Immigration raids in SoCal

By Brittanie Gutierrez
Staff Writer

Immigration raids have increased follo-

ving President Donald Trump’s execu-
tive order to crack down on immigration, caus-
ing nationwide uproar. Arrests took place across the nation, with 13 of them occurring in San Bernardi-
no.

Immigration and Customs Enforce-
ment (ICE) arrested over 680 illegal im-
migrants with records of criminal activity, over the second week in February. “It’s disturbing. From a historical standpoint, nobody in America is techni-
cally a true American,” said history minor student Joanna Barry.

For some, these raids were dishearten-
ing. “I felt heartbroken when I heard about these raids,” said student Loida Ramirez.

“Yes, before they were prevalent, but now it has a certain stigma because Trump is in office and it’s occurring daily,” Ramirez continued.

Trump tweeted that the raids were a testament to his campaign promises to de-
port illegal immigrants with a criminal his-
tory. “President Trump has been clear in af-
firming the critical mission of DHS in pro-
tecting the nation and directed our Depart-
ment to focus on removing illegal aliens who have violated our immigration laws, with a specific focus on those who pose a threat to public safety, have been charged with criminal offenses, have committed immigration violations or have been de-
ported and re-entered the country illegal-
ly,” stated Kelly.

Raided are not uncommon to the U.S. However, in states like California with sanctuary cities and a large population of immigrants, fears of deportation have also increased.

“I feel that this is out of spite and isn’t necessarily just for the country’s best inter-
est,” said student Marco Montoya.

He believes there are more important matters aside from making mass arrests that the government should be focusing on. Some immigrants with records of us-
ing false identification, with no prior or current criminal history were arrested re-
gardless.

Daniel Ramirez Medina, a Deferred 

Advanced Action for Childhood Arrivals (DACA) applicant was detained in Seattle, and placed in a Washington detention facility in Tacoma, after ICE arrested his father on Feb. 10, according to CBS News.

Despite informing ICE that he was in the U.S. due to a work permit, and had no criminal history, agents still arrested Ramirez.

Ramirez is suing the federal govern-
ment for violation of his constitutional rights following his arrest, according to 

The Hill. Protesters have also arisen in retaliation to the increased mass arrests that have started. “A Day Without Immigrants’ protests have occurred in locations like Texas and D.C., according to CNN.

Protests are also raising awareness by spreading throughout social media plat-
forms, gaining popularity. They began on Feb. 16. The protests were said to show-

case what the U.S. would be like without immigrants in the workplace, schools, etc.

“People will announce their voices and want to be heard,” said Ramirez.

African American initiative in church

By Jerrod Walley
Staff Writer

Presidents of the CSU system, includ-
ing President Tomás D. Morales, as well as the chancellor are visiting local churches in an effort to inform youths of the African American community about higher educa-
tion.

This is an annual event run by the CSU African American Initiative (AAI) during the month of February. The focus of the project is to assist young scholars, from high school and middle school levels, in preparing for their futures in higher education. Super Sunday will be held at Ecclesia Christian Fellowship in San Bernardino on Feb. 26 at 10:30 a.m.

Guests will receive insight regarding the col-
lege experience, and encourage-
ment to pursue a college institu-
tion. Cathedral of Praise Interna-
tional Ministries church, hosted a Super Sunday event on Feb. 12. This program has been an an-
nual event for the past 12 years within California. San Bernardino County has been an active participant since the inception of the program. President Morales and CSU Chan-
cellor Timothy P. White are schedules to speak at some of the church locations later this month.

“Twelve years ago, the CSU be-
gan conversations with African Ameri-
can church leaders about how they could partner to increase the number of African Americans entering and succeeding in higher education,” said AAI Community Partnerships Director Mariela Cervantes.

Primary focus groups of AAI are Af-

rican Americans in disadvantaged communities. The goal is to help 500,000 students graduate from college by the year 2025. This is considered to be a reasonable goal, since each year the program reaches out to over 100,000 students.

Super Sunday partners with churches and religious institutions within smaller communities. AAI’s goal is to inspire young scholars to pursue a college educa-

tion.

The partnerships with the churches puts an emphasis on family and incorpo-
rating all of the members in the process.

Student Elizabeth Bacamontes said, “I think it’s great the churches are involved because from a religious standpoint, it is always good to help those in need, regard-
less of their background.”

Super Sunday has also been added to the program. These events take place on CSU campuses at the start and end of the academic year.

The program informs students from disadvantaged communities about college preparation, and how to maintain academic progress during their college career.

“Super Saturday is an education fair that creates an additional touch point to prepare for college success, [meant] for students and families participating in Super Sunday,” said Cervantes.

The next Super Saturday will be at CSUSH on Saturday, April 22. The event is free and open to the public.

Many college students are unaware of the program. Regardless, students with family members or friends that are inter-

ested in the event are encouraged to come.

Students can visit calstate.edu to find out more information about Super Sunday and Saturday.

The site also offers information on other CSU initiatives and programs like the Latino and Native American initiatives. 
Latino advocacy for education

Dr. Enrique Murillo Jr. planning with the LEAD committee members, in preparation for the upcoming LEAD Summit.

By Nez Ramos
Staff Writer

Campus and community leaders will be meeting for an annual conference addressing low enrollment and accessibility to resources within Latino education in March. This year’s Summit VIII is going to be a part of a week-long event called LEAD Week, where every day is dedicated to spreading awareness of Latino education issues, consisting of several activities.

Latino Education and Advocacy Days (LEAD) is working together with parents, college students, Catholic school kids, and local elected officials, according to Dr. Enrique Murillo Jr. LEAD Organization is a broad group of professionals, artists, students, advocates, community leaders and more, who are interested and committed to address education issues in the Latino community, according to LEAD webpage.

“We have a center in the College of Education that deals around the crisis around Latino Education and every year we have a showcase event which is our summit,” said Murillo. Murillo has been a professor at CSUSB for almost 17 years, where he specializes in Latino education, and is the Executive Director of LEAD.

“All of people think it’s a one-time thing that LEAD does, but in fact we do things year-round […] Summit is the main show case, the marquee,” said Murillo. This year, the annual conference will be returning for its eighth year.

“As a Latino student I appreciate knowing about this organization, especially in the direction society has been going,” said David Barreto. “It’s amazing to know that they’ve been doing this event for 8 years.” Barreto continued. In the earlier years of his career, Murillo noticed that there was a lack of resources for Latino students. He has noticed issues such as low college enrollment and attainment in the Latino community. This fed his purpose into forming what is now the summit. The reason behind why it is called summit is “because everybody is in one room that wouldn’t normally be in the same room,” according to Murillo. Those in attendance include teachers, students, President Tomas Morales, and locally elected officials.

Summit has come a long way from where it had start-ed, according to Murillo, saying that the first few years were revolved around assessing problems, and resolving crises in Latino education.

The organization has been focusing on successful solutions and strategies, that will highly impact Latino stu-dents for the last four or five years.

“I’m a freshman and it makes me feel good to know there is an organization that is dedicated into spreading awareness regarding Latino education,” said student Gilberto Gutierrez.

This came into development after the state of California acknowledged that there were reoccurring issues within the Latino community. As a result, the California Assembly and Senate agreed that the last week of March every year should be a week of advoca-cy for Latino education.

Out of the entire week, the biggest event is going to be LEAD Sum-mit VIII, which will be on Thursday, March 30.

According to Murillo, LEAD has a large national and international audience. Students are like, “You are being lookout for the conference through webcasting, reaching an audience from over 40 different countries.”

“In a sense we are developing our community, we are raising awareness and offering solutions through such effec-tive programs,” said Murillo.

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Oroville overflow

By Emily Anne Espinosa
News Editor

The spillway of the Oroville dam has caused statewide concerns about water resources, especially within the af-fected Butte, Yuba, and Sutter counties.

On Feb. 7, the California Department of Water Re-sources (DWR) took notice that there were signs of ero-sion in the Oroville spillway, and then decided to suspend the flow of the spillway in order to investigate the signs of erosion.

At the time, DWR reported no anticipated threat to the dam or the public. On Feb. 11, the Oroville spillway reached past it’s capacity, causing the dam to spill into it’s emergency spillway. This is the first time it’s happened in the near 49 years of the dam’s existence.

The spill valve rose over the top of the emergency spillway slope, eroding huge sections of the slope as the water rushed downhill.

In response, 188,000 people were ordered to evacuate affected areas on Feb. 12.

If water spilled over, it would have affected towns near the Feather River and the eastern Sacramento Valley. During the 48 hours evacuation order, it has been speculated that some individuals were losing the homes of evacuees.

The mandatory evacuation order was suspended on Feb. 14, yet there are still concerns that another evacua-tion will be in place, especially with California’s continuing rainy season.
Questioning illegal immigration

Illegal immigrants with criminal records should be arrested for the sake of public safety within both the country and beyond the border.

By Arturo Brooks
Staff Writer

The big question is: should we be conducting raids targeting illegal immigrants, starting with criminals?

To me, the answer is obvious: yes. They have broken our nation’s laws from immigration to homicide. Those who threaten our nation’s security should not be allowed to enter our country, no matter the circumstances.

We are a nation of laws, we abide by them to the full extent expected by us. For those who are illegal or are trying to become a resident they must abide by the same laws. I come from Hispanic descent but I’m not your typical Hispanic student. I was adopted by two Caucasian parents and raised in a household that was multicultural. One would assume that I wasn’t exposed to my heritage, but you are wrong. My family introduced me to my heritage.

I grew up on the border city of El Paso, Texas, a sanctuary city. A city in which thousands a day cross the border legally, for not only work but for education. I have personal relations to those who cross the border; from friends losing visas to those who have gained citizenship. Looking from both perspectives, we must see from not only a legal standpoint but also a humanitarian standpoint.

Even though this is my personal opinion, I look at factual evidence from various government sources. Immigration Customs & Enforcement (ICE) statistics show that there was a significant increase in individuals here illegally in the United States whom were convicted of crimes, from 51 percent in 2009 to raising more than 40 percent in 2016.

According to ICE 2016 data, “58 percent of all ICE removals, or 138,669, were previously convicted of a crime.”

This shows a high amount of illegal criminals being arrested, both inside the U.S. and at the borders. But illegal criminals are not the only type of illegal immigrants being arrested.

“One, 586 aliens removed who had no criminal conviction, 95 percent, or 96,572, were apprehended at or near the border or ports of entry,” according to ICE 2016 data.

These statistics show that in 2016, there was a 37,083 more criminals arrested than non-criminals. This shows that ICE is focused more on illegal criminals then non-criminals.

President Donald Trump’s administration informed the country that they would target criminals first. So far in 2017, more criminals have been apprehended in Chicago; a whooping rate of 30 percent non-criminals to 70 percent convicted criminals.

From what I’ve seen, no illegal should be given refuge if there is even a chance that one could be a threat to an American. This goes for my home town El Paso: no sanctuary to be given funding is necessary procedure to show that we are serious.

At the same time, we are only looking at my perspective. But we must show some humanity, due to prosecution from not only cartels but from governments alike.

Many people from Mexico and southern countries flee here for not only a better life, but for refuge from the tyranny brought by the lack of protection from their government.

Immigrants come from all over; so the narrative portrayed by the media that only illegal Mexicans are being rounded overlooks the other ethnicities affected by this. Families of different ethnicities and countries of origin are being torn apart by ICE and worry is spreading nationwide.

Yet, at the same time, there are many ways to become a legal citizen or even a resident. Yes, it will take some time, but in my opinion it’s better than hiding.

We as Americans try to be humanitarians but we really aren’t. Why do we assume that bringing them here is the answer? It’s not; have you considered methods to making those countries better, instead forcing individuals to leave their homes behind and assimilate to a different culture?

Why not try making a difference here at home first?

Rioting and attacking people for different beliefs and calling them “racist” is not the answer.

From what I’ve seen at the border, my once safe city has been ravaged by violence from the Mexican cartel spillower. My friends have been affected; from kidnappings to being murdered in cold blood. We need to make Mexico a safe country again, not by taking illegals, but making sure their government fights for them and not the cartels.
Shared attributes within black culture

By Stanisha Parker
Staff Writer

Whether intentional or not, almost everyone wants to interact and partake in black culture, in my opinion. In celebration of certain attributes of blackness and Black History Month, I will highlight a few customs that I believe are interesting and relevant.

1. The Hot Comb “Perm”
Ah, the infamous hot comb. This one is for little black girls whose hair wasn’t deemed “straight” enough, but was well-equipped with hair grime. If you weren’t getting your ear burned by the comb, then it was by a relaxer (incorrectly, but commonly referred to as a “perm”).

Almost every black girl wanted to look like the girls on the “Just For Me” box. You know, the girls with the little barettes. This, also, segues into the chronicles of being labeled “tender-headed” and having to get one’s hair done for church the following morning.

2. Strength/Perseverance
From thriving communities to slavery, segregation, the Civil Rights Movement, and first African American POTUS—Barack Obama, determination and courage has brought change and success.

In the face of adversity, we persist and are not afraid to raise our voices to heard and also seen. Black Lives Matter is another example of that; it doesn’t matter how uncomfortable people are when there’s work to be done for our communities.

3. Slang/Jargon
As defined by Linguistic Society of America, “most linguists refer to the distinctive speech of African Americans as ‘Black English’ or African American English (AAE) or, if they want to emphasize that this doesn’t include the standard English usage of African Americans, as ‘African American Vernacular English’ (AAVE).”

AAVE and Ebonics essentially refer to the same set of speech forms.” To delve more into this, I will briefly discuss an example I consider slang/black speech gold. For instance, the famous, “I’m.”

This simply means, “I don’t.” Therefore, when used in this sentence: “I don’t even know her,” one can interpret from what is considered standard or correct English usage, it translates to: “I don’t even know her.”

Other noteworthy examples would be: “betch,” “lit,” “sweeve,” “tlima,” “bet,” “woke,” and “kitchen,” (which refers to the nape of a person’s neck).

4. Soul Food
According to African American Registry (AAR), a non-profit education organization, “soul Food is a term used for an ethnic cuisine, food traditionally prepared and eaten by African Americans of the Southern United States.”

“Many of the various dishes and ingredients that are included in “soul food” are also regional meals and comprise a part of other Southern US cooking, as well,” stated the AAR.

This cooking style has roots from slavery, due to slave owners giving the leftovers or undesired portions of food to those entrained. This is where the “pig’s feet” dish comes from.

5. Dance/Music Sensations
With the Cabbage Patch. Lean with it. With Rock with it. With Superman, Milly Rock, Whip, and so on, these dances became a cultural phenomenon that extend beyond the black community!

As for music, notable songs to mention are the infamous “Knack If You Buck” by Crime Mob, Kendrick Lamar’s “Alright,” and “You Name It” by Rap God. Black creativity is phenomenal, in my opinion.

6. Staying Out of “Grown Folks Business”
We’ve all heard it. “Go outside, this grown folk’s business!” What is grown folks business exactly? I’ll tell you: gossip and pettiness.

7. The Famous “Ishia”
This one is for all my girls who get their names mispronounced on a daily basis, and have taken pride in their fancy names. I’m sure some will come across this piece. (Hey!) If you kept running in and out the house or making too much noise, then you got a “whopping.” Don’t waste your time running, hiding under the bed (I was guilty of this), or grabbing a pillow. There’s no escape. If you ever come face to face with this weapon, then cry. Yes, be dramatic—it may save you. This is my best advice based on experience.

Although these are a few staples that I believe are shared and experienced among members of the black community, I think black culture should be recognized and celebrated for its diversity as well.

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Preparing students for careers by helping them develop their skills for life-long learning is what the city of Jurupa Valley is planning to accomplish. The Valley is enacting its new Science, Technology, Engineering and Mathematics (STEM) initiative program.

A 3D printer, CNC machinery and plasma cutters will be key resources provided by the Jurupa Valley High School Innovation Center. The program is expected to begin next year.

Students will have an opportunity to learn how to program and develop robotic technology through lab experiences with Innovation Center resources.

The program will provide students with the knowledge, skills, and experience needed to obtain internships and highly skilled jobs.

“I believe that it is great for the students because I know that the new program/construction will benefit the students by creating a new learning center that is beneficial for their education,” said Alexis Brito, a sophomore student of JVHS.

According to the Principal of Jurupa Valley High School, Kimberly Corbin, the STEM program will begin in the spring of this year.

Transforming Transfers

Transfer students from out-of-state colleges and other college institutions share their experiences regarding the transfer process.

Helen Nguyen, a biology major who recently transferred from San Bernardino Valley College (SBVC), said that the process was long and tiresome.

“I spent about two and a half years at my community college before I was fully ready to transfer. The time I spent there allowed me to get my associate degree and be admitted into CSUSB,” said Nguyen.

Many students have transferred from neighboring community colleges surrounding the area such as Crafton Hills, SBVC, Mt. San Jacinto College, Riverside Community College and more.

Changes such as a new job or attending a new institution of learning, can bring about many challenges and hurdles to overcome as an undergraduate student.

Many students have faced numerous challenges before transferring to the university, such as adjusting to a new academic system.

Community

STEM program in Jurupa Valley

By Samantha Flores

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By Nylles Vernon

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Many students have faced numerous challenges before transferring to the university, such as adjusting to a new academic system.

“Innovative Center will house Engineering, Computer Science/Cyber Tech, and Construction Tech as STEM pathways.

The curriculum for STEM is being added to their core curriculum subjects to enable cross-curricular collaboration projects in the classrooms.

“Students will have the opportunity to earn industry certificates,” said Principal Corbin.

“This will provide them an advantage when they apply to STEM colleges/universities as well as when they seek employment before or after graduation,” Corbin continued.

The program also aims to assist students in developing critical thinking skills, advanced problem-solving, enhance their creativity, as well as learn data collection analysis.

Parents of the JVHS students will have more opportunities to become more with their child’s academics by assisting them with their STEM projects.

Modernization will be funded by the General Obligation Bond, measure EE, which was passed in 2014 by the community with $144 million.

“The school is required to be 25 years old and older to qualify for this modernization,” said by the Assistant Superintendent Dr. Trenton Hansen.

Another school that will have modernized rooms in the district is Rubidoux High School (RHS). The modernization of RHS will begin in the spring of this year.

Superintendent Hansen explained that the students of Patriot High School (PHS), which does not qualify in the innovation program, will have a chance to participate in the programs of other two schools.

Both Rubidoux and Jurupa Valley will have after school programs open to the community for engagement.
Campus sweets and treats

By Genely Barajas
Staff Writer

Students can indulge in their make-up, clothing, music, and food fixes every Wednesday and Thursday via campus vendors. There are around five different vendors that set up between the Santos Manuel Student Union (SMSU) and the John M. Pluig Library.

Women's clothing, beauty products, music records, body jewelry and piercing, iPhone tech, and other miscellaneous items are all available with prices ranging from $1 to $35. Students can also snack in between classes from either Alex and Son's fresh fruit and fruit water booth, or Suite 106 Cupcakery food truck.

Vendors on campus provide another opportunity for students to find what they want or need without needing to leave the university.

“You don’t have to go anywhere drastic to get stuff; you just go on campus—it’s a lot easier,” said student Denise Kollock.

Sometimes students need to make a quick pit stop to pick up a few essentials or need a little distraction from class stress.

“It would be nice to have more vendors come to our campus and on many days because it would attract a lot more students,” continued Kollock.

Vendors must have a renters fee and valid certification to sell. Requirements and paperwork are accessible through the CSUSB website.

“We sell at other schools but this campus is especially fun because we are just so familiarized with the students and they know us,” said Beauty and a Beat vendor Eli Amado. “It has become a friendly little community here.” Amado continued.

Selling at college campuses may be enticing but CSUSB vendors are by invitation-only.

According to Alex and Son's vendor Jesus Llamas, the Student Health Center reached out to them about six years ago in “an effort to promote healthy food choices for the students.”

“We like coming here because we like making the students happy. We even received an award for 2012-2013 for successfully selling all the fruit with no incidents or problems,” said Alejandro Llamas.

Alex and Son’s considers themselves to be farmer market pioneers because they started their business, selling only top produce.

“Sixty percent of what we sell we grow it, and on Wednesdays we get up at 3 a.m. to head to LA to get the mangoes and the pineapples and come back to sell it,” explained Llamas.

The vendors are dedicated to providing exceptional service and have been part of the CSUSB community for many years.

“I’ve been here for about 15 years or longer, I occasionally sell at other special events but only this campus,” said Dorine Davis, founder of Dorine's Fashions.

Newer vendors also enjoy selling their products on campus.

“Our first day has been okay. I see lots of people,” said jewelry booth vendor, Sopon Puangraj.

Sopon's booth made a reappearance today after taking a short break from selling to students.

“I used to sell on this campus around 10 years ago until I had to stop. Today is my first day back. I had to take turns because I do many types of shows where I have to travel,” explained Sopon.

Hard work gone in flames

Community responds with selfless donations to help him recover.

By Tommy McCordle
Contributing Writer

A fire destroyed the box truck owned by Empire Wrestling Federation (EWF) owner Jesse Hernandez during the early hours of Feb. 11.

Hernandez was driving the box truck home from an EWF event that took place in Covina on Friday night when he discovered the fire.

“A fire started in the rear of the truck where not only did it burn my [wrestling] ring, but also my PA system, lighting equipment and everything else,” said Hernandez.

Fortunately for Hernandez, the steel frame for the wrestling ring has been salvaged. However, the wood plates, foam padding, canvas, turnbuckle pads, ropes, and tightening for the ring have been lost due to the fire.

The box truck is beyond repair, and Hernandez will need to get a new vehicle.

Jake Alexander, booking agent for the EWF, was distraught over the tragedy.

“I’ve been in the wrestling business over half my life. It’s given me good days and bad. [Saturday] morning was by far the worst it has ever given me,” said Alexander.

Hernandez has been a key figure over the years in San Bernardino and nearby communities in social work.

For years, Hernandez has used the EWF to hold events for fundraising to help local charities, businesses, and victims of unfortunate tragedies.

The EWF ran an event at the Fox Theater in San Bernardino called “San Bernardino Strong,” on April 15, 2016.

The event was a benefit show to help the victims of the Dec. 2, 2015 shootings. The proceeds of $2,994.71 went to the United Way in efforts to help those affected by the tragedy.

Hernandez and the EWF also helped in the past with causes such as autism awareness, suicide prevention, supporting Veterans of Foreign Wars (VFW), and working with local schools to provide supplies to students.

Ben Tomas, former ring announcer for the EWF, has felt the love and support from Hernandez during his time of need.

“Last year when all my medical problems started, and my bills began to pile up, the first people that reached out to me were everybody at EWF,” said Tomas.

Donations for Tomas' GoFundMe campaign were accepted during EWF events.

“They got the word out about my situation, and now Jesse is the one who needs [our] help,” said Tomas.

Hernandez has helped a plethora of people, communities, and organizations over the past two decades.

“The EWF has helped people in need for over 20 years, from collecting money, to offering opportunities to kids to chase their dreams on wrestling instead of finding another pastime on the streets,” said Tomas.

Now, it is time for the community to come together to help out a man with so much love in his heart for his neighbors in the community.

A You Sharing campaign was created on the evening of Feb. 14 to help Hernandez and his company get back on their feet.

According to the campaign, “contact [was made] with their insurance company, but for a variety of reasons nothing is going to be covered.”

The goal of the campaign is to raise $19,500, and in its initial 24-hours had raised over $1,800. Hernandez is currently accepting donations.

Firefighters tried to salvage what they could from the Jesse’s truck, but they were only able to save very little.
We all want to belong

By Kathleen Ramirez

Dr. Terrell L. Strayhorn discussed the purpose of education and reminded us that we all have a sense of community in his keynote speech at the I Just Want To Belong event.

The Student Engagement Center first wanted to target student employees to discuss the different skills one can gain from working with a diverse group of people.

“Our goal was to make sure that when the participants left they understood the difference between belonging and fitting in, knowing what the difference is and being able to identify in the community they are in,” said Program Supervisor Natalie Cleary.

Director of the Student Engagement Program, Fred McCall, expressed at the beginning of the event about how this cause was very near and dear to his heart. He shared that he was happy to have such a great turnout.

The Student Engagement Center also wanted to assist student leaders with maintaining inclusiveness within their organizations so that people do not feel out of place.

Lastly, they wanted to focus on academics in general, and teach students how to use inclusive classroom dialogue for the benefit of themselves and others.

“I remember being a college student at the University of Virginia and struggling to find my footing and belong, fit in, college is a scary time for all students but particularly for students who come to a campus that is different from where they grew up,” said Dr. Strayhorn.

Strayhorn is a professor at Ohio State and travels around the United States, visiting over 300 schools a year, on average.

“The fact that I get to conduct research and do public talks that help campuses create better environments for students keeps me motivated to keep doing it,” said Strayhorn.

When students feel like they fit in and belong to something bigger on campus, that is when they will excel and succeed. “Feeling a sense of belonging on campus is a core reason why students are retained and ultimately graduate, so finding your place on campus and finding a sense of community is just as important as academics,” said Program Coordinator Misty Levingston.

I Just Want To Belong had an auditorium full of staff and students with active participation during and after the event.

All attendees broke into groups and brainstormed how to enact the skills they learned after Strayhorn’s speech.

“After the event people were still lingering around talking about how they can put the skills they learned to use so I do feel like the event was beneficial to everyone,” said Program Coordinator Monica McMahon.

Cleary said, “if someone does not start the conversation, change to create a more inclusive environment will never happen.”

Cleary believes that since CSUSB is such a diverse school, this event is a major step in making sure CSUSB is more inclusive in all of its programs.

“We wanted to make sure when the participants left they understood the difference between belonging and fitting in, knowing what the difference is and being able to identify it in the community around them,” said Cleary.

“Feeling a sense of belonging on campus is a core reason why students are retained and ultimately graduate, so finding your place on campus and finding a sense of community is just as important as academics,” said Dr. Terrell L. Strayhorn.

Dr. Terrell L. Strayhorn spoke on how to belong and the importance of inclusiveness of education. Strayhorn explained that forming community will help establish connections and build healthy working environments.
Through social networking, the average consumer likes and shares their opinions and interests in what they deem credible and newsworthy for everyone.

Social media has created a space where opinion and news has become intertwined which may be why it is so popular, users are creating pockets of the internet to spread personal influence.

According to Pew Research Center, over 75 percent of college students use different types of social media including Facebook, Instagram, and Snapchat as of Jan. 2017.

Students and social activists have become involved in online media by spreading their personal gospel and even creating news as individual content creators are creating trends, criticizing politics, and informing our peers on community issues.

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The Feminist Agenda addressed negativity related to feminism and patriarchy.

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Mansplaining is when a man uses a condescending tone and patronizing language to explain something, typically to the opposite sex, De La Isla explained.

Pink Tax, a term defining the unfairness of women paying more for gender specific items, was surprisingly not brought up during the card game.

During the discussion, alternative health care options for menstruation were brought up, like the moon cup.

“The Pink Tax is basically women pay more for the same products that a man would pay,” said Britania Jointer, a psychology student with a minor in gender sexuality.

“You don’t think the majority of people are responsible enough to disseminate relative information, hence the constant sharing of fake news,” said student Janet Curiel.

“I definitely believe that we are media, whether it’s through the internet or broadcasting. We can communicate anything through social media,” said graduate student Lana Elyo.

#WeAreTheMedia is used to promote the idea that everyday social media users have the power to spread information online that is not worthy of media or mass coverage.

The hashtag was made popular by social activist and musician Amanda Palmer in 2012 to fund her album on Kickstarter in opposition against the mainstream music industry.

The beauty of social media lies in the access and transparency; though social media is often glorified there are many negative aspects that affect the public.

Social media is a personalized tool that has the ability to do both great and terrible things with constant growth and expansion we can only guess how current social media use will influence the future of media.

In addition to educational resources, entertainment and food were provided.

The “Cards Against Patriarchy” game was introduced to students. It is a play on words to the game Cards Against Humanity.

The board game was intended to “[...] learn in a fun way, Cards Against Humanity is fun, so Cards Against Patriarchy put an educational spin on it, that’s the goal,” said De La Isla.

Cards listed terminology and concepts related to feminism and patriarchy.

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“For instance, like razors, women will pay by $5.99 whereas a man’s razor is $3 to 4 dollars. You pay more for basically the same sh— just a different smell of it. Go to your local store and compare razors of deodorant that say for men or women,” continued Jointer.

“Card of the feminist agenda would be to raise awareness for other options. You have to take care of your body however you may need to,” De La Isla explained.

By engaging in games, like Cards Against Patriarchy, the WRC notes what some students are and are not informed about, in order assess needs.

“I think it’s important to engage with students, we didn’t know that so many of our students had never heard of these terms before,” said De La Isla.

“I, it helps us know what our campus understand so far when it comes to feminism, what we should present to them and teach them, what do they want to know,” she continued.

De La Isla shared her thoughts regarding how women have progressed in today’s society. There’s a lot more motivation to be an individual now and it’s embraced. I feel that women celebrate each other now more than they tear each other down, which I think is really important.

“Women have progressed a lot from the times when a woman is seen, not heard. We’ve really graduated from that [...] however, we still have a lot to,” said Jointer.

When asked if she was a feminist Jointer responded: “Abs-o-f**kin-lutely.”

Jointer defined feminism as, “fighting for the fact that I should have basic human rights that every other man has [...] I am second best, that is not how it should be.”

The WRC not only focuses on women’s rights and feminism but basic human rights as well. Anyone interested is more than welcome to participate in any of their events.

The event was open to all students, the same way the WRC is open to everyone, not just women.

### Misconceptions of feminism

A discussion about the feminist agenda at the Women’s Resource Center

By Kiara Perez

The Feminist Agenda addressed negative connotations associated with feminism, as well as solutions for redefining its meaning on Feb. 15.

The event was hosted by Felicia De La Isla, a student assistant and at the Women’s Resource Center (WRC) in the San Manuel student union.

“Yeah, there’s a feminist agenda but it’s not a radical, scary threat to society as it may sound,” De La Isla explained.

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The increasing number of technological advancement has a considerable influence on social media in the modern society. Nowadays, unfollowing or following your friends on social media is now a growing serious problem.

For me, I follow my friends’ social media because I care about what happened in their life when I’m not with them. "I think follow my friends on social media is very important,” said student Jingjing Yuan. "Following my friends on social media can help me know how their days are going, then I could have more topics to chat with them, inevitably our friendship,” said Yuan. "I think it is quite important because I could get to know what is going on their life,” said student Ye Zhu.

Some others have different point of view.

"It think it’s not a problem”, said student Yu-peng Li. "Not all of my friends have social media. Friendship between my friends and I shows in “the real life” instead of worrying about friends following or unfollowing them on social media,” said Li. Let’s consider a question: If you unfollow your friends on social media, it is wrong or does that mean you no longer want to be part of their life?

"Usually it is. Because social media is a very common social tool. Unfriending a friend could be very disrespectful,” said Zhu. However, everyone has their own opinions.

"Of course not. I think not someone who unfollow his/her friends doesn’t mean that he/she is not willing to be part of their friends’ lives,” said Yuan.

Everyone has their own habits. I will respect that,” continued Yuan.

What is the breaking point that determines whether or not it is okay to unfollow your friend or ex?

"It is never be okay to unfollow a friend unless you stop using social media, or you don’t want to be friend with them,” said Zhu. "Personally, you could unfollow your friends but shouldn’t care at all about their lives,” said Yuan.

Unfollowing your friends does not always mean you forget about them in the “real world”.

Even in social media, social “rules” exist that some people may follow. Most people think these rules are very important, and must be truly considered.

This social media rules are important to follow because it is one sort of social type, like all the other social type activities, it has rules, unfollow could be disrespectful and unfriendly,” said Zhu. "I think the reason why this rule is important is that we build a stronger relationship with friends through those social media, if we cut down this connection artificially then we should do more to make up that lack, I mean in real life,” said Yuan.

Whether one follows or unfollows friends on social media, the most important thing is to maintain friendships in real life.
Features

Trimming the winter coat

By Manuel Sandoval
Contributing Writer

The amount of time men should spend between haircuts depends on the length of the cut and style.

“A good haircut should last a long time. But the definition of ‘a long time’ and ‘a good haircut’ seem to differ from person to person.”

In the winter men are more prone to letting their hair grow and cutting their hair less often due to the colder temperatures.

“In the winter men should get haircuts about every 3-4 weeks. The lifespan of a zero haircut lasts 1-2 weeks and a regular haircut lasts 3-4 weeks,” tweeted @cutbyvannie.

“It depends on the mans preference. If he likes that super clean look, he’s gonna need to go in every 2 weeks. If he likes it to be on the longer side he can go anywhere from 4-6 weeks,” tweeted @vivalakateehee.

One might feel that a haircut every three to four weeks is too far in-between.

“I get a haircut every 2 weeks Erica Nevares, react-text: Haircut every 2 weeks, thick hair equals more sweat. LOL Winter maybe a little longer,” tweeted @albertoe_296.

For those who continuously keep the sides of their hair short and have a complex style, they will need to invest much more time and money into their hair.

“Personally I get a haircut once every 2 months during the winter because my hair doesn’t grow fast,” tweeted @progustavo.

“I’d say men should get a haircut every 4-9 weeks,” tweeted @ckonox.

“I usually go every month!” tweeted @ayonmanuel_. “8-10 weeks; I go every 10 week,” tweeted @ashley_05xoxo.

For men who do not prefer spending hours in a barber chair or throwing money their barbers way every week, would be best suited with a regular haircut.

“A regular haircut has hair long enough to comb on top, a defined side part, and semi-short sides.”

Cristian Cervantes /react-text: I guess it depends on the hair-style the person is trying to achieve, or if they even care enough about that aspect about themselves. Personally, I’d probably only go twice during the winter but that’s because I’d rather spend my money on tacos. lol.

Alicia Gomez /react-text: I think it should be their preference. It doesn’t really matter how long they go between haircuts. They could always wear a hat.

“I just let my hair grow, haha,” tweeted @meta/bertho93.

Many people feel men should get haircuts when they want to and not get a cut based off of a superficial timespan that society places upon mens hair.

The question “How often should men get haircuts in the winter,” stems from the belief that hair grows slower in colder temperatures.

There is no official research on whether or not mens hair grows slower or faster in the winter.

What we do know is that cold air induces a reflex reaction of vasoconstriction (reduction of blood flow) in the skin in order to reduce body heat loss.

Less blood flow to the skin gives off less oxygen and nutrients to hair follicles; therefore less hair growth.

“In the winter make sure to CONDITION. Your hair and skin is always drier in the winter. I know a lot of guys are weird about putting conditioner in their hair, but I promise you your hair will thank you. It will look shinier, feel softer, and be easier to style,” tweeted @vivalakateehee.

“We still do not know for sure if hair growth slows down in the winter, but what we do know is men should always get a haircut based on their own preference, length and style.

Oh yeah, and don’t forget to condition and blow dry.

By Shamee Ahmad
Copy Editor

The Manufacturing Council of the Inland Empire (MCIE) held their 6th annual summit on Feb. 3.

Many major representatives of businesses in the Inland Empire were on hand to discuss new projects and display their progress on the convention floor.

Developers were also on hand to receive awards for their work in the industry and the Inland Empire. Travis Sianz won for an award for his business Adventure Cabins, which produces miniature homes for living.

Sianz told about how the Inland Empire provides opportunity for his business to grow and help the community. “I could see us possibly providing housing to the homeless population in the Inland Empire, as well as even the homeless veterans in the region,” said Sianz.

He notes that with possible government assistance, they could make a real difference within the homeless community with their space-efficient homes.

Jose Gouveia and Nicole Pilon are apart of the Safairland Group, a manufacturer of law enforcement products that is based out of Ontario.

Pilon spoke about how the Inland Empire is conducive to the manufacturing world. “It acts as a melting pot for manufacturing,” said Pilon.

The benefits are clear about the exclusivity of working out of the Inland Empire according to Pilon:

“It is different from when you get out towards the Los Angeles area because we find more associates that know the trade side of the business rather than just the upfront costs of business out in LA,” added Pilon.

Building manufacturing companies today isn’t necessarily easy though. It takes a lot to build a successful business and acquire all of the necessary pieces to the puzzle of success.

Flynn Sears, partner of Goodyear Rubber, explained the difficulties in detail. “California always had a huge customer base to boost it’s business potential, though it is starting to dwindle in addition to the increase of regulations and codes that have been added over the years,” according to Flynn.

Flynn provides a contrast to some of the other manufacturers who claim that the business has been good to them.

Flynn graduated from CSUSB in the class of 2002, and the Inland Empire region is important to him, even if it is becoming increasingly difficult to work with in his eyes.

“Certainly for the past 30 years, we’ve seen great growth in our company due to the aforementioned customer base, and we are doing our best to work around the difficulties with innovative solutions and changes to our company,” says Flynn.

Roy Paulsen is the owner of Paulsen Manufacturing, which has been in business within the confines of the Inland Empire since 1947.

He shared his insight on the difficulties of starting up in California nowadays.

“It is hard to get capital to start up your fledgling business for one, and to compound that, the regulatory environment isn’t kind to you. You face this big wall of regulatory expenses that the big boys are equipped to deal with, but unfortunately the little companies struggle with,” said Paulsen.

The manufacturing atmosphere in the Inland Empire has it’s downsides, but in total proves to be a fertile environment for manufacturers from both far and near.

Manufacturing convention

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Independent is the new dependent

By Sierra Marrero

This past weekend Chancellor “Chance the Rapper” Bennett became the first independent artist to receive a Grammy for Best Rap Album.

“Glory be to God […] I claim this victory in the name of the Lord,” said Bennett during his acceptance speech. “I wanna thank God for my mother and my father who supported me since I was young […] and for Chicago!” he continued.

The award is attributed to his 2016 album Coloring Book, which features other artists like The Chicago Kid, Chicago Children’s Choir, Future, Anderson .Paak, and many more.

The album features a dynamic combination of themes reflecting hope and positivity which includes unique stylistic language displayed through complex lyricism.

The album addresses themes ranging from eluding hip-hop industry norms, to conversations with God, and to Bennett’s personal upbringing.

Bennett’s receiving of the award was historic due to the fact that this was the first time an unsigned, independent artist, has ever won for Best Rap Album.

Usually artists with a record label are only eligible. However, just last year, a newly implemented Grammy regulation allowed stream-only recordings to be eligible for nomination.

Coloring Book was released in May of 2016 exclusively through Apple Music’s streaming service and has since reached No. 8 on Billboard’s charts.

This has also been historic in itself. It was the first streaming album to ever achieve that much success, reaching over 57 million streams its first week, equalling to over 38,000 units sold.

Since the release of his first mixtape 10-Day back in 2011, Bennett has since been an unsigned, independent artist.

According to the Grammy’s nomination page, it precisely states under the record label for Coloring Book, “Chance the Rapper.”

During his acceptance speech Bennett elaborated on his choice to be independent.

“I know that people think independence means you do it by yourself […] but independence means freedom. I do it with who I wanna make it with.”

Bennett believes that the control of the distribution of artists music is one of the major factors in attaining freedom.

He also stated that giving mainstream distributors a piece of his work to anyone is hard for him.

Since winning his awards of Best Rap Album, Best New Artist and Best Rap Performance (for his track “No Problem” ft. Lil Wayne and 2 Chainz), he has received encouraging tweets from his fans.

Some students agree that it is great to see an honest artist have independent success.

“If there is anything I respect is when a person glorifies God and puts his words out to the people,” said student Roland Morales.

Student Joshua Bayliss also agreed that Bennett deserved the award as well as recognition.

“Coloring Book in my opinion was one of the best new albums of 2016. People who aren’t big fans of the hip/rap game genre can still vibe with it,” said Bayliss.

Naciya Watts, a student unfamiliar with Bennett, agrees with his message nonetheless.

“You don’t need a major record label to sign to be successful […] If you work hard for what you want, you will get it,” said Watts.
A night to Speak Yo Truth

By Yessica Gonzalez
Staff Writer

Speak Yo Truth offered a platform where students could share their thoughts and recite their poetry and writing on Feb. 15.

Students gathered in the Santos Manuel Student Union Events Center to hear their fellow peers express themselves in a supportive and encouraging environment. Participants expressed themselves through various art forms, whether it was through poetry or song, it was their way of sharing with the audience who they are. Students shared their experiences regarding love, politics and any personal matters.

One of the performers, Jendayan Lee, recited a poem that described her personality and characteristics to the crowd.

“I didn’t write it but I was looking for the right words online and I found them in that poem,” stated Lee.

Lee felt that the poem best represented her as a person.

She recommends the event to any one that wants to explore or go out.

“I always try to tell students there is no such thing as horrible poetry, poetry is art, I feel like you can’t mess up with it,” explained the host and coordinator of the event, Cassie Butcher.

Performing on stage gives people confidence in themselves, as well as helps them form of their own individual expression, according to Butcher.

“It gives them a chance to get over their stage fright and to be able to perform in front of a lot of people,” shared Butter.

Student Karina Mancillas faced her feelings of stage fright the first time she performed.

“This is my second time, I didn’t happen to have a poem ready but I woke up this morning and I was like, I’m going to perform again and I’m just going to write a poem really quick,” shared Mancillas.

Anybody willing to participate does not need to have a prepared act. If a participant thinks of something minutes before, they are still welcomed to speak their truth.

“It was a situation that I experienced that got me to write,” explained Mancillas about the idea behind her motivation.

As a second time performer, she shared the nerves she experienced before being on the spotlight.

“Last time I was super nervous, this time I was just like it was fine and [I told myself] ‘you’re okay,’” said Mancillas.

The event is for all students and Mancillas suggested inviting friends for support.

“Bring your friends, bring your crowd,” said Mancillas.

The atmosphere of the room was enthusiastic, and provided comfort for those who were a bit timid.

“All my friends were cheering for me and that gave me more courage for me to go up there,” she continued.

The audience provided an excellent source of support, encouraging anyone will to take a chance on appearing in the limelight.

Butcher enjoys poetry and says that there is no wrong approach to expressing one’s feelings through writing.

“I just like poetry and since I work at the Student Union, we have to do events. I was like ‘hey, I’m doing poetry!’” stated Butcher.

Speak Yo Truth provides opportunities for participants to engage with one another and uniquely be themselves.
Famous makeup brands are incorporating men as their brand ambassadors to promote inclusivity. CoverGirl announced 17 year old James Charles, a YouTube beauty guru, as the new face for their campaign titled ‘Lash Equality’ on Oct. 11, 2016. The campaign also included women of different ethnicities. People were happy to see diversity taking center stage in an industry considered to be predominately women-oriented. “I think it is cool because now they’re representing everyone, not just one particular race or gender. It’s good for them to meet the needs of everyone,” said student Jasmine Turner. Maybelline New York announced that Manny Gutierrez, a YouTube beauty guru, was going to be a brand ambassador, in promotion of a new mascara. These two men have taken the beauty world by storm since the start of their YouTube careers. Gutierrez, also know as MannyMUA, has had a collaboration with Morphe Cosmetics and Ofra Cosmetics. “There needs to be a breakthrough in society to accept people for who they are. It empowers people to be who they are,” said aesthetician and makeup artist Edith Centeno Marquez. She continued by saying that we should let everyone be who they want to be. “If makeup makes them feel comfortable than we shouldn’t tell them it isn’t okay or accepted,” continued Marquez. The importance of having men be brand ambassadors is part of the breakthrough Marquez references. It is the beginning in reforming gender norms reinforced by society. “Honestly, I think it’s pretty neat that they are letting men also be ambassadors. It’s showing they are also keeping an open mind to men who are also interested in makeup as well,” said student Briyanna Simmons. The involvement of men in the makeup industry is not new. There are male makeup artists who service celebrities. They also have collaborations with high end makeup brands, such as Anastasia of Beverly Hills collaborating with celebrity makeup artist Mario. Throughout history, men of power have been known to wear cosmetics; more recently trends, such as ‘guyliner,’ took center stage for singers and actors who were ‘alternative’ or ‘rock ’n’ roll.’ Famous makeup brand Charlotte Tilbury’s featured an article on their, featured a historical reference of men using makeup and how today we are beginning to normalize men in the makeup world. “In 2013 we have men who wear make-up (Mr. Depp), men who sell make-up (Mr. Ford), men who write about make-up in blogs and magazines (Manface and Skincare For Men are great reads),” stated the article. For years, the only men who wore makeup were actors, singers and drag queens. Now, men in the social media realm, and in the real world, are wearing makeup and showcasing their comfort and confidence. Some men have been received backlash from those who have different views. For example, Gutierrez received one tweet in particular that sent media into a frenzy when a man referenced boys wear makeup when their fathers don’t show them what it means to be a man. Gutierrez responded in a tweet that his father is very supportive of him. Makeup isn’t gender specific, it is for anyone and everyone who loves the art. “Makeup is art; your face is a blank canvas. Don’t hide yourself but rather bring out who you are,” continued Marquez.
The paleo diet focuses on foods that were available to those in the Paleolithic era, which, when eaten, aids in weight loss, lower risk for chronic diseases and better overall health.

**By KIERON COLEMAN**

Staff Writer

The world has significantly progressed from the days of living in caves, but that doesn’t stop dieters from eating like the cavemen did.

There are numerous diets to assist individual needs, dependent upon whether or not a person is dieting for health or physical appearance.

The Paleo diet is specifically tailored for a more nutritional approach.

Paleo considers not only weight, but genetics allowing one to stay lean, strong and energetic, which many diets struggle to do.

It is a diet that includes refined foods, trans fats and sugars. It is known as the modern diet.

This diet is beneficial to those with degenerative diseases such as obesity, cancer, diabetes, heart disease, Parkinson’s, Alzheimer’s, depression and infertility.

There are numerous benefits that one can take away from utilizing the Paleo diet.

There are many anti-inflammatory benefits from the nutrients in fruits, vegetables, oils, nuts and seeds. The red meat from the diet will allow you to gain more iron.

Within this diet, one will have a feeling of fullness in-between meals, which will reduce the number of snacks and other sugary foods that may be consumed in-between each meal.

“Many people actually lose a lot of weight due to eating clean foods and eating on the same meal plan consistently. The reason for this is the lack of foods you can choose from.

On the other hand, the food plan is expensive, due to the specific food the diet requires. This diet also is not recommended for vegetarians.

“I wouldn’t recommend this for anyone who exercises regularly as it would be very hard to get all your carbohydrates sorted,” said Ross McQuigan of the Rec Center.

The evidence provided thus far, for excluding dairy, legumes, like peanuts and beans, and grains is not strong yet.

This means that Paleo is not a diet that suits all people.

It may work well for a couple of weeks, but unlike a vegetarian diet, it is tricky to consistently keep this up the whole way through one’s life.

Most of us are familiar with the five major groups of the food pyramid consisting of: proteins, dairy, fruit, vegetables and grains.

The pyramid helps us to understand what we need to eat in order to have a healthy and balanced diet.

Paleolithic humans were not used to having these options due to living in a pre-agricultural era. The resources we use now to create our foods were not available to them then, causing them to stick to their Paleo diet.

For example, consuming milk from domesticated animals.

Paleo helps one to maintain healthy blood pressure and may be recommended for a couple of months to lower blood pressure.

**Substance abuse among college athletes**

**By DIARA FOWLER**

Contributing Writer

The use of steroids and other performance enhancers among athletes, especially collegiate athletes, seems to be an increasing issue.

When it comes to being an athlete, competitiveness is a natural trait. However, there are times when an athlete is suddenly injured only days before an important game, or interested in gaining more muscle quickly.

The National Collegiate Athletic Association (NCAA) has a strict no doping policy. Doping is when an athlete injects or orally consumes an illegal substance.

This past year the program has tested over 61,000 athletes in over 300 different college campuses, according to Forbes.

Androgenic steroids are natural androgens that have the same side effect as testosterone. They were created to help maintain a constructive metabolism.

“Most people who use performance enhancing drugs (PEDs) are recreational users rather than professional athletes,” said Dr. Adam May, who works at the CSUSB Health Center.

These steroids and other PEDs are not only harmful to its users mental health but their physical health as well.

For a player to gain 20 to 25 pounds of muscle within a year’s time is nearly impossible with just diet and exercise. So, to see such a quick gain is usually an indicator or red flag of a frequent substance abuser.

Long-term effects of such substances include an increased risk of tendon rupture, stunted bone growth in adolescents and liver cancer.

“PEDs are used to enhance athletic performance and to promote the appearance of a leaner and more muscular physique,” said May.

Along with the no doping policy there is also a ban on the use of recreational drugs in college athletics.

Proposition 64, which just passed this past November, legalized recreational drugs within the state of California.

However, the NCAA does not allow such use within its athletic programs and those that fail to meet the drug-free requirements will be punished depending on the offense.

Some institutions will give up to three warnings when caught doping before suspension, while others may enact immediate suspension or termination.

Another substance that is familiar among athletes would be Creatine.

“Creatine is actually a naturally occurring substance in the human body and it has been proven to increase performance of short duration high-intensity exercise such as sprinting and weight lifting, but includes side effects like weight gain, reduced joint mobility, and muscle cramping,” said May.

Because anyone can purchase the supplement with no prescription needed, it’s “definitely a pro for athletes as the only con would be, if you stop using it, you gain weight,” said personal trainer at 2WinSports, Josh Gonzoles.

“Many are not aware that increasing one’s blood thickness makes them more prone to the risk of having a stroke or heart attack,” said May.

The negative impacts of blood doping include health risks such as transfusion reactions, urticarial, anaphylactic shock and contracting infectious diseases such as hepatitis, HIV or malaria.

The use of steroids do nothing positive but create both extreme internal and external damage. One is guaranteed to live longer and healthier with proper diet and exercise.
Women’s basketball
Crebbin looking for second straight playoff appearance

By Megan Vina
Staff Writer

The CSUSB women’s basketball team determines on and off the court to lead to a 67-59 victory against CSU Dominguez Hills on Feb. 11.

Basketball season is in full effect, and playoff selections are happening in about two weeks.

Women’s basketball is currently sitting in fifth place out of 13 teams in the California Collegiate Athletic Association (CCAA) conference, according to the CCAA website.

The top eight teams in the conference will move on to compete in the playoffs held at CSU San Marcos on Feb. 28. The Coyotes current overall record is 13-7.

The hard work they produce off the court is what makes them so successful on the court. They focus on the mental and physical aspects of the game to give them an edge over their opponent.

They train six days a week to keep themselves in top shape to face their competition.

In addition to training on the court, they visit the strength and conditioning center one to three times a week to prepare their bodies physically.

For mental preparation, the team is given scouting reports of the opposing team a week in advance. They study the reports constantly and are quizzed on information prior to the game.

Each player of the opposing team is analyzed and the team is given detailed instructions on how to play against them.

Head Coach Susan Crebbin is consistently analyzing different tactical advantages her team can use over their opponent.

Coyotes prepping for end of season

By Megan Vina
Staff Writer

Women’s basketball head coach Susan “Sue” Crebbin is in her second year with the Coyotes and is looking to improve her 14-13 record from last season.

Coyotes currently stand in fifth place in the California Collegiate Athletic Association Conference (CCAA), five spots ahead of the pre-season conference poll which projected them to finish 10th.

Crebbin has the help of assistant coaches Tulyah Gaines and Jamasne Clar- ended. The three work diligently on and off the court to prepare the team to be successful against their opponents.

Gaines played at Notre Dame, and lead her team to the NCAA tournament in all four seasons.

Clarendon played at Pepperdine where she was a three-time All-Conference first team selection. She also played profession- ally in Switzerland.

Before taking on the head coach position for the Coyotes, UC Davis graduate Crebbin, served 10 years as head coach for the San Bernardino Valley College (SBVC) Wolverines, with a 212-89 overall record.

She led her team to an impressive sev- en championships in her last eight seasons as head coach for the Wolverines. In addition to coaching, Crebbin also taught in the Kinesiology Department at SBVC.

Previously, she coached at two junior colleges; Yuba and American River in Northern California.

Crebbin values players that are con- stantly giving their best effort on the court.

She believes that if a player puts in hard work and effort each day at practice, that will carry over to the games and they will be successful.

This season, the team was composed of new players due to a large amount of seniors graduating from last year’s squad.

Most other teams in the CCAA have become accustomed to playing with each other. With the record the Coyotes have this season, it doesn’t look like that will be holding them back.

When asked why she wanted to get into coaching Crebbin stated, “It provides an outlet for my competitiveness.”

“I enjoy the challenge of bringing a team together to achieve a common goal,” added Crebbin.

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Head Coach Susan Crebbin is constantly analyzing different tactical advantages her team can use over their opponent.

Coyotes need just one more win to secure their berth in the conference tournament.

The season is coming to an end, but there’s still time to see Crebbin and the Coyotes in action. They are eager for a good run in post season play.

“We are looking to have a strong CCAA finish and get into the regional tourna- ment that follows,” stated Crebbin.
Intramurals at CSUSB

By Yera Nanan

Intramurals is a program in which students, alumni and faculty that play in different sports across campus. They play to win a championship, as well as bringing rights among peers. When intramurals were first introduced to CSUSB, it was a rough experience for both the students and faculty because of how the system was established. Teams would arrive for games without knowing their opponents. They were only given times and places. Nothing was recorded or archived like team stats or even player names.

Matchups were for considerably unfair since they would randomly select team matches, not pair up teams by skill level or record. With no schedule to follow, the biggest issue students faced was the lack of recognition the team received if they won a championship. It wasn’t until spring 2014 when Trent Morgan arrived as the Intramural Director and altered the entire system for the better.

Morgan was a part of the intramural program at Cal State Northridge for 20 years and served as the Intramural Director there before coming to CSUSB. “Intramurals have progressed slowly as they never really had a schedule, they didn’t keep score or archives which I’m big on,” said Morgan.

When Morgan arrived, this campus only held independent leagues, meaning any student from any group can play on a team. The program now features fraternity, sorority and housing leagues to create interesting competition and make it more welcoming to students. Morgan wants to start a club league featuring organizations like Black Student Union so they may have bragging rights on campus too.

“If you want to start a league on campus, you need to have that,” explained Morgan. Even if you don’t fall under different categories one can still play different sports at the same time as well. Another big issue that affected students was the lack of documentation, such as photographs, and winners not being praised with records of their success.

“I’ve developed a league with archives, records and then a picture with a banner,” said Morgan. There are banners featuring photos of all the championship teams from the past three quarters, placed high above the lockers in the Recreation and Wellness Center. “The banner has the name of the team, the sport they played and the actual quarter it was done,” mentioned Morgan.

Morgan thinks that if a person comes to the Rec Center for a work out, they may be incentivized to play a sport to potentially have their picture displayed.

Soon, Morgan has plans to use more of the Rec Center walls as a space to drape banners starting from the time he’s enacted this tradition into play.”I want to start displaying them up here [basketball gym] so they’ll always be here and when you come back five or 10 years from now, you can show your friends or kids,” explained Morgan.

The banners, recognition and overall system of intramurals has been well received by students from different sports and groups. “It gets your mind off the stress of homework and midterms if you have the time to come out and play a sport,” said Bryant.

Bryant also believes they are taking the essence of football away since players can’t block with their hands and that type of defense is essential to football. According to Morgan, he thinks intramurals will be much better once it’s inside the Rec Center but that won’t happen until this building is expanded. “It’s going to make it a fun atmosphere for students to come play here,” continued Morgan.

With the Santos Manuel Student Union building expansion, it will also be exciting to see the Rec Center expanded which will make intramural play that much more fun.

Some students appreciate what the campus offers to make students feel special while playing. “Wearing that jersey, getting that number on my back and then them calling my number...it’s just that feeling where it’s all too real,” said current intramural basketball player Rainheart Azancon. The few complaints students have are generally the same: time, and some regulations.

“I wish they were a little earlier in the day since they meet kind of late for me [...] I’m a commuter,” explained Bryant. Bryant also believes they are taking the essence of football away since players can’t block with their hands and that type of defense is essential to football. According to Morgan, he thinks intramurals will be much better once it’s inside the Rec Center but that won’t happen until this building is expanded. “It’s going to make it a fun atmosphere for students to come play here,” continued Morgan.

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Intramural Champions banners are displayed above the lockers in the Rec Center as a form of appraisal and documentation of their success. There are plans to use as much of the walls in the Rec to praise those who have won.

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