February 13th 2017

CSUSB
Care & support of the community, or the lack thereof?

By Sierra Marrero  
Asst. Community Editor

Another homeless woman, Elle, who has been residing on Base-line with her friend Willie for over 15 years, said she wasn’t interested in going to shelters because they don’t provide the help she is looking for.

“I have a lot of problems going on right now. […] I have a disability. They won’t give me any intentional care that I need […] they just tell me that I need to get a copy of my birth certificate […] to prove what? my birth date??” Elle exclaimed. She explained why the process of getting to stay inside a shelter is more difficult for her.

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An inside look at San Bernardino park residents

By Stanisha Parker  
Staff Writer

These residents also share their own perspective on why they are homeless and what it feels like.

‘Poppa’ Charles, a resident of Seccombe Park, explained that he left his last place due to theft.

“It is not just the people that affect them but also the open environment with difficult weather conditions.

“I adapt when it gets here. You get in your tent and it’s raining—I just lay in it. But also the open environment with difficult weather conditions.”

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BSA to welcome transgender boys

By Brittanie Gutierrez  
Staff Writer

The Boy Scouts of America (BSA) will now be accepting transgender boys.

The organization released a statement informing people that after 100 years of using the biological sex indicated on a child’s birth certificate, they will now be accepting transgender boys.

In a 2016 San Bernardino Survey Inscribed pride flag hanging in the CSUSB Pride Center. The park also has a homeless access center located at the northeast corner that continues to follow rather than lead in for events, and sightseeing over the lake.

The park also has a homeless access center located at the northeast corner that was approved in June of 2015 and aided by the homeless support group, Mercy Hands. In 2016 a San Bernardino Survey count, there are approximately 1,887 people without a home; 696 of them are sheltered.

BSA arrived at LGBTQ inclusion earlier than most other organizations, often come together to offer some type of help. However, controversies are continuing to be raised.

“I’ve stayed at a battered women’s shelter and only had to go there once. You don’t get much sleep in a shelter depending on who you are and what problems you face,” said Sierra, a woman living in and out of Seccombe Lake Park.

“A lot of times the people who come in [the shelters] take your stuff,” explained Sierra.

In efforts to help the county’s homeless population, different groups, organizations, and programs, often come together to offer some type of help. However, controversies are continuing to be raised.

In a 2016 San Bernardino Survey...
Freeze on Environmental Protection Agency

By Kassandra Garcia
Contributing Writer

Over 2,300 CSU and UC faculty members signed an open letter that addressed concerns regarding President Donald Trump’s freeze on the Environmental Protection Agency (EPA).

The letter was released to Trump and his cabinet after he and his administration ordered the EPA, created for the purpose of protecting human health and the environment, to remove the climate change page from their website.

Trump made it clear that the EPA is on a media blackout until Scott Pruitt, his nominee to lead the agency, is confirmed by Congress on Jan. 24.

From the start of his transition period into presidency, Trump and his administration have shared hostile views towards science. This has left scientists questioning whether or not the general populace is aware of what this will entail for the science community.

“I think it is crucial that our campus focuses on what is currently going on in the science community,” said student Daniella Castelo. “We as a community need to be environmentally aware of support of the science community.”

That raises the question about whether academic institutions such as CSUSB are doing enough to raise environmental awareness.

Currently, the Environmental Health Science Club (EHS) introduces and guides students through the diverse and dynamic field of environmental health at CSUSB.

According to the club’s webpage, the purpose of the EHS is to promote professional leadership and create awareness on local, national, and global environmental issues.

There are several ways in which the university promotes environmental awareness.

One example is the new water conservation, San Bernardino Valley Water Conservation Demonstration Garden, located near the Student Recreation and Fitness Center.

The conservation list all the policies, strategies and activities to sustainably manage and protect water resource.

“I think we are making progress,” said Dr. Joan Fryxell, a geology professor at CSUSB. These progressions can be viewed on PennEnvironment’s website, which is a statewide, citizen-based environmental advocacy organization.

“As with any progress, there are forward steps and setbacks, but progress is occurring, particularly in California which has taken a leadership role in showing how this can work,” added Fryxell.

In an effort to improve environmental awareness, CSUSB advocates clean energy usage, the campus has solar panels, promotes carpooling, offers free bus rides with student ID, as well as power producing gym equipment.

Further improvement, according to Fryxell, can be made by offering an “Introduction to Environmental Studies” class and making it a graduation requirement for all students.

This is another way CSUSB can spark interest in environmental awareness.

“I appreciate everything our campus does in terms of promoting clean energy usage but I still don’t see it as enough,” said student Erin Gonzales.

PennEnvironment’s website also includes material on issues and an action page where you can help support causes by providing some of your information.

“We definitely need classes that keep us aware of what is currently going on with climate change and the scientific community because the lack of awareness is harmful to our health and environment,” asserted Gonzales.

CSUSB students can also dedicate time to get in contact with their elected officials to discuss the current EPA restrictions and environmental issues such as climate change.

“While many people think small things would be insignificant, they are all definitely significant and effective,” said Fryxell and brought the examples of conserving and reducing water consumption.

In order to raise awareness on such issues, Fryxell urges people to express their opinions to their elected representatives.

“I recommend that people write/talk to the leadership at the state level and in congress,” stressed Fryxell.

Solar panels on campus which help make the university more environment friendly and energy efficient.

Photo by Kassandra Garcia
By Loydie Burmah
Executive Editor

Editor-in-chief and publisher of the Los Angeles Times, Davan Maharaj, led a discussion on the importance of accuracy and fairness in journalism, utilizing storytelling to enact positive change, and accessing veritable information at CSUSB on Feb. 9.

“We want to help in the development of young storytellers like you,” said Maharaj.

He also mentioned that the L.A. Times intends on maintaining a relationship with CSUSB to share resources and services with not only student journalists but the San Bernardino community as well.

“We also want to make sure that we just don’t write about the community, we make an investment in the community,” continued Maharaj.

Kyle Finck, L.A. Times High School Insider Project Lead, was also participated in the discussion. Finck serves as a liaison between CSUSB and the Times.

“It is crucial for young journalists to always delve into the question of why something is happening, why someone is saying something, and why the world works the way it does,” stated Finck.

The discussion began with Maharaj recalling his first experience as a cub reporter for the Trinidad Express in his native country of Trinidad.

His first published piece influenced reformative action for San Fernando wharf fishermen facing storage facility issues.

“By just reporting a story, and exposing a truth, I was able to get a positive action, for many of these fishermen,” said Maharaj.

If the story was never written, he believed that those fishermen would have never received the necessary assistance needed.

“Not only can you change people’s lives, and use words and facts as a force for good, but you can educate people,” Editor-in-chief, Davan Maharaj

Maharaj noted that unlike other professions, journalism offers a “passport into people’s lives.”

Professional journalism requires storytellers interested in discerning truths, reality and deception with factual research and information to share with others in order to provoke reform.

“As an educated citizen I think your responsibility is to ascertain what is the truth [...] That should help form your opinion, your belief system, and then you decide what your actions will be based on that,” said Dr. Terry L. Ballman, Dean of College for Arts and Letters.

Audience members asked questions regarding how journalists should engage in credible, accurate reporting during the current political reformations occurring under President Donald Trump and his administration. Questions were also asked about how readers can become more vigilant in finding truthful, factual information amidst “alternative facts” and “fake news.”

“I think it is really concerning that a lot of people [...] don’t know the difference between where they can find fake news, and where they can find real news,” commented Coyote Radio Director Lacey Kendall.

Kendall then asked Maharaj how the Times “retort to their public” amidst uncertainty and deception, ultimately ensuring them that the publication is indeed trustworthy.

“How do you as a newspaper, retort to your publics, and say, “we’re real?”” asked Kendall.

Maharaj responded that it “takes all of us,” meaning academia, citizens, neighbors, friends and journalists to educate and provide each other with veritable sources for information. This challenge cannot be completed by solely journalists alone.

“This is a great time to be a journalist. Because if you believe in truth, if you believe in exposing lies, and if you believe in standing up for readers, there is no better time now, than this environment,” said Maharaj.
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Tation, rent and financial advice. They don't want to be a street person, they want to have a secure place to go to permanent housing instead. That's their only goal. It can happen, but a lot of them have been beaten and it's not always easy, but it can happen. So that's the solution. That's where the funds come from, through helping the homeless and low-income individuals and families.

For homeless families, help comes in many places. One of the largest contributors to assist families in the County is the Salvation Army Corps of San Bernardino.

Homeless Shelter Director of the San Bernardino Salvation Army Corps, Ann Metu, said that people who are homeless may not always be completely homeless. Metu said that they will help whoever is struggling and in need of assistance.

"When it's because of dysfunctional families, substance abuse, domestic violence, coworker issues, visit, poor financial decisions, needing food or rent or even in even for a place to stay for the night [...], or a few months [...], we'll help them," said Metu.

"Ninety-seven percent of people who come here go to permanent housing instead of going back to the street [...]," said Metu. Along with providing shelter, the Salvation Army Corps of San Bernardino offers a number of services including daily meals, after-school programs for the youth, summer camps, clothing, furniture, rehabilitation for chronically homeless families, legal services, transportation, rent and financial advice.

"If you're doing something positive [stayng out of trouble] you might feel comfortable [...]. I sometimes, feel safe," said Larry. Larry could have been one of the 1,657 homeless people who were vic- timized by people with stable housing, according to the latest report by the National Coalition for the Homeless (NCH). At least 428 succumbed to their injuries, starting NCH from a 2016 report. The NCH reported some cases where the homeless were not only food, but also a sense of security and protection. For some, there can be alternative ways of creating a sense of safety.

The Temporary Assistance For Needy Families program, Metu said that there is an effort to keep an income for clients. "We make sure you save 75% of that money in a deposit box for wherever you go," said Metu. "While you are here we try to connect you with other services [...], like for your electricity. We refer you to other partnerships to help you pay your bill. A lot of these are things that will stop you getting into and apartment," she continued.

County Legal Services is another group that works independently to provide legal assistance to clients, with or without families, and donates over $30,000 each year to the Salvation Army. "Every 1st and 3rd Thursday of the month we have a paralegal come in and he helps with people that have legal issues that will automatically stop [them] from getting a job or getting into housing, like maybe child support issues pending, a divorce and you don't know what to do or [...] all kinds of issues," said Metu.

Furthermore, San Bernardino County School District helps the homeless youth by acting as liaisons to some of the family shelters. One person mentioned by Metu as a liaison is a woman she referred to as Mrs. Brenda, who helps with backpacks, uniforms, and school stationary.

"We even help college students come in who just need some food. It's more comfortable than you know," said Metu.

According to Metu, they also receive additional resources ranging from the Second Harvest Food Bank, San Bernardino Women's Club, San Manuel Band of Mission Indians, to the Medical Student Outreach teams from Loma Linda University. For men who are over the age of 18 seeking shelter, they have an option to go to The Central Lutheran Mission (CLLM), which provides emergency housing, along with meals, a hygiene kit, and a paymaster to help them with their financial needs, and even clothing.

The CCLM is the only emergency shelter readily available for single men and women with children in the entire San Bernardino County. For the past few years, there has been a push into opening another shelter for these homeless individuals.

In July 2016 city council members discussed opening a shelter in San Ber- nardino for homeless men titled “Mary’s Village,” but Councilman Henry Nick-olas and Councilwoman Bessine Littlefield, neither of whom opposed the motion to move forward. They believed that it actually could draw more homeless people to the city and that would be bad for the community.

Another council member, Henry Nick-olas, spoke against the plan stating, “Many residents have seen the city’s generous result in more homeless people here.” Comments made by the city of- ficials do not correlate with the numbers presented from the 2015-2016 Homeless Count and Subpopulation, which revealed an overall decrease of over 203 homeless people within the city of San Bernardino.

The plans to continue with the construction of the homeless shelter, have since been denied, re-approved, and is currently being built. A man living in downtown San Ber- nardino named “L” demands “some type of representation.” “They don’t get no [representation].” That’s the issue. Representation is important because community is the people. Without representation, the community cannot fix the community,” he continued.

L briefly explained how he has seen no urgency to help people living in the streets, or that no one asked them what they need.

Sierra, on the other hand, she does not care for representation. She explained that some shelters can be just as dangerous as prior living situations, because of those that steal, and those that try to exert dominance over others. Sierra said she feels most at home living in parks.

Sierra mentioned that she always finds new places to live because every so often they will do a cordon and tell people residing in the park to leave.

Regardless, she said that the park is her favorite place above all other places. “I’m at the top of the world where I’m at and don’t want them to know nothing about me [...], there are more people [...], they’re in their homes that are unhappy. You have husbands unhappy with their wives, and their jobs, and are miserable. You don’t know what happens behind closed doors,” said Sierra. “[...] it’s some- thing shelters can’t fix.”
By Elina Urriutia
Contributing Writer

CSUSB is known to host about 1,000 international students from over 53 different countries around the world, according to the Center for International Studies and Programs (CISP).

Some factors that attract international students to attend CSUSB include: affordable tuition, nationally recognized degree programs and a highly diverse campus.

“I chose CSUSB because compared to other schools, CSUSB is one of the most diverse campuses in Southern California and CSUSB’s tuition is really cheap, although, many people think otherwise I feel really lucky to be a student at CSUSB,” Gina Yeh, an international student from Taiwan.

“I chose CSUSB because compared to other schools, CSUSB is one of the most diverse campuses in Southern California and CSUSB’s tuition is really cheap, although, many people think otherwise I feel really lucky to be a student at CSUSB,” Gina Yeh, an international student from Taiwan.

Another factor that attracts international students to attend this university is Test of English as a Foreign Language (TOEFL) preparation classes.

TOEFL is a standardized test that measures the English language ability of non-English speakers pursuing enrollment in an English speaking university.

“The university offers an English language program in which if [an] international student passes a certain level, we can get the TOEFL waiver. And since I am an international student and do not receive financial aid, CSUSB was the best choice for me,” said international student Halice Lee.

CSUSB is also committed to providing services and programs that will aid and facilitate the transition of international students, along with their family members as well.

International students are provided with a wide variety of degrees and programs, including international academic programs such as: Asian Studies, Arabic Studies, Latin American Studies and Global studies.

“I chose this university because I am really interested in the Latin American program here and I have heard it is a great and a very interesting program,” said international student Jorge Saucedo.

Being one of Southern California’s most diverse universities creates opportunities for students to form connections with one another.

CSUSB provides host families to the international students so as to make the international students more acclimated to the area.

The host families are encouraged to have the international students in “family activities in the evenings and weekends, enriching the students’ stay and giving them a true picture of American culture,” according to the College of Extended Learning.

Not only does CSUSB’s education rank in the top 4 percent of the nation, according to the Collegiate Learning Assessment, it also holds the most diverse student population in the Inland Empire.

“I am really glad that I am able to meet people from all over the world and be able to learn about their culture, it’s quite interesting you know because back in my home country everyone is the same and here things are much different,” Fahad Mohammad.
College benefits for veterans

Veterans receive financial benefits to pay for their education

By Kathleen Ramirez
Staff Writer

CSUSB veteran students provide first-hand insights into a variety of tuition benefits for members of the military on active duty or after its completion.

While in service, active duty members receive tuition assistance which pays on a per class basis up to $4,500 a year. While you are in the military they pay for your tuition 100 percent, the only issue is if the military needs you at any point to go to a training exercise, that comes before school," said Danny Sanchez, veteran master’s student in accounting. This happened to Danny several times while going to school in the service. “I would miss assignments and have to play catch up. So I would recommend waiting until you are out of the service and then using your GI Bill to finish your education,” explained Sanchez.

The Post 9/11 Government Issued bill, or the GI Bill, may provide up to 4 years of education benefits to eligible service members and veterans who have served at least 90 days on active duty to use for college or any type of certificate program.

There is also the Montgomery GI Bill, which offers mainly the same benefits but with one stipulation being, a full-time student has to pay tuition, fees, books and other education-related expenses. Whereas those who have the post 9/11 benefits have those fees covered. “I have been out of service for 4 years and am not sure what I want to major in yet, but knowing I have 6 years left to earn a degree definitely gives me incentive to continue to school because it is a privilege to have my education paid for,” said Joseph Patterson, student veteran, who served for 4 years in Afghanistan.

Once out of the service the clock starts ticking and military members have 10-15 years to use their GI bill. If a member needs to take time off from school for any reason they can do so, and will still be able to reapply at a later date and be eligible to use the GI Bill as long as it is with in the 10-15 year time frame.

The Post-9/11 GI Bill pays in a couple ways, the major factors being the number of months served on active duty and the number of credits taken. If a member of the military decides to attend a public school, the Post-9/11 GI Bill will pay tuition in full. Some say that the Montgomery GI Bill payment rates are a little more tricky because the biggest factor is based on credit load. Under the Montgomery Bill, a full time student will receive $1,857, however if they are only a part time student they will get half that amount. "I am a dependent and will be going into the Air Force after I earn my Bachelor in Business and Administration. And once I am in the Air Force I would like to do my Masters," said Otis Douglas.

Student and veteran, Joseph Patterson

Community assistance for college students

By Amber Childress
Staff Writer

College students seek helpful benefits, ranging from transportation to school supplies, and food.

Not all students have reliable access to transportation. "For college students we offer free bus rides with their school IDs. When the school has a partnership with Omnitrans they agree to allow the students to ride for free," said Omnitrans worker Kelly Williams. Along with transportation, costs go up causing two students to struggle to get essential items. “Helping Hand Pantry offers a College Student Food Assistance Program. This program helps college student who need help getting food,” stated Helping Hand Worker Windy. This organization is here to help college students who do not have access to food or cannot afford to purchase food. “Being a college student is like a full time job and adding a part time job to it makes being a college student even harder. Helping Hands program provides ways for college students to get food on a college student budget,” stated student Jill Fanning. Students who need help with finances can also get connected with Amazon Student. With the Amazon Student membership students are able to get great deals on test prep materials, discounts on buying or renting textbooks, and for the first six months students are able to get two day shipping on select items. "Amazon seeks to help support students as much as possible. From offering students the ability to access things needed for school along with things needed outside of school at a discounted rate," said Michael Lopez, worker at Amazon. Amazon Student is an easily accessible website just for students. "As a student I love using these websites because they offer a lot of accessible discounts for me and textbooks are a lot cheaper on Amazon Student then in the bookstore at school," said student Savannah Ordonez. Those that do not live at home with family, or on campus may have many bills to pay which can become a struggle. Community Action Partnership of San Bernardino County (CAPSBC), created an organization to help pay rent and utility bills. CAPSBC provide up to 18 months of rent assistance. “Between being a full time college student and going to work part time its getting harder to pay bills. Being offered a program that can help pay my bills while I continue school would be a great help,” said student Lizzie Perez. The Student Advantage program is an organization that offers students the ability to access a multitude of discounts on food, clothing, and entertainment. “We offer access to many different online shopping locations, free email on the latest deals and coupons, a convenient way to get your items, and the best part is you save money on every purchase,” said Student Advantage worker Sandra Gomez.
Even with the protection of free speech, there are certain words that are still not spoken due to the history and power they may hold. "The ‘N’ Word," event hosted at the Santos Manuel Student Union, was an informative discussion about the meaning of the ‘n’ word. Attendees had an opportunity to voice their opinions about the ‘n’ word. Discussions occurred regarding the word’s meaning, origin and whether or not it is considered acceptable to use.

The event was hosted by students Kameron Thomas, Prince Ogidikpe, and the Cross Culture Center. Thomas, a senior, has been hosting this event for four years now. Due to the great response received from staff and students here on campus, Thomas hopes it continues.

At the event, Thomas and Ogidikpe asked questions to encourage audience participation. A soft foam microphone was tossed around so that participants could share their thoughts. They started with discussing the meaning of the ‘n’ word and where it originated from.

"It is an ethnic slur, usually directed at black people. The word originated as a neutral term referring to people with black skin, as a variation of the Spanish and Portuguese noun Negro, a descendant of the Latin word “Niger” which means ‘black,’” said Ogidikpe.

"It was often used derogatorily, and by the mid-twentieth century, particularly in the United States, it became a racial insult,” continued Ogidikpe.

Thomas, however, shared a different perspective.

"The research I've personally done [...] it derived from the word Negus, which meant king and it kind of got bastardized as time went on. And when slavery happened, instead of calling the black men and women kings, the slave owners changed it to ‘nigger’ to make it derogatory,” said Thomas.

The discussion also addressed two forms of the ‘n’ word, one being "nigger" and the other “nigga.” The word "nigger" is a racial slur towards black people, and the audience seemed to agree that it should be scratched out from everyone’s vocabulary.

Overall, it makes everyone feel uncomfortable. As for the word "nigga," some students see it as a term of endearment, they use it to call a friend, and in other social settings.

Student Charlotte Mahone expressed that she is fine with using the word "nigga."

"My nigga, my person, someone that I love,” said student Mahone.

Adam Desta disagreed, “I don’t think it should be said by anyone, but since no one is going to abide by that I don’t think non-black people should say it.”

While there are vast amounts of alternatives for replacing "nigga," it is still viewed as an unnecessary part of any person’s vocabulary. Ogidikpe offered some alternatives for the word "nigga."

"[...] Bro, man, good sir, friend, etc,” said Ogidikpe.

Some agreed that the ‘n’ word should only be used by people in the black community, if it were to be used at all—otherwise it is considered very offensive.

"The n-word represents a struggle and suffering that our ancestors where put through for years. It is offensive to me when it is used by people who are not black," said Ogidikpe.

Regardless, the word is still used. One may even here it used on campus. It is heard on television programs, music—it is a part of today’s pop culture.

Guest speaker Chris Coulter, shared his perspective regarding how hip-hop and pop culture have spread and encouraged use of the ‘n’ word for audiences of all types.

Thomas and Ogidikpe asked audience members how they felt when other ethnic groups used the ‘n’ word.

"I don’t think it’s okay to use the ‘n’ word, why? Because it’s a bad word. I was taught that you shouldn’t say bad words, no matter what the word is,” said Omar Elhanafy, student and MSA Vice President.

Elhanafy continued, “The ‘n’ word to me is a word that was used for oppression against black people. The ‘n’ word makes me feel uncomfortable.”

Thomas and Ogidikpe hoped the event would provoke awareness and understanding regarding the origins of the ‘n’ word, and why it should not be used.

"At the end of the day, words don’t have power unless you give them power,” said Thomas.
ANOTHER YEAR ALONE
A world renowned holiday that further establishes just how lonely some of us are

By Clairissa Gonzalez
Staff Writer

Every year the world is reminded to share their love with their significant others on a specified date, proving their love with gifts, food, or some quality time spent together.

However, with all the candy hearts and teddy bears it is easy to forget how many others either spend this day alone or would rather just forget about it entirely.


According to a study on Fundivo, in 2016 it was estimated that Americans in total spent over $19.7 billion on all things Valentine’s day, making the average individual spend closer to $147.

Not purchasing the right gift can cause issues, some seemingly irreparable.

“My ex-boyfriend told me I didn’t appreciate him so that made that day just a big [fustercluck] of confusion,” said an interviewee who preferred to remain nameless.

“We ended up breaking up a month later anyway,” they continued.

Despite Valentine’s Day being considered as a day of love and companionship, it can also be considered one of the most popular days for breakups.

Many breakups occur due to pressures on a relationship. The symbols of love plastered everywhere in media or in stores promoting love via materialism, it may have cause strain within a relationship.

Relationships are tricky to navigate. They become trickier when considering that there is a universally recognized holiday for romance, sometimes it’s easier to forget the date ever happened.

“My worst Valentine’s Day was last year,” began student Bo Navarro.

“I was asked out on a triple date because the guy’s first option cancelled on him. Everyone was having a great time and then there was me, stuck with a boy who kept making fart jokes all through the movie we went to see. It was overrated,” continued Navarro.

A different way of celebrating is by participating in a bar crawl, which is done across America on Valentine’s Day.

Bar crawls include prizes, contests, musical entertainment, and the opportunity to end your night with someone. Some people celebrate Valentine’s Day by buying chocolate and flowers, and other times by simply acknowledging their love for that special someone.

Supposedly, the origin of Valentine’s Day begins with a man named Valentine in the third century Rome. Emperor Claudius II deemed it unacceptable for soldiers to have families due to his belief that single men were better soldiers.

Outraged, to say the least, Valentine began performing weddings for soldiers in secret, up until his actions were discovered by Claudius and he was ordered to be put to death.

Regardless of anyone’s personal feelings about Valentine’s Day, we can all count on that discount priced chocolate the next day, and that’s something to look forward to.

Savings for your honey

By Genely Barajas
Staff Writer

With Valentine’s Day just around the corner it can be stressful to find the perfect gift for that special someone in your life—so what better way to show you care than cute and affordable DIY gifts.

Making someone a present is a fun and sweet way to express gratitude towards them, all while saving money and time.

It also allows the freedom to personalize and tailor the present so that it targets your significant other, unlike all the other basic store bought items.

“I prefer something creative and self made but if you have to be convenient then that is fine too. You can always take 5 seconds out of your day to call the person you love to say Happy Valentine’s day, it’s the thought that counts,” said student Brian Moore.

Valentine’s Day is the perfect opportunity to step outside your comfort zone and get cheesy with your emotions. Inspiration can be found just about anywhere and on almost anything with the tools out there; such as Pinterest, Etsy, and other social media applications.

A homemade “scratch-off-hearts” poster is a quick and easy-to-make gift that you can give to a lover, a parent or anybody who deserves some V-Day love.

All the materials needed are things you might even have laying around the house: stock paper or poster board paper, some colorful pens or markers, acrylic paint, dish soap and a white crayon.

“Being a student makes it hard to be able to spend on Valentine’s day because we live on a very limited budget,” expressed student Yessy Teran, so using materials you already have at home is a huge money saver.

The poster will resemble a scratch off lottery ticket but instead of trying to win money, your significant other will be scratching off the hearts to reveal reasons why you love them or gifts they can redeem.

Some of the gifts could be a foot rub, a homemade meal, or anything else you want to spoil them with.

For this example, I will be doing a “10 reasons why I love you” poster with 10 hearts revealing romantic reasons, you can either find a template online to have perfect symmetrical hearts or get creative and do something original.

“I’d rather get a homemade gift, because it means way more to me than something store bought […] knowing they put effort into making something they think I would like is heart warming,” shared student Celeste Bailon.

With homemade gifts like this you will not doubt melt your valentine’s heart.

“I have always been such a big fan of Valentine’s Day. I’m just one of those girls who loves love so I try to make it a big deal with my boyfriend because I’m cheesy like that,” said student Patricia Ramirez.

Even if being artsy-crafty is not your specialty, a gift considered imperfect just adds to the personality of it and will make your valentine smile each time they look at it.

“I admire the people who come up with great homemade gift ideas and it’s usually stuff they thought of on their own. I always want to make my boyfriend something he’d love but I can never think of anything,” confessed Ramirez.

Putting your time and effort into something homemade rather than going out and buying the typical hearts and chocolates will not only save you time and money, but will also bring you closer.

D.I.Y. Valentine’s Day

Step 1: Write out a cute message. For example, “10 reasons why I love you” or “Are you lucky in love? Scratch to find out!”

Step 2: Draw out multiple hearts where you can write cute messages inside or “gifts” they can redeem.

Step 3: Using the white crayon, heavily color inside the hearts.

Step 4: In a bowl mix together 2 parts acrylic paint with 1 part dish-washing soap and paint the inside of the hearts, you may need to do multiple coats.

Step 5: Let the paint dry and give to your special someone.
Baguette Express

By Monica Rosales
Contributing Writer

Baguette Express is your one-stop-shop for some of your favorite Vietnamese food in San Bernardino. Since 2008, this restaurant has been just around the corner of campus providing locals and students alike a chance at homemade tasting Vietnamese food. This quiet little spot looks has a lot to offer. From the moment one enters the restaurant, there is a home-like atmosphere. The workers are very kind, and interested in sharing the variety of things they have to offer. “This place looked like a hole in the wall, and I always find the best food in those type of places,” said student James Cortes. “I was not wrong, I tried one of their baguette sandwiches and since then I constantly crave them!” continued Cortes.

Baguette Express provides delicious food, even down to their freshly baked baguettes which are prepared every morning and served all day long. They make sure all their food is prepared with the best ingredients. Alongside their popular baguette sandwiches, which are prepared both Vietnamese and American style, they have pho, spring rolls, rice platters, and many other tasty sides. It is the perfect place for anyone searching for a hearty meal, or a small dish to nibble on.

For the on-the-go person, they also allow customers to order what they want to go. “On these cold days, I always want some Pho and did not realize how close it was to school. I don’t live nearby so I am excited I can finally get it somewhere very close to school,” said student Maria Zamora. They do not just stop there; they also have a variety of drinks for customers to try including some Vietnamese favorites that they strongly suggest. The have a variety of 25 different smoothies which can include everyone’s favorite, boba or lychee. They also have variety of iced coffees to choose from. “The first time I walked in, I had no idea what this place was. I was just hungry and wanted to try something new,” said San Bernardino local, Linda Castro. The workers went over the entire menu with me and recommended me their favorite sandwiches and I did not regret it. I haven’t stopped coming back,” continued Castro.

Besides the food, the atmosphere alone makes you feel like you should sit down and just enjoy a good conversation. With their open seating available, it even provides a spot for students to relax and study. “It’s different then your typical Starbucks, it gives a different experience,” said student Matthew Morales. One should not miss a chance at trying a place like this. Try out something new and tasty next time you need a study break.

Working the Waves

By Manuel Sandoval
Contributing Writer

Careers within the radio industry can be highly stressful and deteriorating. However, there are advantages of being an on-air talent. Besides meeting and interviewing artists for station broadcasts and events, radio has its occupational flaws, which include: no job security, low pay and working on holidays. Many people even question if radio will become obsolete in the near future.

“Radio is an element of media everyone has access to. I think people feel connected to their community when they listen to radio,” said Kevin ‘Gouda’ Schatz, on-air talent for 97.1 AMP Radio.

“The advice I would give to someone seeking a career in radio broadcasting can be a very rewarding career because one is able to connect with listeners, interview artists, and attend events and debut new music. The rewards one can receive within this career outweigh the flaws,” said Christy McLeap, on-air talent for CBS Radio-KFROG.

Radio broadcasting can be a very rewarding career because one is able to connect with listeners, interview artists, attend events and debut new music. The rewards one can receive within this career outweigh the flaws.

“This is something that I love doing. I’m not dreading driving to work, I get to play some of my favorite music. I get to make peoples day by giving always tickets [...],” said Frogatelli.

After hearing about critical aspects within the radio industry, if you are still interested in a career as an on-air talent, maybe this field of work is for you. “The advice I would give to someone seeking a career within the radio industry would be, don’t pretend to be someone you aren’t,” said Danielle Perry, mid-morning show host on Kerrang! Radio.
Watch for new artist Sampha

By Nylles Vernon
Asst. Online Editor

South London singer, composer and songwriter Sampha has recently released his debut LP “Process” on Feb. 2nd.

Chances are that you may not have seen Sampha before, but you have definitely heard his voice on some of your favorite songs from Solange, Beyoncé, Drake, Frank Ocean and more in the last few years.

The highly anticipated debut album comes off of Sampha’s EP “Dual,” which was released back in 2010 and is mix of electronic soul and future sounds.

“Process” is a very honest, emotional and spiritual journey that seems to be a presenting of personal burdens that have been weighing on the singer for quite some time.

On the chord driven “(No One Knows Me) Like The Piano,” Sampha tells that he ended up gravitating toward the piano when he moved back home to take care of his mother when she was dying of cancer.

The first single from the album, “Timmie’s Prayer,” does an amazing job at paralleling the similarities of being in the graces of someone special that makes you feel like you’re a prisoner in heaven.

The album is incredibly whimsical at times, playing around with what sounds like various forms of Indian and African musical influences through the entire project.

“Kora Sings” is a song that does just that, sounding like you’re dancing in a circle in the middle of a Renaissance fair, which is also a dedication to his late mother.

Sampha sings “You’ve been with me since the cradle/ You’ve been with me, you’re my angel/ Please don’t you disappear,” as the track ends with angelic harmonizing until it fades.

Those that are familiar of the London native might also be fans of his work with the UK indie pop electronic group SBTRKT, whom he honed his singing, songwriting and production abilities with.

His expertise and influence in music might be lacking.

In all, the 10 track album sits at just over 40 minutes long, leaving you wanting more but it is actually just enough for the soul.

The album closer, “What Shouldn’t I Be?” is a reminder that no matter who or what we are, we should always keep family close and that we can always come home at the end of the day.

The album does really well at expressing and sharing personal experiences that resonate with listeners and ends up hitting home throughout.

In all, the 10 track album sits at just over 40 minutes long, leaving you wanting more but it is actually just enough for the soul.

Sampha’s debut album proves that there is a process for everything, life, death, relationships and even greatness.

His expertise and influence in music might be just starting, but it’s apparent that he plans on sticking around for many many years to come.
Arts & Entertainment

Weekly Open Mic night brought together young art enthusiasts in a Riverside coffee shop on Feb. 6.

Every Monday night at 9 p.m., art enthusiasts explore their community through inspirational entertainment.

There are various talents of performers such as singers, poets, rappers, writers and more.

The Open Mic is located in downtown Riverside in the basement of the coffee shop.

“I’ve been Back to the Grind before, I kind of knew what the ambiance was but I’ve never been to the open mic before,” explained Jerry, a performer.

“I still dig it. I’ll come back,” continued Jerry.

On a usual day, Back to the Grind, coffee shop is just a cozy place with a relaxing vibe where people study with friends or order drinks from the barista.

However, on Open Mic nights, heading to the back and strolling down the stairs, people enter a new world of talent.

The event displays the talented people of the community, with a positive sense of support from the audience.

Attendees are welcoming and kind to all new guests and support any local talents.

That moment in the spotlight, is a way of expressing themselves for many performers such as Mikea.

“For me it’s a way of releasing things out,” shared Mikea.

“It’s more like therapeutic. Even though it’s scary, it’s good for me,” she added.

Mikea shared with the audience a beautiful poem that she wrote in a journal that she kept going back to.

For the past three years Mikea has attended the event.

After she graduated college with her degree in creative writing, she needed something to keep her motivated and the Open Mic did that for her.

“I needed something to keep pushing me and that’s when I started coming more regularly and it’s been really cool. It’s been like a great teacher, getting over my people anxiety,” said Mikea.

She believes that the new attendees will be blown away from how different this event is from others.

“People are very supportive of you and what you’re trying to do, it’s totally eye opening, it’s cool to see people inspire each other like a nice little community or family,” said Mikea about Open Mic.

Other audience members shared what they feel when they step into the event.

“It’s diverse, best way to describe it,” said audience member Brent.

For Jerry, it was his first time at the open mic and he shared his thoughts of his experience as a first timer.

“You gotta be open minded to appreciate it, I think all of us are,” said Jerry.

Megan performed a delightful poem where as Brent and Jerry were there to support her and others.

All three discovered the coffee shop and what happens on Monday nights through form of communication.

“Mostly word of mouth,” Brent states as Megan and Jerry agreed.

Just like many attendees at the event, they would recommend the Open Mic to people who are open minded.

“There are particular styles, if you just want to explore a little bit more about our side, by all means, check it out,” Jerry recommended.
Streaming is the new cable

By Robert Klimper
Staff Writer

Streaming services have become a prominent alternative to TV and changed how shows are watched. It has become commonplace for people in the United States to watch multiple episodes of a TV show in one sitting, even finishing an entire season for some people. This phenomenon has become known by the term “binge watching.”

With streaming services like Netflix and Hulu offering people the option to indulge in this new kind of way to enjoy shows, more and more people have begun to cut the cord from cable companies and have chosen the more available option of streaming TV.

“Honestly, [...] I see no point to get a cable subscription, I mean everything I want to watch is online,” said Alex Carls, a 21-year-old junior at CSUSB who represents the growing younger demographic of binge-watchers.

Netflix and Hulu have original series in which they release all of the episodes of a season, instead of the traditional weekly release of shows.

Since 2011, Netflix has risen in over sixty million subscribers while Hulu back in May of 2016 hit twelve million subscribers. In turn by the end of 2015 Netflix rose in over twenty-four million subscribers and Hulu added another six million subscriptions.

By Destiny Guzman
Contributing Writer

Students of CSUSB, have opposing views about classical music, while professors share the importance of gaining an appreciation for this type of music.

Classical music provides the opportunity to enrich one’s life. It allows one to free their mind and clear their thoughts from the everyday busy life.

There are many benefits when one listens to classical music. Benefits of listening to classical music are: reduction in stress levels, improves productivity, relieves pain, boosts memory, and sparks to creativity. These are just a few of the benefits.

Professor Valentina Wein-Ting Huang has played the piano for over 40 years. She teaches Class Piano at CSUSB, as well as Pasadena City College.

“For me, personally, the benefit of listening to classical music can be summarized in a few key words: calming, uplift-tening to classical music can be summarized in a few key words: calming, uplifting, bringing harmony to life, clearing up messy thoughts, and finding an emotional outlet,” said Professor Huang.

This type of music, “[...] doesn’t force you to feel a certain way. There are no words,” said student Rachel Rundegang, a communication major.

The definition of classical music is, “serious music following long-established principles.” Only 3 percent of the population listens to classical music, according to Benjamin Zander. Zander is the conductor of The Boston Philharmonic Orchestra. Since classical music is not part of popular culture, there are more students who do not listen to it.

“I don’t listen to classical music. It’s not that I don’t like it or that I choose not to, it’s just that I didn’t grow up around it,” said Natalie Ochoa, a sociology major.

“I do not listen to classical music,” said student Soraya Fierro, a sociology major. “I don’t listen to classical music because it doesn’t grab my attention,” said student Julio Jauregui, a business major.

There are more students who do not listen to classical music; however, there are some students who do. For those who do not, there are different reasons as to why. Whatever the reason may be, the choice to listen to classical music comes with many benefits versus not listening.

“I listen to classical music just when I have to do homework because it actually helps me to concentrate,” said student Alex- is Gomez, a biology major.

Even though classical music is not part of popular culture, “[...] there is an univers-al element in classical music that can reach to human heart disregard background, experience, understanding,” said professor Huang.

There are many possibilities that one could find to motivate themselves to listen to this type of music. Because this type of music requires the listener to learn the history behind this type of mu-sic can motivate one to listen to it. Famous composers such as Mozart, Bach, and Beethoven can be the focal points to which one can learn to enjoy classical music. Another reason to choose to listen to classical music is the fact that these instruments are the foundation to most popular songs today. Also, these instruments and artists paved the way. In order to have what we listen to nowadays, someone had to start somewhere. That somewhere is classical music.

Famous composers such as Haydn, Mozart, Bach, and Beethoven, all worked hard to achieve their goals. Just as students are working hard to achieve goals, a commonality can be found among college students and fa-mous composers. Classical music is not part of popular culture today. However, in that era it was popular. These famous composers were once students who traveled to the best schools to further their knowledge in this specific area. Here one can acknowledge that there is a value in learning more about classical music or even just listening to it.

“Go back to your roots and see or hear what used to be the norm,” said stud-ent Dominic Indolino, a communication major.

Knowing the history can add value to one’s experience of listening to classical music. The past lives of famous composers, such as Haydn, Bach, Mozart, and Beethoven, is an essential part of this type of music. Therefore, it can add value to one’s personal experience.

“It takes me closer to the world of the com posers and the times they lived. I feel connected with the soul of the musi-cians, artists and their true emotions. I think artists represent and reflect the spirit of their way. So, in the way, I am connected with the society and culture of a particular time period in the history too,” said Huang.

Streaming is not limited to streaming via television, it is available for access on mobile devices, tablets, and computers.
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Traveling as an athlete

By Kieron Coleman
Staff Writer

As men’s soccer made the postseason this year in the last game, students were unable to speak with their professors in person.

Although athletes are representing their campus community, it’s known that missing classes is an issue when it comes to your final game.

“Playing away is always a good time, you’re around friends all the time and representing the university,” mentioned men’s soccer player Richard Caine.

“However, your routine completely changes, you don’t get to prepare as well as you can at home,” added Caine.

Athletes are given a budget depending on the amount of time they are travelling, and many students rely on the stipend.

Athletes must maintain their schoolwork while they are away, and prior to leaving, organize a deal with professors determining how they can catch up on what they missed.

Professors tend to accommodate as student-athletes as much as they can, due to certain circumstances.

However, there isn’t always a solution.

“Playing away is always a good time, you’re around friends all the time and representing the university,”

Richard Caine

“I enjoyed the Chico trip as there was a big crowd for a big game that we ended up winning late.”

Nic Turkington

Academics vs. athletics

By Breeze Rivers
Staff Writer

Playing a sport in college can be the most rewarding, yet challenging experience for collegiate athletes who endeavor to effectively balance academics and athletics.

The National Collegiate Athletic Association (NCAA) requires student-athletes to earn a minimum grade-point average (GPA) of 2.0 in order to receive scholarships, train in practice sessions and participate in games.

“To keep my grades up I consistently check my BlackBoard account and email so that I stay up to date with my classes and assignments,” said Sarah Bradley, kinesiology major and Coyote women’s soccer player.

“I also go talk to my professors if I need help or clarification,” said Bradley.

Time management plays a key role in the lives of athletes.

“I keep a planner with me at school and I write down all the things I have to do for school and soccer in it,” said Bradley.

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Academics vs. athletics
New Orleans gearing up for NBA All-Star Game

By Tyler Vanderelst
Staff Writer

With the NBA All-Star break coming up on Feb. 17, fans will be watching the best of the best go up against each other. Top players like LeBron James of the Cavaliers and Steph Curry of the Warriors headline the list of All-Star starters.

The NBA All-Star game is a showcase of all the best players from the Western and Eastern conferences.

The Eastern Conference includes players like: LeBron James and Kyrie Irving both from the Cavaliers and Demar Derozan from the Raptors who have again shown why they have been considered one of the best players in the East.

The Western Conference comes in looking just as good as the East. They have players like Steph Curry and Kevin Durant both from the Warriors and James Harden of the Rockets.

While the potential MVP Russell Westbrook of the Thunder was selected to the All-Star game but as a backup.

This has left fans wondering how someone who is having one of the greatest seasons in recent NBA history is coming off the bench in the All-Star game.

Terrance Williams has been a fan of basketball his entire life, while he has grown up a Lakers fan he enjoys watching Westbrook play.

“I was shocked when I found out Westbrook wasn’t a starter after having one of the greatest seasons ever,” said Williams.

With only limited spots available on the All-Star teams many players who believed they should have made the All-Star game got snubbed.

Some of the players who got snubbed were players like Damian Lillard of the Trail Blazers, who is one of the top point guards in the NBA.

Another player who didn’t make the cut was Kristaps Porzingis who plays for the New York Knicks.

Arguably, the best player in the NBA this year is Russell Westbrook.

He did not make the starting team because he did not receive as many votes as the popular Curry.

Because the teams are chosen from fan votes, the implicit bias limits some players who deserve to make it.

With the NBA being filled with talent, it is always a hard process on choosing how the All-Star’s are chosen.

Cameron Theis thinks they should change how the All-Star teams get picked.

“I think the NBA should get rid of the fan vote or making less prioritized and let the players and coaches pick the best players so it is not a popularity contest,” said Theis.

Many players don’t make the cut because they are on a less popular team than some of the other players.

With the top two teams being in the last two championships it has made them a lot more popular than the other teams.

The reigning champions the Cleveland Cavaliers had three players selected to the All-Star game which is more than any other team on the East had.

While the most popular team in the NBA right now the Golden State Warriors had four players selected to the game which is three more than any other team had.

With the lineup set, it is looking to be another fun All-Star game with the NBA’s best talent playing for victory.

Winter and spring athletic facilities back in use

By Yera Nanan
Staff Writer

Though many of our winter and spring sports are outdoor sports and aren’t played on school grounds, the fields we use have a unique history of their own.

The baseball team uses Fiscalini Field for practice and home games.

The 3,500 capacity field is located just 15 minutes away from CSUSB, right off of East Highland Avenue.

Fiscalini Field was first built in 1934 and originally named after Fredrick Thompson, who helped construct the early stages of the city as a railroad developer.

The field was then renovated in 1993 and renamed after city native John Fiscalini, who found success playing for San Bernardino High School, Cal Berkeley and the Pittsburgh Pirates.

At Perris Hill Park, the field was used by the Pittsburgh Pirates and the St. Louis Browns for spring training from 1935 to 1933.

The 1988 film “Stealing Home” featured Fiscalini Field in the opening and closing scenes of the movie.

The minor league baseball team, the San Bernardino Spirit, were in season and using the field at the time it was featured in the film as well.

The track and field team, uses the track located right by the softball field.

The team holds practice there but in the event of bad weather conditions they then train in the Cossouls Arena. Track and Field doesn’t hold any of there own meets on campus since it doesn’t meet CIF regulations.

“We don’t have a real track or the equipment that we need, so we’re practicing at all these different places when we can,” said track captain Yanitra Padfield.

The athletes and coaching staff wish they had more to work with but because of financial difficulties a lot of team fund raising has been done over the years.

“Our school and athletics don’t take us seriously since we’re such a new program but the coaches and athletes are trying to change that,” continued Padfield.

The softball team practices and hosts home games on campus on the field next to parking lots H and G, near Coyote Drive.

The field was improved from 2001-2002 with renovations made to the dugouts and infield.

Protective padding was added along the fence to meet the current California Collegiate Athletic Association requirements.

The golf team hosts their own tournament at the Arrowhead Country Club known as the Dave Stockton Coyote Golf Classic. This is the only country club in the city of San Bernardino.

Tom Self is the owner of the San Bernardino Golf Club located right off of Waterman Avenue. He’s been associated with the country club since he was nine and has accumulated a profound golf history.

“I basically grew up at Arrowhead and I started playing there when I was nine,” said Self.

“It’s had its great moments and is still a great golf course to play on today,” continued Self.

The golf classic the golf program hosts there is a fund raising event that has accumulated over $600,000 for the 19 years it’s been held.

The CSUSB golf team has had a string of success there, finishing in the top five against other schools this season and last year.

Though some teams don’t have their own facilities on campus to hold meets and practice on, they continue to stay resilient and pursue their season goals.
Super Bowl LI makes history

Fans of the Patriots and the Falcons both had their share of excitement during the game, but Patriots fans got the last laugh in OT.

By Megan Vina
Staff Writer

Superbowl LI, the biggest sporting event of the year, was a roller coaster of emotions for both New England Patriots and Atlanta Falcon fans.

Patriots rallied for 25 points and came back from a 28-3 Falcon lead.

Patriots went for 75 yards on eight plays, and it was a two yard touchdown run in overtime that earned them their fifth Superbowl title.

This has been a crazy year in sports comebacks. The Golden State Warriors let a 3-1 lead go to the Cavilers in the NBA finals and the Cleveland Indians also blew a 3-1 lead to the Cubs in the World Series.

Superbowl LI was the first ever Superbowl game, out of 50 previous, to go into overtime.

The 34-28 win marks the fifth time the Vince Lombardi Trophy has been in the hands of the New England Patriots.

Atlanta dominated the entire first half. They were up 21-3 at halftime, and it looked like the Falcons were going to come away with the easy victory.

“I feel bad for the people who that stopped paying attention to the game,” stated Atlanta fan Zach Navarro. “The game is never over until the final whistle,” added Navarro.

At halftime it was Lady Gaga’s turn to take the field. She performed her top hits and even jumped off the roof of NRG Stadium. There were hundreds of drones flying behind her, and they all came together and formed the American Flag in the sky.

When the game resumed, a Falcons fumble with just eight minutes left in the third quarter sparked the comeback for the Patriots.

The Patriots did not let this possession go to waste. They came back with a touchdown and completed a two point conversion to tighten the score, 28-20.

A spectacular catch by Falcon wide receiver Julio Jones, left the clock running and put the Falcons in good position to pull away yet again.

With just three minutes left in the game, the Falcons could not reach the end zone and were forced to punt because of an incomplete pass and a sack that put them out of field goal range.

Another spectacular layout catch, this time by the Patriots wide receiver, Julian Edelman, brought the Patriots closer to the end zone. They scored the touchdown and completed another two point conversion with under a minute left to tie the game at 28 and take it to overtime.

The Patriots had possession of the ball to start the sudden-death overtime period. They kept their momentum and Atlanta’s defense could not stop them.

It was New England running back James White’s two yard run that left Atlanta fans speechless.

“I knew Tom Brady would come through, he doesn’t go down without a fight,” stated Ariel Manzano.

With 42 out of 63 passes completed for 466 yards, Patriots quarterback Tom Brady was selected to be the Superbowl MVP.

Brady surpasses former San Francisco 49er Joe Montana with five super bowl wins over Montana’s four.