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### April 25th, 2018

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Ashlin Fujinami | Chronicle Photo

CSUSB students shower one another with yellow and teal powder, the colors of Sexual Assault Awareness Month, in front of Serrano Village Housing building.

## Teal color fest unites students

**By Ashlin Fujinami**  
Staff Writer

VOICE peer educators, the Directors of Housing and Residential Education (DHRE), Alpha Phi, the Residential Hall Association (RHA) and PIKE brought our very first Teal Color Fest to the walkways of on-campus housing for Sexual Assault Awareness Month on April 20.

The event started at 2 p.m. in the Serrano Village Housing.

Rather than having a course to run, all who came were able to participate in chants that supported survivors, fought against rape culture and allowed an open and accepting space for survivors of sexual assault and

their supporters to have fun.

White t-shirts were provided for everyone to be able to be a part of the teal and yellow powder toss that happened every half hour.

The event was free to participate in, but the sponsors of the event accepted monetary donations as well as hygiene products that were donated to the San Bernardino Sexual Assault Services (SBSAS), our local sexual assault service house.

The event had tons of fun activities including an egg race, bobbing for candy, a ring toss, pie a PIKE, and a voting booth presented by Alpha Phi.

Free snacks including snow-cones and popcorn were provided by Housing as well as drinks from Alpha Phi.

SBSAS came to be part of the event and provided information to our students and handed out stickers and tattoos.

The event allowed a fun opportunity for the community of CSUSB to engage in a free color splash while supporting the survivors of sexual assault and spreading the awareness of this issue that continues to plague many different communities.

The head coordinator of the event was Cecilia Melendez, who is the Sexual Assault Awareness Month Lead in the VOICE volunteer group.

"I believe this event was a good way to get people entertained, but also get them to see the importance of why we have the local sexual assault

services," Melendez said.

"A lot of people don't know about it and I thought it was a good way to get people to donate as well."

While the color fest didn't gather too big of a crowd, it still had a huge effect on those who did come to have some fun and learn about our local resources.

Pangia Yang was one of the students who decided to attend the event.

"My favorite part of the event was doing the chants and throwing the colors up. That was really fun," said Yang.

The colors showered all the students on the housing lawn with a flurry of teal and yellow. Not a spot was left untouched.

"This event tried to show

that there are people on campus that support survivors and I think the best thing to do is show others we're here and we're supporting them," said Yang.

The event was seen as a big success by those who participated and the event's intended impact was felt.

This color fest provided survivors with a safe place to have fun and gain back their power.

Hopefully, the Teal Color Fest becomes an annual campus event where students can shower each other in a cloud of teal and yellow powder while learning about the amazing resources provided on campus and at local organizations and supporting survivors of sexual assault.

## No tuition increase planned for CSU schools

**CSU Press Release**  
4/20/2018

The California State University (CSU) will not increase tuition for the 2018-19 academic year.

Chancellor Timothy P. White has determined that it is in California's best interest for the state to provide sufficient funding for the university's

most pressing needs that support student access, achievement and degree completion across the 23-campus system.

"In light of California's strong economy, California's students and their families should not be saddled with additional financial burden to attain public higher education," said White.

"We will continue to make the case to lawmakers, who represent all Californians, that

an educated citizenry should be at the top of the state's highest priorities."

Bolstered by university-wide efforts to support student achievement and success, the CSU is fulfilling its mission better than ever before - the system is retaining, graduating and enrolling students at record levels.

Last year, nearly 100,000 CSU graduates earned a high-quality bachelor's degree. Additionally 20,000 graduate degrees were earned and the CSU prepares half of the state's teachers.

Maintaining that trajectory - which enables California's future - without sufficient additional funding is not possible.

This past November, the CSU budget request sought an increase of \$263 million to fund the university's most pressing needs, including the highly successful Graduation Initiative 2025, enrollment growth, obligatory increases for employee compensation, healthcare and retirement costs, facility operations and infrastructure requirements.

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## Contributors

<b>Production Manager</b>	Sean Maulding
<b>Editor In Chief</b>	Jason P. Samp
<b>Managing Editor</b>	Devin Renich
<b>Copy Editors</b>	Paul Nunez Crystal Harrell
<b>Web Editor</b>	Robert Hancock
<b>Sports Editor</b>	Breeze Rivers
<b>Layout Editors</b>	Robin Briggs Gabriella Arana
<b>Multimedia Editors</b>	Dustin Alexander Nylles Vernon
<b>Senior Reporter</b>	Crystal Harrell
<b>Community Features Reporter</b>	Yesica Gonzales
<b>Photoreporter</b>	Joshua Ocampo
<b>Cyber Security Consultant</b>	Bailey Kasin
<b>Distribution Manager</b>	Evelyn Carmona
<b>Faculty Advisor</b>	Mariam Betlemidze Mariam.Betlemidze@csusb.edu
<b>Guest Advisor for Socials, Promotions and Photography</b>	Jessica Block Nerren Jessica.BlockNerren@csusb.edu
<b>Advertising</b>	Linda Sand LSand@csusb.edu

## Staff Writers

Yousef Abosubait, Guillermo Aguilar, Shamce Ahmad, Monica Alvarez, Asiria Arana, Raeven Ball, Daniel Banks, Giancarlo Rodriguez, Kyle Barry, Sabrea Coleman, Patricia Delatorre, Mireya Flores, Ashlin Fujinami, Bryan Garcia, Corinne Garcia, Genevieve Gonzalez, Nallely Guzman, Stefany Hermosillo, Destiny Benzor, Isabella Meneses, Samantha Meza, Jonathan Miranda, Jordyn Perry, Lucero Roman, Brittany Stiner, Ana Tapia, Gabriella Venturo

## Promotions Staff

Basim Albazie, Ahmad Alsafwani, Quirina Arana, Alena Awan, Giancarlo Rodriguez, Nuha Naim Bouqis, Alexis De La Cruz, Via Dineros, Michael Embry, Nikki Favela, Corinne Garcia, Genevieve Gonzalez, Aida Jimenez, Jose Lopez, Liana Marie, Janet Martinez, Tiana Miller, Daniel Moreno, Hector Nuno, Bailey Powell, Vonisha Raines, Liana Marie Robles, Merari Rodriguez, Jennifer Ruiz, Jeniffer Saenz, Vanessa Santana, Brandon Staton, Mig Torres, Grecia Troche, Abel Vieyra

Staff Writers are comprised of students enrolled in COMM243A Practicum: Print & Online Journalism taught by Professor Joel Harris.

<b>Contact Information</b>	<b>Mail</b>
Office:(909)537-5289	California State University, San Bernardino
Advertising:(909)537-5815	University Hall Room UH-037
Email:sbchron@csusb.edu	5500 University Parkway
Website:coyotechronicle.net	San Bernardino, CA 92407

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## Using time off to help others



Photo courtesy of Leo Mullarky

Students help rebuild the roof of a home in Puerto Rico after the disaster of Hurricane Maria.

**By Jonathan Miranda**  
Staff Writer

After the Hurricane Maria disaster, Puerto Rico had been in need of disaster relief. With the help of the on-campus organization Cru, a number of CSUSB students spent their spring break helping with disaster relief.

The Christian-based organization facilitated the opportunity for students to be part of their action for disaster relief. Students engaged in communities by providing food and hygiene and helped in restoring roofs that were lost due to the hurricane.

While being one of the worst natural disasters in the area, Hurricane Maria also created the largest blackout in the world.

Even though 96 percent of the population has electricity, up to 200,000 Puerto Rican residents are still without it.

CSUSB sophomore Cristal Escobedo was sponsored by Cru for a free trip to Puerto Rico. "I must say that people were very grateful that we came to help.

When they thought they had been forgotten by the world, we came into the picture and provided the hope they had been looking for," Escobedo said.

Cru had created a lasting impact on the Puerto Rican residents.

"We had received some comments from people stating that they would love for Cru to have a branch that is located in Puerto Rico because, in their eyes, we truly care for their well-being," Escobedo said.

Cru, while being an on-campus club, is actually a country-wide organization with locations in cities such as New York City and Chicago.

Here on campus, they strive to be a caring community where anyone can feel welcome, regardless of their background.

"It's a very welcoming and open place to be if you have questions about your faith," said Tim Joyce, who is both a CSUSB alumnus and Cru staff member.

"We try to make everything really attainable no matter where you're coming from." Joyce said, "Community is a really big deal."

In addition to the spring break trip to Puerto Rico, Cru does offer similar opportunities to students who may be interested.

"We also offer trips over the summer for students to really engage in their faith as well; from places all over the country and all over the world," said Joyce.

These trips, known as Summer Missions, are available to any students who are interested.

They provide opportunities for students to travel to different regions of the world, such as Asia, The Middle East, and Europe.

Students who are interested in getting more information should visit the official website at [cru.org](http://cru.org) or attend one of Cru's weekly meetings on Wednesdays at 2:30 p.m. in the SU Room 217.

Students like Cristal Escobedo were willing to make a difference in the world over our week of spring break.

Thanks to the opportunities provided by Cru, they were able to put their will into action.



Photo courtesy of Leo Mullarky

CSUSB students spend their off time during spring break to help those in need in Puerto Rico.

## No CSU tuition increases



Photo courtesy of CSUSB Photos

CSUSB students catch a financial break from the threat of ever increasing tuition prices.

...Continued from Pg. 1

In January, Governor Brown's budget proposal included an increase of only \$92.1 million for the CSU, which is \$171 million less than the university needs.

In light of the budget proposal that does not sufficiently fund the operation of the university, CSU had discussed consideration of a potential tuition increase. That proposal will not be considered further this year.

Key to California's success is sufficiently funding the CSU.

Chancellor White, campus presidents and other university leaders have engaged policymakers about prioritizing CSU and public higher education in the 2018-19 state budget.

"The CSU has been a gateway to opportunity for generations of Californians, in large part because it has always prioritized access and affordability.

I'm pleased with the CSU's decision not to pursue a tuition increase for the coming year.

I pledge to continue our work in the legislature to lower barriers and reduce the cost of quality higher education for all

students," said Senate President pro Tempore Toni G. Atkins.

"This is good news for California students and for the California economy, which is hungering for a diverse and educated workforce.

CSU students, faculty, staff and leaders have made a strong case for additional funding—and they are being heard.

The Assembly is committed to increased funding for higher education, and will carry this commitment into the budget discussions," said Assembly Speaker Anthony Rendon, an ex officio member of the CSU Trustees.

## Communication Symposium

The Department of Communication Studies Symposium

### WHAT'S NEXT?

Using My Communication Studies Degree

MAY | 01 | 2018

**PANEL 1**  
Using Your Degree Part 1:  
**GETTING MY FIRST JOB IN COMMUNICATION**  
9 - 10:20 a.m.  
SMSU Theater

**PANEL 2**  
Using Your Degree Part 2:  
**BEING A SUCCESSFUL PROFESSIONAL IN COMMUNICATION - WHAT EMPLOYERS EXPECT**  
10:30 - 11:50 a.m.  
SMSU Theater

**LUNCH & AWARDS**  
Lunch 12 - 2 p.m.  
SMSU Events Center  
Space Limited. RSVP Required

**GRAD STUDENT Q&A**  
2 - 3 p.m.  
SMSU Location TBD

FREE Tickets Required,  
csusbcomm.eventbrite.com  
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CALIFORNIA STATE UNIVERSITY  
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Department of  
Communication Studies

Designed by Ana Godoy

### Communication Dept 4/10/2018

SAN BERNARDINO, Calif. -- An event designed to further prepare current students for life after graduation, the Communication Studies Symposium, will be held at California State University San Bernardino May 1, 2018, from 9am-3pm in the San Manuel Student Union.

With the Symposium theme, "What's Next," the event features panels and guest speakers aimed at informing students on how they can apply their communication degree after graduation.

This year's student-led symposium embodies success providing information needed to perform within their respective fields following graduation.

Every year the symposium is presented by students and features alumni from the department providing information on further application of communication studies as professionals.

The symposium highlights alumni accomplishments and achievements as some are invited back to share success stories.

Says Dr. Owen, Interim Chair of the Department of Communication Studies, "The student-designed Symposium is all about celebrating the success and achievements of our COMM students, and we are grateful to the students in COMM classes and student organizations whose

contributions, including event planning and design of programs, posters, centerpieces, and publicity materials, will make the event a great success."

Panels will include the alumni speakers:

Panel 1: Getting My First Job in Communication

Jacob Poore: Coyote Advertising Coordinator (American Advertising Federation Gold Winner)/ Graduate student/Faculty/Alumni

Manny Sandoval: Lead Reporter News Mirror/Alumni

Ginger Ontiveros: Executive Director Community Engagement of SBCUSD/ Alumni

Ashley Jones: BPC Media Works: General Manager and Director of Campaigns and Government Relations/Alumni

Stephanie Cardenas: Alumni

Panel 2: What Employers Expect : Angela Gillespie: Strategic Communication Senior Creative Services Coordinator/ Faculty/Alumni at California State University San Bernardin

Elena Martinez: M.A. Degree, Communications/Alumni

Carmen Murillo-Moyeda: California State San Bernardino Media & Public Affairs Marketing Specialist/Faculty/ Alumni

Terry Saenz: Media & Community Relations Director Victorville Animal Protection League Humane Society/Alumni

Lacey Kendall: Coyote Radio/My Awesome Empire founder/Golden Mic Award Winner/Alumni

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Pitch nights allowed students to share to get others interested in their team.



Photo Courtesy of Inland Empire Center for Entrepreneurship

These individuals are last year's winners of the Innovation Challenge.

## Innovation Challenge is back at CSUSB

**By Crystal Harrell**  
Senior Reporter

Creative entrepreneurs and savvy, business-minded people will have a chance to make their ideas become reality with the return of the CSUSB Innovation Challenge competition on May 25.

Students, faculty and alumni can pitch their start-up business ideas for a chance to win \$20,000 in cash prizes at the main event.

Prior to the final contest date, two open-pitch nights were hosted on April 10 and 11 at the Bay Lounge in the Santos Manuel Student Union.

This provided an opportunity for interested students to

meet with others to discuss their start-up business ideas, network with professionals and recruit members for their competing team. Students and interested community members were able to hear about various ideas.

All teams must fill out the "Intent to Compete" entry form by April 30 to remain eligible for the competition.

The completed entry forms are to be emailed to [entre@csusb.edu](mailto:entre@csusb.edu) and the teams that will advance in the contest will be notified on May 4.

Entrepreneur in Residence Steve Abbott will then give the finalists additional information in preparation for the contest.

When putting together teams, the criteria of the In-

novation Challenge includes each competing team having a CSUSB student as a qualified team member and a minimum of two different academic colleges and/or divisions represented.

Once those requirements have been met, teammates can include any student, faculty, staff or alumni of CSUSB.

Although participants do not need to have their team members accounted for before they submit their intent to compete entry form, they can directly reach out to the Inland Empire Center for Entrepreneurship (IECE) if they need assistance in finding team members or by clicking on the "Register to Join a Team" link on the IECE webpage.

Currently in its second

year, the CSUSB Innovation Challenge provides an outlet for inventors to spread their ideas on how to better the community or even the world.

Last year's winning team, consisting of Michael Edwards, Arturo Concepcion, Aracely Munoz and Michael Baaske, invested their prize earnings to help develop their CaseAide app.

Their app is now in beta testing to improve government social workflow.

Other ideas that placed in last year's competition included apps for graduation checks and finding open parking spaces and a driving simulation lab.

"I think that the Innovation Challenge is a great way to get students to brainstorm ideas and

practice team building.

"It's not often that someone gets a chance to have their voices heard, and if their idea truly can benefit others, then it makes it even better," said CSUSB business major Alex Gonzales.

The final Innovation Challenge competition will be held in room 101 of the visual arts building from 5:30 p.m. to 10 p.m. The event is free and attendees can register online for their tickets at the IECE webpage.

If participants of the Innovation Challenge have any questions about the competition or entry process, they can contact Assistant Director of IECE Stacey Allis via phone at 909/537-3217 or via email at [stacey.allis@csusb.edu](mailto:allis@csusb.edu).

## Better festival seats for americans with disabilities

**By Guillermo Aguilar**  
Staff Writer

With the Coachella Music and Arts Festival kicking off the festival season and more events around the corner, event-goers should take into consideration a movement that has started seeking to make music festival ticket purchases trouble-free for the deaf and disabled.

The Attitude is Everything charity has started an initiative and coalition with other organizations called "Ticketing Without Barriers."

This proposal addresses the issues that arise for people with disabilities when trying to purchase tickets to a music event.

Attitude is Everything, a UK based organization, released their 2018 State of Access Report stating, "deaf and disabled music fans need a simple and universal system for evidencing access requirements, accurate and

disability-aware information and customer service."

Attitude is Everything also focuses on the choice and flexibility that people with disabilities have when purchasing tickets and overall makes sure access requirements are met by the venues and ticket companies.

Productions such as The Movement Festival, F---Yeah Festival (FYF) and Coachella, just to name a few, are marketed for people of all ages, shapes, and shades to attend.

Other festivals such as Electric Daisy Carnival (EDC) and other Insomniac events do have age restrictions but are marketed as an experience that everybody should have.

The only thing is that the majority of the people having that experience is made up of people with no need for special accommodations.

Attitude is Everything surveyed 349 people that included 293 deaf and disabled partici-

pants and 56 people who book access on behalf of the deaf and disabled.

The survey reported that four out of five people with disabilities experienced problems booking accommodation and that 79 percent have been put off buying tickets for a concert due to issues in arranging accommodation for a concert-goer.

Adrian Oviedo, a CSUSB student and regular concert-goer who is disabled, has experienced issues that Attitude is Everything is addressing with their industry-wide "Ticketing Without Barriers" initiative.

He has bought pit tickets to a concert in the past and was denied access to the area he specifically paid for due to hazardous issues.

Oviedo says, "I had bought pit tickets, but they told me, 'Oh no you cant' go down there cause it's a fire hazard'."

I asked them, well where can you put me?" Oviedo was

placed in the area that cost less for admission.

"For me, it was that I spent almost \$200 on tickets where I could've spent \$150 or less."

Oviedo feels that "venues or the promoters should put on their websites, 'if you are in a wheelchair, we don't recommend you going to the pit' cause they won't let you in there."

Oviedo has also missed out on tickets to a HIM concert, one of his favorite bands, because of the late response by the ticket company's customer service department.

Oviedo was thinking ahead of time to avoid any issues in obtaining a ticket and proper accommodation.

"I sent an email like an hour before they went on sale and like they got back to me in 2 hours saying 'We don't have any more tickets, we do apologize, is there anything we can do for you?'"

With the "Ticketing Without Barriers" coalition in full effect,

issues like the one Oviedo has experienced will be avoided by making sure proper accommodations are met and the equal opportunity in obtaining tickets to the events is insured.

Attitude is Everything is based out of the UK but has gotten the support from companies such as Ticketmaster, See Tickets, Live Nation and more.

These companies are ones that concert attendees use to purchase tickets for concerts held in the Inland Empire.

With growing support towards this initiative, music fans in the Inland Empire can take part in this coalition by informing themselves in the barriers the deaf and disabled experience when trying to attend a concert.

Community Section of the Coyote Chronicle is made possible in part by a grant from the Los Angeles Times.

**LA Times**





On April 10, the Palm Desert Campus Students came together to plant their garden plots.



Photo Courtesy of Albert Angelo

The first vegetables planted in the PDC community garden.

## PDC plants community garden

**By Crystal Harrell**  
Senior Editor

The arrival of spring allows for eager gardeners to put their green thumbs to work and grow an assortment of flowering plants. CSUSB's Palm Desert Campus (PDC) took advantage of the season's temperate weather with the creation of a community garden.

As a partnership between the campus and the city of Palm Desert, PDC has access to a plot of land near the campus at University Park to grow organic vegetables and produce. The garden is maintained by the campus and the university also covers the cost for water and plants.

This is the first year the garden has been in operation. The irrigation and plots were built during fall quarter 2017, and the first official planting took place later that December.

A donor in the Coachella Valley community has given the university \$20,000 to cover the startup and maintenance costs. Seeds are provided to students and small plants are donated by a local nursery. Students can also provide their own seeds for vegetables, if they have a specific seed or vegetable to plant.

Health Educator and Student Activities Coordinator Albert Angelo is in charge of coordinating the garden. Students who wish to grow vegetables contact him to secure a garden plot and

can even join in the process of planting the crops.

"We started the garden with the help of a community 'master gardener' who instructed me on what vegetables to plant, when to plant them and how to space them in the garden plots," Angelo said.

A new batch of garden plots were prepared on April 10, where students planted peppers, cantaloupe, watermelon, cucumbers and sunflowers.

The PDC student organization Peer Educators Advocating Campus Health (PEACHes) helped with the coordination of the community garden. PEACHes is comprised of students who educate the campus population about important health topics,

participate in campus activities and promote the services offered at the Student Health Center (SHC).

"I got involved with the garden through the PEACHes organization here at PDC. Albert had brought it to our attention that we were already growing plants and even allowed us to pick our own produce to take home. We also held an activity of sorts for other students outside of the organization to plant their own seeds," PDC student Victoria Ayala said.

Ayala found gardening to be a rewarding experience that she would recommend others partake in if they want a healthy pastime.

"This past week, we were planting a variety of saplings ranging from watermelons to

eggplants. Gardening is so stress relieving, plus you can go home and enjoy the fact that you're eating homegrown food," Ayala said.

Angelo believes that the PDC community garden provides a number of benefits to the student body, and helps to achieve PEACHes goal of promoting health awareness.

"It promotes student engagement, it promotes the consumption of healthy foods and it promotes a close partnership between the university and the local community. It also is one additional way PDC can help address food insecurity since all produce is donated to students who are experiencing food insecurity," Angelo said.

## Clothesline Project at CSUSB

**By Ashlin Fujinami**  
Staff Writer

In honor of Sexual Assault Awareness Month, the Women's Resource Center presented the Clothesline Project from April 16 to April 20.

The Clothesline Project allows the community to view a clothesline of shirts that are created by sexual assault survivors and their supporters to understand the feelings that they have experienced.

The Women's Resource Center (WRC) is located on the second floor of the SMSU in room 221, and during the week of April 9 to April 13 from 10 a.m. to 5 p.m., the WRC was open for anyone to come and cre-

ate their artwork with provided supplies.

The display of the different shirts was open for anyone to view and read in the SMSU lobby on April 16 until April 20 from 10 a.m. until 5 p.m.

Throughout the displaying of the project, there will be VOICE peer educators there to discuss any issues you may feel, questions you may have and will be able to refer you to any resource you may need.

This display allows the students of CSUSB to witness the true feelings different survivors have endured in their experience with sexual assault violence.

The Clothesline Project was created in the 1990s to address the problem of violence that many women endure.

According to the official Clothesline Project website, the project began in Massachusetts when Cape Cod's Women's Defense Agenda discovered that the number of men that had died in the Vietnam War was 58,000, while back home, the number of women that had died due to domestic violence was 51,000.

The Clothesline Project started with just 31 shirts but now has expanded to millions around the world with the many different displays that other small organizations have created as well.

Each shirt color represents a different form of violence that someone has experienced.

There are 11 different colored shirts that can be used, including white to represent

someone that has passed away as a result of some form of violence.

The colors gray and brown are for survivors of spiritual, emotional, or verbal abuse.

While orange, pink, and red are worn to represent the survivors of sexual violence or rape.

The Clothesline Project that was displayed at CSUSB, however, do not follow the color representation from the original project.

The Clothesline Project provides survivors and their supporters an outlet for their voices and experiences to be acknowledged and heard.

This display provides physical evidence that many forms of violence and abuse are still prevalent in all of our communities.

The Clothesline Project has created a safe environment for survivors and their supporters to have their voices heard and have their stories acknowledged.

In a society where we often have survivors that are uncertain of the reactions they may receive when giving their testimony, this event and project allow individuals an anonymous way to feel a sense of relief and begin their process of healing.

In order to fix the issue of domestic violence in our community, we must first acknowledge the problem and believe the survivors. Events such as the Clothesline Project at CSUSB help in the effort to acknowledge this problem. These events also give a trusted voice to the survivors.



Evelyn Carmona | Chronicle Photo

## The Film Club of CSUSB

**By Evelyn Carmona**  
Comm Ft. Reporter

The CSUSB Film Club won best use of genre, holiday and costume at the Los Angeles 48 Hour Film Contest this past fall.

The contest consisted of creating a film within 48 hours by using different props and given lines. This year included a holiday theme.

Following this criteria, club President Scott Romo, wrote the five-minute, award-winning script “Turkey man.”

Anthony Canello, transfer student and third-time participant in the contest, directed and edited with the help of many, including Taylor Adams, production assistant and actress. Canello’s sister helped with supervising the

script.

Canello was one of the last participants to draw from a hat to receive the genre and holiday theme.

“We had two choices of genre to choose from and a holiday theme,” Romo said. “It was Thanksgiving and the genres were superhero or road movie.”

They decided on the superhero genre but promptly realized how difficult it would be to create a superhero-themed, Thanksgiving film.

“I couldn’t come up with anything,” Canello said, before calling Romo for assistance.

“I asked my little brother to help me think of a Thanksgiving superhero,” Romo said. “Turkey Man was his response.”

Romo went to Canello’s home to write the film, taking

two hours to create a five minute script that tells a story of a turkey transformed into a man.

“A turkey is genetically changed into a man and saves mankind from Professor Sweet Potato, even though his own race is devoured by the humans on Thanksgiving,” Romo said.

When Romo finished writing the story, the rest of the crew got to work. Due to the contest’s deadline, there wasn’t much time to waste.

“It took us five hours to shoot most of the scenes in downtown Pomona,” Canello said. “The rest of the scenes were shot at my parent’s house.”

They put all their efforts into this contest, uncertain of the outcome. Thousands of competitors entered the contest and only a few would win in the categories.

“We ended up winning best use of genre, holiday, costume and nominated for best editing, best special effects, best cinematography, best sound designs,” Canello said.

A giant turkey costume which was bought from a costume store gave them best use of costume. Along with the best use of superhero Thanksgiving theme.

A thumb drive contained the finished project, which was displayed on the big screen at Rigo’s Cinema theaters next to the Staples Center.

“We heard people laughing, couldn’t believe to see our work in the big screen,” Canello said, while watching their film.

Two weeks passed and he received an email for a second screening in the Chinese Theater

in Hollywood.

The 48 Hour Film Project is worldwide, capturing the attention of local residents who aspire to create a film. It resides in cities across the nation for those interested in writing, shooting and editing a short film within 48 hours.

The top 10 best films worldwide are granted a screening at the Short Film Corner in Cannes 2019. Also, the first place winner receives a trophy and five thousand dollars.

“In the future I look forward to combin teams with other participants for the next 48 hour film contest,” Canello said.

The Film Club of CSUSB will continue to create stories for people to view. There will be a possible Coyote Film Festival in May for CSUSB.

## Kappa Sigma philanthropy

**By Patricia Delatorre**  
Staff Writer

Kappa Sigma Fraternity held their annual philanthropy event on Saturday, April 7 at DoubleTree Hotel by Hilton in San Bernardino.

Their philanthropy event aimed to raise money for Loma Linda Children’s Hospital. Throughout the week, starting April 2, they were tabling outside the San Manuel Student Union to spread awareness.

On Wednesday, April 4, they held an event called Philanthropy Picnic.

Sororities also participated in this philanthropy event to help

raise money for Loma Linda Children’s Hospital.

A member of one of the sororities was set to win the title of Lily of the Valley. The winner was determined through various events throughout the week, such as a social media challenge, money wars, skits, and most money raised. The winner was to be announced at the Kappa Sigma Philanthropy Banquet.

There were four nominees: Samantha Wells from Alpha Phi, Cassandra Zavala from Zeta Tau Alpha, Jessica Diaz from Kappa Delta and Helen Cash from Alpha Delta Phi.

Danny Razo is in charge of coordinating the events for Kappa Sigma’s philanthropy week.

“This is important to me because it’s something that really means a lot to me and chapter and I know that money is going to a great cause,” said Razo.

On average, the fraternity has raised about \$12,000 in previous years. Their goal this year was to raise up to \$15,000.

On the night of Wednesday, April 4, the lower commons patio was filled with students excited to watch each nominee perform their skits at philanthropy picnic.

Nominees, with support of their sororities, performed a skit to showcase Loma Linda Children’s Hospital. Each skit was different in style and theme, but nominees were able to incor-

porate the children from Loma Linda Children’s Hospital.

Zeta Tau Alpha won first place for their skit at the Philanthropy Picnic with their “Dora the Explorer” themed skit.

Throughout the week, Kappa Sigma was tabling and each nominee had a box that they decorated where people were able to put in their donations for the money war challenge.

For the social media challenge, photos were posted in order to spread awareness through the use of hashtags that represented each nominee.

Social media provided a chance to reach a wider audience, in hopes that they would donate, support or be interest-

ed in attending these events throughout the week.

Kappa Sigma also sold custom philanthropy shirts as another way to raise money, and many students wore those shirts at the picnic, to show their support.

The banquet on April 7 was the final event of the philanthropy week. It brought together the community for a sit-down dinner and allowed a chance for people to make last-minute donations.

Kassandra Zavala from Zeta Tau Alpha was announced, Lily of The Valley 2018.

“It was the craziest week of my life, but hard work pays off. I could have not done it without my sisters of Zeta Tau Alpha,” said Zavala.

## CSUSB Recognized For Radio Excellence

**By Guillermo Aguilar**  
Staff Writer

The CSUSB Coyote Radio program “My Awesome Empire” was recognized by the 2018 Intercollegiate Broadcasting System college awards. Though the team is taking a break on production, they are pleased to accept the recognition. For six seasons they interviewed business owners and people with interesting stories of the Inland Empire.

“My Awesome Empire” was launched by Lacey Kendall in 2012 to give students the reward of talking to people and at the same time finding out what inspires them.

The team consists of CSUSB student producers, interviewers, writers, editors and journalists from the undergraduate and graduate programs.

This radio program aimed to promote the amazing stories of local people in the Inland Empire, whether they owned a business or did something awesome in the community. In the five years of production, stories ranged from thriving candy shops to CSUSB teachers on a mission to help their students succeed.

Not only was there variety among story topics; the students who made up the “My Awesome Empire” team were diverse as well. Students came from different backgrounds such as business, marketing, broadcasting and audio production to get a hands on experience on a show that aired on eight different Southern California radio stations.

Recognizing excellence is recognizing the hard work contributed by the “My Awesome Empire” team. Editing a 30-minute radio program comes with

dedication and care.

As the team put away the microphones and field recorders in the remodeled station where the editing would take place for the show, I was granted the opportunity to contact Chief Production Engineer and long-time contributor, Arnold Robles, and look back on his time at “My Awesome Empire”.

Robles first joined the “My Awesome Empire” team in 2014, in his Junior year at CSUSB. His duties as Chief Engineer ranged from setting up, recording, and engineering live interviews to mixing, mastering, and putting together the full 30-minute segment to distribute to all of the radio stations that carried the program. He was also in charge of training and overseeing the interns and volunteers. That is how I met Arnold at Coyote Radio. I was volunteering with Lacey Kendall and was an assistant production engineer during Fall 2017.

In a typical two days, Arnold averaged about 20 hours of production work, sometimes running into an overflow of great content that was hard to cut out but needed to be because of time restrictions. “The whole show is 30 minutes long, and I would often find myself 5 or 10 minutes over just with the interviews themselves, not counting voice tracks, commercials, or music.

“You can’t just cut it all out at once, so I would have to spend hours shaving off a few seconds here, maybe 30 seconds over there. Each episode really grew on me. It was my baby.

“Having to cut it down really hurt. Like, maybe I really like my kid’s hair. Why do they have to be bald?”

Being part of the sixth season of “My Awesome Empire,” I can testify that the work that is

put into editing the interviews is a patient and timeworthy process. I recall a time that we had to edit an interview that was recorded outdoors and had excessive background noise. When the interviewee needed to repeat something to be re-recorded, editing those sections were the hardest to do. I remember doing the time-consuming work of trying to get the interview sounding clear and natural.

Arnold spent the rest of the night editing the interview to have it done by the following day. That following Saturday came, and I recall sitting in my car at 4 PM during my lunch at work tuning in to 91.9 FM to listen to the final product. The final show came out amazing, I texted Arnold instantly and gave him his kudos on a remarkable job done. To have the opportunity to

have hands on work on an award winning show like “My Awesome Empire” and its team is a high-end experience for anyone.

Production nights like that session are an experience that Arnold will miss the most about the show.

“Honestly, my favorite moments came after I would pull one of those hectic all-nighters. There was something about walking out to an empty campus, hours after the last person has gone home, and breathing in the cold night air after having just spent 12 hours in a studio. That’s what I’m really going to miss the most.”

Arnold was really excited when he found out about the 4th year in a row nomination by the Intercollegiate Broadcasting System. “It feels great to know that the work we put in is consistently

ranked among the nation’s best year after year”.

With Kendall’s recent move to the CSUSB Palm Desert Campus, “My Awesome Empire” is taking a break for the time being. According to her recent interview with KVCR’s Lillian Vasquez, she hopes somebody “comes in and picks that ball up and runs with it.” Kendall also said that she was working at the San Bernardino campus to find her replacement.

This would be a time-consuming, but rewarding job with a great radio program.

So while the new team assembles, if anyone is interested in checking out the award winning episodes, they can visit the “My Awesome Empire” website at [myawesomeempire.com](http://myawesomeempire.com). Stay tuned for more entertainment about the Inland Empire.



Photo Courtesy of Erika Aguilar

This is the workspace where “My Awesome Empire” team edited the interviews for the show.

## The death and life of Marsha P. Johnson

**By Yesica Gonzalez**  
Comm Ft. Reporter

On Apr. 17, the Library Multimedia Center held the screening of the documentary *The Life and Death of Marsha P. Johnson* a prominent transgender woman who mysteriously died in 1992.

Marsha P. Johnson was an African American transwoman and a well-known advocate for the LGBT community from the 70s into the 90s until her death. Johnson fought for support for the LGBT community.

Following her death, police ruled the case a suicide, which lead many people to question whether Johnson would ever take her own life.

This sparked a protest to demand the department figure out the truth. In the end, the case was closed, never to be opened again. That is, until Victoria Cruz, a crime and victim advocate of the LGBT community, decided to open her own investigation into Johnson’s death.

The film follows Cruz investigating for the truth from civilians, police, and anyone who had information on what could have led to Johnson’s death.

There are never-before-seen clips of Johnson socializing with friends, living life, and strolling down the streets with protesters, speaking out for rights for the LGBT community.

Countless friends and family are also seen describing

Johnson’s high spirited, bubbly, caring personality.

She is viewed by people that knew her as the Rosa Parks of the gay rights movement of the 1960s, as a gay icon and a queen.

There was a short conversation with students about the film following the screening held by Raul Maldonado from the CSUSB Queer and Transgender Resource Center, Angela Asbell from the English department, and assistant professor from the department of history, Yvette Saavedra.

“There are so many ways to think about this film, how history is used to create a certain understanding about people,” shared Saavedra.

Saavedra continued by

explaining how this film allows the LGBT community to reclaim a part of its history, through a retelling of the story of Johnson’s life and death.

In Saavedra’s LGBT history course, she dives into the various meanings of history that correlates with the shaping of the LGBT movement throughout the years.

“That’s what is part of the richness of this film; it is not only speaking about ‘oh look how the LGBT people are marginalized in the media’ but also thinking about how the LGBT people, specifically in this case a trans person, are marginalized within the history of the movement itself,” said Saavedra.

The death of Marsha P.

Johnson opened the gates to more activism for transgender rights, spreading the love of accepting people for who they are and to overall peace with everybody.

Asbell states how much of history’s changes are made by people that start from the down low that eventually get to the top, creating that impact.

“I learned many things from this film. The way the narrative was set up really reminded me of many of the struggles that are going on today, respectfully around politics, that our leaders should come from the most venerable of us. They know what we need, the action to take, and move away from the idea of being perfect,” shared Asbell.



## Sigma Phi Epsilon supports troops

By Ryan Dekorne  
Contributing Writer

In 2011 the Executive Board of the California Upsilon chapter of Sigma Phi Epsilon had a meeting, they needed a change in culture.

The Youth Aids Philanthropy they had at the time just did not work out for them.

Knowing that there are over 40 alumni and actives that are service members inspired the idea of switching the philanthropy to the United Service Organization.

Ever since then, these gentlemen have not looked back as the USO philanthropy has stuck with this specific chapter and has turned into their culture.

Recent SigEp alumni Joey Ornelas is very familiar with the USO.

“USO has been there for me when I’ve been stranded at an airport on my way to Fort Bragg,” Ornelas said.

“Sitting in the airport for 3-4 hours so I was able to go to the USO and get a hot meal and just relax until I was picked up and taken to base.”

Even one of their active members, Roland Morales, has had an experience with the USO.

“With two deployments, one being in Iraq and my second one being in Afghanistan, the USO was always present for me,” Morales said. “They helped me stay connected with my family with free phone calls to the states



Ryan Dekorne | Chronicle Photos

Sigma Phi Epsilon takes the time to volunteer and raise awareness for what the USO does.

or even established designated locations with internet so I could Skype my son. Nothing’s means more to me than family and to be able to hear them, even just for a moment, it gave me the motivation to stay alive.”

The amount of involvement of this specific chapter with our armed forces has led them to want to do more with the USO.

SigEp volunteers a lot of time towards the USO in order to give back to what they give our soldiers and their brothers.

Once a month, SigEp tours various USO centers throughout southern California where

they gain an insight into the operations of the USO and what exactly they can provide for the troops.

Volunteering is a way for Sigma Phi Epsilon to stay active in their support for the USO, but once a year they do something different.

Typically, around the time of spring quarter, Sigma Phi Epsilon hosts their annual Miss SigEp which is their philanthropy based on funding the USO.

Each year during this special week, these gentlemen host a competition between the sororities where one sister will

be the nominee that will be in charge of representing their chapter and raising money for the USO.

SigEp will host events such as a pageant, a powder puff football tournament, and a banquet where in each event, the admittance charge goes straight to a check that we hand the USO.

The mission at Sigma Phi Epsilon is not only to raise money for the USO, but also raise awareness to what the USO is and what they do.

Raising awareness is definitely a huge part to their tactic of supporting the USO.

During last year’s philanthropy, they held video contests that are filled with USO information.

The fraternity along with sororities also sold shirts with the USO logo you can see being worn around campus. At the end of their Philanthropy last year, the gentlemen chose the USO of Ontario, one of the locations of the monthly USO tour, and handed them an \$8,000 check.

One person that was a huge contributor to that check is Miss SigEp of 2017, Mary Shammass.

“I had such a great time running for the Miss SigEp title in 2017,” Shammass said.

“Being able to say I raised money and awareness for a national organization that helps the servicemen and women of our country have a comfortable and safe place to stay was an extremely humbling experience.

Especially since I have had family in the military, as well as close friends who are currently serving.”

Last year was a huge success, but this year these gentlemen have very big plans to exceed that \$8,000 mark.

They have pulled out various tactics to raise money such as getting pie’d for money or submitting to a dunk tank for money.

With another year of competition and hype, these gentlemen are ready to support the cause that has helped the ones they call brother, and the ones that protect us.



Crystal Harrell | Chronicle Photos

Booths were set up for the 2018 International Market.

By Crystal Harrell  
Senior Reporter

On April 19, the Cal State San Bernardino Center for Global Management hosted the 2018 International Market on the Lower Commons Patio from 11 a.m. to 5 p.m.

The event allowed for various student organizations and local companies to come together in an environment that promoted cultural appreciation.

The International Market was also a partnership with the CSUSB’s Jack H. Brown College of Business and the

Public Administration, Center for International Studies & Programs, Associated Students Incorporated, Coyote Radio, Cross Cultural Center, and the Recreation and Wellness Center.

Attendees were able to register online to get a free ticket for raffles held throughout the event.

Once the registration process was completed, guests were then given a piece of paper where they could collect stamps from each table at the International Market.

Those who filled out their papers with stamps were entered into a drawing for prizes based

## CSUSB hosts International Market

on locations around the world like China or Russia.

One of the prizes even included a 500 dollar scholarship to study abroad. Additionally, the first 100 people to check in at the Center for Global Management booth received a free Boba drink upon entry.

Boba tea is a drink that originated in Taiwan in the 1980s, containing chewy tapioca balls and fruit jelly for an interesting texture.

There were several flavors of the tea available for attendees to choose from, including milk and thai.

Other tables that were present at the International Market included Undergraduate Studies, Trinity Youth Services, Hub Plaza Dental Group and Orthodontics, Dignity Memorial, and Mary Kay cosmetics.

Attendees could also get Henna tattoos done by a professional artist and purchase some tostilocos (a popular Mexican dish consisting of tortilla chips topped with cueritos, cucumber, jícama, lime juice, hot sauce, chile powder, and salt) courtesy of the Sigma

Lambda Gamma Colony.

“We love participating in the International Market. This is actually our second year tabling at the event and [Sigma Lambda Gamma Colony] made it a commitment to do it annually,” said Jasleen Aguilar, representative of the sorority.

The 2018 International Market is part of CSUSB’s Sustainability Week which aims to build, operate, and nurture a healthier and more resilient community for the Cal State San Bernardino campuses.

“Here at the Center for Global Management, we do study abroad programs and we want to get people out there to

promote a global mindset that the college of business is looking for, and the International Market is the perfect event to demonstrate that,” said student assistant Bianca Gallegos.

Last year, more than 300 people attended the International Market and the event proved to be just as successful this year with an estimated 500 guests throughout the day.

“I think it’s a little bit challenging sometimes for students to find opportunities to be exposed to different cultures, so hosting an event on campus is always the best way to promote more global awareness,” said Gallegos.



Crystal Harrell | Chronicle Photos

Attendees had the opportunity to have henna tattoos done.



Andrea Engelhorn | Chronicle Photo

Faculty gave presentations on new technology that would benefit professors and students.



Andrea Engelhorn | Chronicle Photo

The talk features many virtual and augmented reality demos.

## ITS 2018 Tech Talk

**By Andrea Englehorn**  
Contributing Writer

The 2018 ITS Tech Talk brought together faculty and staff from various colleges on April 17 to encourage the implementation of technology into education and provide resources to use in the classroom.

The event coordinators included Faculty Director Mihaela Popescu, Instructional Designer Tracy Medrano, and Academic Multimedia Developer James Trotter, who strive to inspire educators with the use of technology

and improve the educational resources students are provided here at CSUSB.

“This event is important because students will be expected to know how to use technology in their careers, and if they aren’t given the opportunity to use them during their education, they may have a more difficult time finding a career,” said Popescu.

The event gave faculty and staff the opportunity to try educational technologies such as Virtual Reality, Augmented Reality, 360 cameras and apps.

There were faculty presentations by the College of Arts

and Letters and the College of Natural Sciences about Slack, Lightboard and TouchCast.

“We encourage professors to talk about technologies that they are using in order to inspire other professors to try new ways of teaching,” Medrano said.

The event was sponsored by several organizations and programs with the intent of innovating education including, but not limited to, DAQR Augmented Reality, Microsoft, Coyote Bookstore and Insta 360 degree cameras.

“We are here to inform faculty and staff about our repair

services and resources, like online textbooks, that we have to offer,” said a Coyote Bookstore representative.

According to Medrano, this year was the second annual Tech Talk that CSUSB has hosted, and they plan to continue hosting the talks while they are beneficial to faculty, staff and students.

Trask explained that for future talks they plan to add more features in order to make the message more explicit and the event orchestrated more efficiently.

Instructional Technologist Garrett Trask explained that the

event was held for faculty and staff only, but this year they have offered a smaller session for students in the SMSU Skybox.

“We want to get students asking what else they can create with virtual reality, not just playing games for fun,” Trotter said. “Our goal is to get students thinking about what is possible and pushing the boundaries of technology instead of just taking in information from a professor. Students need to be provided with the resources to create, which is the message we want faculty to get from these talks.”

## Dr. Addante gives HERA presentation

**By Dustin Alexander**  
Multimedia Editor

NASA has been running analogs to prepare for the eventuality of sending astronauts to Mars, and on April 19 Richard Addante, Ph.D., gave a presentation of his experiences in the Human Exploration Research Analog XIV.

Addante, an assistant professor of psychology at CSUSB, the director of the campus EEG lab, as well as a Captain in the Civil Air Patrol, started the lecture by giving the audience an overview of the mission he went on and its purpose.

HERA XIV was an analog that put a team of four scientists into an enclosed three-story habitat for 45 days on a simulated mission to land on an asteroid, all while examining the team member’s performance dealing with the confined space, isolation, and sleep deprivation. The mission took place at Johnson Space Center.

“It is one of the biggest psychological studies you can imagine to study people in isolated, extreme environments,” Addante said. “We have the rockets to get to Mars, it’s us that we need to reign in.”

Addante explained that while enclosed in their habitat, the team would then spend most of their time running various tests and experiments – from growing plants, cultivating bacteria, to running flight simulations and lunar lander simulations – all while getting at most five hours of sleep a night and dealing with isolation.

“Everybody has their limit, their breaking point, and soon the isolation starts getting to you,” Addante said.

Another challenge was having to complete their tasks while being in a small enclosed place with their crew members.

“In order to survive going from Earth to Mars and back, your team needs to survive each other for three years,” Addante said. “Imagine taking a road trip with your closest friends and family, people you really like, and never being able to leave the car.”

Addante then went on to explain the process of applying for the program and his story in getting into the analog. He explained how when he originally applied for the program he was rejected, but was then called in as a backup, and was eventually to take the place of another team member who could not go.

His story resonated with people in the audience, like Applied Physics and Psychology major Erika Sanchez.

“It was really interesting, I’m a psychology major and it was really cool to see a Psychology professor being able to do something like this,” Sanchez said.

Addante also took time to explain the modular structure of the habitat the team lived on during the mission: it had three levels, one for their science experiments and engineering, one for them to eat and exercise in, and a smaller one that was just for sleeping.

The habitat was outfitted with LCD screens that showed the earth getting further and further away, until they just showed stars passing by. The team also used virtual reality to act out the scenario of landing on a moving asteroid to collect samples in a simulation.

Towards the end of the lecture, Dr. Addante focused on telling the audience the lessons that he had learned from this experience.

“See all things – especially the difficult – as an opportunity, not as an obligation,” Addante said, noting it as one of the most important lessons to take from



Dustin Alexander | Chronicle Photo

Dr. Addante was proud to represent CSUSB while at NASA.

this experience. “We succeed by being selfless, not selfish, finding solutions instead of escapes.”

He explained how the mission was not just an amazing experience but a learning experience, giving him lessons he and others could apply to their lives.

Another student in attendance, Diana Semerdjian, took inspiration from his positive attitude and lessons.

“The fact that he got rejected the first time but just kept trying and eventually made it was really inspiring,” Semerdjian said.

The presentation ended with a question and answer period,

and in the end, it was an inspirational and informative event for everyone who attended.

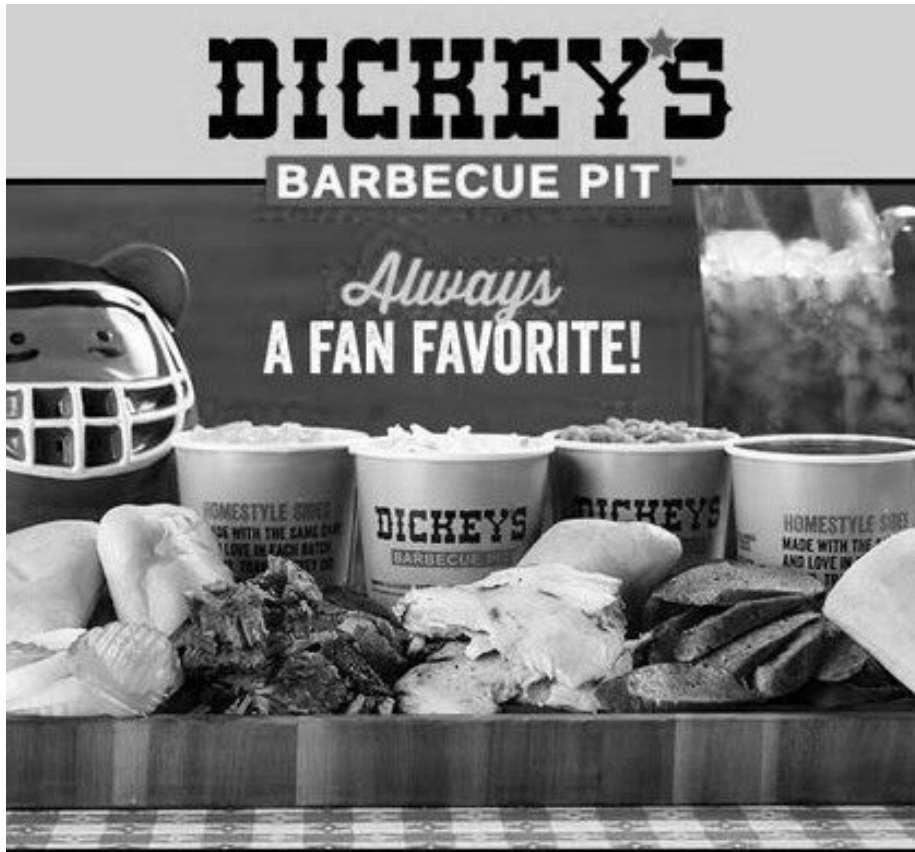
“The future is yours,” Addante said, “here at Cal State San Bernardino we say that we define the future, well you are that future.”

Treat all things  
as opportunities.

**Richard Addante**

## Room for Rent

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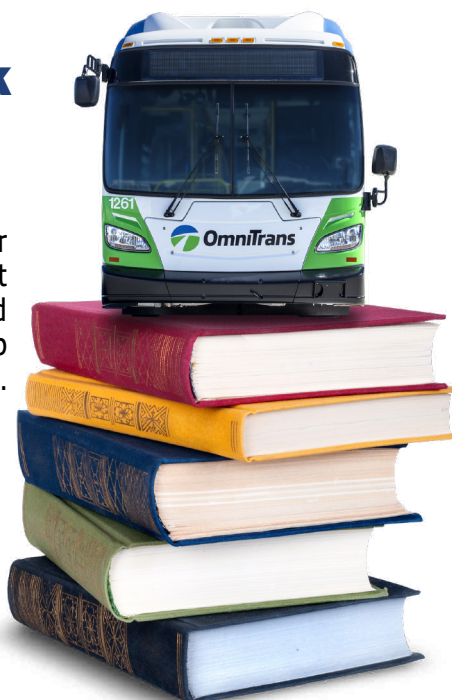
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Photo Courtesy of CSUSB Athletics

Freshman sprinter, Tylin Sands, recently broke two school records, and is now ranked third in the 200 and ninth in the 100 in the CCAA conference.

## Coyotes race into the record books

**By Lauren Jennings**  
Contributing Writer

The CSUSB track and field team's season may be winding down, but the Coyotes are heating up as the CCAA Championship nears.

Track and field joined the lineup of CSUSB sports in 2015. Cross country head coach Tom Burleson led the team for the first three seasons.

This season, assistant coach Lauren Reimer was named the new head coach. Burleson remains the cross country coach but now also has the title of track and field assistant coach.

For their first meet of the season, the Coyotes traveled to Claremont for the Rossi Relays

on the campuses of the Claremont Mckenna, Harvey Mudd, and Scripps colleges.

Casie Johnson, who also played for the CSUSB women's basketball team during the 2016-17 season, participated in four individual events and one relay race.

She broke her own record in the 100 hurdles while also competing in the 400 hurdles, the javelin throw, and long jump.

Johnson and her fellow relay racers, Aisha Johnwell, Tylin Sands and Kiara Mabien also broke the 4 x 400 record.

The Coyotes then traveled to Cal State Fullerton to compete in the Ben Brown Invitational.

Johnson recorded a personal best in the shot put, launching the shot over 35 feet.

Sands, one of the team's newcomers, ran in the Division I portion of the event. She placed second in the 100-meter dash.

Sands continued to dominate when the team went to Redlands for the Redlands Invite.

She ran a 12.30 time in the 100, earning her a top-three spot in the CSUSB record book. Sands also earned the second fastest time for a CSUSB runner in the 200.

Johnwell, Mabien, Sands and Janessa Celestine earned the third fastest time in the CSUSB books for the 4 x 100 relay.

The 4 x 400 relay team of Johnwell, Sands, Mabien, and Johnson earned a record time that ranks as the fourth best in the CCAA while participating in the Point Loma Invite.

Sands broke the school's record for the 100-meter, while Johnson did the same in the 100 hurdles.

After a trip to La Jolla, where Johnson, Sands, Michelle Pineda Palacios, Joanina Gazcon and Lunden Junious-Reliford (women's basketball) all reached CCAA Championship standards, the team headed back to Claremont for the Pomona-Pitzer Meet.

Several Coyotes met the CCAA standard for their events in Claremont. Those events included discus, 3,000-meter steeplechase, triple jump, high jump, shot put, javelin and the 100 and 200 sprints.

For their second to last meet of the regular season, the Coyotes headed to Riverside

to compete in the Highlander Challenge.

Sands continued to not only outdo herself, but she also surpassed records from previous CSUSB runners in both the 100 and 200.

Tehya Burroughs, another member of the CSUSB women's basketball team, set a school record for the triple jump in her fourth time competing in the event.

Johnson reached CCAA qualifying times in the 100 hurdles, 400 hurdles, and the high jump.

The Coyotes continue to prepare for the CCAA Championships, which are right around the corner. The championships will take place in Turlock, home to Stanislaus State.

## NHL 2018 playoffs: First round update

**By Breeze Rivers**  
Sports Editor

As the National Hockey League (NHL) wraps up the first round of the Stanley Cup playoffs, teams have been eliminated while others prepare for second-round games, where they will fight to stay on the road to the title.

Based on regular season point totals, eight teams from the Eastern conference and eight teams from the Western conference have qualified, and are facing off in playoffs.

As of Monday, six teams have been eliminated from the playoffs so far, including the LA Kings.

"They were swept early on by Vegas [Golden Knights], which is a new franchise team," said die-hard Kings fan, Paige Kang, who is a graduate student at CSUSB. "I'm very sad they're out, but at least they played some of their best hockey towards the

end of their run. They just had trouble scoring."

Kang predicts Vegas will win it all in the end because they have proven that they are no underdog.

This past weekend was disappointing for certain hockey fans, as teams dropped from the playoffs.

Both, the Philadelphia Flyers and Colorado Avalanche were eliminated on Sunday. The Flyers lost to the Penguins and the Avalanche fell to the Predators with a score of 5-0.

Other teams who were knocked off the 2018 NHL playoff bracket are the Devils, Wild and Ducks.

During Game 5 play, the Ducks were swept by the Sharks, and the Wild took a loss to the Jets on Friday night. On Saturday, the Lightning handed the Devils a 2-0 loss to end their series.

So far, the teams who have secured a guaranteed spot in second-round games are: the

Predators, the Jets, the Vegas Golden Knights, the Sharks, the Lightning and the Penguins.

Last year's champions, the Pittsburgh Penguins, are off to a good start, and many fans predict they will face Vegas for the championship.

The Penguins have the longest NHL playoffs appearance streak. The team has made it to postseason for 12 seasons now, which is an impressive accomplishment as it demonstrates the team's ability to be consistent.

The final games for round one will be held on Monday, April 23 and Wednesday, April 25.

The Capitals will face the Blue Jackets, and the Bruins will take on the Maple Leafs. These games will knock out two more teams as the tournament gets more and more competitive.

With three rounds remaining after that, hockey fans will continue to watch and support their teams as they battle on the road to the Stanley Cup Final.



Photo Courtesy of Paige Kang

The LA Kings were swept by the Vegas Golden Knights.



Jasmine Perez | Chronicle Photo

When you meal prep, it's easier to get all the nutrients you need for every meal of the day.

## Stay fit and healthy

**By Corinne Garcia**  
Staff Writer

It's back to school, back to work, and back to stress. There are deadlines, quizzes, tests and, before we know it, midterms.

Not only are we worrying about school and work, but we all have our own individual struggles that require our full attention. The last thing we have time for is exercising. Even the mere thought of it exhausts us.

Not only that, but making healthy, conscious food choices is difficult when we get off of work at 2 a.m or when we are up writing a paper the night before it's due, the last thing we think of reaching for is the hummus dip.

Not to mention, it's expensive. Buying a bag of chips on campus is around one dollar and salad is five dollars. That is four dollars we could spend on something else.

However, being healthy shouldn't be a chore.

As a part of our tuition here at CSUSB, we pay for usage at the Recreation and Wellness Center that is located near the Jack H. Brown Hall.

Since you already have a gym membership, in between classes, go for a walk or run on the treadmill, lift some weights,

do whatever feels comfortable and go at your own pace. You'll thank yourself later.

Nallely Guzman, a senior at CSUSB explained how she feels about going to the gym.

"I never go," Guzman said. "I'm too busy with school."

First, you should realize that anyone can do it, no matter their situation.

Start off simple. Find someone else that wants to get fit and healthy, or reach out to that person on Instagram that posts that annoying #fitspo quotes to help get you motivated.

Start by drinking water and limit alcohol intake.

Carry around a reusable water bottle and refill it on campus. There are a ton of spots in nearly every building that have filtered water conveniently placed for you.

If you are at school all day, try taking the stairs instead of using the elevator. Take the longer route instead of the shortcut.

If you're taking back-to-back classes, take a five-minute break from the lecture and stretch it out. Taking that time-out helps keep you active, keep the blood moving and can help you stay focused during a long, drawn-out lecture.

When you're grabbing a

snack before, during and after classes, instead of getting a bag of Hot Cheetos (even though we all know they are delicious), grab a Clif Bar.

Eating healthy doesn't have to be expensive either. A bag of Cheetos on campus and a Clif Bar are similar in prices. Try going to your local grocery store and stocking up on healthy snacks or even frozen fruits and vegetables to save some extra money.

Another tip would be to stock up on food and meal-prepare to save time and money. This also helps us stay away from the bad food and encourages us to reach for the pre-made, healthy meals. It can be easy to do since we are always on the go.

Slow and simple changes can create new, good habits, keep you healthier, prevent diseases and keep you on track with your new healthy lifestyle.

Not only will this help you stay physically active, but it can also help you with your studies. During class or when writing that dreaded paper, you will be able to stay more focused and alert with a healthy, balanced diet and an active lifestyle.

Making an effort to consciously choose better foods or take the stairs will only help you in the long run.

## Time management

**By Stefany Gomez**  
Staff Writer

Unfortunately, with the demands of life, work, and school it is often difficult to use your time wisely. For most college student's procrastination has become their best friend.

Many CSUSB students work full time and attend school full time and yet do their best to get involved in the coyote life. Being involved is a job of its own and without enough time it is easy to become overwhelmed.

Some students took time off their hectic schedules to share how they manage their time successfully.

### Organization

Being organized allows you to stay focused on what matters most. It can make you feel better about yourself.

Often times, when we have a lot on our plate and all of our things are scattered we become overwhelmed. We push things and procrastinate because we have so much on our plate we don't know where to start.

CSUSB student Emily Tucker took time from her busy schedule to give us her insight.

"I like organization, it definitely helps me get stuff done. I make lists and check things off my planner all the time to make sure I don't forget anything," said Tucker

It doesn't hurt to tidy up or organize your folders, fill out your

planners, clean out your desk. Allow yourself to have a fresh start this quarter.

### Prioritize

Prioritizing can help take the stress off. Focus on the main things and worry about the small later. If you have deadlines approaching check those off first. It will make your workload seem smaller.

Prioritizing allows you to make more time for yourself. Allowing you not to freak out last minute causing you headaches and anxiety.

### Procrastinating

Although procrastination is truly a habit you can't seem to shake as a student. It isn't worth the anxiety get your stuff done in advance and allow yourself more free time.

Future student at CSUSB, Adrian Hermsillo shared some experience with procrastination.

"I often find myself doing more work when I wait last minute. Or I feel like I make things up because I don't allow myself to invest time and thought into my assignments," said Hermsillo.

It is a difficult thing to change something you have become so comfortable with. That is understandable, but taking these strategies and implementing them into your daily routines can help you be more successful. You won't be turning down plans with friends because you have homework to do or a deadline you pushed off for weeks.



Stefany Gomez | Chronicle Photo

Student planning out her week on a free planner from school.

# Mother's Day on a budget

**By Gabriella Ventura**  
Staff Writer

Spring break is over and school is back in session. That means May is just around the corner and it is time to start thinking about Mother's Day. It is the day to celebrate the one willing to do anything for you and show her your appreciation. Whenever holidays come around, she swears she does not want anything, but let's be real, she does.

I know what you are thinking, "Ugh, I am a student. My bank account is disappearing before my eyes. I do not have time and she has everything already." Fortunately, gifting does not have to be an expensive or dreadful task. Instead, it can be quite joyful, especially after seeing the look on her face on Mother's Day.

As the day to spoil and appreciate Mom arrives, here are a few gift ideas that accommodate a college budget and schedule.

Give mom a break from the kitchen. Let her hit the snooze



Gabriella Ventura | Chronicle Photo

Mothers love getting handmade food from their children

button and make her breakfast. Eggs are \$2 a carton and the rest of the menu can be cost-efficient as well. You can even throw in a bottle of champagne if that's her thing. Cook's Champagne is sold at most grocery stores for only \$5.

If you can't flip an egg or fry some bacon, take her out. Marie Callender's has a Mother's Day brunch for \$15.99. Did I mention it's all-you-can-eat?

Flowers may seem cliché, but it is always a home run gift you cannot go wrong with. They make the room smell good, it is deemed as thoughtful and it is close to effortless to order them.

Groupon is running an ad with ProFlowers for up to 50 percent off your order. Some orders can be as cheap as \$15.

A half of a dozen of flowers is the cheapest way to say, "I love you".

Since we are on the topic of Groupon, type in Mother's Day in the search engine and your options are endless. I found a whale watching excursion for \$19 (price includes a ticket for Mom and you) and a \$19 gel manicure. Guys, that's the best manicure you can get.

CSUSB student Stefany Hermosillo searching for the perfect Mother's Day gift.



Jewelry is always a hit with the ladies. Groupon again is coming in clutch for all your Mother's Day needs. Gold-plated sterling silver halo studs with Swarovski crystals for \$7.99. Seriously?

If none of these sound appealing, stick to the basics and simply spend the day at home with her. Take her down memory lane by going through old photos, watch some home videos, and play catch-up. Mom

will appreciate the time together.

The list can go on and on but I think the point is clear. Yes, you can charm Mom on a dime, but the most important thing to remember is simply spending time together will make her feel good. There's no excuse to not make the most important woman in your life feel like it.

## Senioritis hits hard

**By Daniel Banks**  
Staff Writer

With graduation approaching, some prospective graduates find it hard to stay motivated and senioritis is at an all-time high.

The overwhelming anxiety that fills students during the final quarter is hard to escape from. Trying to tie up loose ends, searching for prospective job leads post-graduation, and paying back student loans that have haunted students for several years are all issues most graduating students are facing.

"I've been looking for jobs in my career field and it hasn't been easy. The anxious feeling of not having a job in my field right away after graduation is stressing me out," says senior Adam Vilas.

The stress of passing all your final classes and ending your academic career with a high GPA is another cause of senioritis for some students.

"Making sure that I finish my last quarter strong has really set in that school is almost over, and it has me stressing out because I want to go out with a bang," says senior Angelica Carrillo.

Also, some students have gotten accustomed to being around the same people every

day and being at this institute for so long that they are skeptical of going into the real world.

"I've been attending this school for five years and I've developed a lot of relationships with other students and teachers and I'm used to the surroundings here. It will take some getting use to no longer being a student on this campus anymore," says senior Selina Cerda

Figuring out what will be the next phase in your life after graduation, whether it's finding a job, relocating, family relationships, among other things, is very common when dealing with senioritis.

"Deciding if I would like to stay in California or move to another state for work is something that I've been debating for awhile now," Vilas says.

Some students are dealing with senioritis because they know that this is their last chance to take a break and slack off. They are aware that grad school is near, and once they enter grad school, they will have to devote all their time and energy into higher level courses. They will have to deal with overloading on assignments, writing dissertations, doing-

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## Benefits of living on campus

**By Monica Alvarez**  
Staff Writer

The 2018-2019 housing application opened in March, and though it seems easier to stay in the comfort of your own home, there are benefits to living on campus.

California State University San Bernardino is known as a commuter school. However, the housing department has found ways to expand the number of students living on campus. Students who drive have to constantly worry about freeway conditions and the amount of parking spaces available when they reach school. Living in a dorm can help because there are many parking spaces reserved for on-campus residents. Also, if you do not have a car, classrooms are just a walk away.

The housing department has a sense of community inclusiveness. The CSUSB housing website's mission statement is, "We inspire students to achieve their highest personal potential by providing collaborative residential programs that encourage community, wellness, inclusion and learning." They hold multiple events that allow students to communicate and network with people in the same career track. These events aid students in de-

veloping leadership skills.

The residential halls are filled with students of different cultures and backgrounds in which students can interact with each other. Previous residents have said how they have benefited from living on campus through interacting with students of different backgrounds. "I believe being around a variety of people with different backgrounds makes you realize everyone goes through a personal struggle in life," second-year previous resident Victoria Perez said.

Living on campus can also help academically. Each village contains study rooms in which students can study alone or in groups. Being surrounded by people who are constantly invested in school work or in organizations can create a positive vibe, which can lead to improved academic success.

Another advantage is that students who dorm on campus receive priority registration. That means no more waiting for the class that always fills up or being waitlisted. Often there are classes that are offered only in a specific quarter and consequently fill up quickly. This causes some students to take filler-classes, not intended for their major, in order to not lose financial-aid. Priority registration can alleviate

these worries.

Housing also offers meal plans. The new housing complex, The Coyote Village, will open in fall 2018, accompanied by a dining area that will offer a variety of food. They will also include vegan, dairy-free and gluten-free options for those with dietary restrictions. Each meal plan will vary depending on area of residence. If you do not like eating the dining food, apartment-like villages have a kitchen, with a stove and refrigerator, so you can cook.

The final advantage is that students living in the dorms, have more freedom and independence, albeit that comes with responsibility. Being away from home teaches a student to become more organized and responsible for their actions. "This initial taste away from home, is a first step into reality," second-year resident assistant Lonnie Duran said. If you are ever feeling unsure and overwhelmed, you can always talk to your resident assistants. They are there to help you in your journey away from home. Plus, if ever homesick, a parent is always a call away.

For more information on the housing application visit the CSUSB housing website or visit University Village. Priority deadline is May 15, 2018.

## Thunder Over The Empire: Air Show

By **Asiria Arana**  
Staff Writer

The March Air & Space Expo at March Air Reserve Base hosted an air show the weekend of April 7-8. Thunder Over The Empire Air Show was a free event that marked the 100th anniversary of the March Air Field and Base. Gates opened at 8 a.m.

There were exhibits, food trucks, vendors and a beer garden hosted by local brewery Hangar 24. A variety of activities were available on the grounds, such as photo booths sponsored by the Air Force Reserve. Jets and planes did aerial demonstrations, with USAF Global Force, Korean era planes, military jets, Navy F-18 Hornet, the Cold-War era B-52 bomber and its younger version, the B-1B, a P-40 World War II fighter and an MQ-9 Predator, all performing aerial stunts with pyrotechnics.



Asiria Arana | Chronicle Photo

The inside of the jets are surprisingly spacious and sturdy feeling, with buttons everywhere.

The Thunderbirds decided not to perform in lieu of mourning the death of one of their pilots, due to a plane crash during training in Las Vegas a week prior.

The show went on with the weekend festivities as planned, despite The Thunderbirds cancellation, Thunder Over The Empire was filled with vendors and spectators.

The two-day event featured bomber planes, aerial maneuvers, defying stunts, and the much anticipated Wall of Fire.

This year the show was named "Air and Space Expo" focusing in STEM programs and activities for children. In addition to the air show, the event featured rock wall climbing and robot demonstrations.

"This kind of event is great for the community, getting your kids out here giving them a chance to see what the pilots and our military aircraft is capable of, leaves them awe. I think it also inspires others to maybe join the military, or become a pilot one day," said Allan Curry, Moreno

Valley resident.

The purpose of the show is not just to exhibit aircraft but to honor, preserve and promote history. For many spectators, the reason for attending air shows is purely entertainment, enjoying the stunts, and the vendors. Patriotism and pride play an important role in drawing crowds to air shows. People enjoy being able to get close to military equipment, get a hands-on experience by looking at the aircraft and meeting the pilots.

"It is a great way for fami-

lies to get out and have some fun. You can see the planes up close, and the kids really like that," said William Baker, a local resident. "It is really cool to see the jets fly over. It sounds like a huge roar. It's an amazing feeling," Baker said.

Adjacent to March Air Base is the March Field Air Museum offering the opportunity to tour many of the planes, displaying one of the largest collections of military aircraft. During the air show, the museum offered RV parking, allowing spectators to park their own RV vehicles along the fence and enjoy the show.

While the museum is not directly affiliated with March Air Base or planning of the air show, they take great pride celebrating the festivities, and helping educate the community by sharing their knowledge.

Local residents look forward to this event every year and are proud to support local military base and troops.

## LA writer releases comic

By **Devin Renich**  
Staff Writer

Last week local writer Donna Souza, 24, promoted and sold his new comic book during a signing hosted by A Shop Called Quest, a comic store in the arts district Los Angeles.

Souza is a local resident of Redlands, California and creator of the comic "Untold". He writes and funds the production of his book, and works with artist Anna Zee S. who creates the illustrations.

This is the second signing he's done for his new book at A Shop Called Quest. The first signing was hosted only a few weeks before at the store's local location in Redlands.

"Signings are a great way for me to sit down with people and just chat with them, because otherwise we don't really get that opportunity. And, since I'm just starting out and not a lot of people know about me, it's an opportunity to spread the brand and build the hype," said Souza.

The first time Souza fell in love with comics was towards the end of his senior year in high school after meeting his current girlfriend. She encouraged him to read more comics, and eventually the comics became a passion for Souza rather than a passing interest.

"At this point, I was in my first year of college at Crafton hills in Yucaipa, and I went down to A Shop Called Quest, my first comic shop and picked up



Devin Renich | Chronicle Photo

Local writer Donnie Souza has now done three signings

"Uncanny X-Force". "Uncanny X-Force" is truly what made me love comic books," said Souza.

During college, Souza started writing stories and working towards understanding the process of creating comics himself. He says he's been working on developing comics for almost 6 years, but just started creating pieces seriously about 2 years ago.

He produced a book titled "And the Hare" just last year. While he plans to continue producing that book, he is currently focused on "Untold". "Untold" has been in the making since his early years of college and he feels that it's his most developed story so far.

As he explains it, "Untold" is a fantasy in the 1940's which revolves around a set of characters who come from a background of war and are now dealing with issues in their present-day lives. Each of Souza's characters expresses a piece

of his personality, and those who have influenced him.

Throughout the first issue, you get to know the characters' backstories, their everyday lives. Then, towards the end, experience a shocking twist caused by an unknown character.

"No good story can be a bunch of people just hanging around, as much as we'd like it to be, so a mysterious stranger is introduced and does some pretty horrible things, and that is something that will be revealed as we develop further," said Souza.

As for the future of "Untold", Souza's plan is to release the second issue in late June or early July. This will ensure the release occurs shortly before the Comic-Con held annually in San Diego.

To enjoy the issue 1 of "Untold" for yourself, you can find it online at <https://donniesouza.wixsite.com/comic> or request a copy from A Shop Called Quest.

## A trip to Coachella

By **Brittany Stiner**  
Staff Writer

Winter has disappeared, the rain has stopped, and spring is finally here. When winter turns to spring, Coachella-goers come out of their 9-to-5 jobs and start prepping for the weekend of their lives.

The 2018 Coachella Valley Music and Arts Festival was held Friday, April 13 and lasted through that weekend.

Some make it an annual trip and travel from all parts of the world to go to this weekend festival in the desert, but some people are left out altogether and haven't even tasted a Coachella experience.

I will never forget my first Coachella experience, piling into my best friend's Honda Accord back in 2013, packed to the brim with Coachella camping essentials, painting the back of his car window, "Carpoolchella," singing along to artists that we were going to watch that weekend and driving through the desert knowing I was about to experience a life-changing moment. I am here to tell you that you can experience this excitement too. At least once in your lifetime, you should taste the sweet Coachella experience.

Coachella isn't just a festival. It's a bonding experience with your best friends or even your significant other. Coachella memories are memories that you will never want to forget.

Alright, let's get to the first

concern that some are out there expressing "Why would you want to spend \$400 on a Coachella wristband?"

Well, do the math. First and foremost, think about the lineup. The Weeknd, Beyonce, Eminem, Migos, Cardi B and Miguel will all be performing at this year's Coachella. Individual concert tickets to catch just one of these acts live can range from \$50 to \$500, but with Coachella, you get all of them and some more just for \$399! Another main reason to find yourself in the desert at least once is the opportunity to meet people from all over the world, especially when you camp. During my third Coachella, in 2014, our neighbors were from Australia. It was a total cultural exchange. We sat around in a circle laughing and trying Vegemite, making lifelong friends and running around the festival, watching some of our favorite bands together.

Let me win you over with the incredible food that will make your Instagram one of the most viewed all weekend long.

This year at the Coachella Valley Music and Arts Festival, you have everything from a hundred gourmet food vendors, signature restaurants from Beer Belly which offers fries, wings, and fried Oreos, Eureka which is famous for their burgers and fries.

If you have a sweet tooth as big as mine they have so many -

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## The CW's Life Sentence

By **Yesica Gonzalez**  
Community Ft. Reporter

"Life Sentence" is a comedy-drama series that has recently launched on the small screen on the CW network.

The series premiered on Mar. 7, right after "Riverdale," and has been receiving a lot of feedback since.

The show stars "Pretty Little Liars" Lucy Hale as Stella Abbott, a young woman who has been diagnosed with terminal cancer for a couple of years.

This leads her to live like there is no tomorrow, with the help of her friends and family.

She then finds out by her doctor that she is cured of her illness.

Slowly she begins to realize all the sacrifices that her family has been making to keep her happy, such as her sister giving up her career in writing to help take care of Stella.

Stella deals with a number of sticky situations and struggles to cope with the world that she once thought she knew.

The show delivers great comedic lines that don't come off awkward, but actually rather enjoyable.

The majority of the plot seems to lean toward a light, heartfelt theme that can leave the audience with a positive outlook on life.

There are also scenes that demonstrate what cancer patients face during that hard time of their life.

The show's portrayal of the Abbott family delivers comedy while also exploring the sadness resulting from divorce, the difficulty in coping with loss and experience of what it's like to step out of normality.

Juanita Lorenzo gave the series a try and has kept up with the episodes thus far.

"So far I like it. The shows seems to be more cute, maybe

because of Lucy Hale, but I still find it enjoyable," shared Lorenzo.

Currently, the CW is filled with more action and comic book oriented television shows, such as "The Flash" and "Supernatural," that have successfully continued for many seasons.

But, this is not the first time the CW has tried to steer away from fantasy to develop a more realistic drama series.

They have the success of "Jane the Virgin," which has landed much praise from critics.

"I see the CW doing a good job with its other shows that revolve around with the combination of action, comedy and comics. But seems to fall a little when it comes to creating a show that doesn't involve that stuff," said Lorenzo.

The comedy, advice on life and character chemistry are already done well, but with a better constructed story-line, the



Photo Courtesy of Warner Bros.

The new drama series centers around the life changing events of a former terminally ill cancer patient that stars Lucy Hale.

show may have the chance of becoming more successful.

"I plan to keep on watching. I want to see where its first season leads towards to. Hopefully something interesting

that would keep me craving for its next season. But we'll see," shared Lorenzo.

The series is currently in its mid-season new episodes air on Friday night.

## The significance of "Avengers: Infinity War"

By **Isabella Meneses**  
Staff Writer

On April 27, the Marvel cinematic universe is releasing its 19th movie, "Avengers: Infinity War," further expanding their impressive timeline of movies.

The anticipation of the release of "Avengers: Infinity War" has been a huge build up for fans.

For 10 years, over 18 Marvel movies have been released following a timeline telling one big story.

Throughout this time, fans have been introduced to iconic heroes such as Iron Man, Captain America, Thor, and many more.

Junior Samantha Meza stated her excitement for this movie by explaining that she'll be there opening night "so no one can spoil the movie for me."

In an attempt to prevent

spoilers, Marvel pushed the original release date from May 4 to a week earlier, April 27.

"Avengers: Infinity War" will be the biggest collaboration of Marvel heroes in one movie.

The significance of this movie is groundbreaking because a series has never had so many individual films come together to tell one story like Marvel is attempting.

Senior Daniel Banks believes, "this movie will set the bar for all future movies to come."

The impact of Marvel to the film industry is obvious and Banks adds, "that people will remember Marvel movies, but especially this movie, for years to come because it was finally all coming together."

Stan Lee, the creator of Marvel Comics, never could've imagined the impact his comics would have on popular culture and how far it would expand



Photo Courtesy of Disney

The highly anticipated first part of Infinity War is set to unite the previous Avengers line up with other Marvel superheroes and will introduce new characters to the big screen.

almost 70 years later.

In the late 2000s, when Marvel Studios came up with their timeline of movies to

release; it seemed like an impossible thing to accomplish.

This timeline was set to vaguely follow Stan Lee's comics and would be done in different phases.

Each movie would be based on separate heroes and would coincide together to tell a bigger story.

The beginning of the first phase came with the release of "Iron Man" and "The Incredible Hulk" in 2008.

The success of these movies led to Walt Disney Studios buying Marvel Entertainment for a record-breaking 4 billion dollars in 2009.

Disney has also played a huge part in the success of the Marvel cinematic universe.

Due to its respectful status in the industry, Disney has been able to release movies timely,

cast A-list actors, and support these movies financially.

The Disney themed park, California Adventures, recently started incorporating Marvel movies in their attractions.

The famous "Tower of Terror" ride was recently closed and, after renovations, turned into a ride based off the Marvel movie "Guardians of the Galaxy."

Marvel Studios isn't done just yet though. "Avengers: Infinity War" signals the end of the original story in place coming from the original timeline.

However, Marvel is just getting started.

Once this phase is complete, Marvel will move onto a completely different phase introducing new superheroes and new stories in a completely different timeline.



Photo Courtesy of Disney

Black Panther, Captain America, Black Widow and Bucky Barnes in the Infinity War trailer.



## ARTIST STATEMENT

**By Rebeca Waring-Crane**

Contributing Writer

Through the window of one woman's experience, *The Body Catalog* explores several themes. These include: a geography of living while dying, the landscape of illness and aging, and ways one may participate in personal recovery and well-being.

In 2013 Waring-Crane was diagnosed with the autoimmune disease Myasthenia Gravis. Treatment included daily doses of Prednisone, a steroid, as an immunosuppressant. When Waring-Crane learned in 2015 that she could either manage her symptoms by take damaging steroids every day for the rest of her life, or undergo major surgery, she chose surgery.

As a way to navigate the distress and uncertainty of surgery and mediate the inevitable marks that the surgeon's work would leave on her body, Waring-Crane began the *Body Catalog* Project. She invited several women artists to help her chronicle her experience by documenting her body before, during, and after hospitalization.

This exhibit presents aspects of the cataloging process, the images and the art that resulted from this endeavor. While all of the work is personal, the photographic elements are (mostly) collaborative. What began as an effort to manage uncertainty by making art, evolved into a visual memoir, a practice of patient attention—bearing witness to the flux of life in one's own body.

Even where there is no cure, there can be healing.

Special thanks to Carrie Specht and Michelle Noland for their work on the documentary short *At Home In My Own Skin*. For contributions to the catalog of photographs, appreciation and love to Beatriz Mejia-Krumbein, Adriana Mateus, Megan James, and Yvonne Polk who also designed the exhibit book. To favorite human tripod and steady companion, Ken Crane, deep gratitude.

### Glossary

**Female Gaze:** "Despite its growing ubiquity in popular culture, the term "female gaze" doesn't have a definitive meaning. Generally, when women direct films, take photographs, make sculpture, and even write books or articles, they're often said to be harnessing the "female gaze." (Alina Cohen, *The Nation*, September 2017) For the purposes of this exhibit the term means women taking or making pictures of themselves or of each other. A woman, or women, stand as author and subject of the work. Who tells the story makes a difference.

**Myasthenia Gravis:** An autoimmune disease that occurs when the immune system attacks the body's own tissues. In MG, that attack interrupts the connection between nerve and muscle — the neuromuscular junction. MG causes weakness in muscles that control the eyes, face, neck and limbs. Symptoms include partial paralysis of eye movements, double vision and droopy eyelids, as well as weakness and fatigue in neck and jaws with problems in chewing, swallowing and holding up the head. The estimated prevalence of myasthenia gravis is approximately 20 cases per 100,000 population, with the disease affecting twice as many women as men. The cause of MG is unknown.

**Thymectomy:** The removal of the thymus gland. The thymus is located behind the sternum, just over the heart. It is an active part of the immune system until puberty, making T-cells—specialized white blood cells that protect the body from foreign invaders.

**Vulnerability:** "The birthplace of love, belonging, joy, courage, and creativity. Vulnerability means uncertainty, risk, and emotional exposure." – Brené Brown

*Photo courtesy of Rebeca Waring-Crane*

Waring-Crane's opening reception is May 8 at VA 106 from 6-8 p.m. Exhibit is May 9 till May 31, Monday-Friday, 8 a.m.-4:30 p.m. #bodycatalogexhibit2018

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