A conversation with Dr. Cornell West

By Sophia Montes
Staff Writer

Love has different meanings to people, but many can agree it has an impact it has on us. Personal strength can be rooted from some kind of love or support a person gets. Love can be fuel for empowerment and social justice.

Dr. Cornel West, a respected professor, philosopher, activist and author of 20 books, emphasized the beauty and significance of love in his discourse on social justice during A Conversation with Dr. Cornell West, a forum hosted by Associated Students Incorporated at Coussoulis Arena on Jan. 25.

Dr. West explained that love is the key to social justice, freedom and democracy.

He started out by explaining how his love from and for his parents made him who he is. He described how putting a smile on their faces was his goal and achievement.

“We have to recognize that there cannot be relationships unless there is commitment, unless there is loyalty, unless there is love, patience, persistence,” said Dr. West.

African Americans have been oppressed and marginalized for more than 400 years. However, amid challenging and oppressive times, love has always been the foundation of education.

As Frederick Douglass once said, “A man’s character always takes its hue, more or less, from the form and color of things about him.”

Along with love, West also encourages the youth to step out of their comfort zone. He states “It is okay to be uncomfortable,” and “Find a channel for your energy.”

With love and greatness, Dr. West motivates people to show more compassion and understanding.

He described how babies all over the world are born with the same value and how unfortunate it is that people do not understand that. Dr. West discourages bystanders and greed, for example people of Wall Street. He questions how 1% of the population holds most of the money in the world these days.

Because of politics and the economy the percentage of people who hold majority of the world’s money shrunk. There was also a shift of what the next generation values.

He touched on how churches focus on money and worry about status. Nowadays the world is much more superficial and all about “survival of the slickest” as he put. He stated to not be a “superficial spectacle”.

Today the media encourages competition and material things. Dr. West advised everyone to follow your calling not just a career.

“Be great, not just successful,” Dr. West said. “Do not worry about being smart, your phones already do that, be wise.”

Syrianamerica

By Irene Molinar
Contributing Writer

On Jan. 29, Syrian-American Hip-Hop artist and poet, Omar Offendum, shared his talents and story with students, staff and faculty of CSUSB during Syrianamerica: A Nation-State of Mind in the Santos Manuel Student Union.

The event stood to be equal parts presentation and conversation. Offendum was on a mission to share his abilities to transform Hip-Hop and Arabic poetry into a discussion that focuses on hybridized identities, immigration, refugee crisis and his passion for equality, his family and the culture of Syria.

“You allow people to see the humanity in you and you in them through art,” said Offendum, when he was asked about how his work in hip-hop allows his audience to connect with his central message of the complexity of his Arab-American identity. Offendum began by taking the stage and sharing one of his most adored poems, “The Negro Speaks of Rivers,” by Langston Hughes.

Often inspired by the works of poets, Offendum shares his passion for the art of poetry and its ability to communicate culture and experience.

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Groups like SB Sexual Assault Services, CASE, and Children’s Network provided resources.

By Ana Tapia

In honor of January’s National Slavery and Human Trafficking Prevention Month, the Osher Adult Re-entry Center (OARC), VOICE, and ASI at CSUSB teamed up with Coalition Against Sexual Exploitation (CASE) in efforts to heighten awareness on human trafficking in the nation.

On Jan. 24, they held workshops, a panel, discussion, film screening and had a survivor guest speaker at the San Manuel Student Union (SMSU) Theater from 9 a.m. to 4:00 p.m. for students and faculty to learn about the issue.

Students were able to attend the event as well to receive course credit and complete their yearly End Sexual Violence Training.

By Ana Tapia

“Let’s take a pimp and their victim. Do they have any say in whether or not they want to go out and make money? Whether or not to say ‘no’ to a John. Somebody they have to have sex with because of payment? No. They will get beaten to submission and/or get threatened.”

“The presentation was given by one of the members of the San Bernardino Sexual Assault Services, which is a rape crisis center that provides free services to survivors and their families. Sandra … who works with sexual assault survivors at the center, gave an in-depth explanation and statistics on rape and trauma, the aftermath and how it pertains to sexual/human exploitation.

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Many other organizations on and off campus including Children’s Network, Crime Survivor Services, Institute for Child Development and Family Relations (ICDFR), Open Door, Rebirth Home, SB Sexual Assault Services, which is a rape crisis center, gave an in-depth explanation and statistics on rape and trauma, the aftermath and how it pertains to sexual/human exploitation.

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By Yesica Gonzalez
Multimedia Editor

Located in the heart of Lake Perris, the Ya’i Heki’ Regional Indian Museum provides a look into Southern California’s Native American history.

The museum directs its focus to six particular tribes that are the Cahuilla, Cupéño, Chemehuevi, Luiseño, Serrano, and Vanyume Indians. The two largest groups are known to be the Cahuilla and the Luiseño group.

The Cahuilla tribe is known to settle from the San Jacinto Mountains to the Colorado Desert and spoke the Uto-Aztecan language.

Whereas the Luiseño ranged west to the coast of California and are the first tribe during their time to encounter the Spanish.

Before the construction of the dam that is located on Lake Perris, artifacts were found that indicated that both of these groups traded with the other tribes.

Jack Boyes, a volunteer at the museum gave a brief background about the features located in the museum. “The pictographs are pictures that are drawn on to the rock as opposed to those that are carved on the rock that is petroglyphs. Pictographs can also tell a story and can be found around the park and just outside the museum.” shared Boyes.

Through the visuals that are located on the walls of the museum, it helps paint the story of the arrival of Europeans and the impact that they had on the lives of the Native Americans.

The front page of an old Los Angeles Sunday Times newspaper from June 1962 shows the early reports of the Indian tribes.

A small theater located in the interior of the building plays videos of the history of the Indian Museum provides a look into Southern California’s Native American history.

By Andrew Carrillo
Staff Writer

Kaiser Permanente Southern California is offering a $6 million grant to CSUSB and 15 other community partners from Kern, Orange, San Diego, Riverside, San Bernardino, and Los Angeles Counties to improve mental and behavioral services in under-resourced Southern California areas.

The grant will serve to train students seeking a career in the field of mental health, which will benefit the community, which has seen a decrease in qualified mental health professionals.

According to the Health Resources and Services Administration, California has had a shortage of 336 qualified psychiatrists throughout the state since 2014. “What we will see here at CSUSB is a total of $80,000 over two years for Social Work and Psychology, which will go to the part-time hire and to student stipends,” says Laurie A. Smith director of School of social work and professor who has a Ph.D from University of California Los Angeles.

“The funds will be used in two ways,” Smith said, “One will be to hire a part-time, experienced and licensed mental health provider, likely someone with a clinical social work license, to help prepare graduate students in both programs to get licenses to provide mental health services in the region.”

The grant is referred to as the Mental Health Pipeline Grant which will focus primarily on the training, licensing, and multicultural counseling of 30 students within a period of two years.

The students will be tracked along the way to ensure that they are fulfilling what the grant requires students to complete. According to Dr. Michael Lewin, professor in the department of psychology whose research interest include schema therapy, cognitive behavioral therapy, and anxiety.

The grant will allow the 30 students to receive $1,000 and will be used to hire a coordinator who will work with the students and will provide the multicultural and licensing content.

Smith and Lewin will delegate the day-to-day running of the grant to the coordinator as stated by Lewin.

The professors are currently working on picking the criteria for choosing students for the grant. “So first thing is we want them to be interested in multicultural competence,” Lewin said. “It’s a major part of the grant and be licensed in wanting to get a license.

We will look at financial need and interest in staying in Southern California or California for sure.” Lewin said.

“We want to select students who are most likely to be able to stay in the region and provide high quality mental health services.”

In particular, we will be emphasizing cultural competence in the provision of mental health services.” Smith said.

Today, the industry needs younger providers.

According to a February Research article by the Healthforce Center at UCSF, 45% of psychiatrists and 37% of psychologists are over the age of 60 who may retire within the near future. “I think it does relate to the general issue of the aging of our health professionals, and the need to replace to our mental health professionals with younger up in coming folks,” Lewin Said.

It may take up to three to four years to see the number of mental and behavioral professionals increase.
City of Redlands opens their first skatepark after 13 years of planning

By Andrew Carrillo
Staff Writer

After 13 long awaited years, the city of Redlands opened its first skatepark to the community on Jan. 26. Mayor Paul W. Foster attended the opening day ceremony and gave a short speech followed by the cutting of the ribbon, officially making the park accessible to the public.

The funding for the park has been ongoing for years. Maureen Perez, also known as Mo, from Friends of Redlands Skatepark, has been a huge contributor for the past three years. Other contributors include the Tony Hawk Foundation, the original funder, and the organization called SK8Park.

The original organization was not involved during the past three years when Perez became the point person for the new effort to build the park; the organization still made a donation of $31,000 of an original $50,000 donation.

The donation was received from the Gardner Family, a skateboarding family that no longer resides within the area of Redlands.

Perez had applied for a grant from the Tony Hawk Foundation and received $25,000 to use for the funding of the park.

Between Grass Roots Funding efforts and Friends of Redlands Skatepark, about $90,000 was raised while the rest came from city funding. Perez is a beer buyer at Gerrards Market in Redlands. Thanks to his connections in the beverage industry, beer donations brought as much as $5,000 to the fundraising effort. Some say that beer built the park.

California Skaterparks had been chosen to design the park. They hosted workshops where they got ideas from the public for obstacles they could put into their design. “They had us take red dots and vote for certain aspects of what we wanted in a park and so it was heavy in the street section and it was a real fight to get them to build more transition into the park,” Perez said.

Perez was a huge advocate in having the best of both world in the skateboarding, street and transitional obstacles. “I said I’m not going to fundraise for a park without a real transitioning, without a bowl,” Perez said. “I know what these kids need in this community, but they also need the transition to challenge them to do bigger things.”

Local students will be able to enjoy free time with their families and friends since the skatepark is conveniently located close to the University of Redlands, and just about 16 miles away from CSUSB.

Over the years, Redlands has seen a lack of commitment to the park, causing delays to the completion. But Perez has put in great effort to execute the plans for the park completion.

“I think it just didn’t have the right people involved with the dedication and the commitment to follow through on fund-raising because just organizing an event, you know, it just takes a big commitment, it takes a lot of your time and I had to treat it like a full-time job,” Perez said.

“I was the one who handled all the organization for the fund-raising, handled all the funds, did the city council presentations,”

The construction for the park began just months prior to opening day.

The builder worked quickly and surprised the city by finishing ahead of the scheduled time.

The park will be an open park and all types of riders are welcome to enjoy.

Whether riding a scooter, a bike, rollerblades, or a classic piece of wood and four wheels, students, families, and friends will be able to enjoy the park as a community.

Cosmic nights at the San Bernardino Museum

By Vanessa Lopez
Staff Writer

REDLANDS, Calif. On Sunday, Jan. 20, many people gathered to look at the super blood moon lunar eclipse through telescopes on the lawn of the San Bernardino County Museum in Redlands.

Student admission was only $6.00 and this included a walk through the museum which was filled with many historical artifacts.

When entering the museum the greeter stated that the eclipse would begin at 8:41 pm and it would be at its peak at about 9:12 pm.

Knowing these times was helpful because we were able to go to the museum before making our way outside to look at the moon through the telescopes. Just outside on the lawn, there were about 5-6 amateur astronomers waiting to share some information and their telescopes.

This was all made possible by the San Bernardino Valley Amateur Astronomers (SBVAA) which is a club.

The star party coordinator of SBVAA, Tom Lawson, was there and ready to share his knowledge about telescopes and the stars.

Lawson stated that curiosity had sparked his interest in astronomy in about 1990 when someone had told him that you can see Jupiter’s moons with binoculars. He said he dug out a pair of binoculars and the rest was history.

To prepare for this event, Lawson said that all he had to do was set up the telescope and get it ready to go.

“Preparation for astronomy really boils down to knowing your sky and what you want to look at, here we wanted to look at the moon,” Lawson said.

He also said that if anyone was interested in astronomy to start going to moon parties and that you don’t need a telescope to go to one.

Another amateur astronomer, Nick was also there with his telescope and stated that he started getting into astronomy 10-15 years ago when he started seeing pictures and cool science news.

This led Nick to want to join a club like SBVAA and attend star parties.

Nick stated that the coolest thing he has seen through a telescope is the Triangulum galaxy.

Nick said that there is a campground called Grandview in Bishop, CA. that is about 8,000 feet in elevation, and on a clear night out there you can actually see the details in the spiral arms of the Triangulum galaxy.

Photographer, Omar Cerillos, made it out to attend the event and get some great shots of the lunar eclipse.

Cerillos stated that he came out because he is really into space and that everything about it fascinates him.

Cerillos also said that going into this event he was expecting more of a scientific and educational event, but it was actually more of a family event.

“It was a cool event, I’ve never experienced seeing an eclipse, so it was cool to actually see it with a telescope and having the astronomers here to help,” Cerillos said.

If this event interests you the San Bernardino Valley Amateur Astronomers will be coming out for more Cosmic Nights on April 12, August 7 and November 2 from 8-10 pm.
CSUSB Intramural sports

By Andria Lopez
Contributing Writer

Attention CSUSB students who love sports or used to play in high school, did you know that campus has a sports program available for all students? If you would like to reignite your glory days, then the Intramural Sports program might be for you.

Whether you are an experienced athlete or just looking to learn a new sport, intramurals are dedicated in providing participants with enjoyable, innovative and safe activities for all skill levels and interests. This program offers a variety of sport leagues and tournaments, both competitive and just for fun. According to lead sport supervisor Joanna Moreno, joining intramural sports is a must.

“Intramural sports program is open to anyone who wants to join, as long as he or she is a student here on campus,” Moreno said. “It is an environment setting for students to play sports and have fun doing it. This also allows students to get involved with activities on campus and make new friends. It is for students who are competitive or not competitive and for students who are skilled or not as skilled in the sport they desire.”

The sports available to play are in-door or out-door soccer, volleyball, softball, basketball and flag football.

As a freshman, Moreno got involved in intramural sports from a friend and joined the program to play soccer and volleyball. It then helped her land the position she currently holds as supervisor.

Through first hand experience, she knows the benefits in being involved with Intramural sports and highly recommends it.

“Marlee Nunley has huge shoes to fill with the departure of All-American setter Jayann Dehoog. Moreno believes that awareness of intramural sports on campus could be better considering the overall benefits she believes it brings. She is excited to work with and promote the program.

“There should be more of an awareness to students that CSUSB offers intramural sports,” Moreno said. “It is a great program to join and it can help students experience more opportunities, help build their team and of course benefits students by getting some physical activity.”

Intramural sports are free to all currently enrolled students. Feel free to contact them if you have any questions at 909-537-5012. Ask for Salvador Avila or Joanna Moreno to gather more information.

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CSUSB Athletics
Contributing Writer

The Dee Payan era at CSUSB got off to a resounding start in the first tournament of the season, as the CSUSB Coyotes were named the Desert Stinger Champions.

After going 3-0 and outscoring their opponents 34-5, our Coyotes finished with a 10-3 win over Academy of Art on Sunday afternoon.

To clinch the title, Senior Pitcher Bailey Bowell picked up her second win of the weekend by going four and two-thirds innings on Sunday allowing just three runs. Amanda Ramirez earned the save allowing no runs on three hits.

In the first game of the tourney, the Yotes beat Central Washington 18-0 in the opener in five innings pounding out 13 hits, committing no errors, and holding CWU to just four hits. CSUSB finished with 11 runs in the fifth inning.

Dominique Walker led with three hits and Morgan Ratliff, Sydney Kreimann, Brooke Thomas, and Haley Finn each had two.

The Yotes smacked five doubles, spread evenly between five Yotes.

Kreimann tripled in the second to make it 3-0 and Diana Gomez and Thomas doubled in the fifth to see the Yotes run away.

Pitcher Bailey Bowell also was vital on the mound.

In game two which resulted in a 6-2 win over Northwest Nazarene (NNU), Walker and Janima Gateb had two hits each as the Yotes had eight as a team.

CSUSB scored five runs in the last four innings to erase an early 1-2 lead for NNU. Gomez and Walker both had doubles.

The Coyotes (3-0) will look to ride the momentum into CCAA play next weekend as they travel to CSU San Marcos on Friday and Saturday, beginning at 12 pm on Friday.

Live links will be available on CSUSBathletics.com.

In her first tournament as head coach, Payan is proud of the team and is excited for things to come.

“I am extremely proud of how our team came out to play,” Payan said. “We came out swinging the bats, our defense was on point, and our pitchers set the tone on the mound. I’m looking forward to continuing this momentum into the season.”

In the lower right picture is Senior Outfielder Morgan Ratliff. Ratfliff took home the MVP of the tournament honors for being a force at the plate.

Jasmine Sauer led in points for the 11th time in 12 games, this time with 21 points. Jamelia Clark grabbed a season-high 16 rebounds for the Yotes and added nine points.

Fatima Russell scored 13 and Kayla Bibb added 11. CSUSB shot 44.4 percent from the field. The Coyotes hit eight threes and dominated the glass, 45-36, as Kayla Bibb added 11. CSUSB finished with 11 runs in the fifth inning.

CSUSB never let the lead get above 10 again in the first half, tying it twice. Two minutes into the second half the Yotes grabbed the lead and it was back and forth from there. CSUSB held CSUSB to three points over a three-minute stretch late to take the eight-point edge.

“I am really proud of how we responded.” Newman said.

Women’s basketball sweep Monterey

The CSUSB Coyotes swept the season series over CSU Monterey Bay on the road on Saturday and Sunday.

Jennings scored 19 points and shot 50% from the field as the Coyotes fought hard for the win.

Men’s basketball win first game of the year

The CSUSB Coyotes picked up their first win of 2019 late on Friday night, beating Saint Martin’s 7-6 at Fiscalini Field.

The game was scheduled in an attempt to beat the weekend rain and was halted at 11 pm due to the city’s light ordinance.

The Yotes put up a five-spot in the third inning and tacked on two more in the sixth. The Saints scored six runs in the last two innings but CSUSB prevailed. Blake Timm (1-0) took the win for CSUSB, striking out seven over five innings with five hits and three runs.

The Coyotes (9-11, 8-8 CCAA) head home next week and will face CSU San Marcos on Thursday at 5:30 pm. Live links are available on CSUSBathletics.com.
Bubbles and applause erupted as Tierra Roman said ‘yes’ to her CSUSB sweetheart Thomas Robles’ marriage proposal.

The proposal took place at 5 p.m. at the Murillo Family Observatory, as Robles, CSUSB alumni, diligently organized the elaborate surprise event.

Robles got the idea to propose at CSUSB because the school meant so much to both of them.

“This is the place where we met, this is the place where we had our first kiss,” Robles said, “This is where I want to start our life together, CSUSB.”

Since the engagement, the couple has been enjoying the start of their new lives together.

“This has been the happiest time in both of our lives,” Robles said, “I love that we are taking the steps to build a life together.”

Roman of course felt similarly to her husband-to-be on life after the proposal.

“This is such an exciting time in our lives,” Roman said, “I have dreamt of my wedding since I was a little girl, and now that we are actually taking steps to plan it, it feels so surreal.”

With Valentine’s Day on the horizon for the couple, they are each preparing a surprise for their other half.

“We will be taking a little trip for Valentine’s Day, but I can’t say where yet,” Robles teased.

Roman, who was Robles’ SOAR leader when he first transferred to the school, had similar thoughts.

“It felt like home, like our second home,” Roman said, “this is the place where we bonded and our whole getting to know each other part of our relationship happened here.”

Robles told his sweetheart that his sister was getting an award and that she had to come down to the campus that Friday evening.

“It was kind of fishy, I knew something was up, but I did not know all this,” Roman said. 

Roman arrived at the dimly lit observatory on a hilltop at sunset; the place was quiet, but once she turned a corner to the observation deck she was greeted by both family, friends, and live music being played.

After Roman got to the observation deck, Robles sang to her just as he did when he first asked for her number, before getting down on one knee and proposing to her.

She said “yes.” The engaged couple kissed as their family and friends cheered and blew bubbles into the air.

“I feel amazing,” Robles said, “I get to start my life with the greatest person I have ever met.”

His bride to be felt similarly.

“I feel so blessed and just overwhelmed with how bigger and more beautiful this was than I was expecting,” Roman said.

Robles and Roman told the story of how they met, with her being his SOAR leader and giving him a tour as he transferred into the school as a liberal studies major. After the tour, he gave her a note thanking her for helping him out so much, but she wondered why he did not give her his number.

Robles then went to where she worked the next day with a plan.

“Long story short, I show up – I was going to sing to her – but her boss made me sing in front of the whole office,” Robles said, “I got down on one knee, I sang to her, and I asked her out right then and there: she said yes.”

Now being alumni of CSUSB, the couple are preparing for continuing their educations together, her pursuing special education and him pursuing higher education. However, they say that CSUSB will always be a special place for them.

Roman said “We’re proud of being coyotes and of our experience here.”

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By Dusty Alexander
Staff Writer
By Ashley Balmaceda
Staff Writer

Bright and early on Jan. 19, I joined 200,000 people in Los Angeles to participate in the third annual Women’s March. Crowds of people took over the streets to chant, sing and show their solidarity with one another.

As a self-proclaimed feminist, when the Women’s March was first introduced, I was ecstatic to attend. Now, it is something my friends and I anticipate going to every January. As someone who’s been to the march for all three years, I can definitely say this year was very different.

The first two marches had a theme. In 2017, fresh off of Trump’s inauguration, most signs, chants, and speeches given were in reaction to the new presidency, while the 2018 march was heavily focused on the #MeToo movement that took Hollywood by storm.

Education was a big topic this year, mostly because of the LAUSD teacher strike that was going on. Many people had signs showing their solidarity with the teachers.

Elizabeth Tovar, 21, was passionate about this topic because her father is a high school teacher. “Education has to be one of the most important issues currently,” Tovar said. “These people are shaping our children. Why are they treated like they don’t matter?”

There were many speeches given, including ones from a Black Lives Matter organization, pop star Lauren Jauregui and Gov. Gavin Newsom. Newsom expressed the importance of this event. “We don’t just walk, we act,” Newsom said. “Women’s rights are something you can never take away.”

There were also several booths to check out, such as Planned Parenthood, which has a strong presence at these marches every year. But one booth that stood out this year was from Sprite. This booth seemed to be the most popular because people could share their stories and reasons behind their participation on sticky notes, which they could stick on the wall.

The thoughts that were shared on these sticky notes were diverse. “I march for safety in schools, streets, and workplaces for trans-POC,” one of the participants wrote on her sticky note.

Other participants wrote, “I march for those that don’t share the same privilege.”

Stella Monroe, 16, Kait Wilson, 15, and Quinnalan Reynolds, 15, were all first-time attendees of the march this year. After convincing their parents to let them come, the girls hopped on the Metro train and were anxious yet excited to experience the event.

The girls all shared the feeling that many people tend to disregard young girls and think they don’t know much. They were here to show that that is not the case.

“The president has made it very clear that he is a misogynist and I think it’s more important now than ever to show him that we’re not just going to be quiet,” Monroe said. “We came to support women who have overcome all kinds of adversities,” said Wilson. “And this goes for anyone who identifies as a woman, not just the cisgender.”

Women of all ages came out to stand together.

Year after year, thousands of people keep coming out to march together, with the feeling of being united and relating to one another being something that brings people back.

Martha Zawinul, 44, said, “I march to support all women, to show that I matter, I cannot be hidden and I demand to be seen.”
Students can invest in their current studies and future careers by pursuing and interacting with mentors. Jonathan Miranda Jr., a Communication Studies student at CSUSB, was able to simplify a mentor’s role in the student’s life.

“Probably the biggest benefit is that, in simple terms, mentors are life leaders,” Miranda said. “They give you a better, more mature, and seasoned perspective on things. Ultimately, they are there for you.”

In 2014, the Gallup-Purdue Index was created. According to their website, it is the largest representative study of college graduates in U.S. history. In this study, they focus on several things including quality of student life and happiness once a student graduates.

Mitch Daniels, President of Purdue University explained, “Our survey clearly indicated that it wasn’t where you go to college as much as it is how you go to college—what you extract from the campus experience.”

The key concept behind that idea is to constantly be a learner in any environment. Perhaps one of the best ways to make a college experience work is to utilize the resources available to students. Dr. Astrid Shell, a Communication Studies professor with a foreign studies background has an idea of what mentoring really can do.

“The magic is in the conversation, not in the information,” Shell said. “Many times, the mentee already knows what needs to be done, but it is the confirmation, support, and encouragement of the mentor that makes the difference.” Shell also explains why the dialogue in the conversation can be beneficial.

“From my experience as a mentor, when I offer students a chance to understand, challenge, and examine their intentions by asking lots of questions,” Shell continued, “Why do you want to do this? Have you thought about where this might lead professionally? I also like to share my experiences so students will know they are not alone. We all need some direction and support at different times in our lives.”

By utilizing the expertise and wisdom of those who have already worked in your field it gives students an edge to what they have to offer an employer later.

Elle Carlos, a 2016 CSUSB graduate, is currently an Assistant Account Executive at Westwood Communications, a public relations agency that has a regional focus across several industries. Carlos confirmed that the mentor relationship she had helped her grow in her professional life.

“Dr. Astrid Shell was my mentor throughout college and has continued to be,” Carlos said. “Having a mentor has helped my professional growth immensely because it has given me guidance when I’ve needed it. When you get to know them, many professors have experience outside of academics.”

Carlos added that because of the background her mentor had, it encouraged her to grow. “Dr. Shell has dallied in just about every avenue of public relations and because of that was able to give me advice, suggest opportunities I wouldn’t have otherwise considered and push me to take on challenges outside of my comfort zone,” Carlos said.

Carlos also explained that the main resource mentors can offer students is confidence. “A mentor can also give students an idea as to what it takes to take on new challenges,” Carlos continued, “Everyone somewhat fears post-grad life, because it’s an entirely new uncharted territory and “What’s next?” is often the big question. Mentors really help get students on the right path to make that new territory a little less intimidating.”

Professor Donald Girard, Communication Department, also echoed Carlos’ sentiments. “It’s about tying it together. You’re not gonna get hired away from your university to sit in a conference room all day and discuss theoretical applications,” Girard said, “They won’t pay you for that. If you’ve had some mentoring knowledge, your confidence level in your abilities increases. And that comes across in the interview process once you apply for a job.”

Girard shared why having a mentor builds confidence in the student and united it with the idea of learning in any environment.

“Because one of the things about the collegiate experience is, you’re studying various books and theories and taking tests,” Girard expressed, “But in the back of your mind it’s the idea that, well, I really haven’t done this. I’ve got a theory, but I don’t have application. If you have a mentor, I think your level of confidence increases that the mentor has helped you relate theory to application.”

By learning in any environment and seeking the counsel of a mentor, students will find themselves more equipped for their future endeavors.

“Students choose these areas firstly because they are interested in the visual world around us, and they want to learn how to become more expert at interpreting the visual world around us and then how to be empowered to intervene in the world via visual forms of communication,” Poole said.

Within every major, there is plenty of opportunity to gain knowledge and experience that could be useful in everyday life.

“What students quickly learn is how powerful visual forms of communication are, and how complex the political and social issues are that surround the ways in which we communicate via visual and material means,” Poole expressed.

According to Angelica Estrada, a Human Development major, she considered a few things before choosing. “I just considered what really interests me and where I see myself in the future,” Estrada said.

To most students, it is clear and in stone the major they choose.

Jessica Davis, an Advisor at the College of Social and Behavioral Science stated, “Other factors may be family members who have a background in that area or other mentoring influences the student has had before coming to college.”

It all comes down to the student and where they would like to be in the future, career-wise.

When stuck in between two options, there is also the choice to have a minor. A minor is similar to a major but does not require as many classes and can provide an understanding of the two academic fields. It allows students to become familiar with two sets of values, views, and vocabularies.

It could be stressful when deciding which major to choose, but there is time before graduation to grow as a student and develop career interests.

“Taking advantage of all the benefits on campus such as internships, networking, career fairs and speaking with advisors help to guide anyone in the right direction.”
Leadership and exploration through CSUSB Adventure

By Jonathon Miranda
Staff Writer

CSUSB Adventure has multiple trips planned for Winter quarter to give students opportunities to connect with nature, gain practical skills, and connect with a community of fellow students.

The program provides students with an outlet to experience nature through various types of trips such as backpacking, camping, hiking, and kayaking. In the past, students participating in the program went to various locations such as Big Sur, Zion Canyon, and Mecca Hills.

The Big Sur trip was offered to incoming freshmen before Fall quarter in 2018. Claire Shumate, a first-year who participated in the 4-day camping trip, recounted it as a worthwhile experience in building connections and disconnecting from technology and social media.

“We got to go on different hikes and we got to go kayaking on the last day,” Shumate said. “My favorite part was just getting to know the people and building relationships with them.”

According to their website, there is no requirement for participating in the program. However, the trips give students opportunities to learn new skills and be more physically fit.

Shumate discusses how her peers were not familiar with the outdoors at first, but then they grew to enjoy their time while simultaneously disconnecting from social media.

“We didn’t have WiFi out there, so they lost their Snapchat streaks. When you’re in nature you don’t think about social media or technology,” she added. “I feel like it opened up a lot of people’s eyes to see that there is a world outside of your phone and that you can build connections even when you don’t have access to social media platforms.”

While the locations and activities are what arguably interest students in participating in the program, students will value their time spent with others. Shumate still keeps in touch with people she met on the Big Sur trip.

The program also offers leadership opportunities. John Harford was able to become an Adventure leader as a freshman. Because of his background, Harford quickly found a place in the Adventure program.

“There was something through the school that allowed me to explore my interests and be closer to what I like to do, then that was it for me. I was sold,” said Harford.

As a leader, Harford went through a month-long training process which included wilderness first-aid, driver training, sexual harassment training, and a number of leadership workshops.

Harford applies the things he learned in training to his daily life.

For example, as someone who is responsible for students on the trips, general harassment training teaches Harford to respond to unimportant things, and a number of leadership workshops also exposed Harford to new ways of leading outside of his previous leadership knowledge. He also is responsible for driving campus vans with students on those trips.

Harford is continually learning responsibility and accountability as a leader, but he also gets to connect with various groups on every trip. This helps him adjust as a new college student, as he gets to interact with people and spend more time with them outside of the Adventure program.

“When I went as a participant, I felt free from my daily life. I didn’t feel tied down, and I wasn’t focused on unimportant things,” said Harford.

After spending some time as an Adventure leader, Harford wants to pursue a career in national parks service.

For students who are interested in going on a trip this quarter, CSUSB Adventure has trips planned to Running Springs, Newport Beach, Yosemite National Park, Mojave National Preserve, and many more. Students can find out more information on these trips and others through their website at https://www.csusb.edu/recreation-wellness/outdoor-adventures.
The audience began to learn more about Offendum’s upbringing and childhood when he shared and translated version of the Arab poem, “Damascene Poem”, by Nizar Qabbani. The crowd discovered the world of Damascus, Syria—the oldest inhabited city in the world. Offendum continued to discuss the unfortunate issues that currently surround Syria. He explained a simple google search of Syria years ago would not mirror what one would find on the web today. The discussion of xenophobia continued as Offendum reminded the audience of the story of Ahmed Mohamed, the 14-year-old boy who was arrested after sharing with his teacher a digital clock that he built himself. The crowd discovered the new introduction into fatherhood that Offendum explained there is not one single someone of Arab heritage. He explained there is not one single message that can be shared about an entire society other than the fact that it is wsimply complex.

As the media coverage and conflict that surrounds Middle Eastern culture have continuously created a xenophobic environment within society, Offendum explained the historical background of the Arabic culture misrepresentation by reading headlines from articles that were published in the New York Times during the 19th century as many Arab-Americans began to reside in the small town of Little Syria. “Arabs Unwilling to go Home,” stated one headline, while another stated there was a “motley crew of Arabs” residing in the state.

As the night concluded, Offendum shared that his greatest goal was to leave a positive and sincere impact on those he educates through his art. He stated that his offerings come from his truth and experiences—making it difficult for him to represent an entire culture himself. Nonetheless, Offendum encouraged the audience to remain curious about the Middle Eastern world and its culture by taking courses or befriending someone of Arab heritage. He explained there is not one single message that can be shared about an entire society other than the fact that it is wsimply complex.

During his finale, Offendum shared his newest song, “Close My Eyes,” that shared his reflection on the loss of his father, Syria and his relatively new introduction into fatherhood himself. “He definitely opened a lot of eyes—especially those who have may not have been exposed to the concepts and culture of the middle east,” said student and event organizer, Rama Al-Shreteh. “He’s definitely made a lot of impact with his work. He shows a lot of passion and dedication to what he does.

Omar Offendum joined students after his performance to discuss culture, social issues and creativity. His audience was left to ponder the history, the future and his observation, “It’s a way for people to get a window into this part of the world or culture that is being unfortunately, for the most part, demonized and facing a lot of xenophobia.”

Omar Offendum, presents, Syrianamericana in the Santos Manuel Student Union (SMSU).

Game review: Resident Evil 2

By Robert Klimper

Capcom offers up new and old survival horror fans a chance to revisit the zombie outbreak in Raccoon City with Resident Evil 2.

Resident Evil 2 is a full HD remake of the original '98 title of the same name, unlike a remaster, which would just be the original game with updated graphics, this game is in its own way a new and original title.

While the story of this game shares similarities with the original game, certain characters and plot points are given more focus and relevance due to a change in how video game stories are expected to be nowadays and no longer having the limitations of older hardware.

The story of Resident Evil 2 involves two separate characters, Leon S. Kennedy and Claire Redfield, and their struggles to survive in the nightmare that the small mountain town of Raccoon City has become.

Depending on who you pick in Resident Evil 2 changes which events and characters that you encounter, Claire will never meet the journalist Ben Bertocci and likewise, Leon will never interact with the Chief of Police Brian Irons for example.

A change from the original Resident Evil 2’s storying telling is that, unlike the original release, in which depending on which order you completed the game changed which bosses each character fought, the remake has set bosses for each character, making so that order changes more who starts where and gives a more concrete story.

The gameplay of Resident Evil 2 Remake is more similar in style to Resident Evil 4 instead of the title in which it shares a name with. While the original title was a game where you controlled characters from a far away fixed camera angle, the remake plays from an over the shoulder third person perspective.

This style of gameplay allows for more action and fast-paced combat style of playing, making encounters with enemies like zombies and Lickers much more nerve-wracking and intense as they close the distance on you.

Other mechanics in the game similar to the older style of Resident Evil gameplay, you have limited inventory space, which you can expand with by finding hip packs, and combining and using herbs which you use to heal up any damage you take from the horrors that haunt the halls of the police department and streets of Raccoon City.

One big change to the game’s formula is the way in which the Tyrant monster, referred to by fans as “Mr. X”, has changed from its original appearance. In the remake, Mr. X appears in both characters stories and instead of only being a threat in the room he appears in due to system limitations of the time, he is a constant threat, chasing you through the police station only able to be slowed by attacks but never actually able to be stopped permanently.

For those who are looking for either a classic horror game or something that will terrify you to your core, Resident Evil 2 is a game that will you with shocking as you experience the horrors so many others experienced back in 1998.

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Expressions

Animation is real

By Devin Renich
Managing Editor

Ever since I was young, I have felt an incredible attachment to animation series of all types. Cartoons have fueled my love for life more than almost anything else I have known. A lot of my intelligence, spunk, and creativity can be attributed to the cartoons I hold close to my heart. I remember watching any cartoon ever in my parent's home. I'd be minding my own business, happy as can be, and most likely lying on the floor with my feet in the air. Then my father would come in, take one look at the television and say, "Can't you ever watch something intelligent?"

To me this question was so absurd that I could only respond by sticking my tongue out and making a fart noise, only to carry on watching my cartoons. It was just far too insulting of a statement to respond with actual words. Animation has always meant so much to me, and has helped me immensely in so many ways.

I remember passing a test about the book “Lord of the Flies” without ever having read a page of it. I passed with a B. This is all because I was a fan of “The Simpsons.”

In the ninth season they released an episode titled “Das Bus” which was based on the “Lord of the Flies.” I think I must have watched the episode about a thousand times before I took the test, and just so happened to match the characters in the show to the characters in the novel, thus producing a B graded test.

Regardless, the point of this anecdote is not to describe how much of a terrible student I am, but rather to express the idea that animation does more than entertain. It has taught me about culture, history and human emotion. Also, “The Simpsons” are awesome.

More importantly I believe cartoons have taught me to have a sense of humor about some of life's greatest hardships and truths. Take “Ren and Stimpy” for example, an animated series about a chihuahua and a tailess cat who are roommates, and sometimes suggested to be more. It’s one of my favorite shows to date.

This show can be hard to watch, because it heavily dramatizes situations which may be considered painful, or even gross. However, despite the cartoon’s raw nature of being visually disgusting, it is a complete satire of humanity's desperate attempts to thrive in a capitalistic society.

I think it’s so brilliant that this show can express this stressful idea in such a bizarre and hysterical way. Another show that I completely love is Adult Swim’s “Rick and Morty.” It encompasses all kinds of ridiculous intergalactic nonsense and brings about the reoccurring theme that humans are small, and everything we do in this world is more or less insignificant outside of our reality.

It’s a horribly depressing show that will make you laugh so hard you’ll pee your pants. This somehow makes me feel okay with being insignificant, and almost takes some pressure off of life itself. I could not live with myself if I didn’t express my feelings for kid shows as well. They can just as savvy in expressing human nature and growth. The messages may be more obvious but they still speak truth, and remain true as we become adults.

Nickelodeon’s “Avatar the last Air Bender” is the ultimate show when it comes to teaching perseverance, teamwork and love. This show truly proves that anything is possible. I cried during the triumphant series finale, for real. It was beautiful.

My point is, animation is much more than meets the eye. It is real, just like us, because we create it. It contains real emotions, real problems and real solutions.

Over the years, the more cartoons I watch, the more I fall in love. The consistently prove to be brilliant and most are completely timeless. I will love them until I cease to exist, and may even create my own one day.

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