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Coyote Chronicle

Immigration raids in SoCal

By **Brittanie Gutierrez**
Staff Writer

Immigration raids have increased following President Donald Trump's executive order to crack down on immigration, causing nationwide uproar.

Arrests took place across the nation, with 13 of them occurring in San Bernardino.

Immigration and Customs Enforcement (ICE) arrested over 680 illegal immigrants with records of criminal activity, over the second week in February.

"It's disturbing. From a historical standpoint, nobody in America is technically a true American," said history minor student Joanna Barry.

For some, these raids were disheartening.

"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 deport illegal immigrants with a criminal histories on Feb. 12.

"The crackdown on illegal criminals is merely the keeping of my campaign prom-

ise. Gang members, drug dealers & others are being removed!" tweeted Trump.

75 percent of those who were arrested were criminal illegal immigrants who had committed crimes such as homicide, aggravated sexual abuse, and drug trafficking, according to ICE website.

Homeland Security Secretary John Kelly released a statement on ICE website.

"President Trump has been clear in affirming the critical mission of DHS in protecting the nation and directed our Department 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 deported and re-entered the country illegally," stated Kelly.

Raids 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 interest," 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-



Courtesy Charles Reed | U.S. Immigration and Customs Enforcement

Immigration and Customs Enforcement arrested illegal immigrants with records of criminal activity.

ing false identification, with no prior or current criminal history were arrested regardless.

Daniel Ramirez Medina, a Deferred 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 government for violation of his constitutional rights following his arrest, according to

The Hill.

Protests have also risen 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 platforms, gaining popularity. They began on Feb. 16. The protests were said to showcase what the U.S. would be like without immigrants in the workplace, schools, stores, etc.

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

African American initiative in church

By **Jarrold Walley**
Staff Writer

Presidents of the CSU system, including 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 education.

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 college experience, and encouragement to pursue a college institution.

Cathedral of Praise International Ministries church, hosted a Super Sunday event on Feb. 12.

This program has been an annual 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 Chancellor Timothy P. White are scheduled to speak at some of the church locations later this month.

"Twelve years ago, the CSU began conversations with African American 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 Marisela Cervantes.

Primary focus groups of AAI are African American youths 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 education.

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

Student Elizabeth Bracamontes said, "I think it's great the churches are involved

because from a religious standpoint, it is always good to help those in need, regardless of their background."

Super Saturday 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 CSUSB 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 interested 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.



Photo courtesy of Rodrigo Pena

President Tomás Morales speaking at the Cathedral of Praise International Ministries in 2016.

Politics

the O'Reilly FACTOR

GOP influence
The GOP and Conservatives show dominance through media messages.
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Features

Need for Sleep
College students sacrifice sleep in exchange for other struggles.
pg. 9

Latino advocacy for education



Photo by Noe Ramos

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



Graphic Courtesy of LEAD

The eighth Annual LEAD Summit has opened registration and will feature guest speakers, entertainment, and activities.

By Noe 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.

"A lot 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 Tomás Morales, and locally elected officials.

Summit has come a long way from where it had started, 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 students 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 aware 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 advocacy for Latino education.

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

According to Murillo, LEAD has a large national and international audience. There are people that view 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 effective programs," said Murillo.

"We are developing our community, we are raising awareness, and offering solutions through such effective programs,"

Dr. Enrique Murillo Jr.

Coyote Chronicle

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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 affected Butte, Yuba, and Sutter counties.

On Feb. 7, the California Department of Water Resources (DWR) took notice that there were signs of erosion 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 its capacity, causing the dam to spillover into its emergency spillway. This is the first time it's happened in the near 49 years of the dam's existence.

The spillover rised 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 looting the homes of evacuees.

The mandatory evacuation order was suspended on Feb. 14, yet there are still concerns that another evacuation will be in place, especially with California's continuing rainy season.

OPINION:

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. To 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.

"101,586 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 than 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 whopping 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 up 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 spillover. 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.

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for a chance of your response or opinion being published in the Coyote Chronicle.



Dominance of GOP & Conservatives

The recent election of Donald Trump and the rise of the far right conservative movement has highlighted the power of the conservative messaging and media machine.

By **Dylan Murphy**
Contributing Writer

The modern GOP that has hardened its stance on social and fiscal conservatism as the American Electorate has become increasingly polarized.

The role of Immigration and National Security have become arguably the most critical issues in contemporary political discourse.

The conservative political media machine ability to connect with the masses and control the discussion has placed the party in control of the presidency, Congress and a large number of governorships across the country.

I believe it is the conservative media's ability to simplify its message and communicate with the masses has been the deciding factor in delivering such effective political outcomes.

The GOP with the always eager assistance of the Fox News and other smaller news outlets, such as the far right Breitbart News, have framed highly complex issues such as national security and immigration as very simple problems with easy solutions.

The Democratic Party and its allies in the left leaning media outlets of MSNBC have continued to document the complexity of immigration reform and how to best protect the United States from enemies domestic and abroad.

Where Trump and his colleagues exclaim how a 1900 mile wall on the United States southern wall will quell the issues with the movement of drugs and people from Mexico and its Central American neighbors, the Democrats often harp of the moral and logistical difficulties of such a proposition.

In delving into the complications of the issue, the Democrats become the party of "talkers," giving Trump and his allies at Fox News further ammunition to portray himself and the party as "doers" and men of action.

The introduction of cable news and the transition away from traditional objective journalism has undoubtedly advanced the cause of the Republican Party.

The consequences have been damaging and dividing among Americans as outlets have developed a product that suits the preferences of its particular audience and target demographic.

The dominance of "commentary programs" has been a significant problem in the ability of the American public to remain informed to accurate and objectively presented information.

These commentators do not adhere to the strict standards of journalists and often focus on pleasing their audience with hard line partisan rhetoric that makes news and confirms their pre-existing ideas and opinions on issues.

There is little fact checking done on such commentar-

ies, likely because PolitiFact would have to devote entire staff divisions to cover programs such as the infamous "Hannity" by notorious partisan Sean Hannity and Bill O'Reilly's "The O'Reilly Factor."

Both programs have become highly successful, in particular O'Reilly's that has remained the most watched cable news program in America.

The political right has dominated cable news as O'Reilly, Megyn Kelly and Hannity were recently named one, two, and three, respectively in the Fortune recent 2016 ratings review.

Conservative voices continue to dominate the ratings and connect with audiences at a far greater rate than their liberal counterparts.

I believe the Trump election highlights the power of this messaging, this was an election where Trump fought a demographic challenge, a successful Democratic presidency and a well experienced and articulate opponent that appeared to have the support of women, minorities and the mainstream media.

The Clinton campaign didn't connect with the working class masses.

This is something that left-leaning has continually struggled to do and will need to address to advance the Democratic Party moving into the future.

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 think are shared within black community.

African American does not include the entire African diaspora; for inclusiveness, the term 'black' will be used.

"African-American culture, also known as Black-American culture is a community; it can be seen in religion, language, family structure, food, music, dance literature, art and so on," defined a scholar, who goes by the online username of "eshowman."

For me, black culture is a community that (contrary to popular belief) is not a monolith.

There are extremely diverse personalities, individual styles, and so forth. Yet, I also believe there are shared attributes found within the black community.

Blackness, to me, involves a spectrum of shades, self-love, consciousness, strength, and pride—it is a distinct way of life that unifies black people.

For example, the hashtag #growingup-black on Twitter, created by "black twitter," gave black people a platform to discuss their customs from childhood.

It was fascinating to me, to realize how common certain experiences seemed to be among black people.

It made me wonder about how almost every black household seemed to live and en-

gage with similar customs, traditions, conversations, and so on. It brought forth pride and a unique unity, in my opinion.

These things are not limited to black people, or African Americans—I think those who are not black may relate to some experiences—but this list is to showcase the lifestyles and beliefs found predominately with black people 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 grease.

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 barrettes.

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 sets of speech forms." To delve more into this, I will briefly discuss an example I consider slang/black speech gold. For instance, the famous, "Ion."

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

Other noteworthy examples would be: "bomb," "lit," "swerve," "finna," "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 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 enchained.

This is where the "pig's feet" dish comes

from.

5. Dance/Music Sensations

With the Cabbage Patch, Lean with it Rock with it, Superman, Milly Rock, Whip, and so on, these dances became a cultural phenomena that extend beyond the black community!

As for music, notable songs to mention are the infamous "Knuck 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 "-Isha"

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!)

8. That Belt!


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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STEM program in Jurupa Valley

By **Samantha Flores**
Staff Writer

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

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.



Samantha Flores | Chronicle Photos

Jurupa Valley High School is strating a new program where its progressing in their Science, Technology, Engineering and Mathematics (STEM).

Transforming Transfers

By **Nylles Vernon**
Staff Writer

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 to transfer 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.



Nylles Vernon | Chronicle Photo

Students always have to stay on top of their schoolwork in order to stay in CSUSB

"For me it was a bit difficult because I had to adjust to the quarter system as opposed to the semester system at my old community college," said communication student Leah Gomez.

Although some say that the transfer process is difficult, there are some advantages to being a transfer student, too.

Some of those benefits are transferring into the college as a junior and receiving priority registration for classes.

"When I transferred I thought that I was going to get a crappy registration appointment, but when I got here I realized

that I was one of the first ones to get a spot in all my courses," stated Gomez.

Transferring to a four-year university, there are different hurdles that applicants must surpass versus those enrolling following high school graduation.

Students have to first meet all

of their general education requirements, which includes completing a lab science course, writing comprehension course, and completing collegiate level.

Some might say that the courses at other colleges were more difficult than the ones they are currently enrolled in.

"I thought that the courses I was going to be taking here were going to be a lot harder and they aren't, they are just at a much faster pace than I what I was used to," stated Nguyen.

Campus life, clubs and events are also

among the changes that transfer students experience after coming to the university.

Students are encouraged to join and participate in clubs and organizations on campus, or they are free to create their own.

"When I got here I was encouraged by a few of my professors to join some type of club or organization because they thought that it was a good way to meet new people. They were right," said Gomez.

Transfer students also have the option to work on campus through various programs to be eligible to earn internship credit towards their major.

All of these advantages contribute to what some might say being apart of the lucky few who have successfully transferred into the university.

"The process of transferring for me was incredibly stressful and it took a very long time for me to meet all of the criteria, but I am thankful that I made it here," said Nguyen.

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

LA Times



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. Pfau Library.

Women's clothing, beauty products, music records, body jewelry and piercings, 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 provides 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.

Sellers must meet with SMSU administration and create a contract on what items they may sell in order to



Genely Barajas | Chronicle Photos

become vendors.

Vendors can be off-campus sellers, CSUSB faculty/staff/administration, or students.

Vendors must have a renters fee and valid certification to sell.

The requirements are strictly specific, and state which prohibitions vendors must avoid in order not to lose their permission 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 Elli 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 consider 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, Sapon Puanraj.

Sapon'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 Sapon.

Hard work gone in flames

Community responds with selfless donations to help him recover.

By **Tommy McCardle**
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 tighteners 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 have 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.

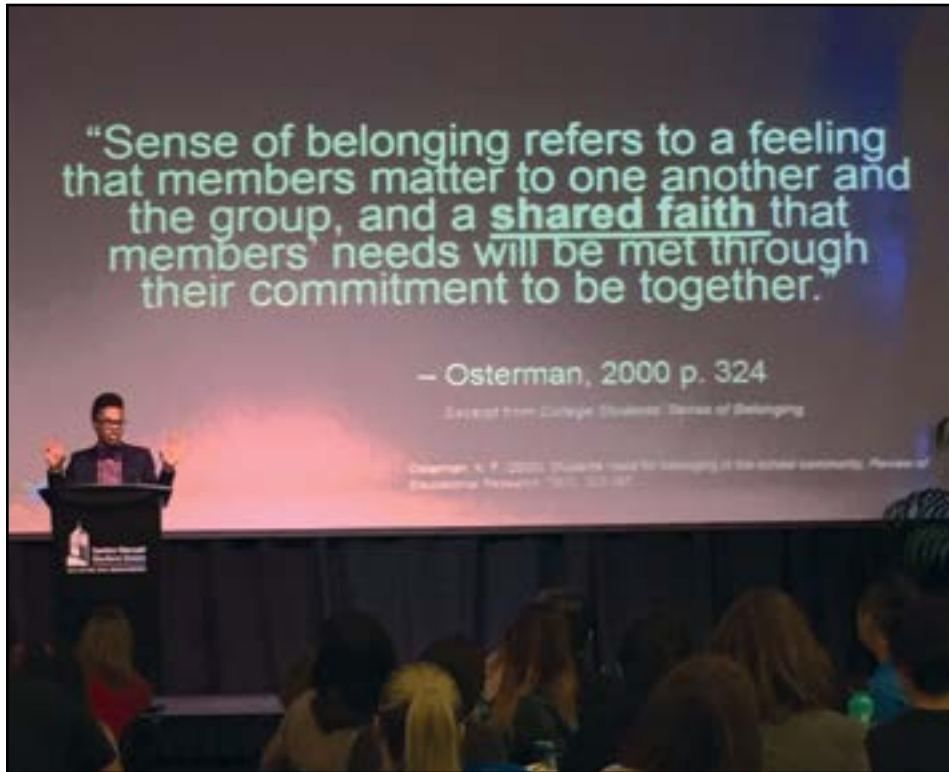


Firefighters tried to salvage what they could from the Jesse's truck, but they were only able to save very little.



Photo courtesy of Jake Alexander

We all want to belong



Kathleen Ramirez | Chronicle Photos

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.

By Kathleen Ramirez
Staff Writer

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 them how to use inclusive classroom dialogue for the benefit of themselves and others.

“I remember being a college student at the Univer-

sity 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,”

Dr. Terrell L. Strayhorn



SOCIAL COLLABORATION

By Crystal Avila
Contributing Writer

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 we are creating trends, criticizing politics, and informing our peers on community issues.

Henry Jenkins, American scholar and professor employed by the University of Southern California and contributor to the MIT Technological Review commented on

social uses of the internet in 2003.

“This is what a lot of us had hoped would happen in the digital age: the technology would put low-cost, easy-to-use tools for creative expression into the hands of average people. Lower the barriers of participation, provide new channels for publicity and distribution, and people would create remarkable things,” said Jenkins.

Despite media creating these remarkable things, the largest problem social media faces is that there is no way to verify whether a source is credible or not.

“I 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 almost 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



Photo courtesy of thepomoblog



Photo courtesy of The Fader



Photo courtesy of SF Weekly



Photo courtesy of The Daily Beast

coverage

The hashtag was made popular by a 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 as much as positive 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.

Misconceptions of feminism

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

By Kiara Perez
Staff Writer

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.



Kiara Perez | Chronicle Photos

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.

For instance, one card featured the term “mansplaining.”

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 Brianna Jinter, a psychology student with a minor in gender sexuality.

“[For instance] Like razors, women will pay like \$5.90 whereas a man’s razor is 3 to 4 dollars. You pay more for basic-

ly 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 Jinter.

“Part 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 Jinter.

When asked if she was a feminist

Jinter responded: “Abso-f**kin-lutely.”

Jinter defined feminism as, “fighting for the fact that I should have basic human rights that every other man has [...] I am seen as 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.



To follow or Unfollow

By Zhiying Xu
Contributing Writer

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 to 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 enhancing 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.

"I think it's not a problem", said student Yupeng 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 irrespectful 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 the 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.



The Importance of sleep

By Monica Rosales
Contributing Writer

Lack of sleep continues to add to daily struggles of college students as they attempt to conquer life all at once in order to meet deadlines.

According to a study by the center for Disease Control and Prevention, almost 70 percent of teens and people in their early 20's are not seeing the sleep they need.

Due to an overload on activities, most college students admit to only averaging 6 hours of sleep at night if they are lucky.

Students are overworked, carrying stress from school, extra-curricular activities, jobs, and attempting to maintain a social life.

"I'm kind of used to getting a minimal amount of sleep because of school, but to be honest I'm always exhausted and it's definitely catching up to me!" said student Ariel Ornelas.

According to an article on sleep and college life Dr. James Oelschlager, found that college students sleep an average of two hours less per day than college students in the 1980s.

The lack in sleep has caused a positive correlation between lack of sleep and decrease in physical health, mental health, and academic performance.

Students are attempting to avoid the most important biological necessity, thinking it'll give them the advantage on their academics but it is damaging their health more than improving.

"What's sleep? Life gets in the way too much. I go to bed around 11 and get up around 4:30 every day," said student Bryan Figueroa.

According to the University Health Center, the typical college students

should have an average of 6-6.9 hours of sleep per night in order to maintain a healthy and balanced lifestyle.

However, contradicting research has proven that hours of sleep spent is not scientifically proven to be as important as the quality of sleep one can acquire.

"Lack of sleep is one of the worst

During sleep, one usually goes through five phases of sleep. Four of which NREM and the last and most important one, REM.

These stages of sleep are indicators of how we can manage our health because they can affect our bodies in different ways. NREM are the initial stages of sleep that promotes bodily



Monica Rosales | Chronicle Photo

things! I feel like it can impair mood, ability to think straight/concentrate and makes things just worse!" said graduate Christina Rios.

Most students are unaware of the effect the delayed sleep phase syndrome has on their mood or performance.

Deprivation itself can take a toll on students, as many are living away from home for the first time.

Students also take up bad habits such as smoking, an increase of alcohol consumption, which extends the non-rapid eye movement (NREM) phase and decreases the chance of obtaining REM sleep.

growth and health to occur. REM sleep on the other hand, is the last stage one experiences and is important because it refreshes your body and mental health.

"While REM sleep may not necessarily interfere with all memory retrieval, it has been associated with certain impairments in learning new kinds of information," said Dr Richard J. Adante, of the Psychology Department.

The lack of REM sleep a student acquires can drastically impair their learning and cause poor performance. Sleeping should not be a hassle or struggle, it should be our gateway out of stress, in order to conquer life in the right way.

State of Black Love

By Clairissa Gonzalez
Staff Writer

The State of Black Love event was held in the Santos Manuel Student Union Events Center on Valentine's Day.

The discussion addressed positives, negatives, and stereotypes associated regarding love in the Black community.

Romantic, intrapersonal, interpersonal, and even interracial loves were discussed.

Many of the negative stereotypes the audience spoke about in regards to assumed perceptions about black love/relationships were: disloyalty, untrustworthiness, and power struggles.

The ideas of of black women being strong and independent and black men loving fiercely were also discussed.

Presenters Jazmin Barnes and Prince Ogidikpe commanded the event as at-

tendees shared their unique perceptions.

Through videos, photos, music and even spoken word, Black love was defined in many ways through many mediums.

When it came down to being raised by black parents, the consensus seemed to be: parental love = tough love mixed with deep care.

Many of us growing up have felt that sting of the belt, wooden spoon, or smack for being disrespectful.

Several phrases shared by numerous members in the audience seemed to be relatable for a lot of people: "Don't cry or I'll give you something to cry about," "You better be home before the street lights come on," and finally, "I brought you into this world, and I can take you right back out."

As the event continued, the topic shifted from Black love to interracial Love, where the most common idea of an interracial relationship

seemed to be that between a heterosexual black man and white woman.

Interracial relationships in America have become more common since their legalization in 1967.

An article entitled "Today's college students see no problem with multiracial relationships," by Dr. Erica Chito-Childs, a sociology professor at Hunter College in New York City and author of two books on interracial marriage, addressed interracial relationships.

"Younger people aren't tied down with all the old racial stereotypes. They're more likely to have grown up with a favorite musical entertainer [who] is African-American or of a different race. They've grown up watching shows or cartoon shows that are multiracial. And depending on where they live, they've probably gone to school with friends that are of a different race," wrote Chito-Childs.

The night ended on the topic of LGBT representation in the black community and how it lacks a strong presence.

A clip from the movie Moonlight (2016) showed a touching scene where a boy questioned use the word "f*ggot" and was reassured that, while he could be gay, he should never let anyone use that word about him.

A monumental scene for many reasons, its feature at the event acknowledged the diverse sexuality found within the Black community.

"For me personally, in today's age, for people of color in general, it's hard for them to love themselves when they have a specific group of people who think they're superior and try to press them down," said Barnes, in explanation of the importance of the event.

The State of Black Love truly shared insight on a subject deserving of recognition.

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 size zero haircut lasts 1-2 weeks and a regular haircut lasts 3-4 weeks," tweeted @cutsbyvannie

"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 @vivalakatieeee:

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 @cksnox.

"I usually go every month!" tweeted @ayomanuel_.

"8-10 weeks; I go every 10 week," tweeted @ashley_05xoxo

For men who do not prefer spending hours in a barbers 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,

haircuts. They could always wear a hat.

"I just let my hair grow. haha," tweeted @metaberto93.

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 @vivalakatieeee.

"men should wash their hair often, blow drying is important with long hair, and purchase a quality product to style your hair in the winter and all year long," tweeted cutsbyvannie:

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.



Manuel Sandoval | Chronicle Photo

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

Alice Gamez /react-text : I think it should be their preference. It doesn't really matter how long they go between

Manufacturing convention

By Shamce 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 Piñon are apart of the Safariland Group, a manufacturer of law enforcement products that is based out of Ontario.

Piñon spoke about how the Inland Empire is conducive to the manufacturing world. "It acts as a melting pot for manufacturing," Pinon said.

The benefits are clear about the exclusivity of working out of the Inland Empire according to Piñon.

"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 Piñon.

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.



Photo courtesy of RedFusion Media



Photo courtesy of Shutterstock

Industrial robot that was showcased for those interested in potentially buying it for their business.

Independent is the new dependent

Historic night for 2017 Grammys: Chance the Rapper wins 3 awards

By **Sierra Marrero**
Staff Writer

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: BJ 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 as 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, equaling 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

“I know that people think independence means you do it by yourself, but independence means freedom”
Chance The Rapper

[Verse 1]

**“I don’t make songs for free, I make ‘em for freedom
Don’t believe in kings, believe in the Kingdom”**

By Chance The Rapper

“Blessings” featuring Jamila Woods from the album *Coloring Book*

independence means freedom. I do it with these folks right here,” said Bennett.

Back in 2015, he discussed his freedom on New York’s Hot 97 radio station stating, “I have complete control over my music, the same that I did when I was in high school: I make what I wanna make, when I wanna make 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 much support from popular news magazines, professional athletes, and other artists.

The Rolling Stone tweeted, “Chance the Rapper is the first black hip-hop artist to win #Grammys Best New Artist since Lauryn Hill in 1999.”

Artist John F. Hennessy tweeted, “Chance the Rapper won a Grammy today. He’s independent, hasn’t sold an album, and gives all of his music away for free.

This is a major win!”

After Bennett’s performance with gospel stars Kirk Franklin, Tamela Mann for “How Great” and “All We Got,” he received encouraging tweets from his fans.

“Happy for my brother @chancetherapper on the Grammy!!! Way to rep the city fam!” tweeted Dwayne Wade.

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.



Screen captures courtesy of Sierra Marrero



Photo courtesy of GQ

Independent artist and musician Chance the Rapper scores three Grammys awards.

Saddentines Day returns

By Robert Klimper
Staff Writer

Broken lovers and lonely hearts celebrated Saddentines Day at Back to the Grind in Downtown Riverside on Feb. 11.

Saddentines Day was for those who had no one to share their love with, and those brokenhearted. Regardless, people involved in relationships were also welcome.

The event itself has been held in different locations around the Inland Empire, initially starting at the Katz Alley in Redlands.

The fourth annual event was offered free of charge and open to all ages.

“Originally [Saddentines Day] was my efforts to go against the Valentine’s Day holiday, cause to be honest, to me, Valentine’s Day is not a real holiday, so I

thought it would be funny to create something that would be the opposite of that”, said Melissa Loera, host of Saddentines Day. Loera is also known by her alternate persona, Miss Chief.

Inland Empire bands Easy Love, the Shingles, Sonny Love and the Moon Parade, Daise and singer Lauren Vargas provided musical entertainment.

Loera stated that she wanted to create a fun event for the lonely hearts during Valentine’s Day, and also allow a place for bands she admired to play for the disheartened during a time of love.

The event started with a decent sized crowd, and grew, with visitors almost completely occupying every inch of Back to the Grind.

“I think all the bands are bringing the fun out of everyone—everyone’s dancing, everyone’s having a good time, sing-

ing along” said Josh Cuadra, an attendee who came to the event looking to see Easy Love.

The event started with Miss Chief (Loera) welcoming the brokenhearted and the heartbreakers to Saddentines Day, which was followed by a solo performance from Lauren Vargas. Vargas set up the audience for a night of good music and an excellent time.

“In Los Angeles, there is this competitiveness to the music scene, but here in the Inland Empire it is a very welcoming community, everybody’s friends we all get along,” said Lauren Vargas, a former member of the band Towne, who performed her third live solo.

After the Shingles set, Miss Chief called for three contestants to battle in a dance competition, for the reward of a Shingles latest album. The winner was de-

ecided by crowd reaction.

“Way less stressful than anything else I have ever done, everyone is super communicative and helpful with each other, a lot of positive vibes,” said Elizabeth Hammons, an employee from Cosmic Coast Records who helped keep all the background tech up and running during the event.

Loera plans to hold another Saddentines Day next year and is always willing to offer bands a chance to perform live.

“Saddentines Day is both for the broken hearted and also those who are heartbreakers, and those who are in the middle who don’t want to bother with either,” said Loera

Anyone wanting to enjoy an alternative Valentines Day should keep an eye out next year for a chance to celebrate Saddentines Day.



Robert Klimper | Chronicle Photos

Singer Lauren Vargas performing her third ever solo live show at Saddentines Day.



Melissa Loera, Miss Chief, pumping the crowd up for the start of Saddentines Day.

A night to Speak Yo Truth

By Yesica 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.

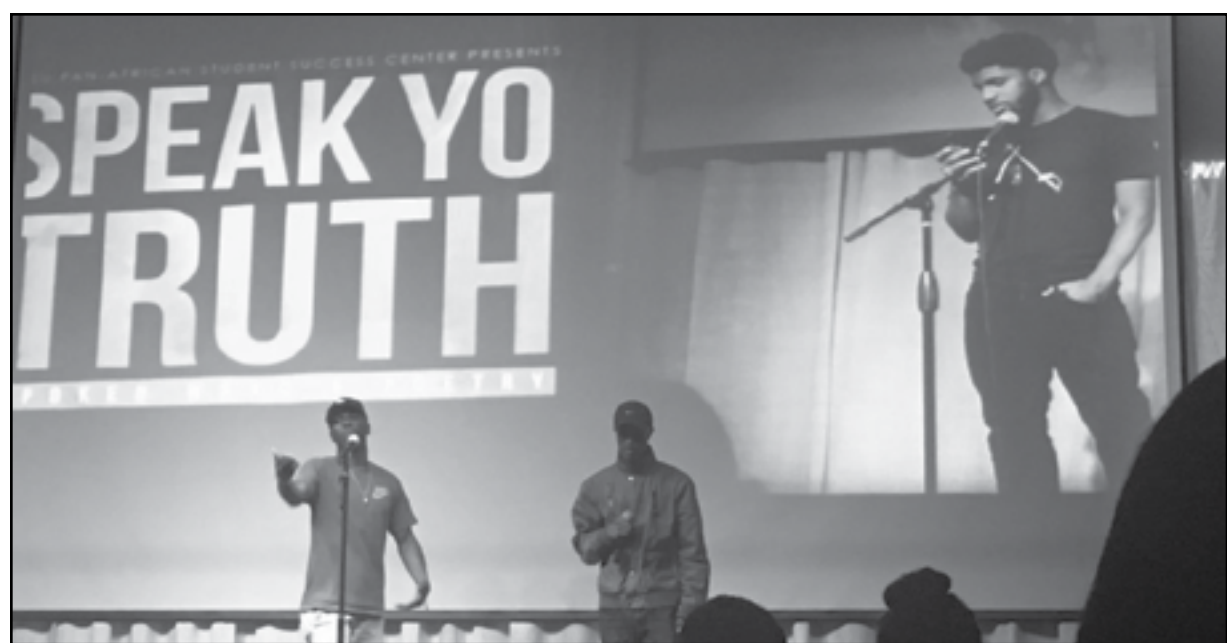
“I didn’t write it but I was looking for the right words online and I found them in that poem,” stated Lee.

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 expres-



Yesica Gonzalez | Chronicle Photo

Participants at the Speak Yo Truth event expressed themselves using their unique poetry as well as using expression to get their point across

sion, 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 Butcher.

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 Man-

cillas 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.

Boys wear makeup too

By Brittanie Gutierrez
Staff Writer

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 known 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.



Photo Courtesy of YouTube

Makeup enthusiasts who promote makeup on their channel.



Brittanie Gutierrez | Chronicle Photo

Popular makeup products that are worn on a regular basis.

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Eat like the cavemen did & reap the benefits



Photo courtesy of The Paleo Diet

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 undomesticated 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 Gonzales.

"It's not uncommon to hear about coaches giving their players something to up their advantage. As in college everyone is good, so typically some try to give themselves some type of advantage," stated Gonzales.

Runners and some basketball players may be encouraged to engage in what is known as blood doping.

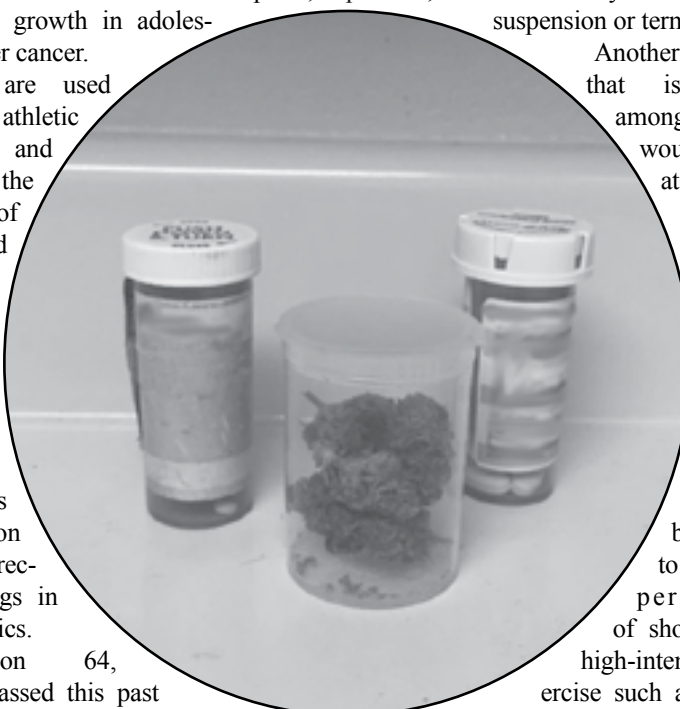
This process is when the athlete is trying to boost their red blood cell count to enhance their athletic performance.

"The more red blood cells you have, the more oxygen you can carry, so the less tired you become," said Gonzales.

"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.



Diara Fowler | Chronicle Photo

Softball starts CCAA play

By Tyler Vanderelst
Staff Writer

The women's softball team has been around since 1987 and they are advancing in their 31st season.

They plan to build off of their past three winning seasons and aim for their fourth. The last time this team put together four straight winning seasons was from 1987-1990 when the team was just getting started.

After being snubbed from the NCAA tournament last year with a record of 32-23, the Coyotes look to bounce back this year and make their third trip in team history to the NCAA tournament.

The Coyotes began their season on Feb. 3 in the Desert Stinger Tourney against Minot State. They won by a score of 8-2, displaying their strengths and determination for the current season.

The next game of the tournament, the Coyotes lost to Azusa Pacific with a score of 2-0. This game came as a bit of a surprise for our team after scoring eight in the previous game.

They recovered the following day of the tournament, and won the remaining three games.

The first win of the three game win streak came against Northwest Nazarene with a win of 6-2.

The second win was against Western Oregon where they squeaked by with the win with a final score of 5-4.

The Coyotes retaliated after being down 4-2, but thanks to the heroics of Taylor Ancona, who hit a double for her team to score in the last inning, the Coyotes were able to record the win.

The last game of the tournament was against Hawaii-Hilo. The Coyotes won with a score of 4-0. They jumped out to an early lead scoring three runs in the first and were able to play good defense and shut Hawaii out.

The team was off to a hot start with a record of 4-1 after their first tournament. However, they cooled off in the second tournament winning only one out of three games.

They started off the Dixie State Tournament playing against Montana State-Billings, ultimately losing by a score of 5-4. Montana was able to win with a walk-off homer in the bottom of the seventh inning.

In the next game of the tournament, the Coyotes were scoreless for the second time this season. They lost this game 3-0 to Concordia University of Oregon.

However, they recovered after losing two straight games, winning what would be their last game of the tournament. They won by a final score of 12-0 against Western Washington, which was the Coyotes best performance of the season thus far.

Coyotes were not able to play the final two games of the tournament due to bad weather. The last two games of the tournament would have been against Metro State and CBU.

With the Coyotes starting the season off with a record of 5-3, they are determined to get themselves their fourth straight winning season, and hopefully a shot at the NCAA tournament.

Women's basketball

Crebbin looking for second straight playoff appearance



Photo courtesy of The Press Enterprise
Head Coach Sue Crebbin

By Megan Vina
Staff Writer

The CSUSB women's basketball team determination on and off the court 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 sit-

ting 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.

Film compilations of the opposing are shown to the Coyotes in order to analyze their opponents.

Head Coach Susan Crebbin is constantly 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 Jasmane Clarendon. 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 professionally 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 seven 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 constantly 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.

Off the court, Crebbin holds high standards for her team.

Study hall is required for players that do not reach a 3.0 GPA. The team finished with the second highest GPA, 3.145, out of all winter quarter sports.

Crebbin treats her team like family.

"She's the type of person you can always rely on and I'm grateful she gave me the opportunity to play and finish school at CSUSB," stated guard Summer Ramsey.

Crebbin wants to see her players succeed off the court as well.

"I love to see the student-athletes graduate and become successful at life by using the skills and confidence they have gained

The morning of the game, the team meets in the Coussoulis Arena. They assess plays scouted from the opposing team, as well as practice shooting so they are confident and ready for the game.

Three hours before tip-off, the team loads up into three-door vans and begins the one or two-hour drive to the game. Prior to arriving, the team stops to get food to fuel themselves for the 40-minute game.

"The players must eat before their game so they have the energy to perform and keep them going on the court," stated head athletic trainer Laura Tropila.

The team arrives at the gym one hour before the start of the game. They are free to shoot around or head to the locker room to get themselves focused.

"Before every game, I listen to music to get my mind right," said women's basketball guard Sabrea Coleman.

Once the clock hits 5:30 p.m., it's time for the team to put all of their preparation to the test.

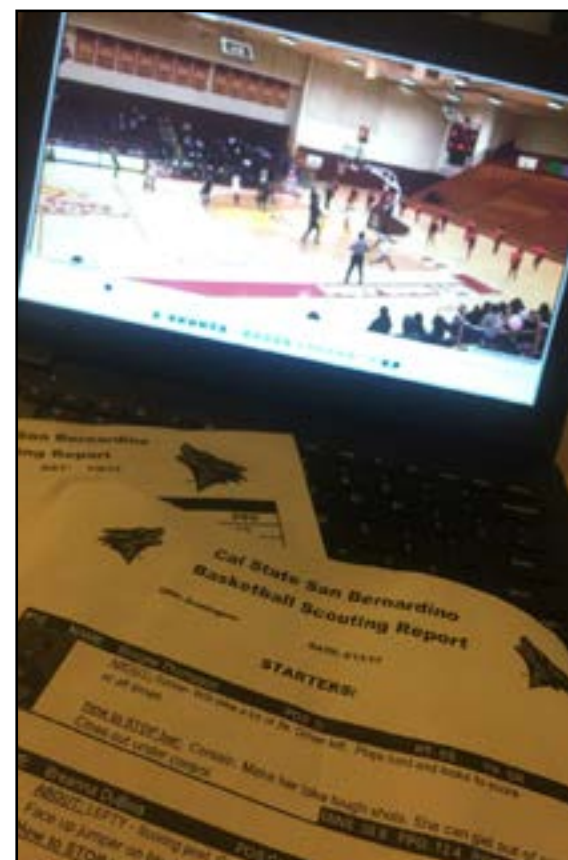
Forwards Mya Johnson and Genaya Wilkonson lead the Coyotes by scoring in the double digits. Their defense was solid throughout the game which led to the eight-point win.

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

competing on the team and apply it to their life," stated Crebbin.

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 tournament that follows," stated Crebbin.



Megan Vina | Chronicle Photo

Game tape and scouting reports help prep the Coyotes.

National signing day

By Breeze Rivers
Staff Writer

CSUSB's volleyball and soccer programs use National Signing Day to bolster their roster for this upcoming 2017 season with solid recruits.

For volleyball and soccer players, National Signing Day started on Feb. 1. Social media was spammed with images of excited athletes holding pens to their National Letters of Intent (NIL), announcing where they intend to play for the next few years.

The NIL is a document signed by a prospective student-athlete who plans to attend an institution for the first time in the academic year after they sign.

Signing an NLI is a big deal because once a recruit signs, they must attend the school they have signed with in order to receive financial aid. The National Collegiate Athletic Association (NCAA) rules forbid other coaches from recruiting them.

The NCAA has these restrictions in place to verify the recruiting process. An NLI ensures players that they will receive aid and it allows coaches to be certain that a recruit will attend their school.

For coaches, there is a lot of leg work that goes into gathering solid recruits in preparation for signing day.

"This time of year is important recruiting wise because we're forging relationships to get commitments for incoming players after next season (juniors in high school or freshmen in junior college)," said LeBaron Hollimon, Head Coach of women's soccer.

"We typically have all of our recruiting complete for the upcoming season by this time of year," continued Hollimon.

Hollimon has managed to recruit a total of eight athletes thus far. Of the eight recruits, seven of them are incoming freshmen. The freshmen recruits are: Jolie Lopez from Covina, Vanessa Gonzalez from La Mirada, Sarah Savella from Chino Hills, Jessica Martinez from Ontario, Maria Gallardo from Hemet, D'Sanye' Nugent from Victorville and Leilani Ramirez from Rialto.

Women's soccer has also recruited a junior transfer from Taft College, Alexandra Benevidez.

"I'm pretty excited for this upcoming season considering it's my last two years



Breeze Rivers | Chronicle Photo

Leilani Ramirez was signed by Hollimon

and I'll be playing with some of my former teammates from Taft," said Benevidez, a Porterville native and incoming goalkeeper for the Coyotes.

"And I'm excited to earn a spot on the team, that way I can help the team out with my part in goal," Benevidez added.

In total, women's soccer is bringing in three forwards, three mid-fielders, one defender and one goalkeeper.

"We have worked very hard to first, bring in players who embody the character traits necessary for them to be a positive member of our culture. Second, the players we are bringing in have the technical abilities and high soccer IQ to help us achieve the high standard of play I expect," said Hollimon.

As new players come in, women's soccer is anxious to top last year's 8-7-2 record.

"We have added quality to the quality we already have and we will compete very hard every game and should give ourselves a great opportunity to improve upon last

year's success," Hollimon added.

As for men's soccer, they are still in a state of limbo regarding who the permanent head coach will be for men's soccer. For this reason, they have not yet committed any prospects for 2017. However, they have verbal commitments from eight prospects.

"We are confident this incoming class may be one of the strongest we have had in years for the CSUSB Men's soccer program," said interim head coach for men's soccer, Darren Leslie.

Volleyball head Coach Kim Cherniss has recruited two incoming freshmen. Both play for Rancho Valley Volleyball Club, one of the elite clubs in Southern California.

Lydia Morohunfolo from Eleanor Roosevelt high school will play middle blocker.

Alexia Cardoza is an outside hitter from Chino Hills high school who has committed to CSUSB.

"We are all very excited for both of these players to get into the gym with us and make an immediate impact to this program," said Lauren Nicholson, junior outside hitter for the Coyotes.

With so many new recruits, the upcoming soccer and volleyball seasons should be exciting to watch.



Yera Nanan | Chronicle Photo

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.

Intramurals at CSUSB

By Yera Nanan
Staff Writer

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 bragging 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 for were 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.

"Let's say you're in a fraternity, you live in housing, and you're in a club [...] you can play in all three of those leagues," explained Morgan.

Even if you do 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 hanging them up in 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.

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 Aritonang.

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.

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