Men walk a mile in her shoes

By ELLE CARLOS
Staff Writer

A total of 63 men, both students and faculty, walked in heels through the lobby of the San Manuel Student Union to raise awareness about sexualized violence against women on March 7.

The Walk a Mile in Her Shoes event was hosted by the Panhellenic Council, which includes Alpha Delta Pi, Alpha Phi, Kappa Delta and Zeta Tau Alpha sororities. “One of the things I think should be incorporated is cat-calling, because that is something that girls go through all the time,” said student Michael Mejia.

Walk a Mile in Her Shoes is an international mens march to stop rape, sexual assault and gender violence. By men taking a walk in women’s shoes, they are able to view these situations from a different perspective.

“It was pretty cool,” added Mejia when asked what he thought of the event.

In 2014, five forcible sexual offenses were reported on campus, according to the CSUSB police department annual report. The 2015 CSUSB police department annual report indicated that within the next 24 months Sexual Assault Intervention Tactics (SAINTs) will be implemented within the Greek fraternities and Women’s Self-Defense training for Greek Sororities. Alpha Delta Pi sorority provided a display of information regarding services offered on campus for victims of sexual assault, such as the campus Title IX office, which was also a supporter of the event.

San Bernardino Sexual Assault Services had advo

CSU students going hungry

By JORDAN MITCHELL
Staff Writer

A year-long study conducted in 2015 by the California State University system found that 105,800 students have worried about hunger and 46,000 have experienced homelessness, according to the Press-Telegram.

Researchers believe the problem has become more serious due to higher tuition and the changing demographics in the CSU system, according to KPCC News. “Systems need to be implemented in every college and university in the country to find these students and ensure that they reach their full potential without worrying about where their next meal is coming from or where they will be sleeping,” said CSU Chancellor Timothy White.

Nearly 10,000 CSU students identified themselves as homeless on the Free Application for Federal Student Aid (FAFSA) during the 2013-2014 academic year, according to the CSU study.

“Life is hard enough just being a student. I can’t imagine what it’s like to have to stress about where to live and what you will eat that day,” said student Arlene Zamora.

Some students are not surprised that higher tuition could create such conditions for CSU students. “It causes enormous strain mentally, emotionally and physically. It’s a constant struggle of wondering how in the world am I going to pay for all this? Can I even afford to eat something tonight or do I need to save to pay for school?” said Cal Poly Pomona student Cassie Schmidt.

Some CSU faculty members argue that the stress may limit students from exploring other opportunities offered on campus. “If you’re worried about food or if you’re worried about housing, you’re not engaging in those extra clubs or leadership opportunities or athletics because you’re having to think about an extra job or finding money to get your next meal,” said CSU Humboldt professor Jen Maguire.

CSUSB’s four year graduation program

By JOEL CRUZ
Staff Writer

The Four-Year Graduation Pledge Program offered by CSUSB promises to help incoming college freshmen graduate in four years with a signed commitment contract.

The program, which is offered by Advising and Academic Services, is an optional contract in which willing college freshmen students who qualify for the program must meet certain obligations to ensure their completion of a degree in the allotted four years.

These obligations include enrolling in at least 15 units per quarter, maintaining a 2.7 quarterly and CSUSB grade point average, submitting an educational plan within their first academic year, and meeting regularly with their department academic advisor.

In return, the students receive first priority registration or Priority One based on their quarterly academic progress monitored by Undergraduate Studies, according to Advising and Academic Services.

Along with CSUSB, three other CSU campuses maintain similar pilot programs to get students to graduate in four years, according to an article on the LA Times. For some students, a program like this could be beneficial for incoming college freshmen. “I think having this program would raise graduation rates. Students will actually be able to get the classes they need and finish on time,” said student Marie Valenzuela.

By 2014, nearly 23 percent of students who enrolled in the program had graduated, more than double the four-year completion rate compared with 2007, according to the LA Times.

“I am graduating after six years and with way too much debt compared to a lot of my peers, the cost of college tuition has risen exponentially over the past few decades, it is next to impossible to enroll in a lot of classes until you have the highest priority registration possible, forcing us to extend what would be four-year degrees into..."
Grad program promise

Continued from Pg. 1

five and six years. This program should absolutely be utilized by future freshmen,” said student Kevin Miller.

Of the 4,725 first-time freshmen students from 2003 to 2005 fall quarter cohorts, 11 percent graduated within four years while 43 percent graduated in six years, according to a study done by the CSU SH Office of Institutional Research.

The program began in 2012 and of the several hundred students who applied four years ago, only 37 are still enrolled and are on track to graduate this year, according to an article on Southern California Public Radio.

Despite the many obligations a student enrolled in the pledge must fulfill, some feel that they didn’t think there were any challenges.

“You have to be dedicated and consistent with your schooling, if you are truly committed it will be a breeze,” said student Autumn Lamb, who’s enrolled in the program. “There has been points with being full-time and working fulltime that I thought to myself what did I juggle on? But in the end it was worth it and I would do it again if I had to.”

“I heard about the program through SOAR and honestly it was the best decision I made, it has helped me with college 100 percent and I never had to struggle with classes that I wanted,” said Lamb.

By KYLE RICHARDSON

California’s water supply has disappeared in the last four years as we are currently in a drought.

What many don’t know, Nestlé Corporation has continued to bottle water in California during the drought.

Nestlé is currently the leading supplier of the world’s bottled water, including such brands as Perrier and San Pellegrino, according to Mint Press News.

Based in Switzerland, Nestlé is the largest food company in the world measured by revenue, according to CNN Money.

In 2014 alone, an estimated 28 million gallons were piped away from the forest to be bottled and sold under Nestlé’s Arrowhead brand of bottled water. The permit expired in 1988, but the piping system remains in active use, siphoning about 68,000 gallons of water a day out of the forest last year, according to Mint Press News.

The Arrowhead bottle water brand, which has been bought and sold by many different companies, has relied extensively on the spring water from the San Bernardino Mountains and other springs around the state for the last 120 years according to the Inquisitor.

Most recently, Arrowhead water has been purchased by Nestlé.

In October 2015, three environmental groups filed a suit in a California federal court against the United States Forest Service, demanding Nestlé stop selling the water as the “premium” Arrowhead brand, according to The Huffington Post.

Nestlé though, doesn’t believe the bottled water is contributing to the drought in California.

“Bottled water is not a contributing factor to the drought,” said chief executive of Nestlé’s water subsidiary in the U.S., Tim Brown in an interview with The San.

The majority of California in the past have received 40 percent of their water from the state’s vast underground hydrological savings banks, such as aquifers beneath the San Joaquin and Sacramento River basins.

Today, that number has jumped to 70 percent, according to the “Scientific American.”

“I think it’s a double edged sword, because we are trying our best to conserve water, but getting charged extra by the water companies,” said student Sean Egle.

“I feel like we are knowledgeable about the drought, but the state isn’t set up to collect the water, the Los Angeles River is a concrete run in,” added Egle.

In June of 2015, state officials announced the first cutback to farmers’ water rights since 1977 and ordered cities and towns to cut water use by as much as 36 percent, according to Pro Publica.

Those who do not follow the cutbacks will face fines.

This past winter’s El Nino didn’t alleviate the drought at all.

In an interview with NPR, Alice Walton, editor of the L.A. Times, spoke of El Nino’s possibilities.

“It will make a dent, but it certainly won’t end the drought,” Alice Walton told NPR.

“Southern California is not really set up to collect this water. You know, tens of billions of gallons of water are going to rush out to the Pacific Ocean... but really that we [will] see it [drought efforts] in Northern California. And that’s where it could really make a difference for the drought,” added Walton.
Men at CSUSB sport high heels provided at the “walk a mile in her shoes” event to help spread awareness for women.

By CRYSTAL NORMAN
Staff Writer

Approximately 13 student office positions are now open for the 2016-2017 Associated Students Incorporated (ASI) elections at CSUSB. The process for becoming a candidate starts when school members pick up a packet and fill out information required along with support signatures from peers.

The purpose of the ASI Elections is to elect representatives to serve on the ASI Board of Directors, as well as the student body President, Executive Vice President, and V.P. of Finance and all the representatives elected serve a one-year term, according to the CSUSB ASI website.

“This is an exciting time for us right now, it’s all up in the air on who will be a candidate for the elections,” said Elections Coordinator Jessica Patalano.

This is one of the best student leadership opportunities on campus that looks great on a resume, according to the ASI website.

“We know people that are running, but we’re not allowed to release that exclusively to the public yet,” said ASI member Brenda Zamora.

Deadlines to submit the elections packet are on March 25, 2016 by 2:00 PM, according to an e-mail sent to all CSUSB students. Although the public is aware of some members who are running, they aren’t sure on who will win because it’s just the beginning.

As mentioned earlier, packets are due on March 25, 2016; however, the elections process really occurs on April 26 at the annual candidates forum. Candidates tell students and staff members of CSUSB what they want to do for the school.

“Although there is some secrecy on who is going to be a candidate, there’s a good chance that Alex Gutierrez will be in the running for the vice president of finance and he has a lot to say,” said student Jessica Hernandez.

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ASI elections are coming

Continued from Pg. 1

Wobbly ankles for awareness

Between 60-70 percent of rapes are at least partially planned ahead of time, according to movingtoendsexualassault.org. For cases of sexual assault, dating violence, sexual harassment or stalking, students or faculty members can seek help by contacting the campus advocate Marina Wood or the Title IX department.

“I am always going to encourage people to refer to myself, the advocate, because I’m confidential. I am able to help them brainstorm other options,” said Marina Wood, CSUSB advocate.

Service options for victims of sexual assault include Title IX, police, counseling and psychological services, or an off-campus sexual assault services department. Panhellenic Council decided to take the lead on the event this year to increase awareness by getting more organizations involved.

End sexual violence trainings have been pushed across the CSU for the past couple of years and this event served as another way to spread sexual assault awareness.

Walk a Mile in Her Shoes served as an interactive way for men to learn about sexualized violence women experience and increase awareness about an issue that has unfortunately become so common.

“Women are usually stalked. It was an impulsive act.

“Most people responded true, but it is actually false. Most rapes are actually pre-planned,” said student and Alpha Delta Pi member Destiny Muse.

“Women are usually stalked. It is a premeditated type of violence,” added Muse.

Candy, flashlights and tampons were given out at the event in SMSU along with brochures about rape and sexual assault.

Elle Carlos | Chronicle Photos

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Continued from Pg. 1

Students interested in enrolling to assist victims of sexual assault.

San Bernardino Sexual Assault Services is an organization that provides counseling and a 24-hour hotline to assist victims at any time.

“We have group counseling, support groups, one-on-one counseling, family counseling and advocacy,” said Beatrice Bayona, San Bernardino Sexual Assault Services advocate.

“We provide training for those who want to get involved,” said Jessica Doherty, San Bernardino Sexual Assault Services advocate.

When men would approach the table to check out their pair of high heels, they were asked a true or false question.

The most popular question was whether rape was an impulsive act.

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If you’re a starving college student, you’re not alone

CSU campuses known to offer the most assistance are located in Chico, Northridge, Pomona, and San Bernardino, with food pantries and emergency housing, according to KPCC News. Some students on campus are aware of the services San Bernardino offers, others think more can be done to raise awareness.

"I think all CSU campuses should initiate a food pantry such as we have here at CSUSB," said student Hazel Ceron.

"These food pantries should respect the students privacy and keep confidentiality at all times. However, while keeping confidentiality, the food pantries should also be tabling at large-scale events to bring awareness to our student body and how they can contribute to the cause," continued Ceron.

The DEN, which opened mid-January, offers emergency supplies for CSUSB students in need. So far The DEN has given 69 students large bags of groceries and hygiene products and distributes "day packs" of food for short-term assistance, according to the CSUSB website.

"I feel like I've heard about it a little bit because I tried to volunteer for The DEN. I think it's crazy and sad but it's believable at the same time," said student Jasmine Turner.

White said he will extend the study for the 2016-2017 academic school year, according to The Press-Telegram.

"It is our shared responsibility to chart the course that is responsive to the needs of all students and to empower student success by combining quality education with opportunities," said White.

The DEN is located in the Faculty Office Building, Room 227.

CCBriefs:

By Jennifer Martinez
Staff Writer

Child auctioned in exchange for iPhone

A teenage couple in China sold their 18-day-old daughter online in order to buy an iPhone, according to newinindianexpress.com.

The father, who was identified as "A Duan," found a buyer online who was willing to pay 23,000 Yuan ($203 USD) for the infant.

The buyer reported this incident to the police, who later tracked them down and arrested the mother. The baby is currently with the buyer's sister in safe custody.

A buyer online who was willing to pay 23,000 Yuan ($203 USD) for the infant.

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No flowers, no testicles

A Romanian man was admitted to hospital after his wife allegedly stabbed him in the genitals when he failed to bring her flowers for International Women's Day, according to telegraph.co.uk.

The wife, 40-year-old Marinela Benea, claimed the "flowers" story was made up and that they had in fact been arguing about his failure to do household chores.

Drug-soaked photos

A Virginia jail is no longer allowing inmates to receive personal printed photographs after officials found inmates chewing on pictures that had been soaked in a drug, according to ABC News.

The photos were drenched in a liquid form of the narcotic-addiction treatment drug suboxone. Those receiving the photos would chew on them to absorb the contents.

The jail had already banned all nonwhite paper and any papers containing drawings or paintings because of the trend.

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Sleepbus

An ambitious new project aims to change the lives of homeless people with buses offering safe, warm places for homeless people and their pets, according to Metro News.

Simon Rowe, the founder of the Sleepbus project, is currently raising money via GoFundMe, and is aiming to have one bus on the road this year.

Each Sleepbus provides 8,000 safe sleeps a year in secure pods with a spring mattress, clean sheets, a light, climate control and TV.

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Cloning is risky business

By MICHAEL ISBERTO  Staff Writer

Growing up I told myself, if I won the lottery, I would use my winnings to try to make Jurassic Park a reality.

The only problem is that I’ve learned the cloning failure rate could be 999 to 1000.

And sometimes the “failure” produces horrible suffering for creatures created through the cloning process.

The good news is these deformed beings often die quickly. Some never manifest any symptoms of life at all, according to an article published by the University of Utah.

“Cloning animals through somatic nuclear transfer is simply inefficient,” stated The Genetic Science Learning Center at The University of Utah.

“The success rate ranges from 0.1 percent to 3 percent, which means that for every 1000 tries, only one to 30 clones are made. Or you can look at it as 970 to 999 failures in 1000 tries.”

As humans, we have more power than any other species. We are creative beings.

But should we have the power to play God? Should we have the power to create other beings?

Maybe, but if we’re going to play God, we should ensure we are doing so from a position that benefits the greatest number of people.

Recently, talks of cloning have made its way back into the news.

South Korean cloning scientist Hwang Woo-Suk, who was also a part of the research team that extracted DNA from the Wooly Mammoth, is now looking to also clone the Siberian cave lion, another prehistoric animal.

The Siberian Times stated, “Two infant prehistoric big cats dating from Pleistocene times - were found in a ‘sensational’ discovery last year.

“The cubs were dug from their icy graves, complete with all their body parts: fur, ears, soft tissue and even whiskers,” said Dr. Albert Protopopov, head of the mammoth fauna studies department of the Yakutian Academy of Sciences.

The question of ethics will usually always come into play with something as controversial as cloning, but there are also benefits to cloning.

“One biomedical application of the cloning technique is genetically modifying animals so that their cells and organs can be transplanted into humans,” according to the Scientific American.

“Thousands of people die every year because of the unavailability of human organs for transplantation. Genetically modified animal organs could begin to fill this need,” according to the Scientific American.

The University of Utah Health Sciences also stated that cloning for medical reasons could benefit many people, but they also included a couple additional reasons why scientists might want to clone.

Through cloning, we could revive endangered or extinct species.

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Through cloning, we could revive endangered or extinct species.
Textbooks must be affordable

By STEFFANIE MARTINEZ
Staff Writer

Finals week is here again. You’re probably looking around realizing you’ve spent hundreds of dollars on all these textbooks you didn’t once open. All of this could have been avoided had your professors researched the “open educational resources” alternative. I might have been able to get a quality textbook from $10-$50 in comparison to the textbook average that begins at $60 all the way up to $200.

Open textbooks are written with the understanding that they will be free to print or read online. It is a beneficial option that has been proven to work at some universities; it would be a great alternative for schools because it would save students a substantial amount of money.

The U.S. Public Interest Research Group reviewed the program at five colleges and proved it to be successful. Although there are limited quantities of subjects available, interest is growing for open source textbooks.

Whether you’re an incoming freshman or a soon to be graduate, I’m sure we can all agree the price of textbooks is some- times ridiculously high. It’s not an easy decision, do you splurge on the brand new book at a high cost? Or do you purchase the used version which unfortunately is full of either writing, highlighting, or unnecessary notes (sometimes all of the above)? The alternatives, while different in terms of appearance, at times don’t save you much more money than the other.

When I came in as a freshman I made the mistake of buying all my textbooks, since our syllabus said it was “mandatory,” only to find that by the end of the quarter it wasn’t fundamental to pass the class. Also being asked to purchase the newest edition when there was hardly any difference at all from the one before. I know this is a problem. I’ve witnessed in some of my classes students saying they aren’t able to purchase the textbook.

It is not because they want to spend their money elsewhere but simply because they can’t afford it.

According to college source, the yearly books and supplies estimate for the average full-time undergraduate student at a four-year public college is about $1,200.

The issue has created movements around four-year universities, in order to help lower the cost for students they rely on “open” educational resources. Where and who is the money we are spending going too?

According to the National Association of College Stores, more than 77 cents of every dollar spent on textbooks go to publishers. Yet on the average, even they only profit 12 cents on the dollar.

The profit seems small when looked at in terms of cents, but taking into considera- tion that each student spends around $300 per quarter they are averaging around $2 million per campus.

While there are free textbooks online more often they aren’t the ones required for current courses.

The cost of textbooks is just something extra for students to worry about, they would rather not buy the textbook even if their grade suffers for it.

Personally, I’ve had the pleasure of taking classes where professors print work- sheets, give online readings, or simply recommend a textbook rather than making it mandatory to purchase.

The business of textbooks is a scheme hard to get away from. Publishers are aware that we need this information, and as a student it is informa- tion I want accessible to me.

If textbooks cannot be made free, they should at least be priced at a rate affordable to all students.

“Smart drug” usage unsafe

By NICHOLAS WHITT
Staff Writer

“When I was young, students would use drugs to check out. Now they’re using them to check in,” said Anjan Chatterjee, a professor of neurology at the University of Pennsylvania in an interview with The Guardian.

Nootropics, or smart drugs, are drugs used to increase concentration and stamina to whomever it’s prescribed to.

As someone who has been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and have been prescribed nootropics for more than 10 years now, I can attest to the risk of taking them.

Yes, they do have many magical benefits, but just like everything else in this world, it’s a double-edged sword.

Some of the negative effects range from addiction to heart problems. “Irregular heartbeat, increased blood pressure, restlessness, anxiety, nervousness, paranoia, headache, dizziness, in- somnia, mouth dryness, suppressed appe- tite, diarrhea or constipation, impotence or changes in sex drive” are some of the side effects caused from taking them according to www.rxlist.com.

These medications should not be taken unless prescribed due to the issues they can cause.

Smart drugs should never be taken lightly, they are meant strictly for those diagnosed with Attention Deficit Disorder (ADD) or ADHD-like symptoms.

“These medications are used to treat Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD), which affect attention span, impulse control, self-discipline, and hyperactiv- ity in the case of ADHD,” according to University Health Services at University of Texas at Austin.

Some of the most common ones, per- sonally speaking, are Ritalin®, Adderall®, Concerta®, and Focalin®.

Nootropics are constantly sought after, particularly Ritalin®, Adderall®, Concerta®, and Focalin®.

Students love these wonderful capsules of chemicals, especially when finals are around the corner.

Prescription drug usage for concentra- tion is widely known to have many benefi- cial effects but oddly enough, individuals still bask in a reality of ignorance.

In fact, a study was conducted of 1,811 undergraduates at a large, public, south- eastern research university in the United States at the Department of Communica- tion, the University of Kentucky.

Of the study participants, 34 percent reported the illegal use of ADHD stimu- lants.

Some illegal users reported using ADHD stimulants primarily in periods of high academic stress and found them to reduce fatigue while increasing reading comprehension, interest, cognition, and memory.

Many students are completely un- aware of just how devastating these drugs can actually be.

It is in fact heavily regulated and is considered a controlled substance to the government.

“Possession of Adderall without a valid prescription is punishable as a mis- demeantor. If you are convicted, you can face up to 364 days in county jail and a fine not exceeding $1,000,” according to www.wklaw.com.

“Possession of Adderall for sale is punishable as a felony and if you are con- victed, you face two, three, or four years in state prison,” according to www.wklaw.com.

These pills are sought after constantly and it’s reasonable as to why, but there are things many do not know about the drug after her long periods of use, due to lack of evidence.

Using the medication might be bit- tersweet; but unless you’re okay with the risk of your heart stopping randomly, then I would advise you to not take them.
Caitlyn Jenner faces backlash from LGBT communities

By CAROLYN SOLAR  
Staff Writer

Reality television star and transgender woman Caitlyn Jenner has become increasingly vocal about her political ideologies during the 2016 presidential campaign. This comes shortly after transitioning from male to female last year. Unfortunately, these ideas have not resonated well with LGBT rights advocates.

Jenner has made a few choices since her transition that have people scratching their heads, including her recent decision to support a candidate that typically would not support her lifestyle choices. Jenner offered to be a “trans ambassador” to U.S. presidential candidate Ted Cruz.

Cruz has shown resistance to supporting equal rights for trans students in schools.

Allowing trans students to use rest-rooms as their identifying sex was an issue for Cruz, as he called it “lunacy” and stated that this was forcing little boys and little girls to shower together.

In fact, “The Advocate,” a LGBT publication, declared Cruz the “Phobie of the Year” for his opposition to same sex marriage and introducing a bill that would un-marry same sex couples upon entering a state without marriage equality. Jenner chooses to support Cruz and would like to advise him because, according to her, “He’s very conservative, and a great constitutionalist, and a very articulate man,” she said in an interview with “The Advocate.”

Democrats have shown more support towards minority groups, while typically, Republicans hold deep religious views that have not shown support for LGBT equality. Jenner met Cruz before her transition and said he was nice and hoped he would be open to have her counsel him on trans issues if he goes on to be elected.

“I have all my girls on a trans issues board to advise him on making decisions when it comes to trans issues,” said Jenner in an interview with “The Advocate.”

In the past, Jenner has been criticized for her lack of support of many other LGBT issues, such as gay marriage. Critics say her lack of understanding of the LGBT community stems from her status pre-transition as a successful, white, male, athlete and television star.

Some say her privilege and limited experience as a trans woman will not mirror issues that many trans people are faced with in their everyday lives. Some students argue that Jenner is making a logical decision, although many advocate disagree.

“I think Jenner is supporting Cruz for his political ideas and not necessarily his deep religious views. She may not agree that his religious views are supportive of the LGBT community, but Jenner does have a large following and is probably one of the most widely recognized trans women in the media,” said student Danielle Erikson.

“She would be able to get a message out to a large number of people and speak for them, because she is the most high-profile trans women in the public eye,” added Erikson.

Other students have agreed that this decision might be beneficial for the trans community in the long run.

“Every candidate has one specific audience they want to target, for Hillary, it’s women, for Bernie, it’s students and the working class, for Trump, it’s kind of miscellaneuous, but for Ted it is conservative Christians,” said student Jessica Winter.

“I think Cruz is doing what he can to target this audience specifically, but with that being said, that does not necessarily mean that Jenner agrees with all of his ideas. He also has a lot he wants to do to fix the economy and I know Jenner has spoken about making sure that all trans people have jobs,” added Winter.

Jenner’s offer to be trans-ambassador is still just a proposition that Cruz has yet to respond to.

Astronaut returns to earth

By CHRIS CAUHAPÉ  
Staff Writer

American astronaut Scott Kelly landed safely aboard a Soyuz spacecraft, at the Russian operated Baikonur Cosmodrome in Kazakhstan, on March 1.

Kelly’s 340 day mission aboard the International Space Station was the longest lasting space flight ever for an American astronaut. He spent the long space voyage taking tests to determine the physical and mental effects of extended weightlessness, cramped quarters and exposure to radiation 24 times stronger than what is felt on Earth. Scott Kelly’s mental and physical condition was compared to his identical twin brother Mark Kelly, who is a former astronaut and the husband of former Arizona Congresswoman Gabby Gifford.

Prolonged weightlessness made Kelly two inches taller and wanker in muscle and bone once he returned and felt the gravity of Earth. The Earth’s pull returned Kelly to normal stature after only a few hours.

Kelly said that steady work kept him mentally in order, but looking down at the pollution on Earth has turned him into an environmentalist.

The mission was part of the preparations for the expected manned trip to Mars and back. It is speculated that the Mars mission will take place at some time during the 2030’s.

If Earthlings are to go to Mars two decades from now, remedies and adjustments will have to be discovered in order to make the two to three year journey safe for the human mind and body.

Such innovation will be reminiscent of the 1960’s, when the “Space Race Tech” introduced a tsunami of new products and technologies to the world.

Communication satellites, satellite dishes, satellite television and global positioning systems all came about due to the space contraptions that remain in geosynchronous orbit. Geosynchronous means that the satellite remains at the same spot over the planet because it orbits at the speed of the Earth’s rotation.

This technology replaced land-based microwave relay stations.

Space Race innovation has made possible the laser eye surgery that has replaced risky scalpel incisions. “Space Race Tech” produced magnetic resonance indicators (MRI), and computerized tomography (CT) scans which have made potentially harmful exploratory surgery unnecessary.

The digital imagery which makes virtual reality a reality was developed for spacecraft flight simulators and has been adapted to train all aircraft pilots.

The same technology makes the operation of unmanned warplanes possible. Is attempting to explore Mars a good idea? Student Rafael Velasquez doesn’t necessarily think so.

“We should stop colonialism of the universe and settle down, and protect the environment we have, instead of looking for another one to mess up,” said Valesquez.

“No need to travel when we have SKYPE, is there?” said student Tomasito Napalan. “As important as space exploration is, I think exploring the depths of the oceans has more urgency for human beings as a species.”

The space mission was the fourth one for Kelly. Prior to his recent mission, his long-term space mission was 2001: A Space Odyssey.

Kelly says he has made his final NASA mission although he would consider another space voyage perhaps with a private company.
March is Women’s History Month. It is the month in which we honor all the humanitarian and political achievements of women who have made a difference and fought for equal rights. Notable women who are often mentioned are Rosa Parks, Harriet Tubman and Susan B. Anthony, but all women are celebrated during this month.

More specifically, March 8 is the globally recognized International Women’s Day.

“International Women’s Day is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for celebrating accelerating gender parity,” as stated on InternationalWomenDay.com.

The idea of celebrating women emerged during the early 1980s.

Initially, only one week of March was designated to celebrate women.

“Women’s History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as Women’s History Week,” as stated in the Women’s History Month official website.

For the next five years, Congress assigned a week of March for women’s history celebration, since an official week was never established.

In 1987, the National Women’s History Project (NWHP) petitioned to have the full month of March dedicated to women.

“Congress passed Pub. L. 100-9 which designated the month of March 1987 as Women’s History Month, as declared in the WHM official website. The Women’s Resource Center at CSUSB is celebrating the month of March by putting several women who have made a difference such as daily trivia about women’s history on social media and a Feminist Comedy Night.

“I think it is awesome that we have a month dedicated to women. Not only do they bring us into this world, but they are all in one: mothers, sisters; professionals, cooks, nurses, counselors... They basically take on every role in our lives,” said student Makenna Doyle.

Reserving a month or even a day to celebrate women remains important to this day.

Though women have accomplished several important goals and milestones throughout history like voting rights and the liberty to use contraceptives, there are many more milestones that need to be fulfilled.

“It’s unfair how we often talk about women being equal to men, yet that ‘equality’ is not reflected in our salary,” continued Doyle.

There are still some countries that do not recognize equality for women.

Even here in the United States, a gender pay gap still exists.

“Women are almost half of the workforce. They are the equal, if not the main, breadwinner in four out of ten families. They receive more college and graduate degrees than men. Yet, on average, women continue to earn considerably less than men,” as stated on the website, Institute for Women’s Policy Research (IWPR).

Though women have come along way throughout history and that itself is a reason for celebration, recognition should be reflected by establishing full equality between both genders.

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**Waist training**

Conceding constraint

**By MARIA DE LOURDES CAMPOS**

Staff Writer

Social media are platforms in which celebrities can endorse the latest fashion craze. Kim Kardashian, Amber Rose, and Black Chyna swear by waist training as the new standard for beauty.

What exactly is a waist trainer?

“A waist trainer is a device that is made up essentially of bands of material that wrap tightly around the waist and lower rib cage to provide women with an instantly slimming hourglass figure,” said student Monica Sanchez.

Sanchez said that on social media, actresses like Brooke Burke and Jessica Alba were tending because they gave credit to waist trainers for helping them get back into shape after giving birth.

“Waist training has helped me reduce water retention and the swelling of my uterus, while it supported my unwanted baby skin,” stated Burke on her blog.

The misconception that many people have about waist trainers and corsets is that they are the same thing.

In fact, they are somewhat different.

Corsets reduce the waist by compressing the waistline, but also comfortably supporting the ribs and hips.

Whereas, waist trainers simply compress the whole midsection, which is an uncomfortable approach, as this squeezes the ribs, resulting in the notorious inability to breathe,” according to plastic surgeon Stephen Greenberg.

Greenberg states that this new fashion trend can and has caused detrimental side effects to women who want an easy solution to weight loss.

Waist training can cause the stomach to push up and beyond the diaphragm, which can result in reflux.

One should tread lightly when trying new trend products on social media, because products are often glamorized to promote consumerism.

Many students here at CSUSB can relate.

“I tried a waist trainer, because I thought it was going to shape and form my body like Kim Kardashian,” said student Rebecca Reyes.

Reyes said that when one waist trains, there is a loss of mobility because of constraint and control around the midsection.

However, after a couple months of waist training, she noticed that she lost about two to four inches off her waistline.

“Waist training can be a time-consuming task, especially, when your waist trainer is loose, because that means you have to buy another one and they don’t come cheap,” said Reyes.

The amount of money spent on a waist trainers is quite high, because it’s a temporary fix to permanent weight loss. On average waist trainers run anywhere from 60 to 100 dollars.

“These devices can’t actually reshape the body or trigger fat loss, there’s no evidence of that, rather they are just temporary results. If people want to lose weight, they need to have a balanced diet and implement a workout that is suitable for their age, height, and weight,” stated Dr. Caroline Apovian of Boston University School of Medicine.

If one wants to achieve a more slenderized midsection, high-intensity cardio exercises can be the alternate solution to waist training.

“Movements like the infamous burpees, mountain climbers and jump squats are high intensity cardio movements, that have been proven to slim down the midsection,” stated personal trainer and student Jorge Sandoval.

Tread lightly and question whether or not products that are trending on social media are, in fact, credible and safe.
T-Rex costume

**Tons of fun!**

*By HAECHEOL JANG*

Staff Writer

Photo courtesy of YouTube

The T-Rex costume has become a viral sensation across the Internet, inspiring a number of humorous videos. Trends have always existed and today’s trends can quickly become viral online. YouTube helps spread many trends. Currently, there is a new trend in the online world: the T-Rex Costume.

People wear the T-Rex costume and act out in many funny situations. Many people can be surprised by the costume’s appearance. It looks like a real Tyrannosaurus Rex!

There are many funny video clips on YouTube related to this costume, and there are even a few Facebook pages dedicated to the costumed humor.

Some clips depict people running on a treadmill while wearing the costume.

Another clip shows a person wearing the T-Rex costume while fishing.

In that particular clip, the wearer holds a fishing rod while sitting by a pond and it looks like a dinosaur desperately trying to fish.

Another clip shows two people in the midst of a slap battle while wearing the T-Rex costume.

In other clips, people wear the costume while pole dancing, riding a hover board, and even while ballet dancing.

As silly as this new trend may be, it is quickly becoming a viral phenomenon. Why do people enjoy this costume so much?

Some people may enjoy the pure fun in the humor. It can be enjoyable to observe people do strange and funny things while wearing the costume. Other people may like the surprise factor.

There are many clips of people online who wear the costume to surprise others. The surprises are always in good humor and are delightful and light-hearted in nature.

Other people may desire to be something or someone else. Many people who wear this particular costume may desire to bring others laughter, happiness, and just have a good time.

What do CSUSB students think about this costume?

Some students have never heard of the T-Rex costume.

"Honestly, I don’t know anything about this costume. I have never seen this costume or the videos, but it looks funny. If I have a chance to wear it, I want to wear it. I think it will be perfect for Halloween," said student Kyungseo Park.

"I don’t know about it, but I think that it is good for kids. It can help to play with kids and make kids smile," said student Giovanna Omezco.

Other students remained neutral about the costume.

"I don’t know about this, but I can expect what it is after looking at the pictures of the costume. Actually, I don’t have specific opinions about it and I don’t think that it is good for kids. I can play like this randomly," said student Noel Estrada.

The T-Rex costume is a funny way to play and pass time online. Take a minute to enjoy a laugh and have fun watching!
CUSB is one of the most diverse campuses in Southern California and even more diverse when it comes to student fashion. Walking onto the campus you immediately see the variety of different styles: from the student union, to the lecture halls, to even the library. Some students decide to dress up in the latest trends, while others tend to go for a more comfy look. Since the seasons are changing, students are transitioning to a more spring look. Residents are in the process of trading in their coats and scarves for tank tops and vibrant colored attire.

California has had its bipolar weather these last couple of days, where one day it’s a stormy overcast and the next a mid-summer’s day.

It’s very interesting to see our campus go from winter to spring fashion, so I spoke to some Yotes to see what their go-to style is during this crazy Cali forecast.

“It’s sometimes hard to dress up in the morning because you don’t really know how the weather is going to be...you can never go wrong with light clothes,” said Junior Jasmine Quintero.

Jimmie King is breaking the classic stereotype of what it looks like to be a chemistry student, rocking a denim on denim outfit inspired by comedian Kevin Hart.

“He was wearing this in an interview with the Rock that I saw on Instagram and I thought for sure I’ve never done that before and I have red shoes,” explained King.

He also explained that his favorite stores range from Pac-Sun to H&M, and sometimes lurks into Forever 21.

Alberto Mendoza sporting a red Thrashers hat, a black graphic T-shirt, and black Vans closely resembling that of a skater, talked to us about how he deals with the transition from winter to spring.

“It’s not very hard, when it’s too hot I wear shorts and a T-shirt and when it’s too cold I wear pants and a jacket. I just wear what I think looks comfy and cool,” explained Mendoza.

Now that spring is around the corner, we are starting to see students incorporate more color and patterns into their wardrobe.

Student Esso Omuson wore an authentic Nigerian shirt filled with many patterns and beautiful greens, oranges, and reds.

“This is a perfect time to wear this because there is a breeze outside and the sun is out so there is good lighting and especially for bright colors like these and it makes your skin kind of glow,” said the fashionista.

Another fashionable student is Maryam Hassan, who was dressed in a charcoal gray jacket, a white shirt and a brown hijab—perfect for the transitioning of winter to spring.

“I love simplicity. I’m not into very ostentatious dressing. I like simplicity but I still like looking nice so that would be my inspiration, to find the simplest nicest thing that appeals to me,” said Hassan.

This campus is slowly moving to spring and it’s very exciting to see the changes undergone before our eyes.

“It’s very interesting to see our campus go from winter to spring fashion, so I spoke to some Yotes to see what their go-to style is during this crazy Cali forecast.
Open mic night speaks the truth

By ARTHUR MEDRANO
Staff Writer

Students and poets expressed their thoughts on racism, love and politics at the “Speak Yo Truth” event held by the Cross Cultural Center.

Performers were able to do a spoken word piece and used instruments to sing or recite their own personal poems as crowds cheered on with rounds of encouragement and satisfaction on March 7. There was a cohesive mix of new talent and seasoned veterans of artists around campus. The event was previously held during fall quarter as we experienced the progression of performers unveil a new mask of emotions building up for this great night. The art form of spoken word is best described as an improvisational performance and has no bounds as to what one can express on stage.

Every individual put their heart and soul into what they wish to express as emotions captivated the audience.

Not only do they confess their thoughts about these subjects, but they also draw from their faith in performing live, looking past the stage fright and nerves as they let true colors and come through as they become the embodiment of the poem. A spoken word performer, who goes by the name True, had a commendable performance.

True described his piece as being amature, especially when it comes to events like these. He introduced the audience to his powerful drive and ambition when confronted with social injustice and harsh lives anyone can relate to.

Although he was a first timer, his passion seemed everlasting as he got the crowd going with a few standing ovations.

Most of the crowd in attendance were friends rallying in support to be a confidence boost for the ones taking the stage. At that point, having friends can make your act less nerve-racking knowing someone close to you is right there cheering you on.

During interval time, it was apparent that everyone who went on stage felt a sense of joy and relief while they went to speak with friends and fans, and reinforced those in doubt before taking the stage.

The sheer number of attendees made you feel welcomed, regardless if you felt left out, a quick poem about having a crush or a song speaks to you.

It was great to have seen social discrimination be a key part found in this event, as most who participated were a part of the minority and wished to give their thoughts a right to speak when they may have deemed it impossible.

So next time you go to a show and have a few verses penned, or would like to speak your heart out, do not fear taking the plunge and embrace the crowd and let your words carry you through.

Overall, Speak Yo Truth was a wonderful spectacle of students and local talent with impacting words a whole class could not reach. As crowds cheered for what we believed were these individuals breaking free from an imprisonment of thoughts, the event was a complete success and one that many students should experience front row or on the mic.

MOVIE REVIEW

London gets bloody

By ANDREA JIMENEZ
Staff Writer

“London Has Fallen” was not my favorite film, but I cannot say that it did not keep me in suspense.

While shedding a couple tears as my deepest thoughts went to the lives lost in the many terrorist attacks that have impacted our lives and made history rise. Following the mysterious death of the British prime minister, the world’s leaders gathered in London to pay their respects.

Before they kneel down and say their last goodbye, the city of lights quickly arose in massive explosions, becoming the city of gore.

Decapitation seemed to be the main theme in this action filled sequel, as terrorists had no mercy on anyone, leaving puddles of flesh and a city full of smoke and fire.

At the beginning of the film, it was hard to keep up with all the characters, but it wasn’t long before they were brutally killed off, leaving only the president of the United States, Benjamin Asher (Aaron Eckhart) and his loyal companion, U.S. Secret Agent, Mike Banning (Gerald Butler) as the main focus.

Banning’s character was very brave and empowering, although he encountered many obstacles and did not stop him from protecting the president and defeating the terrorists.

His character developed throughout the duration of the movie, making the exaggerated fighting scenes seem natural.

I felt three emotions: disgust, humor and compassion sometimes all at once.

Despite all the action, violence and suspense, they managed to throw in a little humor to lighten the mood.

“I was wondering when you were gonna come out of the closet,” said Banning after the president literally stepped out of the closet and shot a terrorist in the head, saving Banning’s life.

The sound of guns going off ripped through my ears as I was next to a firework display show and the echo of the gunshots “BOOM!” carried on making it hard to concentrate on the story.

The president was held captive in a Unknown building where all the main terrorists were getting ready to seek revenge by murdering him.

This was my favorite scene because it showed the major character development in the president.

Surrounded by enemies, with no bodyguard to protect or guide him, the president managed to take care of himself, he didn’t show fear and refused to be subdued to the enemies adapting to Banning’s bravery.

The ending was not impressive fighting off 100 terrorists, saving the president, and surviving a huge explosion in a building.

I would rate this movie a piece of five paws because the bloody scenery violated my eyes, but if you’re into all the gore and action, I highly recommend it.
Fans danced their way into an unforgettable experience with free tickets to the Season 13 Mar. 8 taping of “The Ellen DeGeneres Show.”

The guest list consisted of actresses Felicity Huffman (“Desperate Housewives”), Wendi McLendon-Covey (“Bridesmaids”) and music producer and Snapchat star DJ Khaled.

“The Ellen DeGeneres Show” which ranks in millions to, trying eight years my the hardest shows to gain ac check-in time.

After checking-in, guaranteed ticket and a mailed confirmation letter, fans from around the world lined up hours before the check-in time.

The entire check-in process was by far one of the most organized and easiest taping of a premiere process I have ever gone through. After checking-in, guaranteed guests and V.I.P. were not due back until 2 p.m., many took to sightseeing or going out to eat, while others remained in the waiting area.

The waiting room contained a small EllenShop kiosk, a café on wheels and three flat screen TV’s reading “#ImatEllen” so fans could post pictures on social media.

By 2 p.m., the second check-in started where numbered tickets were distributed individually along with a questionnaire.

Over 400 fans were escorted numerically in small groups to Stage 1, officially known as the “Ellen Stage.”

Fans were greeted by security before entering a long hallway decorated with numerous photos highlighting iconic moments of Ellen with her guests throughout the seasons like her dancing with Justin Timberlake.

The Ellen Shop resided past the hallways in the “Riff Raff Room” filled with shirts, pajamas, backpacks and much more available for purchase.

After turning of their cellphones, fans were escorted to the iconic stage, although smaller in real life, blue and white colors along with numerous plants and wood walls and flooring made the stage look open and lively giving fans an awe reaction.

Before starting and in-between breaks, fans were brought to the stage to show off their best dance moves, hoping to win a free Ellen t-shirt.

Fans jumped and clamped out of their seat as Ellen walked out of the sliding doors for her monologue before dancing her way through the crowd.

After her segment “What’s Wrong with These Photos?” Ellen introduced her first guest, Huffman, who talked about her family before discussing her show “American Crime.”

After a quick break, Huffman and Ellen battled in a hilarious round of “Hot Hands” where both tried to match celebrity photos with their names. Ellen introduced her second guest, DJ Khaled, who has produced numerous #1 hits and recently signed with Jay Z, left the fans in awe with his videos.

By 2 p.m., the second taping of “The Ellen Degeneres Show” airs weekdays from 4-5 p.m. "The Black Crook," their latest project, is a whimsical rap video filled with bright colors and gems and features music from KillASon. Holy Faya recently sat down with hip-hop magazine The Fader to give the scoop on some of their upcoming projects. They also shared how Missy Elliot inspired their work, and desire to dance to music believing in magic again.

French artists Celia Elms and Nelly Zagury founded the brand Holy Faya with the idea of merging elements and cultures with 3D printing. The moment we’ve all been waiting for has finally arrived—“The Flash” and “Supergirl” are about to unite.

However, the collaboration may not be what we think. In the titled show “The Black Crook,” their latest project, is a whimsical rap video filled with bright colors and gems and features music from KillASon. Holy Faya recently sat down with hip-hop magazine The Fader to give the scoop on some of their upcoming projects. They also shared how Missy Elliot inspired their work, and desire to dance to music believing in magic again.

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Kendrick Lamar gives us a peek into his visionary world with his new album, “untitled unmastered.”

Lamar has outdone himself with this one, generously releasing the leftover demos of his last critically acclaimed album, “To Pimp A Butterfly.”

At only 35 minutes in length, it includes eight unpolished tracks, each of them telling their own thoughtful story that lets the listener into the rapper’s mind.

It’s definitely a daring move for the artist to let out an album that is completely untouched because auto tune and other various editing software are now offered to make songs completely flawless.

Lamar has proven again and again that when it comes to lyrics, he’s a genius. Although this album is completely unedited, uncut and unfinished, it’s nothing less of perfection. The lyrics actually say something and their “rawness” gives the performance correctness and meaning.

Not many emcees can start spitting out words with a message from the top of their heads, but that seems to be easy for Lamar. The lyrical genius brings us his ideas about love, dedication and politics.

The song names accompany the unedited theme in the album, as they are also untitled. They’re instead dated with the recording date, ranging from early 2013 to 2016.

“Untitled 08 | 09.06.2014.” is electronically upbeat, giving off an old school hip hop vibe. It’s something that can be danced to at a house party with close friends. Despite the uplifting beat, the lyrics are about having “blue faces...” because of money loss.

In the interlude, Lamar raps, “In today’s day and age we practice the self pity of taking the easy way out/ You wait on them, him and her/ But when a blessing takes too long, that’s when you go wrong,” sending a motivational message, to get things done ourselves, and not to depend on others to do them for us, because by the time they do, it’ll be too late.

He brings the listener into the recording studio. Throughout the album, the rapper is heard talking to his production team, telling them to add drums or to start the song from the top. The team themselves are heard talking to Lamar, adding to the raw aspect of the recordings.

Also uncensored, “Untitled 07 | 2014-2016.” includes a produced beat by 5-year-old Egypt Dean, son of Alicia Keys and Swizz Beatz. Producer Beatz excitedly stated on his Instagram page, “This is the best Dad moment everrrrr!!! Congrats to my son Egypt for producing his 1st track on this amazing Kendrick Album. He’s only 5yrs old.”

The album as a whole is a motivational work of art. The messages are strong and worth listening to.

As he stated in “Untitled 07 | 2014 - 2016,” he has been and continues to be inspirational to upcoming emcees everywhere.

By JAYNENE MORENO Staff Writer

Kendrick delivers delicious leftovers

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Sports

Season comes to close

By KAILA MORALES  Staff Writer

The 2015-2016 basketball season came to an end this weekend for the lady Coyotes who were defeated 77-71 by Cal State Dominguez Hills.

Although, this was the second straight year that the Women’s basketball team had reached the CCAA semifinals, it was a first for new head coach Sue Crebbin.

Senior Alexcia Mack finished her Coyote basketball career at the top, earning three All-CCAA honors and became the first in eight years to earn consecutive first-team honors. She established a career free throw percentage record of .791, with a total of 1,255 points, 399 field goals, 341 free throws, 115 three-pointers.

Senior Adrianna Brodie was recognized as honorable mention for the second season in a row. Brodie had the second best shot percentage in CSUSB’s history with 60.9 percent, making 81 of her 133 attempts. Brodie finished her basketball career fourth in free throws with 210 and placing seventh with a free throw percentage of 74.2 percent, making 210 of her 283 shots.

Brodie ranked fifth with 650 rebounds and was one out of seven players in CSUSB history to play in 100 games.

Senior Chelsea Barnes, who led the Coyotes in scoring, earned sixth place in the CCAA, and 12th place overall in the CCAA for rebounds. Barnes finished her two-year basketball career with the Coyotes with CCAA’s fifth best field goal percentage (44.6 percent, 298 of 670).

“In the end we didn’t perform when we needed to, it was disappointing because we had a lot of talent on the team,” said Barnes.

“I’ll always love the game of basketball and it is bittersweet that it is over, but I’m excited to finally be part of the real world, this will not be my last basketball game, just my last at CSUSB,” added Barnes. The Coyotes went 14-13 overall during the season and finished in fifth place in the CCAA tournament.

The men’s basketball season came to an end two weeks before, when they lost to San Francisco State 76-70.

Senior Desi Barmore scored 21 points and senior Juan Martinez scored a total of 13 points against the Gators.

Both Barmore and Martinez were honored in a pregame ceremony held for Senior Night, along with senior Zeke DeBlase who earned eight points that night.

Junior Everett Turner had a total of eight points, seven rebounds and eight assists against the Gators.

“The season didn’t go like we had planned but everyone grew immensely. We fought through a lot of adversity and my teammates have my respect,” said Turner.

After missing the first nine games of the season, Turner bounced back to lead the Coyotes scoring 12.9 points per game. At the CCAA tournament banquet, Turner was named All-CCAA honorable mention player, second season in a row.

“Individual accolades are nice, but team accolades are even better. My focus now is figuring out ways to be more of an asset to my team,” added Turner.

The men finished 9-15 overall.
Every ten seconds a report of child abuse is being made. Kappa Delta Sorority of Cal State San Bernardino volunteer each year to bring this statistic down by holding their annual Shamrock 5K run. This was Kappa Delta’s sixth year in a row to host this event; which was held on March 5.

The run is to raise money and awareness for Prevent Child Abuse America (PCAA). In 2015 Kappa Delta raised over $27,000 for PCAA and their goal for 2016 was to raise $30,000. PCAA helps nearly 100,000 families who have been affected by child abuse with their Healthy Families America program. With the money raised by Kappa Delta approximately 80 percent goes to PCAA, while the other 20 percent goes to the child help facility in Beaumont, CA. According to Child Help, the United States holds one of the worst records, for industrialized nations, of child abuse. On average the U.S. looses between four to seven children daily from child abuse.

The San Bernardino community and other organizations and clubs on campus come together with Kappa Delta to take part in helping out PCAA. This year there was approximately 685 runners signed up for the Shamrock run.

Olivia Wilson, who is Kappa Delta’s VP of Community Service, was the brains behind putting the 5K together and bringing it to life. When asked what inspired her to run for Community Service chair, Wilson said, “I have always been apart of helping my community throughout my high school years.” “Once I learned of Kappa Delta’s philanthropies, I knew I wanted to be apart of making opportunities possible,” continued Wilson. “My favorite part about Shamrock was simply witnessing the participation and support we had. It is an amazing feeling when you see your guests having a great time and talking about their donations to PCAA. I also enjoyed working with my chapter and seeing all their enthusiasm,” stated Wilson.

The big question here is how much did Kappa Delta raise for PCAA?

“To keep going and never give up,” continued Wilson. "Not only are we telling kids that look up to us school is so important, you need that degree, but also it’s manageable, you can help them grow in a positive way,” said Gonzalez, who is pursuing his credentials in physical education and wants to coach college soccer. “Not only to go to school but also to do what they want to do, whether it’s sports or any other thing they want to do, they can do it,” continued Gonzalez. “Not only are we telling kids that look up to us school is so important, you need that degree, but also it’s manageable, you can help them grow in a positive way,” said Gonzalez, who is pursuing his credentials in physical education and wants to coach college soccer. “Not only to go to school but also to do what they want to do, whether it’s sports or any other thing they want to do, they can do it,” continued Gonzalez. “I don’t do this for myself, I do it for the kids, so they can have a better and healthier life.”

By CASSIE COUGHLIN
Staff Writer

College students are known to be skilled at juggling multiple obligations, but for some students these obligations consist of being a member of a professional soccer team and a professional dance squad.

This scenario is a reality for fellow ‘Yotes, McKenzie Gutierrez and Juan Carlos “Charlie” Gonzalez, who are not only full-time students, but also full-time members of the professional indoor soccer organization, the Ontario Fury.

“I’m going to school full-time, I work, we have to be on our fitness so working out almost every day, and then doing all that on top of appearances, so it definitely does get overwhelming, but it’s all about prioritizing and keeping on track,” said Gutierrez, who is a second year dancer for the Ladies of Ontario Fury.

“It’s stressful because I live in San Bernardino and have to drive to Ontario to go practice and play, then I have to go to class right after, sometimes I even miss class to go practice,” said Gonzalez, who is a rookie midfielder for the Ontario Fury.

A part of being a member of a professional sports team means attending weekly practices and games.

According to Gonzalez, who was just awarded Rookie of the Year, the Ontario Fury soccer team meets every day for practice, Monday through Friday. Despite the mandatory practices, they also have weekly games.

The Ladies of the Ontario Fury dance team meet once a week for practice, leaving the dancers responsible for maintaining their fitness on their own time, as well as being on top of the dance routines.

There is a lot of personal reward that comes from being on a sports team, but both these ‘Yotes and Fury agree that one of the greatest rewards is being a part of the Ontario Fury family and giving back to the community, especially kids.

“Playing on the team gives you some character that you build towards people to be a leader, for example towards kids, you can help them grow in a positive way,” said Gonzalez, who is pursuing his credentials in physical education and wants to coach college soccer.

“Not only to go to school but also to do what they want to do, whether it’s sports or any other thing they want to do, they can do it,” continued Gonzalez. “Not only are we telling kids that look up to us school is so important, you need that degree, but also it’s manageable, you can be living your dream and doing what you love on the side,” said Gutierrez.

Gonzalez and Gutierrez are living their dream by doing what they love and getting their degrees. They both agree that with hard work and dedication, anyone can reach their goals.

“As cliché as it sounds, just don’t give up, if you have that passion or spark in you let it shine let it lead you, you’re going to hit obstacles like we have, but just keep going,” said Gutierrez. “Find something that motivates you to keep going and doing what you love, if you give up you’re going to regret it in the end, so just find something that motivates you to keep going and never give up,” continued Gonzalez.
By WILLIS TORRES

The Coyote softball team not only won all four games they played against Cal State Dominguez Hills, but they also racked up their sixth no-hitter in CSUSB history.

Left-handed pitcher Cassandra Williams struck out nine players in her first no-hitter. This was the first no-hitter game in over ten years for a Coyote pitcher.

Williams earned pitcher of the week from the California Collegiate Athletic Association for the third time since the beginning of the season.

In the first game against the Toros, outfielder Morgan Ratliff started things off with a solo home run to right field.

The Coyotes would not score again until the seventh inning when infielder Amanda Fitzgerald scored on a wild pitch followed by outfielder Jessica Angulo scoring an unearned run on an error by the Toros second baseman.

The score was 3-0 in favor of the Coyotes, until catcher Jessica Brown drove a double into left-center, earning her two RBIs.

The Coyotes would not allow the Toros to score throughout the remainder of the game, giving them a 5-0 win.

The Coyotes’ bats really showed up during the second game against the Toros, helping them win 9-0 and earning them their second straight shutout.

In the first inning, outfielder Caelan Smith drove in the first RBI of the game on a base hit to left field.

Ratliff earned two RBI’s after doubling down the left-field line. Following Ratliff was infielder Amanda Herrera who singled to center field, which advanced Herrera to second and brought in two RBIs. Infielder Taylor Ancona brought in two more on a single to right field.

In the fifth inning, Smith earned the final RBI of the game with a single to center field.

The third game of the series against the Toros began with infielder Arianna Hernandez hitting a single back to the pitcher for the first RBI in the second inning.

Ratliff dominated at the plate, hitting a double to center field earning her three RBIs. Ratliff doubled again to left field in the third inning earning another three RBIs.

The Coyotes took the win with a final score of 9-5.

The last game of the series proved interesting as the Toros hit three solo home runs throughout the game. However, the Coyotes battled back and earned the win with a final score of 6-4.

The Coyotes scored all eleven of their runs in the first and two each in the second and third. Six runs were scored in the top of the ninth, scoring five runs, but it would not be enough for them as the Coyotes took the win.

By LAUREN JENNINGS

The Coyote baseball team took on the Cal State San Marcos Cougars March 4 and 5, winning three games in the four game series.

The first game of the series took place on March 4 in the late morning and was the Coyotes’ only loss.

Tyler Wells, the game one starting pitcher, threw six strong innings; only allowing one run on five hits.

The one run would be his undoing, however, as the Coyotes were not able to back him up with any runs.

“I thought [my] overall performance was good was good to keep us in the game. We got a lot of great hitters on the team, they just didn’t show up today,” said Wells.

The second game of the series was later that same afternoon, but a better outcome for the Coyotes. Right fielder Daniel Romo, was the driving force the Coyotes needed as he produced both runs in the 2-0 shutout over the Cougars.

Romo drove in first baseman, Brian Lockey, on an RBI groundout to score the first run in the bottom of the second. The Coyotes would not allow the Toros to score again, bringing in the second run of the game.

When asked how it felt to hit his first home run of the season, Romo said, “It felt really good. I wasn’t expecting it honestly.”

“I just want to help out the team. Good things happen when you swing the bat,” continued Romo.

Left-handed pitcher Don Sullivan earned the game two win, throwing a nine strikeout complete game allowing just one run on six hits.

When asked how he felt about his stellar outing, Sullivan said, “I felt like I was commanding the zone with my strikes.”

“My defense backed me up so it felt really good; better than ever,” concluded Sullivan.

Sullivan earned the title of California Collegiate Athletic Association Baseball Pitcher of the week for his outing.

The game nearly took a turn in favor of the Cougars in the seventh, but shortstop Will Ouellette turned two run saving double plays.

“Don worked his butt off all game, so [with] him continuing to pound the strike zone and get after it, I knew he was gonna get a double play for us,” said Ouellette.

“I couldn’t have been happier with the result with that play and we got the win, so I’m happy,” finished Ouellette.

Game three took place the next morning on March 5 in San Marcos.

The Coyotes won the game 8-6, scoring three runs in the first inning and not looking back.

First baseman Brian Lockey drove in Edmonds with a single to center in the top of the third, making the score 4-0 in favor of the Coyotes.

The Coyote softball team not only won all four games they played against Cal State Dominguez Hills, but they also racked up their sixth no-hitter in CSUSB history.

Williams earned pitcher of the week from the California Collegiate Athletic Association for the third time since the beginning of the season.

Baseball shuts down CSUSM for three straight

The Coyotes then scored four more runs in the top of the ninth.

The Cougars fought back in the bottom of the ninth, scoring five runs, but it would not be enough for them as the Coyotes took the win.

The first game of the four game series took place during the afternoon of March 5. The Coyotes came out on top with a final score of 11-5.

The Coyotes scored all eleven of their runs in the first four innings, scoring one in the first and two each in the second and third. Six runs were scored in the top of the fourth.

Right-handed relief pitcher Cory Peterson earned the game four win.