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Anti-Trump rally

By Kassandra Garcia
Contributing Writer

Students rallied outside the Santos Manuel Student Union (SMSU) at CSUSB in response to Trump’s inauguration on Jan. 20th.

Despite strong rain and flood warning a small group of students gathered with anti-Trump slogans.

“Let the country know that we will not passively accept the policies of a Trump administration!” read the description on SQE’s Facebook event page which promoted the rally.

The rally was organized by members of the Students for Quality Education (SQE) organization, which is funded by the California Faculty Association (CFA). The CFA is a teachers union that represents CSU professors, lecturers and faculty.

According to the CFA’s website, SQE was formed in 2008 by students looking to start a movement for educational rights in higher education.

“We must organize ourselves as students to fight for our best interests. Silence is complicity,” the description also stated.

Despite low temperatures, the SQE members came together in front of the SMSU building to inform students about Betsy DeVos, a prominent member of the Republican Party, and the need to prevent ICE from coming onto campus and intimidating students.

“We promote the rally because we believe our rights and that we need to be heard. We want a chance to start a movement for educational rights in higher education,” added Nelson, one of the student protest organizers.

“Through this protest we are trying to encourage and empower people to take a stand and feel like they are not alone,” continued Nelson. Continued on page 3

CSU Water Initiative

By Jarrod Walley
Staff Writer

Disadvantaged communities in San Bernardino will receive aid in water processes and treatment from the California State University (CSU) system and its $2.3 million program.

The State Water Resources Control Board donated the grant to the entire CSU system; it focuses on the formation of programs and implementation of grants for students and faculty so that research can be done on the communities in need.

“We use a tool called CalEnviroScreen; it’s a map, that shows us which communities are in need of assistance. Downtown San Bernardino is located in the high category on the map, so it is not just an agricultural/rural phenomenon, but an urban one as well,” said Boykin Witherspoon, Executive Director of the Water Resources and Policy Initiatives (WRPI).

According to Witherspoon, the WRPI is directly involved with the WRPI by including the members of the university, like students and faculty.

Students whose applications are accepted work as paid interns and can receive academic credit for internship-related courses.

Students then begin developing and carrying out projects with assigned mentors ranging from water treatment to irrigation and water distribution.

These projects cater to specific regions where there is considerable interest or need for improvement.

The Water Resources Institute (WRI) is an academic partnership located in the John M. Pfau library.

They are working closely with the WRPI to help local communities obtain better water related facilities.

“We collaborate with the WRI on programs because they are a historic water archive: keeping records and data,” said Witherspoon.

According to Witherspoon, there are many entities involved in the efforts of the Water Initiative.

The WRPI, a division of entire CSU system, is leading the project.

“The WRPI is an effort to bring faculty and staff together across the 23 campuses to work on regional and statewide water issues,” said Associate Director Dr. David Zoldoske of the Agricultural Science and Technology Department at Fresno State University.

“I was the first executive director—I stepped down in July of 2013—Boykin Witherspoon at CSUSB is currently the Executive Director,” said Zoldoske.

Dr. Zoldoske explained his time and service with the program since it started in July of 2008.

With the donation given, the initiative is continuing in motion and meeting goals for both communities and partners.

“I think the initiative is great and for a good cause,” said student Carly Nelson.

“I do wish they had more information available at school, maybe set up a stand or hand out pamphlets to get students more interested and active,” continued Nelson.

Students and faculty who wish to learn more about WRPI and what they can do to get involved can visit http://www.calstate.edu/water/ or the John M. Pfau library on campus for more information.
Coyote visits Feminist Camp

By Brittanie Gutierrez
Staff Writer

Graduate assistant Marissa Wollard shared her experience about the Feminist Camp, which brought together feminists from across the nation to address social justice issues.

During the camp, themed workshops, internships and sessions took place where attendees learned about reproductive justice, media, networking with other feminists and how to get involved in the feminist movement.

Held in New York City from Jan. 9-13, the camp was open to all to apply but only 14 spots were available.

“I think my favorite thing is that I was surrounded by so many powerful women, I gained a lot of confidence,” said Wollard.

“I have a lot of ideas about possible career choices and future internships. I networked a lot. I learned about a lot of new resources, films, and ideas on how on non-profits work to fund grass root efforts and activism,” continued Wollard.

Programs like Feminist Camp are important for various reasons, aside from just activism,” continued Wollard.

Wollard came back with opportunities and hobes to bring what she learned back to [CSUSB]. I learned about a lot of new resources, films, and ideas on how on non-profits work to fund grass root efforts and activism,” said Wollard.

Programs that promote educating the public are beneficial to our community, especially when it comes to human rights.

“If one wishes to attend Feminist Camp, Wollard has some tips while there.

“Write everything down because there’s are so many resources and opportunities for future careers. Lots of new ideas there, fantastic people there to work with to further your career,” said Wollard.

To attend Feminist Camp, scholarships are available and cost varies depending on where you plan to attend.

“You can get the scholarship but there’s also financial aid waiver, which covers lodging. You can also do fundraising efforts. There’s all kinds of ways you can do it. You can do it but it’s not going to be easy,” continued Wollard.

Feminist Camp is so much more than what people think and Wollard came back happy she attended.

Art exhibit

By Nee Ramos
Staff Writer

The exhibit “Beyond The Fences/Mas Alla de los Fences” opened on Jan. 17 at the University of Redlands’ art gallery.

CSUSB professors Thomas McGov ern and Juan Delgado, along with professor Saul Acero from the University of Redlands, collaborated to make the exhibit possible.


“I think art has great power to portray, and illuminate at a very deep and human level, and both these artists are adept at communicating humanistic, important, and poetic ideas about community, identity, and love,” said Acero.

The exhibit was open to the public for viewing on Jan. 17, and a reception was held at the exhibit on Jan. 18. Where Delga do and McGovern discussed their pieces.

This exhibit came to be as a result of months of preparation, once Acero was able get into contact with the two professors.

According to Barreto, a lot of the work reminded him of places close to his home, and that he never thought that simple im ages can be looked at in a different way.

“The older woman standing at the edge of her fence [...] I’ve grown up in the city of San Bernardino all my life so to me it reaches out to neighborhood kids in a sense," said Barreto, in reference to a piece.

Barreto has a lot of the work reminded him of places close to his home, and that he never thought that simple images can be looked at in a different way.

“I was looking to reach out from the University of Redlands into the broader community, into the community we don’t interact with too much here at the Univer sity,” said Acero.

Being the case, Acero thought it was a great opportunity for to create a bridge for the two communities.

As Acero said, the work in this exhibit is a direct reflection of the commu nity and that “these are things that we see every day but we don’t look at long enough to really interact with.”

“I heard about the exhibit from a friend that live next to the University of Redlands and decided to check it out,” said student David Barreto.

According to Barreto, his interest in the exhibit began when he found out there are two professors from CSUSB and a one from the Redlands that were working to gether to make the exhibit happen.

Barreto is a senior and is a commuter from the city of Highland.

“It’s good seeing two cities working together,” said Barreto.

According to Barreto, a lot of the work reminded him of places close to his home, and that he never thought that simple images can be looked at in a different way.

“The older woman standing at the edge of her fence [...] I’ve grown up in the city of San Bernardino all my life so to me it reaches out to neighborhood kids in a sense,” said Barreto, in reference to a piece.

For Barreto, it reminds him of his childhood and the environment he grew up in. For others, it may grab them in a different way.

The exhibit will be open until the Feb. 15.
Consequences of veteran marijuana use

By Arturo Brooks | Staff Writer

Substance use disorder (SUD) has risen with veterans using medical marijuana for post-traumatic stress disorder (PTSD) in the past fiscal years.

From 2002 to 2014, the use of marijuana has risen 22.7 percent in veterans community, according to Veterans Affairs (VA). As of 2014, 40,000 veterans with both SUD and PTSD were diagnosed with cannabis use disorder, according to VA.

According to Dr. Smith, there are problems associated with the use of medical marijuana.

"Physical dependence is a state that develops as result as tolerance or adaptation from the result of use of the drug disrupting the bodies biochemical," said Smith.

"Marijuana use by individuals with PTSD may lead to negative consequences such as marijuana tolerance," according to VA.

"You can develop a tolerance to the euphoric effect," said Smith.

This means the individual using marijuana would need higher doses. With higher doses needed, the more dependent one will be on marijuana.

Individuals with PTSD could have a difficult time quitting their treatments due to addiction, as well as having a hard time responding, if they have treatment to this addiction.

Veterans without PTSD have less cravings and withdrawal than those with PTSD. Marijuana has some other negative effects that are more than just physical and mental.

"Personal marijuana use can disqualify for certain jobs, especially law enforcement," stated Jason Greene, a Cost Guard Veteran and criminal justice major.

In an email sent from the VP of Administration and Finances, "As a recipient of federal financial aid funds, CSUSB is required to follow federal law, which supersedes the new legislation in California," also known as Prop. 64.

This means that while marijuana legalized in CA, it’s still considered illegal at CSUSB.

This includes the possession, use, consumption, transportation, cultivation and/or sell of marijuana on campus, including on campus housing, according to the VP of Administration and Finances.

Since the majority of veterans are attending college using Free Application for Federal Student Aid (FAFSA) and GI Bill, it causes a conflict of interest.

“You have to look at the cost benefits of the treatment versus the problem,” said Greene.

“If a veteran has PTSD to the point where he cannot function as a student, and marijuana allows him/her to be able to attend classes and succeed in an academic environment, then why not let him smoke on campus?” continued Greene.

The same views were not shared between fellow students here at CSUSB.

Anakary Stewart, a student, stated, "Yes, so long as they are not showing up to campus high.”

"Again, I believe marijuana legislation should mirror alcohol legislation across all spectrums, i.e. students over the age of 21 will face consequences for showing up to campus drunk despite alcohol being fully legal for people over the age of 21. These same consequences should be extended to marijuana users," stated Stewart.

Even though marijuana has negative effects, it also has positive effects for other common issues affecting veterans.

"Only 6 percent of studies on marijuana analyze its medical properties," according to Business Insider.

This means we do not know what is more effective, the pro or con of marijuana for veterans.

“A growing number of studies demonstrate that these patients can tolerate trauma-focused treatment and that these treatments do not worsen substance use outcomes,” according to the VA.

continued Ushakov.

This is not the first time that CSUSB students put together a rally opposing Trump.

Students and faculty on campus voiced their opinions and concerns regarding immigration, racism and sexism on Nov. 16, 2016.

“The problem in my eyes is that people rely on a figurehead to make decisions for them. That’s how we got endless war, mass deportation and the largest spying apparatus in history, all these are Obama’s accomplishments,” said Andrew Crampston, a member of SQE and one of the rally organizers.

“The system failed us, grassroots organizing is the only way us regular citizens can get the change we demand,” added Crampton.

The SQE organization stands for the rights of teachers and students. They focus largely on raising awareness, fighting CSU budget cuts and tuition hikes.
College students are testing their limits on how well they can juggle their jobs, school time, and social life.

College requires a significant amount of time, effort, and commitment, but not to mention it is costly which requires some students to work multiple jobs. 45 percent of full-time college students are also full-time workers and 80 percent of part-time students work full time, according to The American Association of University Professors.

Although students may need to work many hours to pay for school, not all students are given the opportunity to do so. "I have a three-year-old son, so it’s a lot of time management to make sure you do everything that you’re supposed to do and not abandon him," said junior Regina Castro.

"So part of the reason why I work part-time is because if I were to do both school and work full-time I would never see him," continued Castro.

The American Association of University Professors reported that students should only be working 10 to 15 hours a week for academic success. Those hours are based off of what faculty members and administrators recommended when asked how many hours students should work in order to achieve higher retention rates.

However, many students are not able to make ends meet when they are not working a significantly higher number than those 10 to 15 hours. Hailee Campbell, who works about 30 hours a week both as a high school AVID, a college preparation class, tutor and as a waitress, advised fellow students to "not procrastinate and to stay organized."

"During any gap I try to go to the library and catch up on any reading for classes and stay up late to do homework," said Campbell.

It is not uncommon for students to know the struggle of staying up late in order to catch up on school work and accomplish everything else they have on their busy schedules. According to Stanford University, full-time students should dedicate three hours to every one unit they are taking, averaging them at 36 hours a week spent on school plus the 35 hours spent at work. "It’s better to either take fewer classes or work less than I do," said student Tiffany Keeler.

"The way I deal with having such a full plate is a severe limit on my social life. If a person absolutely must have as much on their plate as me," said Keeler. "I’d recommend they enjoy time alone, study something they love, find effective coping mechanisms for stress, schedule down-time, and have a good support system."

"It’s better to either take fewer classes or work less than I do," said student Tiffany Keeler.

Keeler also advised that, "This is not a race. You don’t have to beat anyone to the finish line."

"It’s okay to take a little longer to finish school and it’s okay if you aren’t getting perfect scores. None of the other students are walking on water, and you don’t have to be perfect either. Just be you. That’s enough," ended Keeler.

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**Innovation Traffic Center**

CSUSB is now one of 18 Beyond Traffic Innovation Centers across the U.S. whose main focus will be addressing and providing solutions for transportation issues facing Southern California. CSUSB is a commuter school, and many students deal with traffic jams on a daily basis, so this is an important issue that affects all of us directly.

"I commute from Fontana and I always take the side streets to avoid the freeways because they are usually a mess," said student Angel Valencia.

The William and Barbara Leonard Transportation Center was created in 2006 with a emphasis on regional transportation needs, which is something we have been given the opportunity to build on by becoming an Innovation Center.

The Leonard Transportation Center holds a community conversation with U.S. Secretary Anthony Foxx as the guest speaker last quarter to discuss the future of transportation. Secretary Foxx discussed how there will be 70 million more people commuting on the roads over the next 30 years, and stressed how it is important that we have research centers analyzing how to prepare for this increase, according to The Sun.

"It puts us on the map to come up with traffic solutions, basically being the door to be another voice and research center and an opportunity represent Southern Californian," said Rudy Morales, graduate research assistant with the Leonard Transportation Center.

Not only will we be an innovation research center, CSUSB will also be hosting conferences inviting experts to come together and examine traffic dilemmas and brainstorm solutions. One idea that is being discussed is the idea of a mega-region or megacommunity. A megacommunity is a circle where stakeholders voluntarily unite together around a major issue of national importance and pursue a set of practices and protocols that make it simpler to achieve desired results, according to A Transportation Megacommunity from the Inland Empire. Establishing a megacommunity means helping the Inland Empire population become diversified and better equipped with skills to solve transportation issues.

"I came from Boston which also has a lot of freeway congestion, but here people drive a lot faster and every wreck is so bad," said student Sam Shaw.

"I am always seeing accidents on the freeway and it just creates even more crazy intense driving situations, there is definitively room for improvement," continued Shaw.

The inland empire currently has over 100 distribution centers and about 34,000 trucks fill our highways daily, according to A Transportation Megacommunity from the Inland Empire, so it is no surprise that we spend so much time stuck in traffic.

"For the campus when it comes to traffic, University Parkway has three lanes and it is always so boggd down and that is the only main entrance to the campus and this creates a big headache, you always have to plan ahead for traffic," said staff member Danny Sanchez.

The program is still in the developmental phase and figuring out who all will be involved in the progress of transportation strategies, but the Leonard Transportation Center is working with the Department of Transportation as well as many others, according to The Sun.

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**Community**

**Juggling jobs & school**

By Genely Barajas

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**Innovation Traffic Center**

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The program is still in the developmental phase and figuring out who all will be involved in the progress of transportation strategies, but the Leonard Transportation Center is working with the Department of Transportation as well as many others, according to The Sun.
Second term has begun for the new faculty-in-residence program with four professors living within student housing.

The program fosters students’ engagement with local and international communities as well as providing them with educational services.

“The new program allows students that live on campus to get more involved, to learn to be less intimidated by their other professors by teaching them in different settings, and is a great way for the students and faculty to get to know each other outside of the classrooms,” stated Director of Student Housing Gyasmine George-Williams.

“The faculty members in our program are like a bridge to those who teach them outside the program,” continued George-Williams.

The participants within the program have much to gain. Those more likely to succeed will maintain higher GPAs and graduate faster than those who do not. Not only does living on campus grounds increase the odds of success but individuals can receive insight in regards to learning about different cultures and engaging in experiences they will remember for a lifetime.

CSUSB’s housing program benefits both students and faculty.

Small perks of the program include: priority registrations, preferred parking, dining hall with options that cater to varied palates, dedicated staff members, and an overall safe environment.

There are also many employment opportunities offered to those that live on campus grounds. Upperclassmen may engage in leadership roles by becoming resident assistants, hall coordinators, program coordinators, as well as desk assistants and mailroom assistants.

“I enjoy being involved on campus and meeting new culture and knowledge through my residents” said first year resident assistant (RA) Rocio Centeno.

“As I am growing as a person it can be challenging most of the time but I hope that it benefits me in the long run,” added Centeno.

Although living on campus offers a variety of benefits, there are challenges faced from both sides of the fence.

“Some of the challenges I face would have to be time management. You have to make it in time for classes, so- cializing, and self-care. The way I handled it was by becoming organized,” said Centeno.

Some daily issues the average commuter faces could be challenges such as time management issues, parking and expensive costs.

“I work till 3:40 p.m. so it’s hard making it to my 4:00 p.m. class because of time, traffic, constructions, closed freeways, accidents and gas money,” said student Melissa Barrara.

Another challenge is having to deal with unpredictable traffic.

“As a commuter I leave up to an hour and a half before my classes in order to make it in time and find good parking. I face terrible traffic most of the time,” said student Veronica Valdez.

Students will learn about themselves by living and learning independently. One can bolster their intelligence, confidence and leadership skills while also establishing healthy relationships with others.

“Our housing program helps build a strong sense of community and solidarity among its students and residents. Building relationships, making connections across differences, and learning to live harmoniously together is what we do here at CSUSB,” said Dr. Jordan Fillman.
Macy’s closures

By Amber Childress
Staff Writer

Macy’s is closing stores in Riverside County as part of their national reduction. The company announced they will be closing more than 68 stores in 2017, putting about 10,000 people out of a job.

Macy’s has been talking about closures since the beginning of 2016 but recently the company started discussing a new closing area.

After a decline in sales this past holiday season, Macy’s started off with the closing of 40 stores that has now grown to 150 plus stores around the country and is continuing to multiply.

“The company has seen a 2.1 percent drop in sales in November and December, which was at the low end of its previous guidance,” according to CNBC.

As the decrease in profits grow, the decline in stores grow as well.

In 2017, Macy’s has stated that “They will be closing at least 68 stores nationwide. The closing will result in the loss of 10,000 jobs,” according to The Balance, a financial publication.

“We are closing locations that are unproductive or are no longer robust shopping destinations due to changes in the local retail shopping landscapes, as well as monetizing locations with highly valued real estate,” said Macy’s Chairman and CEO Terry J. Lundgren, as in stated The Press Enterprise.

As the company plans to close a multitude of stores, they are also trying to communicate with their employees to make the transition easier.

“When Macy’s closes a store down the company is asking employees if they would like to relocate to a store that is within 50 miles of where they live or were working,” stated Macy’s associate Alyssa.

“Macy’s said it will offer affected employees positions in nearby stores where possible. Eligible employees will be offered severance pay,” according to The Business Journals.

Alyssa also stated that “as the employees do choose to be relocated they will have a higher priority over the seasonal workers that will be hired and if needed they can be offered a different position or a different department to work in so they can continue to have a job.”

Of the associates that are not going to be able to be relocated, “there will be 3,900 employees displaced. Among the eligible full-time and part-time associates who are affected by the store closings will be offered severance benefits,” according to The Press Enterprise.

“Surviving Macy’s stores will add new vendor shops, expand personal shopping services and hold in-store events,” according to Clark.

While Macy’s closes their stores they lose employees but they also lose customers.

“I enjoy shopping at Macy’s because they have great deals and great clothing. No matter where I go I am able to find something I like and need at any location. Knowing that Macy’s is closing down stores makes me sad because I travel and some of the stores that are closing I really enjoy going to when I travel,” stated student Marci.

While Macy’s closes their stores former customers are not traveling with the new growing stores.

“Many former Macy’s shoppers are trading down, purchasing an increasing percentage of their wardrobes from up-to-the-moment inexpensive options like H&M and Zara,” according to Slate.

As Macy’s closes their stores consumers are finding new fashionable locations to shop that won’t break the bank.

They also curate school-wide events, as well as provide entertainment and workshops that benefit the LGBTQQIA community.

The drive is the Pride Center’s way of being open to students who feel worried about their appearance and how they identify themselves by providing them with attire that fits their specific gender style.

“We are constantly throwing clothing away, so why not give that to people who do not have access and would benefit from clothes that you’re not wearing anymore,” stated graduate assistant Rahul Mazanado.

The Pride Center is encouraging students to donate any garments of clothing that they are no longer wearing to the clothing drive.

“I am hoping that coverage of the drive like this will push people forward who may be unaware or who have not seen the flyers to know that this is available and that they can donate and help,” continued Mazanado.

Some of the items will also be donated to non-profit organizations in local areas that are transgender inclusive, as well as individuals outside of campus.

“I’ve gotten several donations so far,” said Mazanado.

“We just started last week so I don’t expect it to really take off right away,” said Mazanado.

Even though the drive has only been going on for about a week, the Pride Center is hopeful that their efforts will have a positive reception among students.

Mazanado also added that “a lot of times these students aren’t financially stable either, so you have to think about it in terms of helping other fellow students out regardless of where your clothing is actually going.”

“The Out of Your Closet & Into Ours” clothing drive started last Monday, January 9th and will carry out until the end of the Winter 2017 quarter.

If you would like to donate any pieces of clothing to the drive, the Pride Center is located in the SMSU building, room 112 and is open Monday through Thursday from 10a.m. to 4p.m.
We are all trumped
Community members discuss their outrage and fear regarding Trump presidency

By Jasmin Novoa Contributing Writer

For the privacy and protection of the interviewees featured, last names were withheld.

The results of the election have angered different communities, one being the Latino community.

Undocumented Latinos fear many of the proposed actions promised by President Donald Trump.

People are now speaking about the new devastating era that will affect their lives.

Some people are devastated because Trump has promised and rallied for mass deportation, removal of Obamacare (Affordable Care act) and the construction of a wall to secure the US-Mexico border.

Some do not understand the dangerous effects Trump has on Latinos; he intends to separate families as well destroy their dignities.

Though his comments were specifically towards immigrants, United States born citizens were equally discriminated against.

Mercedes, a 52-year-old Mexican immigrant woman, spoke about how the situation has affected her.

“It has not affected me physically because I have a permit to be here, but it has affected me mentally. I think about the low chances I have to become a citizen,” said Mercedes.

Not only has it affected older immigrants, but younger generations are just as upset.

They fear being taken away from their families since most Latino families are immigrants.

“I’m scared. What will happen to my parents? Will they get deported? Where will I go?” commented Gabriela.

Listening to questions similar to those of Gabriela helped me understand their distress.

She should not be questioning or fearing for her parents, let alone herself.

I am part of the Latino community. I am an American citizen born and raised in Los Angeles, most of my family is here illegally.

Other groups like African Americans and the LGBTQ community will be severely affected by Trump’s proposed policies as well.

I see and sense the pain, fear, and hopelessness in my own home.

My parents are undocumented and have been in the process of becoming citizens since 2004.

They are not criminals as they are inaccurately described or predicted to be.

My parents spoke to me about the custody of my sibling, in case they are deported— an extremely difficult subject to speak about.

I too question my status in America.

What will happen if my parents are deported?

Will I have to leave the university and help them? It is a terrifying situation.

I know it will be difficult to pass such a law mass deporting immigrants. However, I am primarily afraid of the racist and prejudice people that have surfaced since the election.

It was tough processing what occurred on election night—I was shocked—I cried after the results.

I truly hoped Trump was going to lose. Although I am not an immigrant, I am part of the Latino community so, I am treated the same way.

The day after the election, two women expressed their excitement regarding the election results.

“Aren’t you happy Donald Trump won? I am. I was tired of Obama, Hillary, and their entire office,” said a woman of Caucasian descent around the age of 70.

I understand that everyone is entitled to their own beliefs and opinions, but it hurt to hear such dreadful comments.

“I feel angry and sad. He’s a racist and he’s not polite to people. He’s rude and such a hypocrite,” said a 13-year-old named Gabriel.

As Americans, I believe we should be proud of the decisions we make together—but not this time.

“He’s going to deport a lot of people. He says Mexicans are rapists and they’re creating crimes. That is not true, people are here to have better lives and not deal with the bad that comes from where we’re from,” mentioned Gabriel.

No one should have to fear or doubt their legal status.

“People are scared to be taken out of here. No one has stability or a secured home in Mexico. Our parents and grand-parents are not even here anymore,” said Mercedes. Many immigrants have made their lives in the United States and have no recollection of their birth place. “Our parents came to the United States to have better lives,” mentioned Gabriel.

“Our lives are here and we have no second home to run to if our parents get deported,” said Mercedes.

The same person who wants to unite America, is the same person who has crumbled it into pieces.

I believe that some did not take the election seriously enough and were sure Hillary Clinton would win, but reality struck and many Latinos were disappointed.

There is no doubt that Trump will detrimentally affect the Latino community.

We have many undocumented people in the Latino community, and we must fight united.

We should confide in one another and remind all immigrant families that they are not alone.

This is the time to be advocates to all minorities groups who will suffer from Trump’s presidency.
New year, same stress

By Chennel Booker
Contributing Writer

For some students, a new year can represent a fresh start, a new beginning and a second chance.
For most a new year is just a new reminder of all the stress one endures as a college student.

In a 2009 survey conducted by the Associated Press and MTYU, “85 percent of college students said they experience stress on a daily basis.”

Experiencing stress in such high levels can have detrimental effects on one’s mental health.

According to the same survey, 42 percent of students reported feeling down, depressed or hopeless due to the stresses of school work, academic performance and financial woes.

Anxiety and depression are only a few indicators of stress that students experience.

“Things stop becoming enjoyable,” said student Rocio Centeno.

“The little things don’t make me feel as happy,” continued Centeno.

Changes in sleep patterns, appetite and energy levels are some of the most common indicators of stress and emotional health issues.

“When I’m overly stressed, I can’t put words together and everything becomes jumbled up,” said student Lydia Delgado.

“I tend to fall asleep later and sleep in,” continued Delgado.

Turning in late assignments and missing class are a few of the stress indicators that Professor Smith, who has a doctorate in social work, has noticed in students.

“A lot of our students have stressful life issues and these are going to be stresses whether you have two assignments or 20 assignments,” explained Smith.

With all the stress that is associated with being in college, any sort of relief or solution seems nearly impossible.

Thankfully, that is not the case.

“When it comes to dealing with stress as a millennial, the first step is respecting how you feel,” said Elissa O’Dell, founder of Elm Experience.

According to The Healthy Minds Study, an annual national online survey of college students about mental health, About 44 percent said they thought they’d needed mental health help in the past year.

CSUSB Counseling and Psychological Services offers different types of counseling such as, individual, couple and group sessions that are available to help students recognize unhealthy behaviors put on by stress.

Counseling and Psychological Services also offers workshops designed to help students improve overall health and wellness.

“When you’re stressed there is this term called fight or flight where you’re like ‘I’m gonna fight, I’m gonna fight’ and your adrenaline is rushing, you are not thinking such as, individual, couple and group sessions that are available to help students recognize unhealthy behaviors put on by stress.

Poor time management, a lack of confidence in their abilities and students not knowing how to use in-text citations are just some of the reasons students cheat and plagiarize.

A recent survey conducted by an academic integrity researcher named Don McCabe proved that 70 percent of college students have reported some form of cheating.

In a survey of 24,000 students at 70 high schools, 64 percent of students admitted to cheating on a test, 58 percent admitted to plagiarism and 95 percent said they participated in some form of cheating, whether it was on a test, plagiarism or copying homework, also according to McCabe’s research.

“I believe students commit plagiarism for a variety of reasons, many of which have nothing to do with an actual intention to cheat,” said Mihaela Popescu, Associate Professor at CSUSB.

This is not because they were taking credit for someone else’s words, but simply because they were never taught how to write a research paper.”

Reasons for cheating can also be a result from students not being prepared for college.

“From politicians cheating, to corporate scandals such as Enron, to the steroid scandal in Major League Baseball, to the NFL’s “deflategate,” our students are surrounded by examples of dishonest acts,” said McCabe.

McCabe found that his past research and experience shows students engage in a cost and benefit analysis in which students see it as: “If I cheat and don’t get caught, the reward is an ‘A’ in the class, admission to a graduate/professional school of my choice or a great job.

Many feel that we reward people far too often for simply ‘trying’ which leaves students unprepared and makes it difficult for students to cope with failures in life.

“There is a pressure, whether it be from ourselves or from others, to pass and also some people are just naturally competitive; and they don’t want to feel dumb in comparison to your classmates,” said student Joel Morris.

“Or maybe they just didn’t have the time to study, which is why I think students tend to cheat,” said continued Morris.

Cheating and plagiarism can also come from not having much confidence in your own thoughts.

Students are quick to jump on the internet to copy and paste someone else’s work, assuming that person’s thoughts and published work is worth more than their own.

“I would like to say that I have not cheated, but the reality is that just by glancing at someone else’s exam is an act of cheating. You may not take their answer, but you take into consideration what they wrote, assuming that person’s thoughts and published work is worth more than their own.”

Everyone knows that college work is tough and still so many students do not leave enough time in their day to work on what really matters; which ends up leaving students in a panic and feeling as if they have to steal someone else’s work.

“The Library at CSUSB is an excellent resource. They have critical literacy programs that can help students understand citation styles, how to credit sources in their writing, and so on. I would imagine the undergraduates Writing Center could also be helpful in this respect,” said Professor Popescu.

By Manuel Sandoval
Contributing Writer

Monday, January 23, 2017

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By Manuel Sandoval
Contributing Writer

Monday, January 23, 2017
Pfau offers exceptional resources

By Loydie Burmah

Aside from being considered an incredibly large dormitory for books by some, CSUSB’s John M. Pfau Library offers a plethora of free resources, programs and services for attendees.

Pfau features innovative technology and services such as computer labs, a multimedia center, research assistance, search database, equipment rental services, study rooms, and plenty more.

Libraries are insightful pinnacles into community; they serve as a reflection of a community’s history, culture, and values.

“I think its [library] a necessity,” said Library Multimedia Center (LMMC) student assistant Jonathan Moreno.

Moreno further described that libraries provide more than just a location to study and work, but also access to information otherwise inaccessible by other methods, as well as numerous beneficial services needed.

One beneficial service that Moreno enjoys utilizing are Course Reserves.

“I like the Course Reserves because it saves money,” said Moreno.

Course Reserves allow students free access to rent certain materials for use, and the loan period allotted for course materials are determined by the instructor.

This service allows students an opportunity to allocate some of their funds towards other necessities.

Moreno works on the fifth floor of the library where the LMMC (PL-5005) is located.

The LMMC offers a large variety of audio and visual materials, production equipment such as cameras, audio recording devices, multimedia editing software, multimedia collaboration rooms, an iPad lending program, and even more services.

Moreno mentioned another one of his favorite services at the LMMC is the Blu-ray rental program.

One suggestion that Moreno advised to students in regards to utilizing Pfau services and resources is to engage in workshops. Depending on one’s academic level, one can attend a library research for freshmen, transfer/junior bootcamp, or graduate studies workshop series.

Special Collections (PL-4005) located on the fourth floor features archived historical and cultural documentation related to the Latino Baseball History Project. Workshops are also held here.

“It’s an amazing opportunity for students to become involved in the intellectual community on the campus,” said Coordinator of Special Collections Jill Vassilakos-Long.

“People are welcome and I really think it enhances their education,” continued Vassilakos-Long in regards to encouraging students to attend events and workshops related to the community at Pfau.

Vassilakos-Long spoke about the featured Latino Baseball History Project collection that preserves and exhibits hidden histories of Latino baseball players.

Gifts like photographs or articles provided by the community as well as from baseball players who were active during the time period of the 1930s to 50s help bolster the project’s archive.

“At that time, people who were Latino were not welcomed into the major leagues, and so, they were involved in the pony leagues,” said Vassilakos-Long.

“We had a very active group in this area, and we are collecting their information on their leagues, on their playing, on what the world was like back then—on everything we can learn from them,” she continued.

Terry Cannon, Executive Director of the Baseball Reliquary, and Cesar Cabalero, former Associate Library Dean at California State University, Los Angeles are credited with creating the project.

The Latino Baseball History Project honors those players for their amazing skill and ability to persevere despite detrimental tribulations.

“People aren’t eternal,” said Vassilakos-Long, so it is imperative that we “capture them while we can” she continued.

Current collections available are: WWII Japanese Relocation Center and Internment Camp Newspapers, Jamal Nasar Middle Eastern Studies, Black Voice Newspapers, and more.

The Innovation Lab located on the first floor (PL-1003) features stimulating, advanced technology for anyone interested in learning and experimenting with creative tools and devices.

“You have a full, little room of a playground to come in and make whatever projects—whatever. Anything you want to learn or make and go out and find out about,” said Innovation Lab student assistant Mark Ortiz.

Inside the Innovation Lab there are sections featuring different stations. One section contains littleBits, which Ortiz described as magnetized circuits or “advanced Legos,” teaches students how circuits work.

“We have RedBoards which are a little bit more advanced hardware components, resistors, wires, LEDs, nothing too fancy, but at the same time it is something to teach students on how to build circuits, or anything like that,” said Ortiz.

Demos and projects are exhibited to show how different attendants created their own unique pieces with the technology available.

“The biggest thing around here and in the Innovation Lab is 3D printing, it’s all completely free, just like anything else in this lab,” said Ortiz.

Attendants create a design of their liking and it is replicated with polyactic acid (PLA) “which is just a fancy term for plastic,” described Ortiz.

He also spoke about a project in which a drone frame was created using “nothing but 3D printed parts.”

For those interested in coding and programming there are microprocessing computers featured at the Raspberry Pi station.

“We provide low-cost, high-performance computers that people use to learn, solve problems and have fun,” stated the Raspberry Pi Foundation “About Us” page.

How about those interested in transcending this current reality? Virtual reality stations feature games and experiences for attendants. Ortiz mentioned that a psychology student studying the effects of exposure therapy is developing a program involving virtual reality.

Ortiz used an example of a person with arachnophobia dealing with their fear(s) in a controlled environment as an example of how virtual reality may be serve as a resourceful assistance in exposure therapy.
Congratulations! You got accepted into college, but that lucrative career is still a ways away.

Oh, so you just thought that once you got your degree you were set for that fancy lifestyle? Wrong. Life is not set up that way; in fact, what separates you from the rest is doing what others are not willing to do.

Anyone can show up and receive a grade, but those who take that extra step get a jump start in their career. One ultimate goal in college is to be marketable once you graduate; or have a guaranteed job.

Please be advised: not having a job by graduation is okay—things take time. With that being said, it is important to prepare as soon as you can to broaden your chances of work.

You may be wondering what you can do to set yourself up for success. After searching for answers, I got well-rounded feedback from a professor who’s part of the pack.

I spoke with Ted Ruml, an English professor here at CSUSB, about his experience while in school. First, I asked him how he utilized his time in school.

“Spending a lot of time reading for courses or anything that wasn’t for course work?” responded Ruml.

Then the big question: “Did you network?”

Ruml’s answer caught me off guard he answered, “No, I didn’t. Got a job directly after by doing interviews […]”

Don’t get too excited! There is always more to a story and Ruml gave me a new perspective about networking and specific job fields. I followed up with asking if he thought his journey would have been easier if he did network with his professors.

Ruml sat for a moment before he responded, “Probably. I did have friendships with my professors, but they didn’t have anything to do with my career.”

I found that interesting and wanted to know how he debunked the ‘it’s not what you know, but who you know’ rule.

“It varies according to profession…if you were trying to get a job in public relations or something like that it probably would make a difference,” said Ruml.

I ended our interview asking if he had any words of wisdom for anyone working towards graduate school and their career.

“Find a subject your interested in. The important thing is to study what your passionate about,” said Ruml.

There you have it from someone who went out and got the job done! Ruml offered a unique perspective on building relationships and although he didn’t take the traditional route, he did mention the importance of relationships. Whether you connect with people who are in your career field or not it is clear that we all need some companionship to help us get by.

After all, we are a pack.

Love or loathe: GE classes

By Clairissa Gonzalez

General education (GE) courses are a drag to some students, yet a life changing opportunity for others.

“It’s a little bit of both. It’s good to be well rounded but if you know exactly what you want to do and what career and major you want to go to, it’s better to be able to skip the GE courses,” said student Alyssa Rock.

An article written by a student named David Becker for a North Iowa Area Community College posed questions regarding why students are required to take classes unrelated to their major “just for the sake of being a ‘well-rounded’ individual.”

Some students have developed their passions and know exactly what they want to do in life. However, other students rely on GE courses they take in college to figure out their exact journey.

An article by Gayle B. Ronon entitled “College freshman face a major dilemma” on the NBC News stated that “nearly 75 percent of college-bound students have yet to choose a major but they are still expected to pick schools, apply to and start degree programs without knowing where they want to end up.”

GE classes sometimes spark an interest in career paths that would never have been known to the students had they not been required to take the course.

“I changed my major from psychology to business after taking a GE economics class,” said student Harmony McCaulley.

About 80 percent of students in the United States end up changing their major at least once, according to the National Center for Education Statistics. For this reason, some freshmen apply to universities with undeclared majors. According to CSUSB’s Statistical Fact Book, as of 2015, starting out undeclared is the 6th most popular major for undergraduate students. CSUSB has a requirement of between 78 and 86 units to graduate GE classes, with a variety of courses to choose from to meet those numbers.

When asked why students should take classes that have nothing to do with their chosen major, many responded positively.

“It’s good to know other skills just in case something happens that deters you from your original goal,” said Rock.

Critical thinking is one of many important skills and it’s often used to argue why philosophy should be included in GE requirements.

For many undergraduate students, philosophy is a course they enroll in at the collegiate level, as it is not usually a part of a high school curriculum.

The opinion of many students is that it is interesting but not necessary.

“I think the basics of philosophy (theories behind specific schools of thought for example) should be covered in an ethics or English course and applicable to real life situations, but a complete philosophy class should be dedicated for philosophy or other such humanity majors,” said student Madison Martin.

Practical skills are what administrators and other education officials want students to take from these GE courses.

Problem solving, oral communication and global awareness are positive things to be gained from taking these classes. The general consensus of students asked is that general education classes are useful, but a nuisance.

“They’re useful, but annoying,” said student Caci Rosson.

GE classes: love them or loathe them, they really do have an important impact on our academics.
Panza Monologues auditions

A play about complex identities, life and baring one’s truth

By Gladys Oliva
Asst. Features Editor

The San Manuel Student Union Theatre held auditions Jan. 17 through 19 for students interested in performing for a new play, “The Panza Monologues.”

The play is based on the book which is written and compiled by Virginia Grise and Irma Mayorga. The book features stories from various Chicanas who discuss their panzas (Spanish for “stomach”) with humor and wonder. Those featured reveal their struggles and experiences with childhood, relationships, abuse, love, politics, etc.

Despite sharing their difficult struggles, those Chicanas featured knew how to add a humorous touch. The monologues range from dramatic to comedic, and are thought-provoking.

Student Claudia Ramirez auditioned for “The Panza Monologues, and as a Hispanic woman she commented on how important it is to spread the message on body empowerment by revealing experiences that women go through.

“This type of play empowers you as a woman to not be ashamed of your panza or your Latino culture,” said Ramirez. Every monologue has to do with the panza and explains the importance of accepting not only your belly but every woman’s belly.

Instead of focusing on the negativity that society puts on a women’s belly, such as being unacceptable or unworthy, we must remember that every person’s life begins from a panza.

Ramirez believes it’s important to have positive connections with not only your bodies but your culture, no matter what background you come from.

Although she has done acting roles for her major in communication she does not have any experience being in front of a live audience. However, the auditions grabbed her attention due to the encouraging messages it presents to the audience, especially to women of different sizes and races.

“Anytime to share an empowering story about women is a good time but especially today since Donald Trump is our next president. The Latino community has been targeted a lot, and this play shows we as a community can stand together,” student Aylen Jauregui who auditioned for a monologue.

Jauregui who does have experience with theatre explains how “The Panza Monologues” are different from any other project she has done because these monologues have to do with her roots and represent some of the experiences she has gone through as a Latina.

“I did not prepare at all, I just went in there and acted like myself. I just wanted to do something to represent my community,” said Jauregui.

The monologues creates a community for Chicanas and feminists to speak truths about their journeys. Both plays are well known and have taken place at various Cal State Universities.

The play will take place on campus, in the SMSU Theatre on Friday, March 3rd.
The Pomona Fairplex hosted its 36th annual Asian American Expo to celebrate the Lunar New Year festival on Jan. 14 and 15.

Founded in 1982, the festival recreates the variety of events, vendors, food and entertainment of Asian culture, such as fashion and the vivid array of numerous foods. Many attended the expo to support local vendors.

The Asian American Expo brought a variety of cultures and traditions together under one location. From Japan to China, there were plenty of events, vendors, food and entertainment for guests to enjoy and come together to celebrate the Lunar New Year.

What album would you bring?

Most students would not mind being stuck on a deserted island if they were able to bring along one of their favorite albums. A few people shared what album really stands out to them.

Student Hector Perez chose to take the album “Please Please Me” by The Beatles. “It’s from the earlier days, the beginning of the fab four,” stated Perez.

He also reflected that the lyrics do not influence him too much but he finds the songs rather catchy. “It’s important for daily use and I can’t live without it,” shared Perez when it came to thinking about music in general.

Music has the power to make unbearable situations into a pleasurable time.

Whereas Jeremy Gonzalez preferred “Formula Vol. 2” by the artist Romeo Santos. “It’s my oxygen,” Perez added later to the thought.

Music is like a different language,” said Gonzalez. “Every lyric and song has a different meaning,” added Gonzalez.

Music has the power to make unbearable situations into a pleasurable time.

“It’s important for daily use and I can’t live without it,”

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“Eres Mia” and “Propuesta Indecent,” are the two tunes that Gonzalez favored from all the tracks on the album. The first track is a fourth single from the album and peaked at No. 2 in the US Billboard Hot Latin songs.

When Gonzalez listened to these two specific songs, he is impacted by the lyrics that are being sung.

Gonzalez interpreted each one of the songs with his own meanings and reflects on what the lyrics are trying to get across. “It reminds me of the past,” shared Gonzalez about the meaning of the lyrics from his chosen tracks, “back to the easier days,” he continued.

When it came to the personal view of music in a general sense, Gonzalez also concurred with music being an essential tool.

“Music is like a different language,” said Gonzalez. “Every lyric and song has a different meaning,” added Gonzalez.

Music has the power to make unbearable situations into a pleasurable time.
YouTubers Guide

By Robert Lopez
Staff Writer

With the rise of social media, YouTube has become a platform for many people to express their creativity and earn extra money.

Now that the new winter quarter has started, some communication and marketing courses are requiring students to have blog experience. With the growing popularity of YouTube, it makes it easier for people today to express themselves.

Kostas Garcia, an online personality with over 100k social media followers, said that “being able to meet and interact with my fans is the best feeling in the world.”

“YouTube has over a billion users—almost one-third of all people on the Internet—and every day people watch hundreds of millions of hours on YouTube and generate billions of views,” according to statistics provided by YouTube.

The video-sharing site went live in 2005, and has since become the go-to destination for uploading footage on the web. YouTube is a free community that allows anyone to interact and share various content ranging from comedy, travel, cooking, music, etc. When starting a channel, finding inspiration may be difficult. Find inspiration through different successful creators that interest you and create similar content.

Now that the YouTube community is larger than ever, it is harder for creators to “make it big.”

Getting started is as easy as any other social network. With five easy steps, one can build a successful YouTube channel.

First, think about what kind of content you want to create and how to stand out from other creators on the site. It is important to find out information regarding the audience you want to attract. The next step is to acquire a HD quality recording device (even today’s phones have the capability to produce some great quality images, graphics, etc).

Next, make sure you upload to the site frequently to ensure audience retention in order to sustain channel growth.

Lastly, be an active user! That means uploading, commenting on other creators’ videos, sharing content and interacting with viewers. My favorite thing about making YouTube videos is being able to show my perspective on anything and having people respond to it.

As of late, my channel RobertEnter tains has almost 200k subscribers. YouTube already has so many videos for different audiences, it is very important to create original ideas and produce videos. Viewers are attracted to originality, which is why certain YouTubers stand out and are more successful than the rest.

There are many perks that come with being a YouTuber, one in particular, being money.

Depending on a signed contract, YouTubers can make on average about $100 per 1,000 views.

After a while, brands may reach out to vloggers (video bloggers) to offer paid promotions in addition to revenue made by ads.

“Although creating revenue is nice, that should not be the reason to start a YouTube channel,” said Labib Yasir, a YouTu ber with over 10,000 subscribers.

Getting a YouTube channel started and populating it with engaging content may seem hard, but with dedication and hard work it can be done.

The nerves of starting YouTubers are usually really high, which hinders them from creating genuine content—so just be yourself.

Aspiring YouTubers should not let initial nervousness get in the way of engaging with this powerful medium.

“I started making YouTube videos to document my life and I also enjoy making people smile,” said YouTuber Michael Moody (Moods).

Moody is a travel vlogger that incorporates comedy and cooking. His main goal is to spread positivity through every video he uploads.

Whether starting YouTube as a hobby, or to forego one’s career, this social media platform provides a perfect opportunity.
Sports

Athletic Director position open

By Kieron Coleman
Staff Writer

The history of our athletics department has been what can only be described as a success.

The Athletic Director position has been opened to potential candidates, with people currently applying for the job.

In the Athletics Department Hall of Fame, there are two former Athletic Directors (AD), Nancy Simpson and Dr. Reg Price.

These are just two of the four people who have been in charge as an AD at CSUSB since the opening year of sports in 1984. Price, the second inductee of our Hall of Fame, was the starter of this program which has now become a nationally recognized Division II Athletic program.

In the fourth year of the athletic plan, the ‘Yotes were very impressive. That year the Coyotes won 74.4 percent of their games. Half of the teams received invitations to participate in NCAA Division III (D3) championships. In addition, half of our teams were also nationally ranked in the NCAA polls.

Men’s soccer reached the Final Four, volleyball placed second behind national champions UC San Diego, men’s basketball ranked nineteenth in the country, women’s basketball finished fourth in the West Region and baseball ranked ninth nationally.

All of that occurred in D3, which does not permit athletic scholarships.

David Suenram, the second Coyote AD, started at Pittsburg State University as the men’s track and cross country coach before becoming the AD.

He and his family then moved to San Bernardino, where he was the AD for six years. Suenram passed away in the year of 2015 on Sept. 5, in Mountain Home, Ark. at the age of 80.

Nancy Simpson, who followed Suenram, was our longest serving AD to date, being at the helm for 16 years. Simpson was also the first women to be inducted into the CSUSB Hall of Fame in 2015.

The Coussoulis Arena, which looks as great today as it did when it opened in 1995, was built under Simpson’s eyes.

Simpson, a Marietta, Ga., native, came to CSUSB in 1991 as an associate AD after spending 12 years in a variety of coaching and administrative roles at UC Riverside.

Four years later, she became just the third AD in the history of the university.

During her time as AD, the Coyotes totaled 11 CCAA team titles and their first six NCAA Division II regional championships in school history.

Kevin Hatcher took over for Simpson and made a name for himself by doubling the amount of athletic funds and sponsorships. He also adopted the CSUSB athletics Hall of Fame.

However, there was a change within the AD role when Hatcher, who had served for the past nine years, stepped down.

Morgan Walker was named as our interim AD, filling in as a replacement for Hatcher. Walker joined our staff in 2008 as an associate AD for compliance and internal operations, before being promoted to senior associate AD in December 2013.

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Men’s basketball

By Tyler Vanderelst
Staff Writer

The CSUSB Coyotes men’s basketball team’s hot start seems to be cooling off after being defeated in five of their last seven games.

After starting the season with a record of 3-2, the Coyotes have fallen to 7-7 and 3-6 in conference games.

The season has had its ups and downs due to some significant injuries, and new players getting adjusted to each other, which has led to a season record worse than the team would like to have.

“This year we have shown glimpses that we have the ability to be one of the best teams in the nation,” said center Phil Reed.

“We haven’t had the record that we wanted so far, but I am proud of my teammates because every game we lace up and go to war with every single team,” continued Reed.

The team started the season by playing an exhibition game against the Fresno State Bulldogs, losing 69-76.

They then lost their official season opener in an overtime thriller to the Central Washington University Wildcats by a score of 84-89.

They were able to comeback and win their next three games against Concordia University (Oregon), the Academy of Art and Saint Martin’s University.

The Coyotes then lost their first CCAA (California Collegiate Athletic Association) game to Cal State San Marcos by double digits.

After failing to win their first CCAA game, they were able to bounce back and win the next one against Cal State Monterey Bay by a score of 67-54.

The Coyotes then lost their next two CCAA games against UC San Diego and Cal Poly Pomona putting them behind in the CCAA with a record of 1-3.

They were able to get back on track and win their game against Stanislaus State, 59-56.

However, this win was short-lived as they would drop their next three CCAA games.

They lost three straight to Chico State, Sonoma State and San Francisco State, dropping their overall record to 6-7 and their conference record to 2-6.

They needed to win their next game, which was also against the San Francisco State Gators, to halt their three game losing streak.

On Jan. 18 the Coyotes played the Ga-tors and were able to get a win in a hard fought battle on a game winning buzzer beater from Khleem Perkins.

This was a big win to put them back in the playoff picture.

“We are confident going into our next game against San Marcos after our last win against San Francisco,” said guard Everett Turner.

The Coyotes can credit their stout defense for keeping them in contention for the conference tournament.

They are forcing turnovers at an outstanding rate with almost 10 per game.

“The changes that we have made on defense has allowed us to put more pressure on our opponents,” said Turner.

It may only be the halfway mark in the season but this team already has their sights set on the playoffs.

They have all the talent they need, now it is just about putting the pieces together to go on a championship run.

“As far as playoffs go, I believe we’re more than capable of making a run,” said guard Dylan Leonard.

“Our league is very competitive so you really never know who is in or out until the last minute,” continued Leonard.

The Coyotes have six more home games throughout February with lots of great theme nights and promotions to check out.

New Year’s health resolutions

By Yera Nenan
Staff Writer

Just one small change can set you up for a successful year or a year leading to failure. Working out or participating in fitness classes are some of the most popular changes for many this year.

The problem that typically occurs with beginning a new exercise regiment in the new year is actually sticking with it.

Personal trainer Tyrone Holmes explained that, “Many people begin an exercise program, but abandon it before Easter.”

Taking it easy when you first begin your training regiment while setting realistic goals are great ways to stay on course.

“You may know people who train six days a week, but it’s fine to start with three,” described Holmes.

“Start slow, develop a solid foundation of fitness and then build upon that foundation as your fitness improves,” continued Holmes.

It is understandable to see how people who are not used to disciplining themselves in this sense can fall short of their planned goals that they had set for themselves.

College students especially can lose sight of the fitness performance that they want to achieve in the year with the addition of tough classes, work outside of school and conflicting schedules.

Lawrence Bowens is a Rec Center employee who can relate to these types of scenarios.

“There are multiple reasons such as laziness and family issues, and with some people, it’s an interference with their schedule,” said Bowens.

At the end of the day, it really depends on what type of person you are and how you plan to achieve what you want.

“You honestly just have to force yourself or get someone to help...if you have a goal you might as well push yourself to go,” continued Bowens.

Bringing a friend to the gym or having someone you can count on while exercising can increase your chance of success while you have fun.

One problem at the Rec Center is the fluctuation of attendance.

Just like most gyms, there is always a large surge of attendance at the beginning of the year but a large drop off after the first month.

“It decreases, first exponentially; then it starts to level off and then it will gain back again towards summer,” stated Bowens.

Lady Coyotes trample Gators

By Daisy Cortes
Contributing Writer

Available online @ Coyotechronicle.net
CSUSB soccer recruit Alexia Gonzalez is determined to get back on the pitch after her season ending injury.

With two months of recovery ahead of her, she is ready to take on the 2017 season. Gonzalez tore her anterior cruciate ligament (ACL) just two weeks prior to the start of the 2016 season, which forced her to sit out the entire year.

Gonzalez, a Bakersfield native and two-time first team All-American choice at Taft College, was eager to take her soccer and leadership skills to the Division II level.

She was recruited to CSUSB by head coach LeHaron Hollimon, who stated that “she exhibits important character traits needed to be successful in the program.”

Every athlete’s worst nightmare became a reality for Gonzalez. She never imagined her season would come to such an unexpected end. Hollimon collided with a teammate during a scrimmage at practice and immediately went to the ground.

Despite the positive encouragement from teammates, she knew exactly what had happened the moment she fell to the ground.

“I don’t think any athlete ever thinks it will happen to them until it does,” stated Gonzalez.

Right after the tear, she thought her time was being wasted now that she is injured. A tear in the ACL is often caused when the athlete lands abruptly with their knee in a twisting motion, tearing the ligament. In other words, one of the tissues is being divided into two parts.

The athletic trainers at CSUSB have set her up with a six-month rehabilitation program.

Head athletic trainer Laura Tropila stated, “she needs to regain muscle and function in her knee again.”

This minor setback has only made Gonzalez stronger mentally and physically.

She forced herself to take it one day at a time, and even if six months sounded like forever, she just had to keep pushing herself to get better. When other athletes have days off, she does not.

“Everyone else can afford to take a day off, but I can’t and I won’t,” stated Gonzalez.

She has been doing everything and more to get back on the field ready to compete at the top level she was at prior to her season-ending injury. Even coach Hollimon knows she is dedicated to doing whatever it takes to get back on the pitch.

“She is persistent and committed to being the best player she can be,” stated Hollimon.

Her major comeback starts with her new mindset.

After the injury, she has been dedicated to positive thinking. She is constantly watching motivational videos every chance she gets.

“It may take me time to come back 100%, but the only thing I need to do is make coaching my profession,” added Juarez.

Her major comeback starts with her new mindset.

After the injury, she has been dedicated to positive thinking. She is constantly watching motivational videos every chance she gets.

“Everyone can decide how to handle the ‘bad things’, but ultimately it’s up to you to decide how you will react and conquer it,” stated Gonzalez.

With two months of rehabilitation left until she is able to return to the field again, Gonzalez is going above and beyond to get her mindset and body right.

Gonzalez is determined to get back on the pitch after her season ending injury. With two months of recovery ahead of her, she is ready to take on the 2017 season.