Exploring new campus buildings

Devlin Renich
Managing Editor

On Sept. 17 CSUSB faculty announced the opening of the new residence hall and dining area, Coyote Village and Coyote Commons with a ribbon cutting ceremony hosted in the courtyard of Coyote Village.

The Coyote Village is the first of several residence halls that are meant to open in the future at CSUSB. These new facilities aspire to encourage a unique and positive college experience for incoming freshmen and transform CSUSB into a mostly residential campus.

The hall is now home to over 400 new students and features multiple living amenities for residence to enjoy. The building stands at 114,000 square feet, and includes study and recreation rooms, lounge areas, community kitchen, laundry facilities, a courtyard and many other features.

The Coyote Commons located next the Village and stands at 50,300 square feet. It features a new all you can eat dining experience at CSUSB that is open to all students, staff and faculty. For a set price, the all you can eat style buffet offers a variety of food stations that provide both vegetarian and vegan options.

Some of the options that are available for a set price include: Pizza and pasta, a Mongolian grill, desert bar, a traditional grill, and a salad and deli bar. During the week the commons is open for breakfast lunch and dinner.

During the week the commons also features a coffee shop, and the Coyote Market where students can purchase food by items as opposed to the all you can eat option in the main dining area. This area of the building also allows students the chance for late night dining.

“My schedule this quarter has me staying on campus all day. The new commons is a place I can rely on that is readily available, even late-

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Freeway fire impacts commuter students

By Jason Samp
Editor In Chief

Last Wednesday a brush fire broke out on the southbound side of the interstate 15 freeway causing both sides of Cajon Pass to be completely closed down for the majority of the afternoon.

The fire broke out sometime around 11:00 a.m. and quickly burned through about 50 acres between the freeway and Cajon Blvd.

In the wake of the heavy fire season that California has already experienced, this brush fire was not taken lightly. Fire teams responded quickly and forcefully.

“I saw the smoke and thought maybe a car caught on fire or something since it wasn’t too big,” CSUSB alumni Gloria Roberts said. “Then right above my car a giant plane shot out and dropped a wave of red stuff! That’s when I figured it must be serious.”

Firefighters from various agencies worked together to battle the blaze while CalTrans and the CHP worked to manage the traffic.

They had the southbound down to one lane and then redirected us back up the Cajon Pass from the Kenbrooke off-ramp,” junior Lisa Ramirez said. “I sat in traffic for at least four hours and never made it to campus.”

Many CSUSB students who come from the cities in the High Desert had no way to get to their classes on time, if at all, and many others were also blocked from getting home.

“It’s always something going wrong in The Pass,” Roberts said. “In the summer, it’s fires. In the winter, it’s snow, rain, and ice. Year-round, there is heavy fog. It’s dangerous.”

Through the night the firefighters worked to achieve 100 percent containment of the fire.

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Big California fires left local stations understaffed

By Cody Hall
Contributing Writer

The Orange County Fire Authority (OCFA), are making critical moves to solve the problem of uncontrollable wildfires that have set a record death rate for firefighters this year in Southern California.

Due to the outbreak of fires, this led to an understaffed situation where there are not enough men in uniform to respond to emergency calls from locals.

This is a major issue right now because California has so many wildfires that are out of control during this fire season that’s supposed to last another month or two.

As of Aug. 9, there were 2,100 California firefighters spread out fighting these fires, leaving a low number of firefighters manning each station.

There were nine deaths, which they all were on the front line fighting the fires.

Typically, the average 9-1-1 response time in the OCFA is seven to 12 minutes.

But in the past three weeks it has increased by 20% and set the delay to 15 minutes.

Tom Reeves, Captain of the OCFA, is a 25-year veteran who has seen many things throughout his time.

“This fire season has been one of the worst we’ve had in years, and we are paying for it,” shared Reeves, “What our plan is, we are going to hire more men out of the fire academy this summer to replace our veteran firefighters until they are back. That clears the understaffing problem. Once the guys are back from the fires, we will place the new recruits in nearby cities so this won’t be a problem in the future.”

The current Holy Fire in Lake Elsinore and Corona is what sparked the understaff talk.

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The new commons building offers more food choices to students is aesthetically pleasing.

...Continued from Pg. 1 night,” said Emmanuel Tanopo, a communications major at CSUSB.

In addition to different food options the commons provide social areas both inside and outside for anyone to relax in. The building allows seating for about 700 people which incorporates a private dining room. Outlets are all around the building to ensure a place to study while enjoying a meal.

The cost between both the Coyote Commons and the Coyote Village amounted to $95.8 million, which was all funded by rental rates of campus residence halls. This makes these buildings the largest single capital project in the history of the university.

Some of CSUSB’s departments who contributed to the making of the Coyote Village and Commons are the Planning and Managing department, Student Affairs, Housing and Residential Education and Associated Students Incorporated.
Big California fires left local stations understaffed

This recent fire, that is now 65% contained, has burned over 25,000 acres and is what took it over the top.

Third generation OCFA Engineer Bob Roberts said, “This season has been one of the most grueling in my 27 year career, with the extreme heats, how fast the fires have spread in the wind, and I don’t think its stopping anytime soon, this is the driest I’ve seen southern California in years.”

Roberts has heard about all kinds of things and says this summer will be high up there in history for the number of fires. “It has been stressful being up north fighting these fires for so long, and hearing about all of the understaffing problems back home, I just hope they come up with a plan quick to set things straight so the people we care about never have to question if we will be there for them or not,” said Roberts.

OCFA.com stated that this is the highest amount of firefighters absent from their station in the past 15 years.

Local teenager Sage Casaga, son of a local firefighter shared, “It’s tough not having my dad around, I know he’s out there doing his job but he’s been gone weeks at a time and it’s hard on my family. I wish the OCFA would relieve the firefighters who have been gone so much but it is what it is, I just want him to come home.”

This fire season is affecting a lot more people than what meets the eye.

Going to OCFA fire stations, they just didn’t have the same feel as they usually do. They are much quieter, lack enthusiasm and not as many laughs as usual.

A combination an exhausting season and the passing of a firefighter fighting the Redding wildfire is what led the station to seem this way.

This is now the ninth firefighter that has been killed this fire season, which is the highest number in decades according to the Orange County Register.

Local Orange County citizen Paul Polacios said, “It is terrible hearing about everything going on right now, my neighbor had a stroke last week and no one arrived for 20 minutes, that needs to be changed, but I know that is not the firefighters fault, they just need to come up with a solution quick.”

Paul, a former Marine knows all about what makes up a team like a fire station.

“When someone calls 9-1-1 we need to be confident someone will be there in no time to make sure everything is okay. I am forever thankful for the California firefighters keeping us safe, as I am a California citizen for 30 years.” Paul said.

As more and more firefighters are currently being hired to end the understaffing problem, there still are currently 21 wildfires continuing to burn in our state.

We pray that our firefighters stay safe and return home as quickly as possible.
Air quality: a cause for concern?

By Ana Tapia
Contributing Writer

Air quality conditions worsen in the Inland Empire due to various environmental pollutants that could cause harm to inhabitants of the area.

Major cities in the area include: San Bernardino, Riverside, Ontario, and Palm Springs.

Air quality is defined as the degree to which the air has been polluted by various harmful sources, either man-made or biological contaminants that float into the atmosphere.

These are measured everyday with various, highly technological tools used by major organizations to study and record air quality data.

Some common pollutants in the air include carbon monoxide, sulfur dioxide, nitrogen dioxide, particulates, ozone, and lead.

Each of these can be very deadly to living organisms, making it harder to survive. The fight for better air quality is an effort that has been occurring for many decades in the United States, particularly since the 70’s.

However, many residents in the Inland Empire are not aware of the current issue.

“I don’t know of the air conditions completely as of right now, but it’s not so bad in my opinion,” Santos shared. “Although in winter time it does affect me because I do have asthma and it makes it hard to breathe sometimes.”

While other residents who are aware of the occurring issue understand the drastic effects that air pollution can make on the environment.

“This region is surrounded by mountains and a lot of smog settles here,” Mercedes Morales of Fontana said. “I have been told that in the 1980’s, one was not able to see the mountains. Eventually over time as stricter air quality regulations were enforced, residents claimed they were surprised that the mountains were actually minutes away.”

Bill Magavern, Policy Director of Coalition for Clean Air, explains that the Inland Empire is one of the most air polluted areas in the country.

“The most important air pollutants are smog (ozone), fine particles, and particulate matter 2.5. Air pollution from Los Angeles blows east to the Inland Empire and joins the contaminants emitted in Riverside and San Bernardino counties,” Magavern shared. “The Inland Empire is especially plagued by ‘logistics sprawl,’ the burgeoning number of warehouses and distribution centers that have located in the area.”

Aside from warehouses and distribution centers being the cause of further air pollution, wildfires are also a contributing factor that affects air quality.

A graduate from the California State University San Bernardino, Jennifer Moya, remembered her experience with wildfires in the area.

“There have been fires near Fontana said. “I have been settling here,” Mercedes Morales explained. “The most important air contaminants emitted in Riverside and San Bernardino counties,“ Magavern shared. “The Inland Empire is especially plagued by ‘logistics sprawl,’ the burgeoning number of warehouses and distribution centers that have located in the area.”

Aside from warehouses and distribution centers being the cause for me and other people. It was hard to breathe while walking in my exams said Moya.

However, wildfires usually occur on a natural basis, but nonetheless can cause harm to the atmosphere.

The matters of how these issues have grown throughout the Empire also include factors contributing from outside the area.

“ GOODS are moved from the ports of LA and Long Beach via diesel-spewing trucks or rail to the Inland Empire, where they are often moved by warehouse equipment running diesel.” Magavern shared.

With the continually growing air pollution situation, it can make one wonder what is happening in the political climate regarding this issue.

Many laws such as the Federal Clean Air Act and California Air Quality Legislation are meant to prevent further pollution and instead reverse the effects of air pollution on people, environment, and climate.

However, the president of the United States intends to remove these laws that were put in place.

“The Trump Administration has been going backward on air quality by moving to roll back key emissions standards,” Magavern said. “The CA Air Resources Board is moving forward with several measures to strengthen standards for cars, trucks, buses and freight equipment.”

Given that the government appeared to be set on removing these laws, citizens would need to act by making personal efforts to reduce air pollution.

Some residents have explained what they have done in their efforts to improve air quality.

“In my home during winter last year, we didn’t use the gas heating systems in our house and used our chimney minimal-ly,” Emily Perez, resident of Ontario, said. “My family uses hybrid cars and there are many other things that my family and I would like to change to become eco-friendly.”

Morales considers the effects of air pollution to the smallest objects.

“I do not buy aerosol sprays and look for liquid products instead. I also try to find products without artificial scents and harsh fumes,” Morales shared.

Overall, residents of the Inland Empire have been and will continue to put in their efforts along with organizations in the pursuit for better air quality.
Understanding first generation students

By Nadia Fuentes
Contributing Writer

First-generation is a term which defines a college student whose parent or legal guardian has not completed a bachelors degree. Though this term is being used to define many college students at CSUSB, many do not know fully understand what means. California State University San Bernardino highlights has suggests that of 20,664 students, 81 percent are first-generation. This means 81 percent of students enter college with little to no guidance for college success.

For some incoming students college is chance to explore the beginnings of adulthood, but for first-generation students its the opportunity to set the standard of education. The Department of Educa- tion also conducted a study in 2010 that estimated 50 percent of the college population to be made up of first-generations. As the rates have increased over the years, colleges like CSUSB have made their own strides to meet the needs of their students by hiring staff who have graduated college as a first-generation student.

Many students say they feel unprepared and have no support systems while entering college, which creates the stress of having to search for answers without knowing who, what, or where to ask. Writers of the book First-Generation College Students: Understanding and Improving the Experience from Recruitment to Commencement, claim these disadvantages are what cause first-generation students to be less likely to earn a degree and have a higher chance of a dropout rate than their peers.

The concept for the first-generation is still fresh and not often understood by those outside of the education and policy making which makes their struggles difficult to address. Around 30 percent of all freshmen are first-generation, according to the National Center for Education Statistics.

At the beginning of every academic year the buildings of CSUSB fill with students like Jazmin.

“I was a freshman two years ago, and it was an easy transition for me. I was lucky enough to have great professors that year. But most of all, it’s because CSUSB radiates positivity.”

Idalia Lorenzo, Sophomore

“It’s a great experience to be part of a university, I felt that I was starting a new journey that is about to embark better opportunities.”

Jeremias Gonzalez, Sophomore

“It was okay, the campus was huge and I didn’t know where my classes were. The food is expensive but the environment is great.”

Daisy Choudary, Senior

“I honestly loved the campus my freshman year. Loved how nice and passionate most of my professors were. I found it so easy to make friends here and still talk to them well past my freshman year. I was really involved with everything going on on campus my first year.”

Denise Bustamente, Junior

“Freshman year was intense, cool exciting and very stressful. You’re this small person in this big university. I saw it as an adventure, surrounded with open-minded people. Everyone on campus is great and friendly.”

Brenda Limon, Junior

“First-year, I didn’t know what real freedom was. I didn’t know what the stress during procrastination was and I didn’t know the speed of exam day being so soon! Everything depends on having agenda and prioritizing how my day will play out.”

Estefania Pentoja, Senior

“Being a freshman in college is difficult at first but it’s also a step into reality of independence, hard work and that each decision I take will affect my future. It also allows me to have a balance between my school and social life. College has taught me that every degree is earned not given.”

Vianey Ramirez, Sophomore

“Being a freshman was scary because I had no idea what to expect. I felt like I was just thrown into college without a clue on how it would be like. After a week, I felt more at ease. Overall I learned about being more independent and finding what my true passion is.”

Linda Banks-Santilli, an Associate Professor of Education at Wheelock College and former first-generation student, states that by addressing these factors, first-generation students would being the help they need and make them feel like they belong at their college or university.

First-generation are passing time between classes by playing games and socializing.

Vox Pop: What is it like to be a college freshman?

Karina Arias, Junior

Jennifer Pineda, Senior

“Different. I felt welcomed to CSUSB and didn’t feel like I was a freshman. Everything was just a new experience.”

“First-year was daunting, but I learned that having a good support system is key.”

“A close mentor makes the college experience more enjoyable.”

Lindsey Craft, Senior

“First-year was intimidating. I felt like I had to learn everything all at once.”

“First year... I was an open mind.”

First-year: Nardos Aplin, Senior

First-year: Imat Nabash, Senior

Lindo Wossen, Senior

Lindsey Craft, Senior

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Lindsey Craft, Senior
One of the best ways to battle racism is through awareness. Education on this topic is crucial as many people do not realize that what they are saying is wrong.

CSUSB prides itself on being a diverse campus, with over 60 percent of students identifying as Hispanic, 13 percent White, 5 percent African American and 5 percent Asian. While some students admitted that they love the diversity at CSUSB and haven’t heard of any racist remarks on campus, other students shared their experiences with racism at the school.

“I guess there’s this thing about Mexicans having big families,” student Victor Corona said. “They assumed I was the one with four kids.” Corona felt stereotyped by the comments from a group of students in his communications class.

Corona said that his class was doing an ice-breaker activity, where they wrote down a fact about themselves and placed it in a basket. He cannot remember what he wrote but does remember feeling embarrassed when he mismatched with another person’s fact.

He explained that a student in his group wrote down that they had four children. Immediately everyone assumed it was him. Corona, being surprised, said, “No, why would that be me?”

His group members began to laugh, and the person who the fact was actually about said, “Oh, that’s mine, not his.”

Corona admitted he was of the campus police handled those things.

According to CSUSB’s website, students or faculty may call the campus police, but they will give them proper resources to aid them in what they choose to do next. If students or faculty choose to report an incident, they can contact César Portillo or Dr. Paul Vicknair.

Corona wasn’t the only student that had an experience with racial stereotyping on campus. Alumni Carmen Rojas shared her story as well.

Rojas’s experience occurred during her freshman year when an older, caucasian student attempted to flirt with her. She recalls speaking Spanish amongst her friends when he interrupted to complimented her hair.

The student asked Rojas for her phone number. She did not want to give it to him which apparently upset the student and he said, “You’re just like every Latina, you’re feisty!”

“I’m tired of the sexual-ization and stereotypes Latinas face,” said current student Cynthia Durán.

Duran mentioned an event for intersectional women in higher education, where a panel of women of color spoke on their struggles with discrimination by colleagues. She explained it was a great way to speak on racism in higher education.

Rojas, at the time, felt her situation didn’t need any more attention than it already received, so she let it go. After a few academic quarters, she enrolled for a race and racism class on campus where she learned about micro-aggressions.

She explained that she didn’t report it because she didn’t feel like anything would be done in regards to consequences.

Director of Human Resources, Stacey Barnier, explained that all reported cases are treated the same. Cases begin with filling out Executive Order 1096 or 1097, which can lead to further investigations and eventually develop into a report.

“They can be multiple things like race, sex, age, religion, etc., but nonetheless, every form of discrimination is handled the same,” said Barnier.

Student Dan Haro offered his own idea on combating discrimination on campus. He related the issue to the Title XI training every student has to go through.

“If we had something similar to the Title XI online program that all the students have to take every year, but for racial discrimination, that’d probably reduce whatever racism we do have on campus,” said Haro.

Many students, including Corona, Rojas, and Haro, believe that CSUSB doesn’t have a racism problem, in fact, students explained how much they admire the diversity and how the campus celebrates it.

Human Resources Manager, Shawna Holmquist, said she loves that students and staff have access to over 150 clubs/organizations on campus that celebrate diversity, like the Cross-Cultural Center, Black Student Union, and many more.

Barnier explained that CSUSB does a great job at recruiting employees that are diverse. However, she admits that there have been reported cases of racism that range from student on student, to instructor on student, faculty on faculty, and even student/faculty on a third party.

“We get emails constantly from the school reporting any crime and issues on campus, and I’m so glad we’ve never received one about racism on campus because that would be truly shameful,” said Corona.
The International Student Dating Scene

By Patricia Kang
Contributing Writer

Dating in this modern era can be complicated by itself, even when two people share the same culture and language. When you have two people from different cultures and English as a second language, it can become complicated and difficult, with a big chance for misunderstanding and confusion. Sometimes, this can result in funny situations or become frustrating miscommunication that leads to hurtful feelings.

International couples have a wonderful opportunity to be exposed to new customs, ideas and thinking, but it also requires patience and an effort in trying to understand what the other person may want to say or need. Being understood is a basic desire of a human being, each person bringing something new to be shared and enveloped into the relationship.

Julie Brock, Professor of Studies in Psychology of Human Behavior, explains how issues arise when these couples get more comfortable with each other. “One of the problems with international relationships is that just because two people speak the same language doesn’t mean that they will always understand each other,” Brock said, “The clash of cultural backgrounds can cause misunderstanding and confusion. Add to that, social and family backgrounds and it can become really difficult.”

Language doesn’t have to be the only obstruction to a harmonious relationship, couples have to manage and overcome numerous issues in the development of their relationship.

Cultural differences, status of women and men in each society, family involvement and even discrimination due to racial division of skin color or ethnic background can prove challenging to the new couple, such as in the case of student Bernice Quihada.

“Dating out of my ethnic race, I learned that in Korean culture it is a courtesy to text back as soon as possible and if you don’t, then you come off as if you lost interest in the person even though you are considered boyfriend and girlfriend,” Quihada said, “Texting throughout the day is to show that you care and are interested in the other person as well as know what is going on throughout their day.”

At first, when I was ready to introduce my future husband to my family, I wasn’t sure whether or not my side of the family would fully accept my American husband, since my family was hardcore Mexican,” Busby said, “Luckily my parents embraced Philip (husband) as I spent my whole life around the Mexican culture, their perspective was that I already knew every aspect of the Mexican culture, and rather I continue the learning about the Mexican culture I could spend learning about my husbands American culture.”

With the ever-growing mixture of cultures, traditions and races that intermingle and intermarry, it is important to not just hold onto our own ideas and culture, but to learn to be broader in our thoughts and more patient and tolerant of the differences that will make each persons life richer and fuller.

Hannah Busing| Chronicle Photos

Not many expect to fall in love while juggling school.
Devin Renich
Managing Editor

On Saturday September 22, participants lined up near Oak Glen, to join in on the 5th annual Savage 5K run. Carolyn Savage is the host of the event and started running at 50 years old, while training with her sister for a marathon in San Diego. She wanted to host an event locally that would benefit the community without being too costly.

"Could I have an event to help promote health and wellbeing," said Savage as she began to organize the 5K. Savage believes that this event can benefit the community by providing a fun way to promote exercise which leads people to be happier and feel good about themselves. She wanted to make exercise more about fun and less about work.

It's not about looking like a cookie cutter individual, it's just about being the best version of yourself," said Savage. Each year the 5K is promoted through TV spots, Facebook, and word of mouth. It costs participants 25 dollars which pays for a shirt, medal, and a social breakfast after the race. The race begins and ends at the Savage residence, and the entire race forms along Oak Glen road where runners are encouraged by motivational signs along the way. According to Savage the first year of the run started as a 15-mile loop around Oak Glen and later turned into a 10K or 5K race. It also gave participants the option of riding a bicycle if they didn't want to run.

The race hosted about 25 participants in the first few years and 50 participants in the fifth year. The runners consist of friends Savage and moved during other races. This year was the final Savage challenge race and was dedicated to Carolyn Savage's niece Buckmaster who passed away in October 2017.

Every year Savage begins to prepare for the race as early as February. She begins to design the logo for the shirts and medals as well as promotes the race. While Savage has had a good time hosting the annual 5K or 10K she has decided this year was the last Savage Challenge. She is hoping to spend more time with her family during the upcoming years and feels that after this year they can focus more on her personal life.

We are all dreamers

By Kaelie Illman
Contributing Writer

Coming to America has granted opportunities to many immigrants since the United States was created back when settlers came from Europe. Guadalupe Oseguera H. Luz is a Mexican woman living in Rialto, Calif. She met the love of her life on an online dating site and moved to California to get married a few years ago.

Guadalupe, who goes by Lupita, was born in Mexico City, Mexico. There, she had a daughter, but decided to come to America for love. She married Jonh McWhirter, and it provided her a better life in America. Lupita was able to come to America on a visa, when she visited family in San Francisco. Since getting married, she has become a legal resident, but has decided to keep her Mexican citizenship.

"I love my country, Mexico, and I like to live there. The area I used to live in, the conditions were already bad. There were a lot of robberies, they would benefit the community without being too costly.

"Could I have an event to help promote health and wellbeing," said Savage as she began to organize the 5K. Savage believes that this event can benefit the community by providing a fun way to promote exercise which leads people to be happier and feel good about themselves. She wanted to make exercise more about fun and less about work.

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Savage challenge race and was dedicated to Carolyn Savage’s niece Buckmaster who passed away in October 2017. Both family and friends of Savage and Buckmaster attended the 5K as either runners or volunteers of the race.

The energy of the event was positive and participants were excited to be involved.

Pieces of the emblem on the participant’s shirts were based off of paintings Buckmaster had created in the past. The illustrations show poppies which were Buckmaster’s favorite flower, as well as her initials at the bottom of the design. The colors of the shirt were also decided as black and turquoise, in respect of one of Buckmaster’s favorite stones turquoise.

“As I was preparing for the race, I realized the date was landing very close to the day she passed away, and it just triggered it,” said Savage.

Every year Savage begins to prepare for the race as early as February. She begins to design the logo for the shirts and medals as well as promotes the race. While Savage has had a good time hosting the annual 5K or 10K she has decided this year was the last Savage Challenge. She is hoping to spend more time with her family during the upcoming years and feels that after this year they can focus more on her personal life.
The Importance of Self-Care

By Ashlin Fujinami
Contributing Writer

Self-care is an important activity that everyone should be aware of and participate in. Self-care not only helps relieve stress but also helps maintain a healthy and positive outlook on life, improves mental health and creates self-compassion.

What is self-care you ask? Self-care is the idea of taking some time to partake in an activity that encourages the care of your physical, mental and emotional health.

Self-care is essential to a healthy life, especially for college students. Having a few moments to catch your breath and not think about the stress of school is key.

Especially with new classes starting up, many students often engage in the unhealthy habit of studying to the point where don’t eat or sleep and partake in other unhealthy activities to continue studying for long periods of time.

Self-care allows you a moment of peace and time to regenerate. Without self-care, many people experience feelings of exhaustion, burnout and the inability to do their best work. It allows us a moment to breathe and refocus on the tasks at hand.

Once individuals realize self-care isn’t selfish and begin to practice it, the ability to give their all to others and to their work increases. If you are not at your best, you are not able to give your best to your work or others.

Self-care is known to increase one’s self-esteem and maintain a healthy relationship with yourself. Although it may sound silly to many, a healthy relationship with yourself allows you to work at your best and have a happier life.

Lack of self-care and compassion can lead to depression, insomnia, anxiety and heart disease because of the intense stress our bodies are going through.

“Self-care is essential to everyone because everyone is worthy of love,” our very own campus advocate Marina Rodri-guez explains.

“Caring for ourselves is the only thing we can control. We can’t control if others will treat us with love or respect or if others will care for us. If we want to survive, and especially if we want to thrive, we have to nurture ourselves. Self-care isn’t selfish. It’s actually a protective factor for our physical and mental health,” Rodriguez said.

Self-care can be as simple as making sure you are eating regularly, napping in the middle of the day, taking a moment to breath, and drinking water to stay hydrated. It does not have to be as extravagant as many people believe it is. It can be whatever relaxes you, makes you happy, or makes you feel good.

There are a few different forms of self-care as well. The few different types are spiritual, emotional, physical, sensory and social. There is a form of self-care out there for everyone. Some healthy examples could be taking a walk, meditating, having a reminder to drink water or giving a giving act that allows the individual to stay healthy and contributes to bettering yourself.

By Melissa Cardonato
Contributing Writer

Balancing school, life, and work is difficult. However, with a pot of fresh brewed caffeinated magic, twelve hour days can be simple with minimal stress.

As a college student, it is inevitably possible to stay away from working. For those of us not lucky enough to be in the top 1% of population in regards to wealth, we must work part/full time jobs to pay for an education.

This is completely relevant to the work society within the college system. Jobs are now implementing the ability to provide flexible scheduling for students that need to attend classes. How do you work a full-time job and take enough units to graduate in four years all while not losing your sanity? It’s difficult.

Having two jobs and going to school full-time is even more extraordinary, but Christian De Los Santos, a fourth year college student at Cal State San Bernardino, makes it happen.

“It is probably the most difficult thing I have had to do in my entire life,” De Los Santos said. “Not only am I tired every day, but I’m also stressed out; however, I have learned to manage my time in order to have a healthy lifestyle and a higher education.”

De Los Santos has managed to work for both the Home Depot and Uber racking in about 70 hours a week of work. On top of that, he is taking 12 units upper division courses.

It is also possible to be in a relationship and have a family while balancing school and work. Leslie Gonzalez is a gradu-ate from San Bernardino Valley College who also has the same thoughts as De Los Santos in regards to work and school.

Gonzalez, on the other hand, has maintained a perfectly well rounded social life and love life.

“I have always had a life,” Gonzalez said. “I will not deny that at times I had to put my life on pause in order to fill my work and school duties but overall, not only was I able to find love, I was able to raise a newborn child through it all.”

Staying awake during it all is probably one of the most strenuous tasks of student-worker life. This is a crucial aspect to the student-worker lifestyle because it is what drives the motivation behind getting up everyday to maintain it.

Organization is also a crucial aspect for this lifestyle, but sometimes that is the last thing student-workers such as J.T. Millum, a student from UC Santa Barbara, have in their favor.

“I didn’t know what my plan was everyday. I knew I had to go to work, get to class, get coffee, and do homework. There was no strategies behind my thinking, honestly. It was just something I knew I had to do and I didn’t care how I did it,” J.T. Millum said.

Millum strived to make sure his priorities were straight but as a Gaucho, it is a tradition to attend Deltopia, the biggest rager of the school year in order to do that, he had to make sure all of his ducks were in line.

Federico Cabrera, a second year San Bernardino Valley College Wolverine, is fresh faced and new to the work and school balancing game.

“I knew it was going to be hard. I saw my sister do it for years and I knew I had to get used to giving myself the time to accustom myself. But, I drink a cold brew a day and it seems to be helping,” Cabrera said.

Slowly but surely, Cabrera is making his way into the adult life of studying while also calculating work and school.

The best way to create a healthy social life is by incorporating into the work atmosphere with a large want to be on top of it all. In fact, Earl Wilson can say it best, “Science may never come up with a better office communication system than the coffee break.”

Try to catch a quick nap whenever there is a sliver of time.
Family Pact: Safer Sex in College?

By Jisela Corona
Contributing Writer

Family Pact is a great program that promotes sexual health for young students in and out of our campus. Thanks to the easy access to this program, there has been a considerable drop in unwanted pregnancies, abortions, and STIs.

College can be such an eventful time in a person’s life that it is very easy to be swept away in all of the fun and chaos and be exposed to factors that have the potential to affect or even inflict some type of permanent damage to their lives.

It is imperative that students be aware of the resources available to them; especially since these resources, like Family Pact, are completely 100% free of charge. Students pay for the Family Pact along with the tuition fee.

According to CSUSB’s Family Pact website, “The Family Pact program is a State program that provides clinical services for family planning at no cost to eligible California residents. After enrolling in Family Pact, students will receive a Health Access Program (HAP) card, which can be used at any provider that offers Family Pact in California.”

Family Pact is promoted by many of the staff and health educators on campus to students as early on as high school. High school students and incoming freshmen will come in exposed to some of the potential benefits they can receive from the Health Center.

Many incoming students are provided with information on sexual education and birth control as soon as they arrive, such as CSUSB student Julissa Corona.

“I was informed about Family Pact about two years ago in my Freshman year at orientation. The condom lady held like a little event where she informed us about the Health Center, all the benefits—everything about it!” Corona said.

There are health specialists and educators that will go out of their way to make sure their students are informed and taking advantage of Family Pact. Most students do not have access to these resources out of campus or may even need to keep this confidential from family members.

“My parents aren’t exactly ecstatic talking about sexual health, especially in my situation being gay and all. But having this resource given to us on a silver platter makes being safe so much easier,” Aron Vazquez, CSUSB student, said.

For many students, it can be difficult to feel comfortable talking about their sexual health or receiving the proper knowledge. However, sometimes it takes a friendly, familiar face to put them at ease and usually that face belongs to Judi Cruz, health educator also known as the Condom Lady.

“They call me the Condom Lady because, well, I pass out condoms,” Cruz said. “It kind of started with doing Soar and orientations and doing a program called ‘Let’s talk about Sex.’ We would give goody bags in October with candies and condoms. The idea was to promote safe sex. Students wouldn’t know my name yet so they knew me as the Condom Lady, I think of it as kind of a term of endearment.”

Students everywhere know about the Condom Lady. Many have gotten their information or even just condoms from her specifically. Judi Cruz has worked hard to get students educated on sexual health and get the Family Pact name out there.

She feels that Family Pact has had a significant impact on students’ sexual health on this campus and the County of San Bernardino as well.

“San Bernardino itself, this county, is a hotbed for Chlamydia. We have one of the highest rates in the nation of Chlamydia,” Cruz said. “You can look on the CDC website and see the demographics of students aged 19-24 years old in the San Bernardino county have the highest rates.”

Family Pact makes it easier to have access to information on STI’s and how to prevent them. It even offers free testing for just about and STI or STD there is; most of which you can test for right there on campus.

Students like Aron Vazquez explain how relieving it is to be able to get tested on campus, “I recently got tested for STD’s, thank God it came back negative, but without this [resource], it wouldn’t have been so easy to just get tested and have that piece of mind that I’m good.”

There won’t be any specific programs coming up in the year for Family Pact, but Cruz explains that there will be days where students can come grab supplies and receive information and that she will be at events to provide support.

“I’ll be out at Late Night, I’ll be at the larger events, and I’ll be carrying a backpack with condoms in it and students will see me, the Condom Lady,” Cruz said. “I give out condoms to the students just to make sure because with those kind of late events, people can get a little wild, and you know, anything happens—these are young folks!”

With how eventful college life can be, it is important to be aware of all of your resources and options, such as Family Pact.

“Any student who is enrolled at CSUSB is eligible for applying for the Family Pact program.”

Judi Cruz appears at many local events to inform students of their resources for safer sex.
Video Game Review: Marvel’s Spider-man

With the release of Sony and Insomniac’s new title Marvel’s Spider-Man, players can once again take control of the masked webslinger as they try to protect the island of Manhattan.

Spider-Man for the PS4 is an open world game in the very loosely defined action-adventure genre, with a focus on using Spider-Man’s amazing locomotion abilities to zip from mission to mission.

Unrelated to any previous Spider-Man media, this game presents its own take on the Spider-Man universe with a completely self-contained story. Said story is not anything drastically new for the franchise: Spider-Man tries to protect New York from both petty criminals and supervillains alike, while also trying to balance his personal life as Peter Parker with his responsibilities as Spider-Man.

However, this game’s story does mix up the formula a bit by featuring a slightly older Spider-Man in his mid-20’s, as well as focusing on his personal relationships with some of the supervillains he is fighting, such as Mr. Negative; these small changes go a long way to making the game’s story more memorable.

Spider-Man’s story is also enhanced by the huge amounts of unique dialogue that Insomniac Games put into the game; between hearing Spider-Man pretend to be the gruff “Spider-Cop” or hearing J Jonah Jameson berate him on the radio, all the dialogue goes a long way to endearing players to these characters.

Overall the story is not terribly unique, but it is presented well, and does manage to have a bit of heart mixed in. The gameplay is also not that original, but that is not to say that it is bad.

Spider-Man tasks players with web slinging through the island of Manhattan, following beacons to go to story missions or side missions, and between those find collectibles.

This probably sounds extremely familiar to anyone who has played a modern open world game, but Spider-Man improves this formula by having tight and satisfying core gameplay.

Moving around Manhattan as Spider-Man feels simply amazing; the game has some of the most satisfying and fun movement that I experienced in a video game.

At its core the combat is also just simply fun. It is not complicated; there is a button to attack, one for dodge and web attacks, but combined with Spider-Man’s movement allow for very entertaining combos.

However, looking past the core gameplay is when the game’s few issues begin to show. There are a few sections where the player must play as someone besides Spider-Man, and while these segments are not bad they are slow.

Some of the side missions do not fully utilize Spider-Man’s movement or combat and feel a little tedious for it.

There was also a lack of supervillain fights in Spider-Man; most of them are in the third act, leaving the player fighting generic thugs and henchmen for most of the game.

But back to the positives, the game’s presentation is top notch. The graphics are amazing, and it is one of the best looking games this console generation.

The voice acting is also great; it is silly when it needs to be but dramatic when it needs to be. The game’s soundtrack is small, but it is used to good effect, like the score gradually creeping in as Spider-Man begins web slinging.

Overall the game is not revolutionary, but because of its great movement and fun combat it is consistently enjoyable.

For anyone who enjoys Spider-Man, or just wants to play a game that feels extremely satisfying to control, I highly recommend checking out Marvel’s Spider-Man.

By Dustin Alexander
Multimedia Editor

This screenshot captured from Marvel’s Spiderman shows the amazing movement and controls in the game and how it allows the player to feel like Spider-Man.

Players can explore a realistic replication of Manhattan Island and visit famous landmarks.

Buying or selling a home in So Cal? I can help!

Students can use education history in place of work history in many cases to qualify for a purchase. As a CSUSB Alumni and current Grad student I will work with you on a personal level to achieve your real estate goals. From one Coyote to another, your business is my priority!

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This screenshot captured from Marvel’s Spiderman shows the amazing movement and controls in the game and how it allows the player to feel like Spider-Man.
When I climbed the first rundown staircase at the base of the path up Namsan (South Mountain), I felt like I could handle hiking a mountain. A few steep paths later and I was wishing I had stayed back at my dorm. When I got on the bus that day I just wanted to explore Seoul; I did not think I would end up with two fitness enthusiasts who wanted to hike up to Namsan Tower at the peak of the mountain. I did not want to bail on my new friends, and I thought it could not be that bad. It was bad. Halfway up the mountain every step hurt and every breath felt even more shallow. Of course the worst part was doing my best to not let my new friends realize how out of shape and tired I was. But when I finally reached the peak, got to the observation deck and looked out at Seoul my regret vanished. Looking out at the entirety of Seoul was breathtaking (figuratively and literally after the hike). If I had wimped out like I wanted I would have missed it, but I took a risk and hiked a mountain, and the reward was worth the pain.

Visiting Costa Rica was an absolute dream. I’m still finding it hard to believe a place so magical exists on this earth. I spent two weeks there with my best friend of 15 years. Our first week was spent exploring the rainforest, and our second week relaxing at the beach. We created about a thousand memories we’ll never forget, but I think for myself, the trip truly boils down to a few significant times I like to call the “where are we moments.” These are moments when my best friend and I felt our happiness was so overwhelming that we were in disbelief of where we were. These are moments when we felt we had no other choice but to look at each other and ask ourselves out loud, “Where are we?” as we burst into laughter.

While viewing the opening of a volcano that can only be seen 75 days out of the year, “Where are we?”

While standing in a rainforest with rain pouring over us, rivers rushing past us, the tallest plants surrounding us, and a sloth ten feet in front of our faces, “Where are we?”

While floating in the Pacific on a black sand beach, where the trees meet the shore and the water’s so salty it lifts us without effort, “Where are we?”

We shared so many of these moments, and during each and every one we were learning, loving, and growing. It’s these moments we shared that made me especially grateful for the experience. It’s these moments we shared in this beautiful country that fuel my desire to travel again. Pura Vida!

May peace prevail on Earth
A post stuck in the dirt
A jungle covered island
The key to mass destruction
Horrors I can’t comprehend
Graves and ghosts and bloody sand
Mother nature may recover
But the gears of war still linger
Five bombs to set the ‘Rising Sun’

By J.P.S
Contributing Writer

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By Devin Renich
Managing Editor

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