduation students looking for a job or current students trying to land the internship of their dreams.

Where there's miscommunication, there's lack of efficiency and workflow—that's hard for millennials to go through after getting through college hoping that a job would be on the other side of the ceremony handshake.

A job at that point isn't a guarantee, but the initiative that gets students to that next level is always there. The problem, though, will always be that initiative is optional.

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## Services for students with disabilities

By Genely Barajas  
Staff Writer

The Office of Services to Students with Disabilities (SSD) is fully automating their services so students may access them 24 hours a day, seven days a week.

The services offered to students include: on-campus mobility, sign language interpreters, real-time captioning/remote captioning, note taking services, smartpen program, exam accommodations, alternate media, and priority registration.

CSUSB members can contribute assistance to the disabled community by checking and reporting accessibility issues. This includes not sitting in accessible furniture, referring students to the office, and volunteering at the Ability Awareness Fair.

The Ability Awareness Fair is a “hands-on opportunity which exposes the general student body not only to the challenges faced by individuals living with disabilities, but also as a chance to showcase technology and other assistive aids that help them to overcome adversity and build awareness for [those] students,” said Director, Marci Daniels.

For the first time, throughout its almost 40 years of existence, the SSD office has begun the process of creating a students with disabilities chapter of an international honors society, Delta Alpha Phi.

“Our students with a verifiable disability that meet the GPA requirements will get honors at graduation and will get a special



cord and pin,” continued Daniels.

SSD also provides further exceptional assistance and services to enhance their members’ lives.

The Workability IV office is a “group of very dedicated individuals whose mission is to help our students with disabilities find internships and employment in their fields of study,” said Daniels.

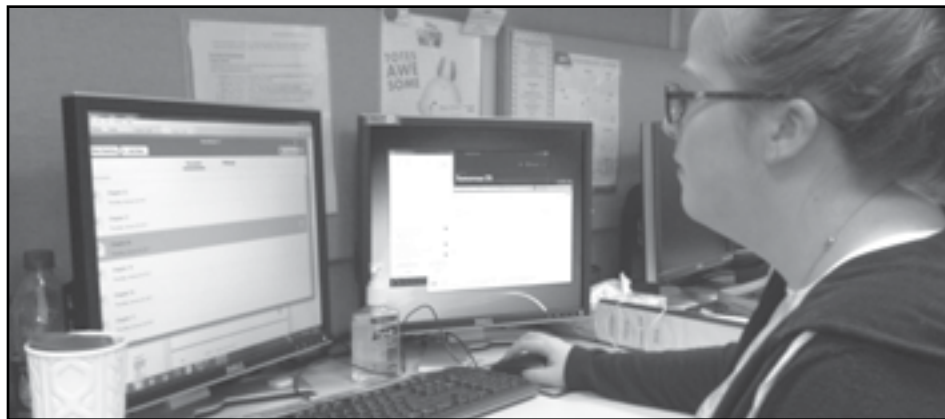
The Center for Disease Control (CDC) estimates that one in five Americans have a disability, estimating that 11 percent of our campus falls under this category.

There are over 800 students with verified disabilities served by the SSD office.

According to Daniels, there is presumed to be over 2,000 students who should be receiving disability services.

Not all students disclose they have a disability “because I think they’re afraid of the stigma attached,” said Daniels.

“Everybody just wants to belong so



Genely Barajas | Chronicle Photos

Jessica Vierra, alternate media student assistant, transforms physical books into online-accessible, auditory books.

I think it’s important for all of us to recognize the diversity of our campus and be inclusive of all our students,” Daniels continued.

A disability can include (but is not limited to): visual impairment, hearing impairment, physical impairment, learning disabilities and even temporary disablement.

If a student is seeking services from SSD they must submit an application and documentation that verifies their disability.

Once the application is submitted an interview is set up with a SSD staff member.

Upon verification of medical documentation and class enrollment the student will speak with an SSD counselor to review the services being assigned.

Other CSUSB members can contrib-

ute to the academic success of disabled students by becoming note takers.

To become a note taker, students must submit a class schedule to SSD or volunteer when an office member asks a specific class for a participant.

Once a student becomes a note taker it is their responsibility to attend the assigned class regularly and take legible notes that can either be sent to the office electronically or in person.

“Often times, [students with disabilities] are overlooked and face challenges trying to integrate with the general student body,” said Daniels.

According to Daniels, it is the job of the community to create a welcoming and empowering environment for all members, not just on campus but also in the workplace, and in general everyday life.

## Communication differences

By Yena Hong  
Contributing Writer

Communication is one of the biggest problems that many Korean students currently face here at CSUSB.

Through verbal and nonverbal communication, Korean students find it difficult to adjust to the American culture, and may experience culture shock.

Korean student Sohyeon Hong said that her experiences with American culture shock is mostly due to verbal communication.

She explained that she gets confused with slang language in American culture.

“One of my group members said ‘I am down’ in the class discussion,” said Hong.

“I’ve never heard this expression before, so I guessed she didn’t agree with my opinion [...]. Because ‘down’ sounds negative for me, but it means that she is fine with my opinion.”

There are some mandatory pre-English classes at CSUSB required for Korean students to help them adapt to the fundamentals of English language.

These classes include English grammar, writing, listening, and speech, but sometimes these are not enough to adapt to American university culture.

Another Korean student, Seungkyung Baek, said that English is confusing to Korean students when they communicate with native speakers.

“When I arrived at LAX for the first time, I really wanted to go to the restroom,” said Baek.

“In Korea, we learned that the word ‘restroom’ is the same as the toilet. So I

asked someone [...] where the toilet is and she laughed because the toilet is usually [in references to] a bathroom fixture consisting of a bowl in America,” Baek continued.

Baek added that because the English curriculum in Korea is currently focused on students passing the College Scholastic Ability Test, Koreans only learn the written textbook English, not informal language that people use in everyday life.

For example, Baek learned the literal meaning of toilet, and not the native English word “restroom,” which is commonly used in American culture.

Moreover, non-verbal communication strikes as another challenge for other Korean students.

For example, smiling is naturally one way of greeting in America to say “hello,” even to strangers.

“When I came to America, I was going to the class and the stranger smiled to me,” said Korean student Sohyun Jun.

Jun said that this never happens in Korea. If the same situation were to happen in Korea, people living there would think the person is crazy and annoying.

Another Korean student, Hyerin An, had a difficult experience in her class regarding non-verbal communication.

“When I was in the class, I experienced culture shock because all of the American students in my class kept eye contact with the professor when they talked with each other,” added An.

She continued that making eye-contact with the professor is disrespectful in Korea. When Korean students receive feedback from respected elders, they should avert their gaze because of Confucian values.



Yena Hong | Chronicle Photo

For those that are unfamiliar with the Confucianism, it is a system of ethical and social philosophies.

Another Korean student had an experience regarding pronunciation issues.

“When I went to the restaurant with American friends and I ordered ‘Coke’ [...] they laughed,” said one Korean student, who asked to remain anonymous.

“The word ‘Coke’ and ‘Cock’ have similar pronunciation as like [Ko-K] when I pronounced. It is because the Korean language does not need to care about its pronunciation when it is spoken,” they continued.

In order to help Korean students further understand communication differences, lecturer of Korean, Bomi Hwang, offers advice in the Korean language.

“One of the Korean students came to me to solve his problem,” said Hwang.

“[...] He was still afraid of using English when he enrolled his class, [and] refunded his tuition fee. What he could [do to]

solve his problem was finding someone who can support him, and he found me,” Hwang continued.

Hwang added that the only thing that she can help Korean students with is explaining procedures using Korean language. It is important for Korean students to comfortably adjust.

Because of traditional culture in Korea, some behaviors and language of American culture can seem rude and confusing to Korean students. Regardless, Korean students are constantly practicing their communication skills by engaging with other students through campus events and activities.

Community Section of the Coyote Chronicle is made possible in part by a grant from the Los Angeles Times.

LA Times



## Advocating for change

**A Coyote strives for excellence through education and community building**

**By Francisco Rodriguez**

Contributing Writer

After the inauguration of President Donald Trump, some students find themselves in fear, including a 31-year-old CSUSB senior, Gustavo Gallardo.

Raised in the Inland Empire dairies and currently residing in Eastvale, Gallardo worries that his place and status in this country might be at risk due to the fact that he is not a U.S. citizen.

Graduating with a bachelor's degree has been one of Gallardo's longest kept dreams.

He had taken a seven-year sabbatical from school to dedicate his time to work in order to help out his family financially.

As if working full time and becoming the bilingual translator (English and Spanish) of the family was not enough, Gallardo came out to his family and identified as gay at the age of 19.

"I remember family members talking about how bad it was to be gay, although it was not directly towards me," Gallardo said, recalling one of the earliest memories.

Coming from a large Latino family, Gallardo was faced with reality and soon, everyone would doubt his capabilities as an educated, gay male—even his own sisters.

Entering 2012, Gallardo returned to college and decided to prove to himself,

and the world, that he could achieve his educational dreams.

California has certainly gone through several changes in comparison to the 70's, for the blue Democratic state is as liberal as it gets which has brought some tranquility into Gallardo's mind.

However, remarks such as "you guys will not be a part of my God's kingdom," are still said, explained Gallardo.

Gallardo recalled an incident of verbal harassment as he walked side-to-side with his boyfriend.

He believes Trump's new administration is creating a platform for Americans to express negative racial prejudice, like some that he has heard first-hand.

"I was terrified, I could not fathom with the thought of him being our president," was Gallardo's first thoughts as he watched the 2016 presidential election.

As a resident to the country, Gallardo feels like his voice is invisible because he is not allowed to vote.

Beyond invisibility, he will continue to advocate for groups like VOICE (Violence Outreach In Community Education) at CSUSB and potentially work as a rescue advocate for LGBT youth.

Afraid yet brave, he is hoping to spread his knowledge and experiences within the community and inspire all students, especially undocumented LGBT individuals, who are perhaps too afraid to speak up or be themselves.

He will graduate in Spring of 2017.

## Celebration of Black history

**By Kathleen Ramirez**

Staff Writer

CSUSB and the city of San Bernardino are celebrating Black History Month with events aimed at raising awareness about the significant legacies of black culture.

The Fifth Annual Pioneer Breakfast was held on Feb. 24 at the Santos Manuel Student Union Events Center.

"We started the Pioneer Breakfast five years ago and we are happy and excited," said Facilities Coordinator Anthony Roberson.

"When we first started the program it was small and now we have grown so big it sells out every year, it is a wonderful event not only for our campus community, but also our surrounding CSUSB service community as well," Roberson continued.

It was a celebration of "Leadership, Legacy and Lineage" honoring community leaders. Tickets were \$20, with all proceeds benefiting the annual African American Graduation recognition ceremony, according to CSUSB News.

The Black Student Union (BSU) is a movement that is committed to promoting and accomplishing academic excellence while also giving both the African and African American community a voice.

BSU, the Student African American Brotherhood (SAAB), and Student African American Sisterhood (SAAS) have been honoring Black History Month by hosting a number of events such as: Black History Assembly, Speak Yo Truth, The 'N' Word, and Don't Tell Her She's Pretty for a Black Girl.

These organizations are also coming together to work with the Helping Hands Pantry to feed homeless in the community.

"Black History Month is American history, the events are open to everyone, and everyone is welcome," said BSU member and student Prince Ogidikpe.

"It is an opportunity to learn more about the culture and it brings the community together," Ogidikpe continued.

The San Bernardino community is also recognizing and celebrating Black History Month.

The city of San Bernardino held its Second Annual Black Chamber of Commerce Inland Empire's (BCCIE) Black History Super Expo on Feb. 4th. The community came together and shared stories about issues, and long lasting legacies in global culture like music, literature and architecture.

The San Bernardino Public Library hosted play about the 1881 trial of Lt. Henry O. Flipper, the first African American United States Military Academy West Point graduate.

The Robert and Frances Fullerton Museum of Art at CSUSB is displaying the exhibition "Enduring in Vision and Linked in Tradition: Selected Works by Four Generations of African American Women Artists." The exhibition will run from Feb. 11th to April 8th, and features the works of 13 highly-renowned painters. Four generations of African American women in the art world from the first half of the twentieth century until the present are featured in the exhibition.

Black history is an important part of American history.

As African American historian Carter G. Woodson said: "If a race has no history, if it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated."

# EXTRA! EXTRA! READ ALL ABOUT IT!

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## Part-time employment for students

By Amber Childress  
Staff Writer

Students, human resource professionals and faculty comment on the importance of part-time student employment on campus and its role in helping them prepare for future careers.

As of this academic school year, so far CSUSB has posted 177 job opening positions and currently has 35 available job postings on campus.

In order to bring these job positions to students, departments publish job opening positions on Handshake, an application featured on MyCoyote.

Handshake helps students find on campus and off campus job positions while providing experience for future careers.

“Each department that post a job on Handshake is put into categories and is organized in a easy way for students to find what they are looking for in a job but also for employers to post a position for a future employee,” said Employer Relations Coordinator Edgar Perez.

“I have worked in four different positions on campus which includes an internship,” said Student Mentor Gracie Troche.

“Out of all the jobs I would have to say my current position as a student mentor to undergraduate studies would be my favorite because I am able to help students any way I can and i am learning to work in the field of my major,” continued Troche.

The goal for CSUSB is to create an environment where students can come and learn job skills that they will be able to use in a future career.

The jobs are created so that the students will receive real world experience and are expected to uphold professionalism within the work place.

Each department attempts to have a work place that is able to accommodate each student and their changing schedules.

“I have worked in the English department for about two years now. Whenever I need time off to study or anything they are will to give it to me, the hours are steady week by week but very flexible when need-

ed,” said English Department Staff Member Grecia Troche.

When a department posts a position, they may choose to create it for students with a specific major, or open it for any students willing to apply.

Each department seeks to have available positions for students interested in a job profession related to their areas of study.

“Each department is aiming for students majoring in that department to apply for the position posted so the student would be able to learn the skills that are going to help them with the career path they are going into,” said Edgar Perez.

Since there are over 100 on campus job positions posted in one school year alone, some students tend to like some jobs better then others.

Some occupations offer more services than others to help students receive real world experience.

“I would have to say out of the four on campus jobs I have worked the call center would have to be my least favorite, because its kind of boring. At the call center all you do is answer phones and help the people who are calling other then that there is not much else to do,” said Student Mentor Gracie Troche.

Although there are jobs that may be less likable than others, they provide students with exposure, knowledge and real world experience.



Nylles Vernon | Chronicle Photo

## Chef Ronald Minezes shares Indian cuisine

By Samantha Flores  
Staff Writer

Chef Ronald Minezes shared with CSUSB chefs how to cook a diverse selection of Indian cuisines on Feb. 21st and the 22nd.

This is the second year that the Global Chef Program has been implemented on campus. The event was sponsored and presented by Sodexo Dining Services at the Commons.

“I want to do the best of my job and train the cooks here, so that they can incorporate all the international cuisines in their menu regularly,” said Chef Ronald Minezes.

By teaching the chefs about Indian cuisines, it would provide students with savory tastes from Indian dishes.

Some students enjoy the new types of foods that are going to be implemented.

“New food makes me happy, it is something different than your usual foods you have every single day,” said student Raquel Bojorquez.

His devotion lies in teaching those interested how to make international dishes, in addition to sharing different cultural foods.

“I wish they would do this every year because it’s such an interesting experience this program provides and its simple to learn the unique dishes,” said Executive Chef Tito Calderon.

The different dishes Minezes prepared for were: kadhai paneer (a curry dish), gajar ka halwa (a dessert), tawa fried fish, patra ni macchi (also a type of fish dish), chop masala (a rice dish), makhani gravy, and murg malai (a chicken dish).

Most of the main ingredients from India contain a variety of spices and herbs, which according to Minezes, are beneficial for one’s health.

In fact, many believe Indian food is spicy or hot because of the spices. Instead, the spices elevate the flavor.

The ingredients used to make these dishes are not found at local grocery stores, but only at specialty stores or order them online where these different spices and herbs would be available.

The inspiration that helped start his career as a chef was his mother.

“She made the best chicken biryani. It’s a combination of meat, spices, herbs, and yogurt/curd, dish,” Minezes said.

His past work includes cruise lines, which have provided him with cultural exposure as well as opportunities to travel to

different countries.

This has allowed him to share his Indian cuisines throughout his travels on the cruises.

Ten years ago Minezes joined Sodexo, this year is his eleventh.

Minezes works for Sodexo India as the head of culinary services there which lead him to work with the CSUSB campus.

Minezes started cooking when he was seven years old. Later on, he went to culinary school in India for three years. He be-

gan his exceptional career working in five star restaurants in Mumbai.

During the fall and spring quarters, this program has chefs from other countries come to America as well.

Students have the opportunity to taste different dishes from India, Vietnamese, Malaysian foods, and other countries as well.

“I’d like to go visit other countries and do these types of programs across the Sodexo services, on campuses,” said Minezes.



Photo courtesy of Twitter



Chef Ronald Minezes



Samantha Flores | Chronicle Photos



# Educating virtually

by **Monica Rosales**  
Contributing Writer



Virtual reality (VR), a concept of the future, is now an accessibility of today, as it enters its way into the education system at CSUSB.

It is now evolving into more than just a view master for video games.

Virtual technology is now developing into an entirely new medium whose true purposes are expanding daily.

Although these practices are still in their early stages, new strategies and uses for virtual technologies are being considered.

The Innovation Lab on campus recently obtained the Oculus Rift and HTC Vive in order to accommodate student interest in wanting to work with VR technologies, coding, program development and multiple other uses.

"I believe it is a huge benefit because a lot of students are testing out their own programs and even theories such as exposure therapy," said student assistant of the Innovation Lab, Mark Ortiz.

This technology is providing students with new alternatives to practice their studies, allowing them to consider the multiple benefits of having these tools at their fingertips.

"It can hurt or help, you can be a kinesthetic learner and need something like this in your life to help you get to a level of education you didn't know was available for you," said student Cassandra Bryant.

VR can be a huge influence on studying and could potentially become the best way to learn in the hands of some professions.

Dr. Jason F. Reimer, professor of psy-

chology at CSUSB is in collaboration with Dr. Gabriel A. Radvansky, professor of psychology at Notre Dame, are currently measuring the effects of cognitive control in virtual environments.

"Virtual environments in research are providing answers to questions in an environment that would normally be found difficult for one to study," said Dr. Reimer.

By having access and immersing oneself in a virtual environment, they are creating opportunities and experiences for learning they did not have access to before.

"I see it more as a hands on experience that individuals can take in order to get something they didn't know was once possible," said student Jade Wilson.

This has actually helped many professionals and scholars to adopt the use of these technologies to further benefit their studies in research.

"Virtual environments in research are providing answers to questions in an environment that would normally be found difficult for one to study," said Reimer.

Reimer and Radvansky are taking advantage of VR to help them find results to aid them in clinical research they have been studying for some time.

The University of Southern California Institute of Creative Technology is even taking advantage of these new advancements, and simulating virtual reality to accommodate clinical purposes.

With these new accessible innovations, researchers and students are expanding their knowledge outside of the classroom and finding new techniques to benefit the way we learn and discover.

Virtual reality is more than just a gaming console; it is a new beginning in education and learning.



Photo courtesy of Stay Nerd



## MEETING WITH EOP

**By Erika Aguilar**  
Contributing Writer

The Educational Opportunity Program (EOP) had its first mid-quarter meeting with students to inform them about the services that the program provides to help them succeed at the university. EOP is a program that assists low-income, first generation and disadvantaged students who have the potential to obtain a higher education.

“The mid-quarter meetings serve the purpose of keeping students informed of important processes happening that they should be in the know about; we update students on FAFSA/financial aid, scholarship opportunities, on campus resources (writing center, tutoring, etc), and ways to get involved (EOPSA, campus clubs and orgs and so on),” said EOP Counselor Patricia Hunt.

The meeting was held at the Santos Manuel Student Union Theater, where counselors spoke to students about the benefits of being an EOP student.

“If given the opportunity to be part of EOP take it; working with some of the best staff has really help me with not only my college experience but also being incorporated into the schools system,” said student Guinnessa Villalobos.

To be part of the program, students must apply online at CSU Mentor, as well to the university since eligibility is determined at the set of admission, according to EOP.

During the meeting, counselor Fernando Villalpando explained the program’s benefits which include: admission to the university, priority registration, academic/personal counseling and financial support.

“A great benefit was the advising I received to help me stay on track,” said Villalobos.

Students must schedule a quarterly appointment with

their assigned counselor to discuss concerns about selecting courses, reviewing their paws report, explaining the registration process, exploring majors/careers and discussing any personal problems, according to EOP.

“Choosing classes can be hard but they have the time to help you choose the best ones,” said student Sandra Gonzalez.

Financial assistance is also given through a limited number of grants of \$750 and book awards are awarded based on the student’s financial need and class level, according to EOP.

“The book award started 10 years ago, 50 awards have been given since then; we started with \$200, now at \$400 and our goal is \$500,” said Vice Chair of Finance of the Alumni Chapter, Tina Valencia.

Book awards can only be used for textbooks and a verification of a receipt, class schedule and syllabus must be given to the counselor for reimbursement.

“I process reimbursements for Book Award recipients and many students seem relieved that it is less money they have to worry about spending,” stated Hunt. “The book awards and EOP grants have been a huge success; it has alleviated some of the burden students face when it comes to the cost of textbooks and other expenses which we all know can become quite expensive in college,” added Hunt.

Selected recipients along with graduating students are invited to a recognition ceremony at the Santos Manuel Student Union Events Center on June 2nd to celebrate their achievements. At the reception, book awards will be given along with scholarships for those students who want to pursue graduate school.

Once they graduate, they can become members of the Educational Opportunity Alumni Chapter (EOPAC) which

provides personal and educational support.

**“EOP is not just a program you enter and the staff forgets about you, it’s actually another family that you gain in your college experience for a lifetime,”**

**Student Lizbeth Gonzalez**

“Once a student becomes an EOP student, he/she will always be an EOP student,” said Villalpando.

Villalpando is an alumnus. He said his undergraduate experience at CSUSB was great because he was involved in multiple organizations, and had the opportunity to study abroad.

“Those experiences definitely made an impact in my life and I make sure now, as an alumnus, to encourage my students to get involved and travel as well,” stated Villalpando.

The counselors and staff encourage students to take advantage of the programs’ services, as one of their main goals is to help students graduate.

“EOP is not just a program you enter and the staff forgets about you, it’s actually another family that you gain in your college experience for a lifetime,” said student Lizbeth Gonzalez.

EOP is one of several programs such as SAIL (Student Assistance and Learning) and LEAD (Latino Education and Advocacy Days) that provide academic, personal and financial assistance to help achieve students’ success.

## Social media distractions

Focusing on studies can be increasingly difficult due to social media insatiability

**By Megan Vina**  
Staff Writer

Midterms and finals are quickly approaching, and with social media becoming an essential part of student’s lifestyles, it can cause a hamper on studies.

“I can spend hours on my phone and then before I know it, it’s 11 p.m. and I’ve done none of my homework,” stated student Danielle Leon.

For every hour in class one should spend about two hours outside of class studying, according to CSUSB’s First Steps Guidebook. However, most of the time allotted to studying is spent on social media.

A Twitter poll asked users the following question: “Does social media distract you from your studies?”

Out of the 47 people that participated, 96 percent said that social media does distract them from their studies, while only four percent said that social media does not distract them.

There are numerous negative effects on students. Social media can be highly distracting, stealing focus away from work.

The reality is, finishing one’s paper should be a higher priority, not constantly refreshing social media feeds or texting. For instance, taking a break from studying to look at one’s phone can easily turn into several hours spent on social applications.

“I rarely study or do homework without my phone in reach,” stated graduate student Molly Salamunovich.

Eighth grade literature teacher, Mary

Ann Loch, noticed social media’s negative impact on her students.

She believes her students are unaware of how dependent they are.

“I think young people definitely feel their devices are a part of their social construct,” stated Loch.

Some students even went to the extent of deleting their social media apps, in hopes to stay focused on their studies.

“I’m a student who needs to be off my phone when it comes to my studying,” stated student Mandy Lopez.

Lopez deleted all of her social medias apps and said that it benefited her.

“It kept myself accountable to studying and I ended up doing really well in my classes,” said Lopez.

Other ways students have learned to cope with their obsession is to put their phones in a different room while they study—avoiding the urge to even look at their phone.

Another method may be to use a monitoring app like Moment. Moment tracks time spent on a mobile device, as well as which apps are used the most.

“I used the Moment app, and I was shocked at how much time I actually spent on my phone,” stated student Nicole Argentero.

“If I would have spent that much time studying, things would be so much easier,” added Argentero.

Despite distractions, students have also noticed social media’s benefit towards their studies. For instance, platforms like discussion boards and Facebook Messenger can be used to correlate ideas and opinions.

Communication with peers and the ability to collect and document opinions from friends/followers have been helpful for student’s studies.

“Social media was a huge help in grad school. My class had a private page and we asked questions or posted helpful stuff,”

stated graduate student Karen Pontoni.

Students who have a balance between their social media usage and studies have been successful.

“I’ve learned a decent balance between the two because social media does come in handy in terms of my studies,” stated junior Elena Morrison.

“I never have used social media to help with my study habits but if I knew an effective and beneficial way to include it, that could be helpful,” stated student Bridgette Labrado.



Photo courtesy of Zee.MD



# SOULQUARIUS

Festival season officially kicked off full swing with the first annual Soulquarius festival in Santa Ana which featured an eclectic line up with acts such as Monica, Kelis, Brandy, Jhene Aiko, Too Short, Amerie, Erykah Badu, R. Kelly and many more.

By Nylles Vernon & Nicholas Whitt  
Multi media editor & Features editor

The concert, selling out of its GA passes weeks before, was flooded with people. Even though the forecast called for rain, fans still lined up just to see their favorite R&B/Hip-Hop acts from the 90's and early 2000's.

Located on the grounds of one of the go to venues in Orange County, The Observatory this festival was a huge deal both to fans and promoters A total of three stages were used for the concert; the Soulqarius stage, the Observatory stage and the House Party stage.

Two of the stages were located outside of the the Observatory stage with the House Party stage (HP stage) by the entrance to the festival and the Soulqarius stage (SQ stage) right outside the Observatory Stage. The festivals headliners performed on the SQ stage, while artist like the Ying Yang twins and Too Short played at the HP stage.

They had a small selection food with the prices, all being a standard of \$10, unless you go for the street tacos which were two for \$8. Gates to the event opened at 12, with the first acts Nina Sky, DJ Kitty Kash and Ari Lennox kicking off the days festivities. However, it wasn't the rain that made people uncomfortable and irritated, it was the entrance line to get into the venue. Angry tweets spouted from the #Soulquarius hashtag on Twitter claiming that they had been in line for up to four hours and had already missed many of their favorite acts.

"...#Soulquarius waited 4 hours to get in, everyone was late for their sets and poorly planned. A waste of money," tweeted @Riedmillahhh.

This caused multiple people to miss some of their favorite performers, enticing them to demand for a refund.

"...I got to the event at 12:30 p.m and didnt get into the event until 3:50 even though the ticket says 12:00 p.m. By that time Kelis was on stage , which means I had already missed 7 acts already because I was in line," tweeted @NubianQueenAsh

Once making it over the hurdle of making it into the venue, it almost seemed like everyone who was there to have a good time were crammed into a long narrow alleyway with no room to move between stages.

"A couple of hours later, it was jam packed by the merch area of people trying to get from stage to stage trying to buy merch. No one was moving!" continued @NubianQueenAsh

This posed as a problem as the day progressed and combined with cut set times and long wait times for performances. As the day progressed fans were in for a treat as Monica, Too Short, BJ The Chicago Kid and Amerie all kept the energy going to close out the mid day performances. Even though many waited for almost an hour to see The Internet, the band had to performed a shortened set which pretty much set the tone for the rest of the festival.

Short sets and long wait times in between acts were the most upsetting part of Soulquarius, which caused many to leave the event earlier than intended.

@MaryGoodin\_ tweeted, "Nearly got crushed trying to see Pretty Ricky. My Chest hurts. After that horrible experience I left. #Unorganized #Soulquarius," tweeted @MaryGoodin\_.

Even with the vibe the festival, the artist nevertheless performed with all there hearts. Ja Rule and Ashanti had the entire crowd in nostalgia performing back to back sets featuring a special guest appearance from their former Murder Inc. label mate, Lloyd. Erykah Badu sent the the audience on a smooth ride of enjoyment, playing hit songs such as Appletree" and "On n On." R.Kelly amazed the audience with his set with a very special entrance, as flames erupted around him as he was being elevated out of a podium.

Later on during his set, R.Kelly paused with him asking the crowd if he could have a "breather," which inevitable became a very erotic moment for all those who watch.

Soulqarius was the first festival of its kind in the Orange County area, even with the problems they encountered with the logistics, the entire event nevertheless filled the air with soul music and an intriguing debut. If the Observatory wants to have another festival of this proportion, more planning should be emplaced.



R.Kelly looking down on to the crowd as he was performing some of his greatest hits such as the Ignition remix



Erykah Badu, posing for the audience, as she shares words of wisdom through her powerful and sensual music

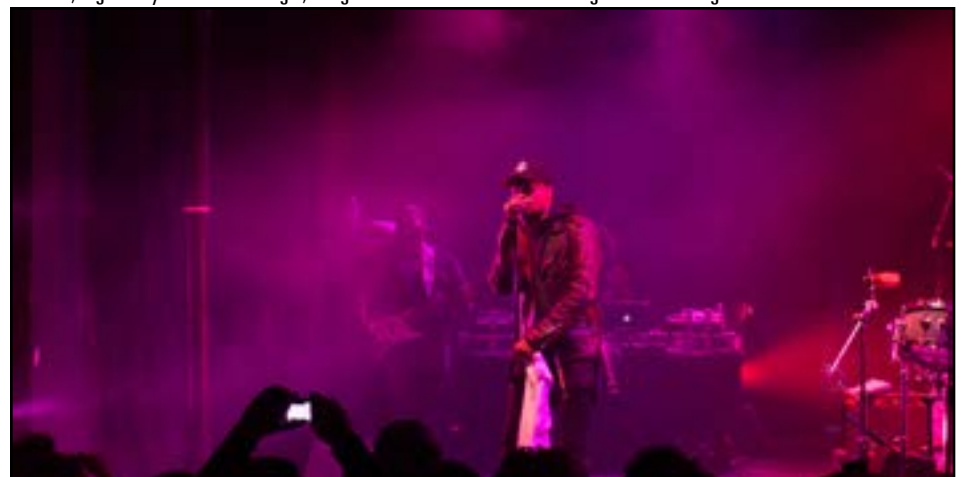


Amerie, a grammy-nominated singer, sang till the audience was trembling while standing from the sound of her soul



Nylles Vernon & Nicholas Whitt | Chronicle Photo

Unorganization at the observatory lead to people waiting in long unfortunate lines, leaving some to miss the preferred artist



BJ the Chicago kid, hyped the crowd with his set, bringing a combination of hip-hop and soul to Soulquarius



## Guerrilla Girls return

By **Yesica Gonzalez**  
Staff Writer

The work of feminist activist writers, performers, artists in gorilla masks, exposing various forms of corruption are currently on display in the Robert and Frances Fullerton Museum of Art (RAFFMA) until May 20th.

The exhibit is dedicated to the Guerrilla Girls, a group of anonymous artists devoted to fighting sexism and racism through art.

Art has always been a way to attract people's attention to important situations that should be addressed and dealt with.

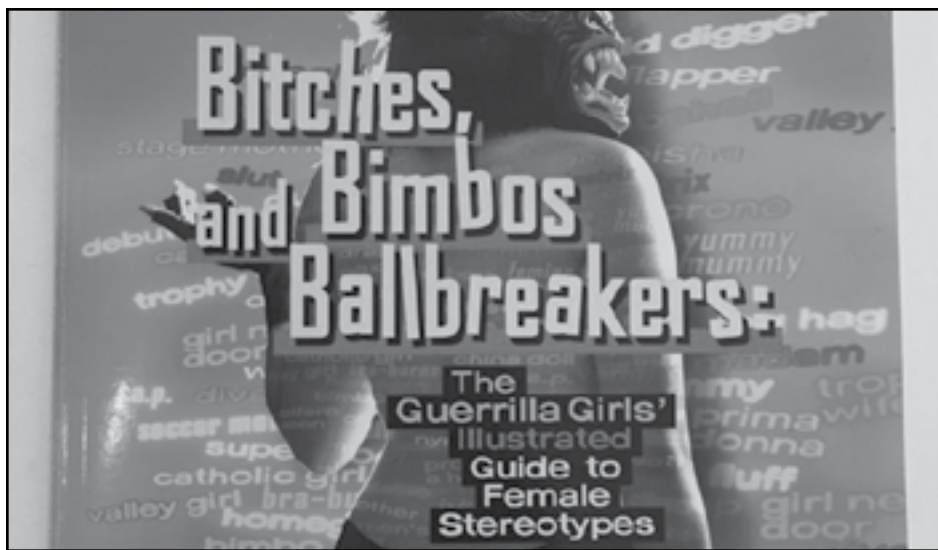
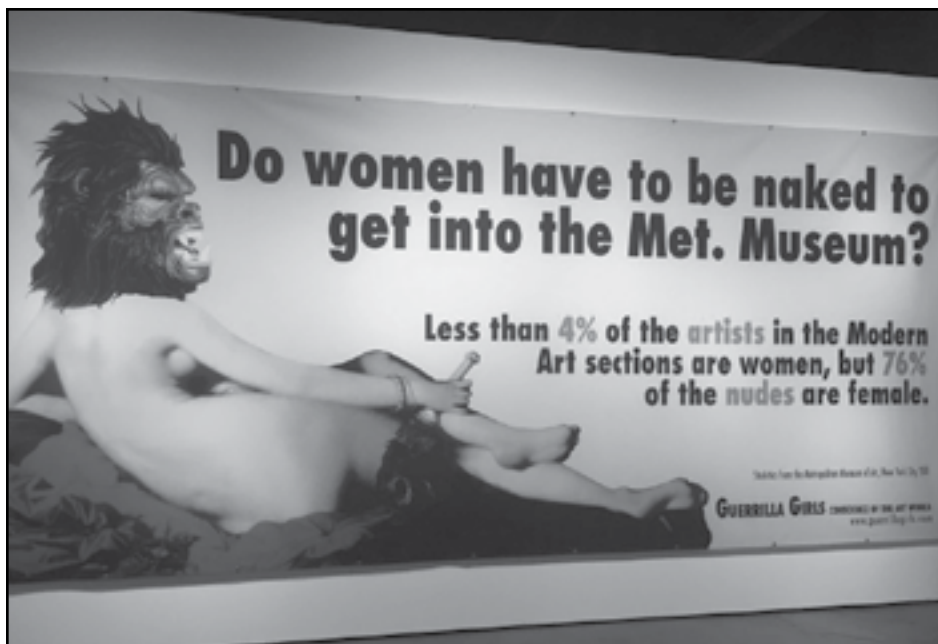
"Our director received an email about the show being available. We were all really excited for the gallery to come. We all studied them in undergrad, so having the opportunity to do the show is really awesome," said Stephanie Maclean, Marketing, Membership and Collections Coordinator.

A reception was held on Feb. 9th to welcome the exhibit to RAFFMA.

The Guerrilla Girls are expected to visit CSUSB in the beginning of April, and everybody is welcome to come and show their support.

"They're going to come out on April 13th, and they're going to do what they call a 'gig.' They're going to do a few classroom visits and then at 6 p.m. in the Performing Arts, in the recital hall, their going to do their talk," explained MacLean.

Their exhibitions continue to influence viewers of all types.



Yesica Gonzalez | Chronicle Photos

"The Guerrilla Girls have been around since the 80's, and a lot of the issues they were fighting for are still issues today. And we've seen progress—but not much—especially right now. Having the Guerrilla Girls is very timely and on topic," said Maclean.

The Guerrilla Girls first launched their exhibition in New York City (1985) where they received numerous responses to their sociopolitical messages.

Since then, their eye capturing work has been featured on billboards, street walls, hand made books, zines and numerous posters that promote awareness and curiosity.

There are various issues that they address, from the overview of Oscar winners who are predominantly white males, to the presence of women in art, as well as examining concepts of love and hate.

The group keeps their identity a secret by wearing gorilla masks at every appearance to emphasize the importance of issues they address.

"Our anonymity keeps the focus on the issues, and away from who we might be: we could be anyone and we are everywhere," stated the Guerrilla Girls' website.

MacLean recommends students visit RAFFMA to view the gracefully bold art that expresses the need for various forms of powerful reformative action and resistance.

"People can visit the show or can go to the talk and maybe get inspired to fight for things in their own lives or get some new techniques to use," shared MacLean.

## Vibe Festival of Wellness

By **Robert Klimper**  
Staff Writer

The University of Redlands hosted the Vibe Festival of Wellness to help promote overall wellness and local businesses, on Feb. 18th.

The event was meant to increase understanding of the eight domains of wellness, and raise money for a larger event in to occur in May. The month of May is dedicated to mental health awareness.

This was the first time the Vibe Festival of Wellness (Vibe Festival) has been held.

The festival had a variety of events for the first part of the day, with part of the campus reserved for alternating events of yoga and dance.

"[This is] a really good cause, mental health awareness and providing resources in our community and every community is important," said Robb Pearson, general manager for Augie's Coffee, and one of the board members for the festival.

The festival was made possible by sponsors from: Upland Fire Protection, Hatfield Buick GMC, InlandPsych Redlands Inc., Redlands Community Hospital, Redlands Chiropractic and the UCR School of Medicine.

"Just being able to create and use self-expression and [using] a spray can was just my technique" said Ivan Preciado, who has been creating art with spray cans for about 12 years now.

Preciado was asked to create a piece of art for the Vibe Festival, an opportunity

that he stated would have been too big to ignore. Preciado thought it was an honor to participate. Local creators came to display and sell their products to attendees.

One of the focuses of the Vibe Festival was to help educate people on the eight domains of wellness: emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social.

"Despite the fact that it was raining, the event has been interesting and is going pretty well," said Joshua Camacho, an attendee of the festival who helped design the online map for the festival.

The event was originally planned to be held outside, yet due to weather changes the event was moved.

Vibe Festival featured live music throughout the festival that started with

smooth jazz and blues style music, and moved to solo performances and alternative rock around the last hours of the festival.

"We don't envision this as just being about Redlands—we don't want this to be viewed as just a Redlands thing—we don't want this to be just a U of R thing," said Dr. Janee Both Gragg, School of Education associate professor, at the University of Redlands. She is also one of the creative minds behind the Vibe Festival.

Gragg stated that after this event, board members will determine its success, as well as assess how much funding was raised.

The board members would like the future event that will be held in May to be free to the public.



Teacher Noemi Villagrana-Kellum and artist Duan Kellum.



Artist Ivan Preciado working on his piece at the festival.



Preciado's finished piece to commemorate the first annual Vibe Festival of Wellness event in Redlands.



## YouTube users product promotion

**By Veronica Vicente**  
Arts & Entertainment Editor

As of 2017, YouTube has been a social media platform that has influenced over 64 percent of viewers into buying sponsored products.

Social media has a strong impact on customers, more importantly, companies are sponsoring popular YouTube vloggers with thousands of followers on their channels to promote their products to viewers.

Brand advertising through social media has now become a method to build bonds between customers and brands.

“Advertisers and companies when trying to promote, are trying to build relationships and emotional connections with potential consumers. If you have a YouTuber that people connect with and feel them have a relationship with the person, it doesn’t feel as much as a sales deal but as a friend making a suggestion,” said Jacob Poore, manager of CSUSB’s Coyote Advertising program.

YouTube is an advertising platform for marketing brands, as it not only sparks creativity but if the sponsored product is considered good to some viewers, it is then shared, commented on and eventually a product people chose to invest in.

According to the Q2 2014 report of YouTube insights, the report states that 66 percent of beauty product buyers were persuaded to purchase certain makeup brands or

items based on YouTube advertising.

Viewers felt influenced from previous reviews by YouTubers discussing the quality and efficiency of the product.

“Watching the vlogger talk and support the product, and saying how good the product was makes the audience want to buy it, especially if it seemed the product made a difference on the viewer,” said nutrition major Amy Tran.

The beauty community of YouTube is not the only section to influence its viewers.

About 62 percent of smartphone buyers were reported to have been persuaded by the smartphone review videos on YouTube to upgrade their phones, as reported by YouTube insights.

“98 percent of Smartphone users between the age of 18-34 watch YouTube videos on their Smartphones,” said Q2 2014 YouTube insight.

Young YouTube viewers are subscribed mainly to: gaming, music, make-up, fashion and life-style community, making them the most popular.

Most of the viewers participate actively by reposting and commenting on YouTube videos, which makes certain channels popular, and more willing to receive further sponsorships from well-known brands.

“I for one have participated in their sponsorships that they promote. I do this because I get a deal out of it and it’s another way to support the people I watch,” said You-

Tube enthusiast Cristobal Guerrero.

YouTube was announced to be the most influential social media for audiences who make purchases.

YouTube influences a vast majority of purchases made which is the highest when compared to other popular social media like Facebook, Twitter or Instagram.

Many of the viewers talk amongst their peers about the promoted products they see on social media, which influences others around them to make the same purchases.

“Certain products wouldn’t become as successful without YouTube. Therefore, it serves as a platform to promote current products,” said student Vanessa Guerrero.

The overall impact of YouTube ads and sponsorships is massive to both the consumers and the brands, as they both make money from the product.

The brands focus on the interests of the viewers. YouTubers review products by providing positive comments, as well as relating item use to their own personal life.

YouTubers want to create a successful channel that their viewers can relate to.

Brands want to select certain individuals to promote their products who have a passion for their sponsored products.

Social media is influential to all audiences, making viewers easily persuaded to purchase and believe in the credibility of sponsored products.



Veronica Vicente | Chronicle Photos  
Tutorials from YouTube users sharing products to viewers.



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## Power of confession

By Stanisha Parker  
Staff Writer

Coyote Confessions was the place to go for drama, scandal and buffoonery amongst CSUSB students—anonymity making it all possible, but the science behind confidential venting is another topic. Students could share secrets, controversial opinions and cringe stories while ghost readers can soak it all in.

That exam you had to study for didn't matter and sleep could wait, but alas, those days are dead and gone. The confession's page gradually began to slow down; posts became more blatantly fabricated or filled with occasional random quotes/song lyrics. Then people just stopped submitting confessions all together and the page became nothing more.

According to Science Daily, University of Houston assistant professor, Dr. Arthur D. Santana conducted a study titled, "Virtuous or Vitriolic: The Effect of Anonymity on Civility in Online Newspaper Reader Comment Boards," regarding anonymous posts.

The study found that 53.3 percent of anonymous comments included language that was vulgar, racist, profane or hateful; only 28.7 percent of non-anonymous comments were found to be uncivil.

Santana also discovered that 44 percent of non-anonymous commenters made civil comments following news articles compared to 15 percent of anonymous commenters.

One can conclude that anonymity provides a sense of protection; the [computer] screen serves as a psychological barrier and with no identification, boldness is heightened.

This and "the stranger on the train" theory coincide with each other due to anonymity; even though two people are face-to-face, the key ingredient is unfamiliarity.

San Bernardino local, Chris Thomson, shares his perspective on confidential postings, "I think people share rude things and personal stuff anonymously because they feel the are secure and can say what they want without consequence [...]"

Thomson also explained why he feels people share personal stories.

"I think it's a way for people to use others as a diary or a way to vent," Thomson said.

Sharing personal and embarrassing information with strangers is referred to as the "stranger on the train phenomenon" and is a branch of the social penetration theory.

Picture being on a train with someone you have never met before and will most likely, never see again.

You may end up venting to them about private stresses you would not disclose with someone close to you.

"I've vented to a stranger when I felt like no one listened to me," said San Bernardino native, Marcel Sanchez.

Marcel explained an instance where he confided to a stranger, and even received some advice.

"As far as venting to a stranger, I was having relationship problems and was hanging out with my friend. He had two other guys with him that I never talked to. I had a pretty good conversation with one of them about it and he helped me out. Made me feel comfortable knowing someone somewhere had an ear out for me," Sanchez continued.

Touching back on Coyote Confessions and their popularity, Marcel recalls the impact it had on him and his social life.

"It was super funny, I would waste so much time going through all the posts [...]. It was a great conversation starter—not just with friends, but when meeting new people cause they [Coyote Confessions] were so popular that whenever it was mentioned someone could contribute."

Although, Coyote Confessions descended into the unknown abyss, it brought a sense of community among CSUSB students and provides an outlook on the psychology of anonymous posting.

## Fine dining Indian style

By Kiara Perez  
Staff Writer

India's Clay Oven, an award winning Indian restaurant, brings the taste of their culture in every bite.

It's a family owned business with brothers, Manmohit Randhawa and Gurchet Randhawa, running the business for over three years with their father and mother.

They kept the name "India's Clay Oven" since the previous owner had such a good reputation with the restaurant.

Of course they have two clay ovens to prepare the bread, chicken, lamb, and fish. However, that wasn't necessarily the reason behind the name. They gradually learned the restaurant business along the way, maintaining gradual success.

"I've always had a passion for cooking for some reason [...] I'm also like a part-time cook I guess as well," said Gurchet, one of the owners.

Everyday, a few hours before the restaurant opens, they freshly prepare their food.

"We constantly try the food to see if we can make it better. We pay attention to our customers suggestions, like if it's too bland or something. We'll always try to improve every dish," said Gurchet.

"We're always critiquing ourselves, like me and my brother will sometimes try things from the buffet just to see if it's up to par," continued Gurchet.

They serve lunch from 11 a.m. through 3 p.m., and close for two hours, before re-opening at 5 p.m. for dinner, and closing at 10p.m.

"The item most commonly ordered would be the chicken tikka masala," said Harry Bhatti, an employee at India's Clay Oven.

"Overall my chef prepares everything really well, there's nothing we can't order that won't be good," said Manmohit.

"For buffets we have to mild everything out. So, buffet wise, it still has some of the spices and herbs, but not all of them. If you order off the menu then yes, it's really authentic Indian food," mentioned Manmohit.

Besides some of the dairy options, they have a great variety of vegetarian options to eat and healthy meal options.

"Everything that is non-dairy based is fairly healthy, and overall we can make anything vegan, that's healthy. Most of the foods has vegetables and are made with spices and herbs," added Manmohit.

A group of regulars at the restaurant travel 30 minutes a few times throughout the week to eat at India's Clay Oven. Skye Quinman and Susana Quinman, who are regulars, love the restaurant especially because they are vegans.

"Vegans don't eat any animal products. They don't have milk or eggs, or anything like that. And so, this is a really safe place with a great vegan menu [...] They have so many dishes that are vegan and they're really flexible with making

other dishes vegan as well. So this is like the best place to go for vegans [...]" said Quinman.

Quinman continued, "I've been to Indian places all over California and it's never this good. It's awesome, personable, and really nice."

"The buffet is a great place to start if you haven't tried Indian food before," said Christopher Gent, a regular customer.

The service was excellent. The moment I entered, I was greeted. They suggested I try from the buffet since I have never tried Indian food before.

I really could taste all the herbs and spices in each bite, but my favorite would be the naan garlic bread. Every dish I tried had so much delicious flavor and tasted fresh. The owners and staff were really accommodating the entire time I was there.

I didn't feel rushed at all or unattended to like in some restaurants. The atmosphere at the restaurant felt very tranquil with the Indian lounge music, soft lighting and spacious dining area.

"We really love doing what we do, we love meeting new people, and seeing customers leave happy," said Gurchet.

My meal from the buffet was reasonably priced, around \$10. Not to mention students get a 10% discount if they show their student IDs.

The restaurant does catering as well in which they will

be catering for CSUSB's "Taste of India" on May 19th and "Market Night" on April 20th.

Aside from being awarded the best Indian restaurant in 2016 by *The Sun*, they are currently working on projects to improve even more.

Soon, India's Clay Oven will be putting up a website and a future delivery option.



Kiara Perez | Chronicle Photos



Brothers and part owners Gurchet Randhawa and Manmohit Randhawa.



Naan, an oven-baked flatbread, pairs well with any delicious Indian cuisine.



# Battling premature heart disease

By Yera Nanan  
Staff Writer

Many are not aware of preventative knowledge that can keep their hearts healthy.

The American Heart Association (AHA) is an association dedicated to providing beneficial information to the public



Yera Nanan | Chronicle Photos

Anthony Olivar does cardio before he begins weightlifting.

about heart diseases and strokes. The AHA has raised billions of dollars for research and medical breakthroughs.

Their Heart and Stroke Statistics for 2017 address provides eye-opening, concerning information about the current state of heart-related issues across the globe.

Cardiovascular disease is not only the leading cause of death in the United States but in the world as well, taking more than 17.3 million victims in 2003.

The death rate for this disease has declined significantly from the year 2003, but there is still an average of 801,000 heart and stroke-related deaths in the U.S. every year.

Cardiovascular disease takes more lives than cancer and chronic respiratory diseases combined.

Smoking, physical activity, nutrition, obesity/overeating and other bad habits increase the risk of heart disease but do not necessarily cause heart disease or stroke.

With tobacco use being the cause of 5 million deaths a year and high blood pressure still running rampant, it was a long fight for heart disease to be at a controllable level.

Many college students are either not concerned about heart disease and/or do not have enough knowledge on the subject because they feel other diseases are worse.

A research study conducted in 2004 at Arizona State University, reported that most college students should be more concerned about cardiovascular disease, especially among women and minorities.

Students were led to believe that

women had a higher risk of getting breast cancer, that Whites most commonly have heart disease. Both of these statements are false.

Most people attending college have access to a gym and health center where they can make it a priority to take care of their body from the inside out.

Preventing heart disease starts with making serious lifestyle changes as far as what we put in our bodies and how we keep our heart rate up when exercising.

The Rec Center trainers offer a lot of knowledge on maintaining a healthy heart through diet and exercise practices. These ideas are constantly expressed to their clients.

"I focus on the full body [...] the more blood flow we can get going the more the heart is going to be used," said Rec trainer Brady Collins.

According to Collins, the more pressure you put on your heart workload while exercising, the higher the intensity of full engagement of the heart.

Though the trainers mainly focus on working out the body during sessions they try to leave a lasting impression even when clients no longer need their service.

They also try share advice for staying resilient at home with tips for a heart-healthy diet.

"As far as diet, you just focus on trying to eat healthier which means trying to take out any processed foods and unnecessary sugars," said Collins.

Collins mentioned that fatty and greasy foods should be removed from the



Mike Parcon plays basketball to keep his heart healthy.

diet completely but also adds that there are good fats for the heart and body like avocados and peanut butter.

Someone exercising for the first time should not be going seven days a week at a high intensity, nor should they be taking pre-workout supplements which can raise heart rate.

"You shouldn't be able to carry on a conversation or sing a song, but if you're panting and can't breathe maybe you're a little too intense," added Collins.

Collins advises that light cardio workout before hitting the weights is essential for beginners and frequent gym goers since it gets the heart going while warming up the body.

# Maximizing post workout recovery

By Ariel Ornelas  
Contributing Writer

Post workout recovery is an extremely important factor in making the most of one's fitness regimen.

However, many are unaware of how to maximize their recovery process after a workout.

With summer quickly approaching, there is no better time to begin taking the appropriate steps to reaching fitness goals.

It is evident that fitness and a healthy diet are essential, but post workout recovery methods are often overlooked in the exercise process.

Experts agree that there are several ways to maximize recovery in order to ensure people are giving their bodies the recovery they need.

"The biggest advice I tell people is to utilize branched-chain amino acids (BCAAs) before and during their training, and a good source of carbs immediately after training," said Michael Hernandez, CrossFit coach at Nox Training.

BCAAs from Optimum Nutrition and Cellucor are widely known for being extremely effective and helping with muscle recovery and soreness.

"BCAAs stimulate protein synthesis, and they also increase the muscle cell's capacity for protein synthesis. This actually helps with faster recovery and faster muscle growth," continued Hernandez.

Another recommended supplement is hydrolyzed whey protein.

"I recommend taking hydrolyzed whey protein as quickly as you can take it after a workout. Your muscles are the hungriest after a workout, so it is important to take it at that point," said fitness enthusiast, Donny Roppolo.

Amongst proper nutrition, stretching and sleep are other essential factors in the recovery process.

"The more you stretch post workout, the less sore you'll feel the next day. It has to do with blood flow and circulation, and it's better to use your muscles the next day



Photo courtesy of Nutrishop Yelp

Recovery and repair products postworkout are just as important as prework.

when they are not as sore," said Roppolo.

In an article on Livestrong, an online platform focusing on fitness and health, personal trainer Becky Miller emphasized the importance of sleep and muscle recovery.

"As your body enters into the non-REM deep sleep stage, your pituitary gland releases a shot of growth hormone that stimulates tissue growth and muscle repair," stated Miller.

An inadequate amount of sleep can have a negative effect on the body. It does not allow for the appropriate amount of rest for your body to recover from workouts.

"You are considered to be sleep deprived if you sleep four hours or less per night, while eight hours constitutes normal sleep," wrote Miller.

Well rest in fact helps with muscle growth, recuperation, and mental alertness.

"Sleep definitely helps with recovery. I try to aim for at least seven or eight hours of sleep each night to make sure I'm giving my body enough rest," said CrossFit athlete Edgar Sanchez.

While asleep, the body is able to perform necessary functions that are essential to one's health, including restoration of the mind and body.

"I usually have a better workout when I've had a full eight hours of sleep the night before. My workouts feel better, I feel a lot stronger and I'm overall much more recovered from the previous day of training," continued Sanchez.

When incorporating post workout recovery methods into one's fitness plan, results will be much more evident as long as one is consistent with their efforts.

"I believe the biggest reason why people don't see the results they want, is because they don't realize the amount of work that it takes to even see results in the first place. Most results take time, effort, and dedication," stated CrossFit competitor Mike Mora.

Working out and being healthy is great, but it's all for nothing if you don't know how to recover from it.



# The importance of preseason play

By Tyler Vanderelst  
Staff Writer

Before any team can possibly think about winning a championship, they must have a good preseason to make sure all of the players and coaches are on the same page.

These games are played before the regular season starts and do not count towards a team's overall record.

Since they don't have to worry about their record, teams are more willing to give players that wouldn't normally play in a game the chance to show what they can do on the field.

This is extremely beneficial to the players who are on the cusp of making the team. In doing so, they get to display their worth.

Another benefit of preseason games is

that teams can attempt new plays that they would not risk enacting in a regular game.

It is better to try it out in a game where it doesn't effect one's record so that if it doesn't work it won't affect an important game.

A former Yucaipa High School football player, Dallas Mohler, was a big fan of his early season games.

"Preseason games were great because you were able to get the feel of the game back and adjust for a few games," said Mohler.

There are plenty of ways in which practice games are useful. However, there are also downsides to these games.

The biggest downfall of preseason games is the fact that injuries can still happen. Because players haven't physically been able to adjust to the game, they are more likely to be at risk.



Photo courtesy of wtop.com

The Carolina Panthers train at Wofford College, which is ranked in the top five in the league for fan friendly facilities.

Tony Romo, Dallas Cowboys quarterback, was playing in his first game back since his injury in the season prior.

Romo was injured during his first preseason game. This injury sidelined Romo until week 10 of the regular season.

Steven Best played intramural flag football in college and learned what can happen if you play a physically demanding sport without being prepared.

"It was the first game of the season and I was excited to play, so I didn't warm up or stretch as much as I should have," said Best. "I ended up tearing my ACL in the first half of the first game because I wasn't prepared."

For Major League Baseball, Spring Training is underway in Arizona and Florida for the 30 teams that make up the National and American League.

It is a time when young players have

a chance to display if whether or not they have what it takes to be in the big leagues.

It is an opportunity for these players to show their worth, skills, and overall athletic prowess.

Reigning Rook of the Year recipients Corey Seager (Dodgers) and Michael Fulmer (Tigers) will begin their seasons proving to their teams and fans why they deserved such recognition.

Others will turn their attention to this year's rookie class which is filled with talent in every position. Some players to watch for are first baseman Josh Bell of the Pittsburgh Pirates and starting pitcher Alex Reyes of the St. Louis Cardinals.

Depending on how well prepared a team or player is normally determined on how well they perform in the preseason which will translate into their regular season.



Lauren Jennings | Archived Chronicle Photo

MLB fans from all over travel to Arizona and Florida to watch their favorite teams play during Spring Training in March.

# Dangers of playing sports in bad weather

By Breeze Rivers  
Staff Writer

Inclement weather puts athletes in the face of danger and interferes with scheduled matches and practices for outdoor sports.

Game officials are forced to delay, postpone or cancel games due to bad weather despite their best efforts to see that each game is played to its conclusion.

Coaches unwillingly give their teams a day off of practice because the weather makes it impossible to hold productive training sessions.

For women's soccer Head Coach, LeBaron Hollimon, it pains him to cancel crucial practice sessions while his team is off-season and trying to prepare for the upcoming year.

"Looking at the forecast, there's a good chance we'd be out training in an unnecessary situation as it relates to the part of the season we're in," said Hollimon addressing his team.

Teams discontinue play when the weather changes because conditions can affect playing quality and the safety of the athletes.

"We've had multiple games canceled during the spring season because the field gets covered in snow and it's not safe, the field also gets ruined because we have real grass opposed to turf," said Ma'ila Aluli, a women's soccer player at Fort Lewis College in Colorado.

It is evident that every sport has potential to be dangerous, but cold weather seriously increases the risk of injury. The main dangers of playing in the snow are: hypothermia, frostbite, sunburn and an increased risk of muscle strains.

Exercising in cold weather places extra demands on the body.

It is important for athletes to properly warm up their muscles before playing in the cold to avoid muscle pulls and strains.

"We've practiced in the snow before but it's not ideal, as the ground is mushy and cold," Aluli said.

Because snow makes the ground uneven, it becomes difficult and uncomfortable to run on. This can be dangerous because it increases the chance of ankle or knee injury.

Outdoor teams do their best to make accommodations if they face weather problems.

"When it snows a lot, we practice indoors in the gym," Aluli said.

However, snow is not the only weather that sets her team back.

"We have a lot of lightning delays as well and we have to go into the locker room until it's clear," Aluli added.

Lightning delays can last from 15 minutes to an hour if necessary.

When a circumstance poses a threat to the safety of participants or spectators, a decision has to be made to either continue or stop playing.

From Division II collegiate soccer to professional football, outdoor sports face uni-

versal conflicts related to poor weather.

In the rule book for the National Football League (NFL), under "Emergencies and Unfair Acts," it recognizes that conflicts will arise and "such circumstances may include severely inclement weather, natural or man-made disaster, power failure and spectator interference."

However, in the NFL, only the commissioner and the league president have the authority to postpone, cancel or terminate games. Referees may only stop play temporarily.

For all outdoor sports like soccer, football, softball, baseball and golf, inclement weather obstructs the normal routine of teams and compels athletes to take extra measures in preventing injury.



Lauren Jennings | Archived Chronicle Photo

Bad weather can cause delays, postponements and cancellations of games to keep the players safe in poor conditions.



# From athlete to professional

**By Megan Vina**  
Staff Writer

Women aren't stopping their passion for sports at the collegiate level, some strive to play at the professional level.

Brenna McIntosh, former Coyote women's volleyball star and three-time All-American, is currently living her dream playing professional volleyball in Peru for the Cesar Vallejo University (UCV) Deportes.

The Deportes play in the Liga Nacional Superior Voleibol (LNSV) which is the top league in Peru.

Her talent isn't the only thing that got her to the high level she is playing at now. It takes much more than that to make it as a professional athlete.

Dedication, determination and perseverance are just a few assets that helped her achieve success.

"I am so passionate about volleyball and I always wanted to play at the highest level possible," stated McIntosh.

After breaking her foot during her senior year at CSUSB, she knew she wasn't ready to end her volleyball career just yet.

Her road to the professionals involved signing up with an agency and putting together a highlight tape (reel).

McIntosh's agent sent her reel to several countries.

Deportes gave her an offer, and she decided it was the right fit for her.

Like many professional athletes, McIntosh's life is now devoted to her sport. She trains two times a day and plays on the weekends. She gets her housing and living expenses paid for, on top of a monthly salary.

"I'm able to travel for free while getting paid to play the sport that I love," stated McIntosh.

With Spanish being one of the official languages in Peru, and her coach only being able to speak some English, McIntosh has had to adjust. She receives help from a bilingual teammate.

She does not shy away from a challenge and is eager to learn from her teammates.

"It's definitely a learning experience," stated McIntosh.

Within just five months of playing professional volleyball, McIntosh has



Megan Vina | Chronicle Photos

Brenna McIntosh a former student managed to make it as a professional through a lot of hardwork and perserverence.

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**"I am so passionate about volleyball and I always wanted to play at the highest level possible,"**  
**Brenna McIntosh**

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been to Siberia, London, the Maldives and Peru.

She is not ready to hang up her shoes quite yet. Once her contract with the Deportes is up, she is hoping to continue playing professionally.

McIntosh is getting to experience so many opportunities that the average person doesn't get to.

"I've met so many amazing people and I feel so blessed to be in the situation that I am," stated McIntosh.

In addition to volleyball, female athletes also continue to participate in softball, soccer and even pursue careers as coaches, officials and scouts for professional sports teams.

For softball players, there is National Pro Fastpitch, which has teams from all over the United States.

The women's soccer team now has a representative playing professionally. Former Coyote defender, Megan Todd, she is now playing as a midfielder for the Acle United Ladies Football Club in England.

Becky Hammon, assistant coach for the San Antonio Spurs became the first female in the NBA to work for a full-time

salary.

Along with coaching, females are breaking into male dominated sports by working as referees.

Sarah Thomas became the first female NFL official in 2015 and now has a full-time position.

Lastly, Amanda Hopkins made her way into the Mariners organization as a full-time scout. Before her hire, she was an intern for three summers in a row.

Just because it may seem like there are not enough women involved in sports, doesn't mean they are not trying to flourish in the industry. Anything is possible with enough hard work and determination.

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**"I've met so many amazing people and I feel so blessed to be in the situation that I am,"**  
**Brenna McIntosh**

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