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“Ramona”
California’s official outdoor play concluded its 93rd season on May 1, 2016.

By NOEMI GARCIA  Staff Writer

Kathy Anderson first played “Ramona” but now, after 32 years of participation, played Selhora Moreno and the script change allowed the audience to better understand this character.

“Before all you saw was a grumpy lady and did not understand why,” said playwright Stephen Savage.

The drama focused on an orphan Native American girl who was brought up as a Spanish girl in an old Spanish manor and later falls in love with a Native American boy.

The “Ramona” outdoor play was originally a book written by Helen Hunt Jackson in 1884 and was later adapted into a script in 1923 by Garnet Holme.

However, for its 93rd celebration, Savage revamped the longest running outdoor script in 1923 by Garnet Holme.

The “Ramona” outdoor play was originally a book written by Helen Hunt Jackson in 1884 and was later adapted into a script in 1923 by Garnet Holme.

As the director, it is Anderson’s responsibility to ensure the play continues to entertain.

“Even though the outdoor play has become a tradition, it is entertainment first and it has to stay relevant to present times,” added Anderson.

The protagonists seemed to enjoy the script change as well, they saw it as an upgrade to the original novel as well.

Kayla Contreras, who played Ramona for the first time this year, said, “I saw the play as a child and want to come back next year.”

Contreras is of Native American descent, so this opportunity really hit home and she attends Cal State Fullerton in pursuit of an acting career.

Joseph Valdez has been playing the role of Alessandro for two years now.

“It’s truly unbelievable, and the play overall seems tighter,” said Valdez, who claimed to never get nervous and has never forgotten his lines.

The play goes on for three hours with a 30 minute intermission.

The characters had to fully prepare themselves for the show.

“We began rehearsing in January, so it has been about three months, and the new script was brought in by Bret切尔and, who played Don Felipe.

Brittney DeLeon, co-star of the play, also claimed to enjoy the script change, although she was nervous about taking on her character.

“It was my first year, and I was playing Margarita, it felt like toad big shoes to fill,” said DeLeon.

Margarita is a character known for her attitude, selfishness and envy towards Ramona.

When DeLeon was asked how she felt about the play, her attitude was beyond ecstatic.

“It is fulfilling because if someone looks up California, Ramona is bound to come up,” said DeLeon.

“Ramona,” having been around for 93 years, still obtains great turnouts each year.

“When the new script change and the modernization this has been the best turn out in five or six years,” said Steve Silk of Rialto.

The cast notices on who attends the play and whether they are locals or not.

“People come from all over the place to see Ramona, there are about 3000 people in each showing and only about 17 percent of them are locals, that tells you how well known the play is,” concluded Gregg Wilder, who has 18 years of participation in the play.

The city had about 25 homicide victims since the start of the year, according to The Sun.

“The violence makes me feel uncomfortable knowing that this is my home and I can’t go anywhere without looking over my shoulder, especially at night,” said student Brianna Harris-Phillips.

San Bernardino is more dangerous compared to nearby cities such as Highland, Rialto, Colton and Fontana, according to City-Data.com.

“We have a small town feel, we know everyone and it’s quiet,” said student Kathleen Rameriz.

The homicide rates were not recognized until the 2015 terrorist attack.

“I was shocked with the San Bernardino attack because I was able to see helicopters and police lights from where I live, it was so close to home,” said student Kathleen Rameriz.

The homicide rates were not recognized until the 2015 terrorist attack.

It’s not every day a mass shooting breaks out here in San Bernardino, but it left a large amount of people aware of the danger and the on-going crime rates.

There are definitely areas that are worse than others but people should be aware of what’s going on in the city they live in or in the area of their school.

Continued online at coyotechronicle.net
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CSUSB BRINGS HOME ICBSC WIN

By RACHEL RUNDENGAH
Opinions Editor

CSUSB students celebrated in victory after competing against 10 other university teams in the International Collegiate Business Strategy competition (ICBSC) in Anaheim on April 23.

They were awarded “First Place Outstanding Performance” in the competition, which lasted a period of over 12 weeks.

In the competition, each university team takes over the management of a simulated or virtual manufacturing company competing directly against four to five other firms run by competitor teams in its simulated world.

Each team was responsible for a strategic business plan, an annual report and a formal oral presentation to judges.

The team featured Kapil Jain (CEO), Musab Alfrakhas (CFO), Mohammed Alsubaie (COO), and Bella Han (CMO), along with their adviser Bill Donoho.

They all had the experience of managing their own company.

“We were a really strong team,” said student Kapil Jain.

“At one point, I made a big mistake in one of the decisions, ‘but we took it as an opportunity to grow,’” added Jain.

Each spring, universities from all over the world participate in the ICBSC, which is the world’s longest running, most comprehensive business competition.

All the teams manage their companies by making quarterly decisions for five simulated years—a total of 20 rounds of quarterly decisions.

These decisions are transmitted to the host computer utilizing the internet, the performance of the team’s company and that of its competitors determines the situation the company faces for the next set of decisions.

The win was led by a two to three month preparation.

The members were already acquainted and they have then familiarized themselves with the competition, as it was a part of their Master of Business Administration (MBA) class.

In January, the team received a start-up information and began position files for the competition.

The competition began at the beginning of February with the remote phase and culminated with the “intensive” phase from April 21 to 23.

Other Universities competing in the competition included CSU Long Beach, Idaho State University, Regent’s University London, University of California Riverside, University of Calgary, San Jose State University, St. Thomas University and Hong Kong University of Science and Technology.

“We did everything we were supposed to do,” said Jain.

“Before the last three to four quarterly decisions, we knew we got it,” concluded Jain.
The areas that would be hit the hardest would be San Diego,San Bernardino and Riverside counties, according to leading scientist Thomas Jordan, director of the Southern California Earthquake Center. However the San Andreas Fault has not seen any major movement five years later and how it was executed.

A university should put the safety and security of its students, staff and faculty first, said professor Brandon Johns.

“That is why we need to add locks to classroom doors and increase lighting around campus; indeed, it’s considerably more important than making any cosmetic adjustments,” added Johns.

Professors and students appreciate the plans to make the campus more attractive, but they feel other aspects of the school should be given priority. “The beautification seems like a small extra for me,” said student Acacia Weber.

“I guess it’s cool that they’re doing this stuff for the 50th anniversary, but it seems like we have other things that need to be taken care of first,” continued Weber. Safety is the main concern for most on campus particularly in poor lighting. “I’ve had many classes that ended in the evening,” stated Johns.

“When I exit UH, the campus is extremely dark. We are in desperate need of better lighting across campus. Better lighting would discourage potential predators from campus. They’re right to be concerned. In all my years, I’ve never experienced a campus darker than ours.”

Professors have also complained about the lack of locks on the doors of certain classrooms, stating that locked doors can save many lives in an emergency.

“Obviously we are not going to lock every door but the classroom doors that need to be taken care of first,” added Johns.

“Other changes students would like to see on campus is the need to focus on safety and security,” added Salgado. “We need more security presence from here and hopes to get more people to join the team as time goes by.”

“Upgrades to the CSUSB campus are welcomed with open arms by faculty and students alike.”

Continued online at coyotechronicle.net

By DESTINY CARTER

CSUSB’s forensics team competes

COMM 382 will be offered for fall and winter quarters as of right now, and is open to all students.

May 3

Chanel shows in Cuba

Creative director of Chanel, Karl Lagerfeld, presented his resort 2017 show in Havana, Cuba on May 3. The show featured 87 original looks inspired by the Caribbean city.

Seven hundred guests of the Chanel house were treated to an open-air street show where the runway was presented, according to Vogue.

Celebrated like Giselle Bündchen, Tilda Swinton and Vin Diesel were among the many who attended the anticipated event.
Bathroom law is outrageous  

By KEVIN MILLER  
Coyote Contributor  

It is astounding to have peers who believe the minority should shelve their desire for equality for the convenience of the majority when, not yet halfway through 2016, 11 transgender individuals have been murdered in the United States alone.  

2015 saw the highest number of transgender murders in history, at 21, and the number is expected to reach a new high this year.  

In the post-Obergfell v. Hodges world, many politicians have had their ability to attack the rights of others limited by the scope of the ruling.  

To fill this void, they have turned to creating rhetoric regarding the chaos facing Americans if transgender individuals are allowed to use the restroom matching their true identity rather than the one assigned at birth.  

The Coyote Chronicle ran a piece last month on the transgender restroom debate that demonstrated both vile disregard for fact and willful ignorance on anything related to being transgender.  

The author clearly misunderstood being transgender—suggesting individuals cannot identify as transgender and be religious or have their virginity intact.  

She also believed in women’s only restrooms—meaning the author failed to understand that these laws force people who identify as men to share restrooms with women, rather than forcibly prevent from them doing so.  

For those fearing gender neutral restrooms open to the door to sexual assault, we have had multi-stall restrooms made gender neutral here on campus multiple times during events at the Santos Manuel Student Union. There has never been a report of attempted sexual violence during those occasions.  

To say the minority should not be accommodated flies in the face of what this country is supposed to be.  

There have been attempted sexual assaults on campus, yet none have been committed by someone playing the human equivalent of a Scooby Doo villain by disguising themselves as transgender to gain access to a different restroom.  

And to respond to the claim that those of us who oppose restroom restrictions are irrational, or that the minority must mind themselves and allow the majority to have their comfort, I feel compelled to remind everyone that it has not even been 50 years since interracial marriage was legalized.  

To say the minority should not be accommodated flies in the face of what this country is supposed to be.  

If you think laws regulating restroom access will Make America Great Again, you will soon find yourself left behind: Economically, as companies choose the right side of history; socially, as your peers educate themselves and use their voice to support others; and in esteem, because you will become synonymous with that acquaintance on Facebook who thinks Olive Garden is the culinary apex and Chemtrails are being used to brainwash everyone around them.  

Allowing lawmakers to propagate hate—and allowing our misinformed and, in some cases, downright stupid peers to reiterate it—makes us complicit in the surfeit of murders plaguing the transgender community.  

I will not stand by and let 2016 be another record year for violence against the transgender community.  

I urge you, as my fellow Coyotes, as my fellow Californians, and as my fellow Americans, to find your voice and support your transgender peers.

The 2016 presidential election: A joke without a punchline  

By ISRAEL RAMIREZ  
Staff Writer  

I do not think this presidential election is a joke. Every four years, the Oval Office is up for grabs.  

2016 presidential elections kicked off with 24 candidates and now, only three remain in the race for the presidency. Sixteen candidates have dropped from the Republican Party, two of them being Kasich and Cruz who have both left the race leaving Donald Trump as the only runner. The Democratic Party that initially began with six candidates is now left with Bernie Sanders and Hillary Clinton.  

At the beginning, these presidential debates gave me the impression that they were unprofessional rather than presidential. The debates on both sides have each been interesting—except not in the most pleasing way.  

For example, Trump has put himself through some of the stickiest situations on live television during the debates. We all remember when he said, “Look at that face,” while referring to candidate Carly Fiorina, or the time he indirectly referred to Jeb Bush’s wife and said, “If my wife were from Mexico, I think I would have a soft spot for people from Mexico.”  

Many have labeled this presidential election as unprofessional, messy, embarrassing and sadly a joke. I do not think this election is anything close to a joke; it is competitive in a different way from any other.  

This election has seen the candidates who were thought to crush their way to the presidency struggle to get past the underdogs.  

Many, like myself, did not believe Trump had a shot at winning anything, but he is officially the last republican in the one that occurred at the Pfau Library last year during the spate of increased crime on campus, yet none have been committed by someone playing the human equivalent of a Scooby Doo villain by disguising themselves as transgender to gain access to a different restroom.  

And to respond to the claim that those

Sexual assault program is a waste  

By SHIRLEENA BAGGETT  
Staff Writer  

Students across the campus are in an uproar over the requirement to take the “End Sexual Violence” training. Ninety-nine percent of the 40 classmat es I conversed with about this topic would have preferred to spend their time studying or eating than taking the course. The program was designed to be interactive in hopes to bring knowledge to the participants, preventing sexual assault and domestic violence on college campuses. It also meets the Campus Save Act and Title IX mandates for federally funded schools, according to not-anymore.com.  

“We have enough to do, especially as graduate students,” said student Rich ard Contreras.

The program is something we have never seen before; he has climbed his way to the top by bringing the other candidates personal lives rather than his knowledge on policies into the debates.  

Ditching the traditional political knowledge displayed in most debates might make the election unprofessional or embarrassing, but it does not make Trump any less of a candidate. His lack of experience in politics could later be a blessing to the country in a way that has so far been proven to work.  

Economically, as companies choose the right side of history; socially, as your peers educate themselves and use their voice to support others; and in esteem, because you will become synonymous with that acquaintance on Facebook who thinks Olive Garden is the culinary apex and Chemtrails are being used to brainwash everyone around them.

The program was designed to be interactive in hopes to bring knowledge to the participants, preventing sexual assault and domestic violence on college campuses. It also meets the Campus Save Act and Title IX mandates for federally funded schools, according to not-anymore.com.  

“We have enough to do, especially as graduate students,” said student Richard Contreras.
Students need computing skills

By DESTINY GUZMAN
Staff Writer

Computers, software and technology dominate our society and are vital tools that we should know more about. “Your entire life is digital now,” said cyber security professor Vinny Nestler. Our world is overwhelmed in technological advances, and we as students need to be aware of how knowledgeable we are about it.

Google Docs, Prezi and more are basic tools that we as students should know how to use, but do we really need to know about software applications and technology if our major does not require them?

“By using the technology, it only leverages your intellect to a greater extent and allows other people to collaborate and create greater masterpieces,” said Nestler. Technology is an important part of our lives and can help us achieve our scholarly goals.

“It’s more important to make sure that technology is integrated in your entire student experience,” added Nestler.

One capstone about technology would not fulfill this great need.

A capstone should not be the only class where we learn how to operate computers and software applications.

“We should be aware of the impact our use of technology has on education and how other people are using it,” said Another student.

As Nestler said, we should incorporate or implement the use of technology in every class.

I understand that this will demand more from both faculty and students, but we all can benefit from the use of it. We will become resourceful and qualified to advance our understanding in these areas of expertise—yet we should be aware of how we are using these resources. “It’s funny—that’s saying our cellphones know more about us than we know about ourselves,” said student Dora Baldwin.

In actuality, it should be the other way around,” continued Baldwin.

Our knowledge about technology should not only be how to use our cellphones to post selfies on social media. We have to realize that our knowledge will help others.

“Through education we not only protect ourselves but others in our lives,” concluded Baldwin.

Baldwin leads our schools’ Info Sec Club, which offers valuable information and instruction.

Not only will learning more about these areas help our scholarly lives, but it will also help our personal lives.

“Cyber security is really important to learn because people are getting scammed,” said student Jimmy Ly. Now, if you think that this will never happen to you, then try to think about your loved ones.

We should take the time to learn more in order to help our family members, friends, and loved ones, who might not have the opportunity.

“If you took a course like IST-309, you would know techniques that hackers would use and how to protect yourself,” continued Ly.

“Having some knowledge is better than having nothing at all — to fix your computer or avoid a scam,” concluded Ly.

Security is necessary for our daily lives, and we are the ones who will make that happen.

We have to remember that technology is continually advancing and we must do the same.

What class participation can do

By ESTEFANIA TORRES
Assoc. A&E Editor

Class participation is essential for anyone to have a successful education.

Sometimes professors make participation up to 30 percent of the total grade, leaving the students with the choice but to fulfill this class requirement.

Participation is often considered to be a student’s attendance, contribution and involvement in class discussion.

The importance for student involvement in a class discussion is so they can be more interactive with the content that they are learning.

Being able to understand and talk about a topic is an indication that the student is knowledgeable about the information that they are learning.

Most professors make it clear at the beginning of any course that participation is key in order to pass. These points are easy credit among other things like writing papers, taking quizzes, and the dreadful midterms and finals that are often required in every course.

It is really not a big deal to attend class and exchange ideas with the teachers and other students.

Being involved is more entertaining—it makes the class session go faster and learning becomes more enjoyable. Constant communication between a teacher and a student is the key factor to success.

“Knowledge is distributed across a network of connections to people and information-learning consists of the ability to construct and traverse those networks,” according to Blended Approach to Technology Enhanced Learning.

One of the greatest struggles that students face is the overwhelming feeling of speaking in front of their peers and failing. Saying something wrong is usually what keeps students from participating in their class discussions. On the contrary, there is no such thing as failing; the only way to fail is to not do it all.

If you didn’t want to participate at first, it was very intimidating. Once I started to talk and interact with the instructor about the material I was able to fully understand what we were learning and I even did good on the exams. Even when I answered a question wrong I was still learning,” said student Cynthia Rojas.

Almost all of the courses that I have taken on this campus require constant participation, especially in the Communciation Department.

As a communication major, I have been in courses that require constant class interaction.

Participation has helped me and many students that I know understand and master the material that is presented.

Social presence, cognitive presence and a teaching presence is the perfect formula for the best education, according to a group of researchers who did a study over 1000 learners experiences at the Community of Inquiry.

When teacher and students corroborate together correctly, it establishes the relationship, growth to both parties and allows for higher learning.

Feeling hot, sexy and thin

Men feel the pressure, too

By KYLE RICHARDSON
Staff Writer

Society tends to focus on women and the pressure they endure to have a certain way.

But do men feel the same way as women when they see a man with a chiseled body?

Absolutely, at least for me.

“I feel pressured, not being the biggest guy in the room (gym), it can be very intimidating,” said student Tomás Solis.

When I was younger, I was a big kid. Some call it chubby, some call it husky and others may call it chunky.

Today, I am still a big guy. I go to the gym daily and I am very athletic.

But when I am working out and see a guy with a six pack of abs and biceps of gold, I do get a little flustered.

In Hollywood today, it is all over the big screens. They give us the glimpse of what a male body is supposed to be.

“Guardians of the Galaxy” actor Chris Pratt was once a chunky nerd from the television show “Parks and Recreation.”

For his lead roles, he cut the weight and gained the muscle and eventually became People’s Magazine Sexiest Man Alive in 2014.

If you cannot cut the weight, Hollywood has no problem generating that perfect body with computers. However, I do not think of it as quite a negative thing.

It seems like today, everyone focuses on the appearance of women more than men—their troubles and struggles of having a perfect body.

Men do not commonly talk about these problems, but they do exist.

I know I am not the sexiest guy out there with a nice body and rock hard abs.

I will not lie; I want that too. With 2015 being the so-called year of the “dad bod,” I think 2016 is the year of being in shape.

I feel with the high use of social media we see these perfect bodies daily. In response, going to the gym and being healthier have become a norm for many men lately.

Look at the positivity that this “perfect body” social media gives us; it drives a lot of guys to live a healthier lifestyle.

When I see someone with a six pack (abs) and I am over here eating a cheeseburger, I feel bad,” said Solis.

It is said that it takes 30 days to make something a normal thing in your life. Social media looks to help those build that habit as well too.

Nowadays, living a lifestyle to gain that perfect body is made easy. Meal prep and workout programs are shared all over.

Rather than feeling intimidated by the images of the perfect, chiseled body, men should use it to drive us to get to a satisfactory level in our lives.

We do not have to get to a point of rock hard abs and perfect golden biceps, rather a place of self-satisfaction—whatever or whenever that is.

And with summer right around the corner, what a perfect time to have our own perfect bodies.
I feel we have the same rights as any of them, because in the Constitution it said that everybody has equal rights and justice. You've got to make that come about. They are not going to give it to you.”

-- Larry Itliong

FORGOTTEN HEROES

CSUSB honors Filipino farmworkers for Asian Heritage Month

By ELINA URRUTIA
Staff Writer

Delano Manongs: Forgotten Heroes covers the story of Larry Itliong, a farm labor organizer and a group of Filipino farmworkers who launched one of the biggest American farm labor movements of all time. The Delano Grape Strike of 1965 was the creation of the United Farm Workers Union (UFW).

While the movement is known for Cesar Chavez’s leadership, and considered a Chicano movement, many people are unaware that Filipinos played an important role.

On Tuesday, May 10, from 12 p.m. to 2 p.m., there will be a film screening for the documentary of Delano Manongs: Forgotten Heroes of the United Farm Workers in the SMSU Theater room. “We are bringing the film to campus in the month of May. Specifically, because May is Asian Heritage Month and I think that would be a really appropriate celebration of Asian Heritage Month,” said Cross Cultural Center coordinator Tamara Holder.

“I think that this is a very ground-breaking discovery for our campus, to give the face of farmworkers the diversity that it deserves,” added Holder.

Itliong, a union veteran, organized a group of approximately 1500 Filipinos to strike against the grape growers of Delano, California. This union was composed not only of Filipinos but also Chicanos and other ethnic workers.

From the unknown history of Filipinos and the UFW, to the journey to re-discover the romantic musical traditions of the haranas, to the ornately decorated jeepneys, it is an important look at the varied diversity of America and its connection to the world.

“During the farmworker strikes in the 1960s a lot of the fame and the importance went to Cesar Chavez, but not a lot of people remember that the Filipinos were the ones who actually started the cause,” said Alumni Chair of Lubos PASO Justin Escopete.

“The cause didn’t do a lot until Cesar Chavez, the Latin Americans, and the Filipinos joined forces together and through that they made a great difference in boycott,” continued Escopete.

“The Delano Grape Strike of 1965 caught my eye,” said Holder.

“Because if it wasn’t for that, I would have thought for the rest of my life that just Mexicans, Mexican Americans, and Cesar Chavez made up the face of farmworkers,” concluded Holder.

Stop by the theater room on May 10 to experience the story of Filipino farm workers, who spurred the Great Grape Strike in 1965 and joined forces with the other ethnic workers to create the UFW.

“In history everyone remembers Cesar Chavez, in fact, we have a day dedicated to him, but not everyone remembers Larry Itliong and the Filipinos that started the cause,” said Escopete. “So we want people to understand that Asian-Amerians made a difference too.”

The CSUSB Filipino club, Lubos PASO, will also hold an event Celebrating Filipino Culture “After You” on June 11 at the Corona Civic Center.

SUPERPOWERS TAKE OVER CSUSB

Students share ideal powers for university life

By JOSHUA AGUILAR
Staff Writer

S
uperheroes may only exist in comics and movies, but imagine if they were among us at CSUSB.

The life of a student would be exciting if they were granted the powers of their favorite comic book hero.

Students would be able to take advantage of all the benefits their powers can give them to make college life easier.

With a plethora of options, one can’t help but wonder what would the students choose for their superpowers.

“If I was a superhero, I would stop time so I could park in a really good spot in front of the UH building, because no one wants to park in the parking structures in the back,” continued Sanchez.

A college student’s ability to stop time would be an extremely valuable power to have. “I would use it for the online classes where you have an assignment due at 11:59 p.m., but you haven’t started, or you forget,” explained Sanchez.

“I would freeze time to do the assignment and then right before 11:59 p.m. hit, I would unfreeze time and upload the assignment and I’d be safe,” concluded Sanchez.

The perks of having superpowers can also be used selfishly.

“I would freeze time so everyone can take a 20 minute nap and get their rest in,” said Sanchez.

The power to stop time is one of the most popular powers a student would want. Mayra Gonzalez explained what she would do with her power to control time.

“I would be able to use it for my study hours and to get projects done a lot faster,” said Gonzalez.

“It would also help me out because I procrastinate sometimes, so it would manage time in my favor,” added Gonzalez.

CSUSB could use a student with Gonzalez’s preferred powers, especially when it comes to setting up events on campus.

“I would be able to help others cut down the hours that it would take to set up events to seconds around campus,” concluded Gonzalez.

Teleportation is the second most popular superpower among students.

“I would teleport to class every morning,” said student Brian Hughes.

“I would definitely use my power to assist people who forgot their scantrons before a midterm or final by teleporting to the bookstore and buying some,” added Hughes.

“We all have a lot of options to travel to foreign countries that way they didn’t need to pay to study abroad just to travel,” concluded Hughes.

The new "Marvel film, Captain America: Civil War" is coming out May 6.

CSUSB superheroes were asked which side of the Marvel Civil War they would fight alongside, and the majority would be superheroes of CSUSB stand with Team Iron Man over Team Captain America.

“Iron Man is that badass that I would like to be,” said Sanchez.

“He’s kickass. He doesn’t care about anything,” concluded Sanchez.
Welcome to the Green Shack
Life in a Deli Sandwich

By STEPHANIE CORRAL
Staff Writer

The Green Shack Deli, established in 1978, offers a 10 percent discount to all Cal State San Bernardino students. It is a result of the owner Manal Iskander being a former Cal State San Bernardino student and wanting to show her support.

It is located on 163 W Highland Ave San Bernardino, CA 92405 and has been voted best sub in the Inland Empire for three years in a row.

From the outside, the area is a little intimidating; but as soon as you walk in the environment changes.

Everyone including the owner, is welcoming and ready to ensure that you have a great experience at The Green Shack. Their menu varies from paninis, cold subs and sides such as tuna salad, to their bestselling banana pudding desert.

The one thing every item on the menu has in common, is that they are all handmade.

“I like to change the recipe until it is perfect and becomes another signature wanted item,” said owner Manal Iskander.

The menu is always changing and being updated. In June some exciting additions are being made to the menu.

They will be adding a full breakfast menu that includes three new breakfast sandwiches, a sushi breakfast, and a biscuit and gravy breakfast burrito that you can’t find anywhere else.

Their prices vary from $6 to $10 on sandwiches and sides anywhere from $1 to $5.

They offer daily specials Monday through Friday which include a sandwich, a side and a fountain drink.

“We like to create an experience for our customers,” said Iskander.

They begin their great customer service by offering customers three different options to order ahead and avoid waiting for their food.

These include ordering online on their website www.greenshackmarket.com, their own app Green Shack Deli which can be downloaded via Google Play or the app store for free, and on Facebook at Facebook.com/thegreenshackmarketplace. The experience continues as soon as you walk into The Green Shack.

“Our customers like the experience, they like to come in and see what we have going on,” said employee of 17 years Katie Metzermacher.

Every time a customer visits The Green Shack for the first time, they are welcomed by the staff singing them a song to welcome them.

It was my first time there and the staff made sure they sang the song to me, and recommended their top 12 signature items.

What I also found unique about The Green Shack is that on every receipt at the bottom they give each customer a fortune.

“Mine read, ‘They say you are stubborn; you call it persistence.’

“This place is the best, I have been coming here for 15 years, it feels like family my children grew up here,” said customer Cynthia Udeoji.

“If they were to try and shut down The Green Shack you will find us protesting, this place could never be closed down we are a family,” said customer Udeoji.

Employees love their job at The Green Shack and so do their extremely loyal customers that return year after year.

It is a great lunch spot to visit that is local and close to school.

It was my first experience at The Green Shack, and I will definitely return. I had one of their signature items, The Italian Job.

I loved it and recommend it. It is a great lunch spot and definitely one of the best subs I’ve had.

Stop by and enjoy a great meal; take advantage of your 10 percent Cal State student discount.

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“Obama. Out.”

By JACOB STRANGIS
Staff Writer

CSUSB and other students around the United States are known for their lack of interest in politics.

President Barrack Obama bid farewell this past week in his speech at his final White House correspondent dinner. The dinner is a special and iconic annual evening event that strives to represent the interests of the president and other government administration officials.

Often celebrities, comedians, and other big name people attend these dinner roasts as well and may or may not give a speech of their own, such as Keegan-Michael Key who acted as Obama’s personal anger interpreter in 2015.

Obama has been known to lighten the mood and seriousness of his speeches at these dinners with frequent jokes and puns, although they sometimes are relevant to today’s problems in America.

“You all look great tonight,” stated President Obama.

“The end of the Republic never looked so good.”

- President Barack Obama

The dinner is to ensure a strong free press and that the American government is in desperate need of repair.

Students around campus were asked if they viewed the speech or not. Almost all students answered “no,” that they have not seen the correspondent dinner speech.

Most did not seem to care about any political or presidential speech due to them being busy with their own lives.

“I care about everything, but my attention is elsewhere,” said student Kyle Knickum.

“I feel like too many people get their feet wet and attempt to talk like they know politics when in reality they don’t know what they’re talking about,” added Knickum.
Hope

Healing people and restoring hope is the essence of what we do at Loma Linda University Behavioral Medicine Center. Serving the Inland Empire for over 25 years, our compassionate and experienced staff understands the complex needs individuals are faced with when dealing with mental illness and addiction. Associated with a world-renowned teaching hospital we are able to provide multi-level care in the following areas:

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PHYS 002A. General Physics (4). Session 1. Lecture 3 hrs, discussion 1 hr. Classical mechanics.

PHYS 002B. General Physics (4). Session 1, Session 2. Lecture 3 hrs, discussion 1 hr. Fluids, thermodynamics, electromagnetism.

PHYS 002C. General Physics (4). Session 2. Lecture 3 hrs, discussion 1 hr. Waves, optics, quantum, atomic, and nuclear physics.


PHYS 02LA. General Physics Laboratory (1). Session 1. Lab 3 hrs. Laboratory for PHYS 002A.

PHYS 02LB. General Physics Laboratory (1). Session 1, Session 2. Lab 3 hrs. Laboratory for PHYS 002B.

PHYS 02LC. General Physics Laboratory (1). Session 2, Lab 3 hrs. Laboratory for PHYS 002C.

Engineering and Physical Sciences

PHYS 040A. General Physics (5). Session 1. Lecture 3 hrs, discussion 1 hr. Classical mechanics.

PHYS 040B. General Physics (5). Session 1, Session 2. Lecture 3 hrs, discussion 1 hr, lab 3 hrs. Thermodynamics, mechanical and sound waves, elasticity.

PHYS 040C. General Physics (5). Session 2. Lecture 3 hrs, discussion 1 hr, lab 3 hrs. Electricity and magnetism, electromagnetic oscillations, dc and ac current, circuits.

Humanities


Summer School Registration:
May 16-June 15
Session 1: June 20-July 23
Session 2: July 25-August 27
For more information, consult the UCR Catalog or contact (951) 827-5332 for assistance.

This week the Santos Manuel Student Union will be hosting a lot of events that tackle feminist, race and transgender issues head on.

On May 9 the SMSU women’s resource center will host “Smashing the Patriarchy Feminist Bingo.” Unlike ordinary bingo, the stereotypes of feminism will be discussed, specifically topics surrounding if women should shave their legs, if women need to cook, and why women get paid lower wages than men.

On May 10, there will be a screening of the film “Forgotten Heroes” by Delan Manongs. The film will be surrounding the struggle that farmworkers had to go through to gain rights.

The film is based off of a farm labor organizer known as Larry Itliong and a group of Filipino farmers who started one of the biggest farm labor movements. This film brings to light how the United Farm Workers Union came to light. On May 11, the pride center will be hosting “Centering the Margins: Queer

Continued on pg. 11

Open Registration is May 11-June 5
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Dr. Moonjung Kim told the first student right after his performance, “Very impressive...you can work more on your left hand while performing.”

She and the rest of the masterclass also joined the rehearsals prior to the performance. Dr. Moonjung Kim performed an hour long to various Chopin pieces in the Piano Day I event at the Choir Room in the Performing Arts building.

The first student, Ferdinand Torres, performed Chopin’s “Grande Valse Brillante in F Flat Major Op. 18.” Musician Frenzel Maratil performed Beethoven’s “Sonata No. 20 in G Major Op. 49 No. 2,” also known as the “Spanish Dance.”

Lastly, pianist Fang Her performed “Sonata Pathétique” No. 13 in C Minor Op. 13, Grave-Allegro Di Muto E Con Brio.” Kim reviewed the parts of the pieces students were struggling with after each of their performances. She gave an overview lecture of the piano pieces and later performed right before the actual show.

Chopin’s Four Ballades were performed during the event.

The Four Ballades included Polish Christmas folk songs and wordless ballades.

They performed using psychological changes in characteristics such as optic luminescence, mostly in F major, A minor, and A major. The piano pieces were based on composer and pianist Frederic Chopin’s ballades in the first half of the 19th Century. The legendary Romantic era composer began his career when he performed his first piece in 1817.

Although his strength was in music composition, he also took a strong interest in melody, harmony, poetry, and theory in 1826 while attending Elsner’s Conservatory.

Composers such as Wolfgang Amadeus Mozart and George Frideric Handel were one of his early influences and inspirations, but he was later exposed to his contemporaries such as Felix Mendelssohn and Niccolo Paganini. He exposed himself to Mendelssohn’s and Paganini’s music in his late teens when he visited Berlin, Germany and Warsaw, Poland respectively.

Chopin performed his first successful debut in August 1829 at the Theater am Kärntnertor while he was still in Vienna. He began making his way through Germany and Italy to compose and perform one of his concert tours shortly after his debut.

He composed several essential pieces such as “G Minor Ballad” and “B Minor Scherzo” for his later concerts that occurred in Germany and Italy.

He also composed another essential piece “Funeral March” before arriving at his final destination of his career in Paris.

Chopin also composed and performed mazurkas, waltzes, and impromptus in his career until his death of tuberculosis in October 1849 in Paris.

He came to be known as the “Mozart” of the 19th Century for his renowned melodic ballades.

His work continues to inspire current generations interested in Classical piano music. The actual performance event will be held for free during the Piano Day II event on May 22 at the Recital Hall in the Performing Arts building.

A cast of 75 plus performers from 9 to college age are needed. SMSU will be hosting an open mic event on May 12 called “Speak Yo Truth.” The open mic is giving students a chance to express themselves with a voice.

The open mic will be held for free during the Piano Day II event on May 22 at the Recital Hall in the Performing Arts building.

People took to Twitter to discuss that casting directors are not casting Asians in the entertainment industry. Margaret Cho and other Asian-Americans went on to discuss the lack of diversity in actors in Hollywood. 50 Cent mocks kid with autism. Rapper 50 Cent posted a video making fun of Andrew Farrell, an autistic airport employee on May 3.

In the video, he accused Farrell of being on drugs while working. Farrell’s family is asking for a donation of $10,000 for autism research and awareness.

Since then, 50 Cent has taken down the video and issued an apology and donated $100,000 to Autism Speaks.

Afeni Shakur dies at 69.

The inspiration for Tupac Shakur’s famous song “Dear Momma” has passed away at age 69.

The police found Shakur unresponsive in her home on May 4. Afeni Shakur was Tupac Shakur’s mother, as well as a member of the Black Panther society.

#5hBillboard

Girl group Fifth Harmony takes the cover of Billboard Magazine released on May 5.

Fifth Harmony is the first girl group this decade to make the cover and have a Billboard top 10 since the Pussycat Dolls.

The cover was inspired by Herb Ritt’s supermodel group photoshoot. The group discussed their struggles in the industry and finally having a voice.

Their sophomore album “7/27” is to be released on May 27.

ZARA vs. Kanye

Zara replicated Kanye West’s Yezy line and is selling it in their retail stores everywhere on May 5. Zara is known for ripping off other popular brands such as Nike and Adidas.

The company released the collection, naming it “Streetwise.”

The line features the same colors and material as Yezy Season 1.
One dress, unlimited styles

By CAROLYN SOLAR
Staff Writer

With summer right around the corner and the budget of a college student, staying stylish can become a challenge, but with the right staple piece, one item can be versatile enough to style for almost any occasion.

A staple piece that is versatile enough to dress up and dress down and take you from day to night is a simple T-shirt dress.

They are sold at stores like H&M, Forever 21, PacSun, and Charlotte Russe, and typically come in neutral colors, making it easy to work with.

Celebrities like Rachel Bilson and Mischa Barton have been seen rocking these dresses in their day-to-life, but more importantly, students on campus are loving the comfort and versatility associated with this trend.

“My black T-shirt dress is kind of long, so I wear it with a blazer, flats, and a necklace to work,” stated student Joanna Meraz.

“My shorter one is more snazzy, for a night out. I wear it with a flannel or jean shirt around the waist and wear sneakers or sandals or booties,” added Meraz.

On campus, girls can be seen sporting this style of dress with comfortable shoes, like Vans or Converse, and a baseball cap. This makes for an effortless everyday outfit for school or the weekend.

For another student, this provides a platform for the unlimited outfit ideas that she has in mind.

“The beauty of a T-shirt dress is that they can be either super casual or you can make it edgy with a leather jacket, statement necklace, and short boots,” said student Bridget Er.ksen.

Some days, the weather makes it challenging to pick out the right outfit for the entire day. We have 90 degree weather one day and the next day’s forecast calls for rain, but this dress seems to still work in both occasions.

For those cold mornings, style the T-shirt dress with a comfy knitted pullover sweater, tights, booties, and a scarf. If the heat progresses throughout the day, removing items will make it easier to switch up the heat while still looking stylish.

Whichever outfit you choose, the most important thing is that you have fun with it and make it your own.

Art's & Entertainment

ALBUM REVIEW

Met Gala meets the future

By NATALIE PADRON
Staff Writer

The Met Gala, also known as “The Oscars of Fashion,” started as a gala to fundraise for the Metropolitan Museum of Art’s Costume Institute in New York City.

It is one of the biggest fundraisers in the city with a record of $12 million raised 2011 for the Metropolitan Museum for those uninvited continued to rise to now $35,000 to uphold its exclusivity.

The Met Gala has been active since 1964, but the event that it is today did not get started until 1971 with the theme “Fashion Plate,” and every year since then there has been a theme for the guests to interpret correlating with that year’s exhibit.

While guests are invited to the exhibit, they show up to showcase themselves as the main event.

Fashion is vital to the event and it gives stars in fashion, TV, movies, music, and news a night to be gloriously avant-garde and take their place on best dressed lists forever in history, while paying homage to the theme.

The first theme that began a fashion rumble was 1974’s “Romantic and Glamorous Hollywood Design,” when Cher showed up in who else, but designer Bob Mackie.

Mackie’s made illusion adorned in white feathers graced the red carpet on a star and ever since then celebrities knew it was time to step up their Met Gala game.

Whether you agree with their fashion choices or not, it is an undeniable fact the Madonna and Sarah Jessica Parker have stolen the show at many of the balls.

Madonna’s most recent outlandish look was her 2013 “Punk: Chaos to Couture” ensemble with a short black wig, dominatrix-esque plaid blazer and fishnet tights.

Sarah Jessica Parker’s being just last year with her unforgettable Philip Treacy headpiece for the night of “Chin- a: Through the Looking Glass.”

This year was no exception to the night’s fashion expectations, each major celebrity gracing the red carpet in their best interpretation of “Manus X Machina: Fashion in an Age of Technology.”

Big names making Vogue’s best dressed list were Kate Bosworth in Dolce & Gabbana, Brie Larson in Proenza Schouler, Zayn Malik in Versace and many more.

While the stars took the manus x machine theme literally with robotic inspired outfits, the actual costume exhibit was focused on the idea that handmade fashion and machine-made fashion are not as dichromatic as everyone thinks.

The garments on display came in all shapes and sizes showing what beautiful creations hand and machine can make together, such as feathered, intricately beaded, sequined, and beautiful floral designs.

Continued @ Coyotecronic.net
The American Country Countdown (ACC) Awards happened May 1 at The Forum in Inglewood.

The event embodied the roots of country music, acknowledging artists who have shaped the industry, as well as celebrating the shift in the genre’s sound that has been inspired by country newcomers.

The ACC Awards are based on the weekly radio show “American Country Countdown with Kix Brooks” and recognized country music artists’ yearly achievements based on album sales, radio play, and streaming data.

Martina McBride, Jennifer Nettles and Camaron “Cam” Marvel Ochs opened the show with a performance of McBride’s hit song, “This One’s for the Girls.”

The performance opened the show with a powerful feminist tone even though the country music industry has infamously been a “boys club” since the beginning of country music.

Most awards, including Album of the Year and Artist of the Year (Chris Stapleton’s “Traveller” and Luke Bryan, respectively), went to male artists, but there remained a strong message of female empowerment within the country music community throughout the show as female artists performed and presented.

Many award winners thanked loved ones, God, and fans in their acceptance speeches, but Carrie Underwood plucked heartstrings when she quickly dedicated her Female Vocalist of the Year award to Thibodeaux without any explanation beyond the fact that Thibodeaux is a fan of Underwood’s. Fans took to the internet to learn that Thibodeaux, a 10-year-old girl from Louisiana, was allegedly killed by a drunk driver on April 24. The young child was on her way home from Underwood’s concert.

The country singer has been in contact with Thibodeaux’s family since she heard about the tragedy and sent a floral arrangement as well as a personal letter to the funeral.

The biggest honor of the night was the Nash Icon award, which was presented to Brooks & Dunn by former winner Reba McEntire.

Brooks & Dunn taking home this title might have left a bad taste in some mouths; considering Kix Brooks, the host of the ACC Awards is one of the two leads of the band.

However, the band was and remains to be, the best-selling country duo since they parted ways in 2009. This shows that they are deserving of the honor regardless of Brooks involvement with the ACC organization.

Toby Keith and The Strangers (Merle Haggard’s band) ended the show with a touching tribute to the late country icon Merle Haggard, who passed away last month after a series of many recent health issues.

Haggard’s son, Ben Haggard, played guitar alongside of Keith for the six-song tribute. The award show is a baby in comparison to longer standing country award shows, this being only its second year airing—but the format of this show is unlike the rest.

Winners were notified ahead of time and almost every winner performed before they gave their acceptance speech.

It is too soon to tell if this awards show will continue on for decades like the Country Music Television Awards have but the format alone is enough to give these bigger shows a run for their money.

By REBEKAH DEPONTE
Staff Writer

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By GREG GAMMILL

Coyote golfer Taylor Hood earned a spot to play in the NCAA West/South Regional Invitational. The tournament took place from May 2 to May 4 and was held in Las Cruces at the New Mexico State University (NMSU) golf course for three days.

The NCAAs are known as the best golf players from all over the United States in division 2 golf for the NCAA Championship.

The top three players from this tournament would be entered into the individual qualifiers for the NCAA Championship in the upcoming weeks. The NCAA Championship will kick off its championship week on May 17 and continue through May 21 at Denver Green Valley Ranch in Colorado.

This past season, Hood established himself as one of the up-and-coming premier players for our school in division 2. Hood’s stats have spoken for themselves throughout his career, as he has achieved several plateaus of well-placed outings on the golf course for our team. One of Hood’s best outings of his career came in the 2014-2015 season when he shot four-under-par 68 in his opening round and finished T5 (5-under 211) at Goodyear, Ariz.

On Hood’s first day of the tournament at NMSU, he started out on the front nine holes by shooting for two-over-par. As Hood’s day progressed in the tournament, he would continue to shoot on the back nine holes with another out of two-over-par, bringing his total after the first day as four-over-par. Hood would continue to improve to where he was in a good enough spot in the standings to make a move on the rest of the competition in the next few days.

The next day was promising for Hood, as it boosted his confidence in this tournament to succeed and win. The second day was where Hood would go on to shoot three-over-par and finished third place out of 108 other high-profiles golf players.

CSUSB’s track and field team is full of talented, hard-working athletes. One who stands out is freshman Sinclair Watson. Watson is competing in her first year of running at the college level and she has already qualified for California Collegiate Athletic Association (CCAA) Conference Championships for both the 100-meter and 200-meter dash.

"Running at the college level is way different from high school, there’s a lot more competition which is a good thing. It helps push me to become a better runner," said Watson.

Although she races against good competition from many different schools, she remains confident in her abilities and determined to run her best.

"When I step on the track I’m a whole different person. I don’t care what other people are ranked as, they can get this win if they want. Watson started running her freshman year at Summit High School. "My dad inspired me to run, he used to run in college at Southern Utah University. I never knew how good I was at it until my father inspired me to do it," said Watson.

Watson has earned a personal record of 12.37 in the 100-meters and a 25.08 in the 200-meters. Although she runs the 100-meters and 200-meters, the 200-meters remains her favorite event.

"I feel like I have more time to gain speed and the 100 is a really quick race," said Watson.

According to Watson, she loves being able to maintain an active lifestyle. During her races, she thinks about all the hard work she puts in day to day, and how she’s "not out there sweating for three hours every day just to find out what it feels like to sweat.

"This season has been going good so far," said Watson.

"I’m really close to qualifying for the CCAA Championships, and to show everyone what I can do," continued Watson.

According to Watson, she finds her motivation to run from her mother and sister. "She always tells me she will be my number one fan. Just having her in my life supporting me in everything I do is a blessing in itself," said Watson.

Watson trains hard to improve her times in the 100-meter and 200-meter dash, mainly focusing on her speed. "I do workouts with small hurdles, parachute, and a speed bag," said Watson.

"I’ve strained my patellar ligament on both legs a few times but I mostly focus on my second end of the race so I do Flying 150’s [meters],” continued Watson.

A parachute and speed bag are specially designed running equipment that are tied to a runner’s waist to help build power. "My goals are to PR [personal record] in both the 100 [meter] and 200 [meter] and also to qualify in both races," concluded Watson.

Watson will be competing on May 6 at the CCAA Conference Championships Prelims at CSULA.
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• Free High-Speed Wi-Fi Throughout Complex
• Walking Distance to Campus
• Beautiful Mountain Views
• Bike Parking
• Individual Leases
• Roommate Matching Program
• Security Cameras and Alarms on Ground Floor

UNIT AMENITIES
• ALL UTILITIES INCLUDED WITH RENT
• Fully Furnished
• Secure Front Door Entry with Key Fob
• Individually Keyed Bedrooms
• Patios/Balconies
• Each Bedroom with Private En-Suite Bathroom
• Walk-In Closets (Select Bedrooms)
• Standard Cable TV Package in Living Room and Bedrooms
• Free Wireless Internet and Internet Outlets in all Units

CLUBHOUSE AMENITIES
• Multi-Purpose/ Game Room (Pool Table, Foosball, Shuffle Board)
• Multi-Media Lounge
• Fitness Center/ Yoga and Stretching Area
• Study Rooms
• Computer Lab with Free Printing
• Resort Style Pool with Spa
• Outdoor Kitchen / BBQ
• Picnic Area with Grills

1831 W. NORTHPARK BLVD, SAN BERNARDINO CA • TEXT "GLEN" TO 47464
By TayLor Glaze  
Staff Writer  

The Coyote softball team says goodbye to two seniors.  

"Infielder Melissa Roberts and outfielder Arianna Hernandez have played their final game for the Coyotes softball program," continued Roberts.

Hernandez transferred to CSUSB after playing two years (2013-14) for Cerros College, where she received another accolade: a two-time All-SCC selection. Roberts then continued to state:  

"It helped me open up socially. How to work with others to accomplish something great," continued Hernandez.  

"I learned that in life there's always going to be people that don't necessarily like you, you're not always going to be treated fairly. You're not always going to get what you want and sometimes you need to push forward," concluded Hernandez.

In response to her last game played, Hernandez stated, "I felt happy, it was bittersweet. I didn't have the year I wanted as far as softball-wise but I had a great run. I'm ready to be great at something else and start the life I want."  

"The one thing that I feel I would miss most about the softball program is my team and all the friends I made," concluded Hernandez.

Although softball is ending for these two, Hernandez will be going into an accelerated Bachelor's program for one year to become a registered nurse, while Roberts will be finishing up her liberal studies degree and helping out coach Jim Maier with next year's team in her free time.

By Jessye Gentry  
Staff Writer  

Skydiving is something most people can only dream of trying, but not many actually jump off a plane for the course to it.  

It is one of those things that you put on the bucket list, but never think it will get crossed off.  

The morning of May 2, I showed up at Skydive San Diego.  

At 9:30 a.m., I jumped out of a plane and went skydiving for the first time and hopefully not the last.  

By 10:00 a.m., my feet were placed firmly back on the ground.  

You jump out of the plane at 1,300 feet and fall at up to 120 miles per hour for approximately a minute until they pull the parachute.  

The view was breathtaking and a sight I will never forget.  

I was strapped to my skydiving instructor Scott Harper.  

Harper has been skydiving for 19 years.  

"When I started skydiving I had no intention of doing it as a career, I guess you can say I fell into it. I was asked one day if I could train a new student and I thought it might be a little extra cash, and now here I am, 17,000 jumps later," stated Harper.

Since he has been an instructor for so long he has gathered many memorable moments, so I wanted to know what his favorite one was.  

"My favorite memory was when I made the USA parachute team, being able to represent our country is a great honor and responsibility," stated Harper.  

He jumps, on average, five to seven times a day on weekdays and up to 15 times on weekends.  

Harper was completely calm before the jump, while I on the other hand, was not.  

My adrenaline was pumping, my palms were sweaty and my nerves were through the roof.  

Before we jumped, I looked at him and said, "we better not die!"  

He laughed at me and we jumped.  

The initial jump out of the plane was super scary. However, when you finally gather your thoughts and realize you are free falling through the air, it is a feeling like no other.  

It is something that cannot be described—you have to experience it for yourself. I can say I definitely understand why it’s an extreme sport.  

I asked Harper about his first jump.  

"All I remember was when the instructor opened the door. Yikes! Exiting the plane for the first time is something I will never forget," stated Harper.

I second that. It was a lifetime and I would definitely do it again.

It is a little pricey, especially if you want pictures and a video, but it is well worth it. The jump itself was $210 plus an extra $60 for pictures. Prices do vary depending on the place you go to and the specials they offer.  

I chose to take the plunge at Skydive San Diego because I heard a lot of great things about it and it is the region’s only full-service parachute center.  

If you are looking for something a little bit closer to home, there is Skydive Perris and Skydive Elsinore.

By Suriel Chavez  
Staff Writer  

Spring quarter is at its halfway point, summer is around the corner and if you want a healthy body, the Recreation & Wellness Center (Rec Center) has a personal training program that will help you get there.

The personal training program is designed for each individual that signs up for it, with one-on-one training.  

It helps get you started on that exercise routine that you have been planning for awhile and the program is also for those who are unsure of what to do at the gym.

For the many benefits that the program has, one of them is the low cost.  

During the one-on-one training, you would be the sole focus of the trainer.  

You give the trainers your availability and the times that are best for you. They will then set up sessions that match those times.

There are 13 trainers to choose from.  

The program also offers a buddy training session were you can invite a friend to come with you to work out.  

There are many benefits of having a personal trainer. When you first start, the trainers will ask you the goals that you have in mind and what you want to do to succeed.  

“We are straight with them and help set realistic goals,” said trainer Fidel Sanchez.

All the trainers need to take a personal trainer development course or be certified, so trainers are getting the best workout and help.

As part of the sessions with the trainers, you will familiarize yourself with the equipment and learn proper lifting techniques and progressive training principles.

Trainers have a three rule philosophy: we will do no harm, we will train no further than technical failure, and we will deliver the minimal effective dose.

During the session, trainers will teach you appropriate frequency, intensity and duration for strength, cardiovascular and flexibility training.

Part of the session will also include taking measurements of weight, body fat, and muscle to indicate the progress that you have made.

The program also offers Wellness Counseling that will help you manage with other aspects of your life. Wellness counseling sessions normally last between 15 to 30 minutes. Counseling subjects can range from nutrition counseling to psychological counseling.

At the Rec Center on Tuesdays and Wednesdays from 5:00 p.m. to 6:30 p.m., the trainers are available for you to ask questions about anything you need help with in the gym.

The trainers are dedicated to bring out the best in you, both physically and mentally.