March 6th, 2019

CSUSB

Follow this and additional works at: https://scholarworks.lib.csusb.edu/coyote-chronicle

Recommended Citation
https://scholarworks.lib.csusb.edu/coyote-chronicle/733

This Newspaper is brought to you for free and open access by the Arthur E. Nelson University Archives at CSUSB ScholarWorks. It has been accepted for inclusion in Coyote Chronicle (1984-) by an authorized administrator of CSUSB ScholarWorks. For more information, please contact scholarworks@csusb.edu.
CSUSB’s take on financial aid reform rally

By Dustin Alexander
Executive Editor

The rise of housing costs for students of CSUSB is one of the factors leading to a higher rate of homelessness for students here, commented Madeline Zhuo, an employee at a food pantry, in response to the topics raised by the rally in Sacramento.

On Feb. 20 student leaders, college executives, and legislators rallied at the state capital for financial aid reform to combat food insecurity, lack of shelter, and wellbeing issues that plague California college students. Mia Kagianas, president of the Cal State Student Association, struck at the heart of the issue during her opening remarks. “Our state and our nation are experiencing a higher education renaissance,” Kagianas said. “Issues such as affordability, disproportionate gaps in achievement, and student wellbeing are no longer isolated and insurmountable, they are expansive and consequential.”

Kagianas continued to highlight the problems facing students and the solution. “Homelessness, food insecurity, and wellbeing challenges are no hyperbole, they are a reality of the affordability challenges our students have,” Kagianas said. “Fixing financial aid for all students is the solution to help our students succeed in all aspects of our institutions across the state.”

The number of students impacted by this is alarmingly high, with 41.6 percent of CSU students reporting food insecurity, and almost 11 percent reported being homeless according to a 2018 study of basic needs published by the California State University.

The report included a heat map of areas worst affected, and CSUSB’s region was one of a handful where homelessness was found to be most prevalent.

Riverside community responds to homelessness

By Emily Tucker
Staff Writer

Volunteers and leaders of the faith-based community in Riverside County talk about what motivates them to support the homeless.

Local organizations such as Path of Life Ministries, serve the homeless community, offering shelters and programs for emergency housing, permanent supportive housing, behavioral health programs, and employment resources.

There are many volunteers that agree with the mission of Path of Life and choose to serve there because of it. “It started volunteering here years ago. I wanted to teach my kids that you help the poor,” said Carol Cantino. “We also did service-based activities and projects, and that all carried over to now. When my kids moved out, I needed something to fill my time.”

Cantino volunteers at a family shelter every month. She and several other volunteers prepare food for 50 people. There are multiple groups that cycle in and out of these shelters and serve in the same way.

According to the 2018 Riverside County Homeless Count and Survey Report, there were 1,685 identified unsheltered and 631 sheltered homeless people (total=2,316) in Riverside County, California. “They’re hungry,” said Pastor Albert Shade of Sandals Palm Avenue, which has been helping the homeless community for more than six years.

Continued on Pg. 4...
Mia Kagianas showed how our lack of financial aid leads to student hunger and homelessness.

Rallying for financial aid at the capital

...Continued from pg 1

"We have housing students who come' since they forced all of us to do a meal plan, all of our costs have jumped up. Not only the housing plans jumped up like $200, but the forced meal plan also made us jump up I think over $1000."

While Zhuo claimed that the forced meal plan will be ending next year, it is still a hindrance to students now, especially considering the high cost and unhealthiness of much of the on-campus food that leads to the meal plan not being very effective.

"A lot of people left in winter because of that," Zhuo said. "Food insecurity, besides depriving a student of their basic needs, also interferes with their ability to succeed as a student. It affects students emotionally, and when you’re hungry your concentration is not going to be the greatest."


during the academic session by the Communication department. The opinions expressed in the Chronicle are those of the student writers and editors and do not reflect the views of the university, its faculty, or any other person or institution unless expressly noted. The appearance of any advertisement in the chronicle does not represent an endorsement of the products or services advertised. The Chronicle reserves the right to edit or reject all materials submitted to the paper.

Public higher education is an incredible investment for the state of California: it has a huge return on investment.

Assemblymember Jesse Gabriel

to the crowd at the rally why this was not enough.

"We must do more to improve financial aid opportunities for our students because the total cost of attendance for California community colleges is much more than tuition that is the barrier for our students," Oakland said. "Housing, textbooks, and other expenses can add up to an obscene $19,000 a year, and our students access very little Cal Grant aid today."

Even with tuition covered, current financial aid is unable to cover all the requirements of paying for a college education.

This severely limits not only how students can make academic accomplishments but also who can afford to attend college in California.

The current system in place does not do enough to help students succeed at college, according to Assemblymember Jose Medina, chair of the Assembly Committee on Higher Education.

“Student voices came out loud and clear to tell of the financial aid system currently in place is outdated, overcomplex, and really doesn’t serve the needs of California students,” Assemblymember Medina said.

Assemblymember Medina announced that he is going to be using his position to fix financial aid.

“I am proud to be working with my colleague, Assemblymember Kevin McCarty, on legislation to completely reform the Cal Grant program, Assemblymember Medina said. "We have to make sure that the Cal Grant covers not just tuition cost, but transportation, housing, the cost of books, things that are some times the major cost of attending higher education."

Assemblymember Jesse Gabriel was also present at the rally and spoke on the bill he introduced: AB542, to expand the competitive Cal Grant system to provide more financial aid to students in need. Assemblymember Gabriel also nicely summed up the argument the rally presented.

"Public higher education is an incredible investment for the state of California," Assemblymember Gabriel said. "It has a huge return on investment; investing in young people is investing in our economy, investing in our future, and investing in the future possibilities of this state, so it is clear to me that California needs to increase its investment in public higher education."
Faculty senate meeting sparks concern for student engagement

By Kelan Newt
Staff Writer

On Feb. 19, the faculty senate discussed the engagement of students and whether or not students are satisfied with their tenure here on campus, solutions about improving the interface of Blackboard were also apart of the discussion.

As the meeting started, Karen Kolehmainen, College of Natural Sciences Representative and Chair of the Faculty Senate, presented a review of the previous meeting’s minutes. Also, other senators around the room presented updates and highlights about the respective colleges. Their focus for the meeting was the rising concern of student engagement at CSUSB, reports from the National Survey of Student Engagement, stated that student engagement has decreased from years past. The National Survey of Student Engagement conducts its surveys every three years and just conducted their most recent survey for Fall 2018. The survey asked first year and senior students about a wide range of topics regarding the engagement of students. These topics included: Higher-Order Learning, Reflective & Integrative Learning, Learning Strategies, Quantitative Reasoning, Collaborative Learning, Discussion with Diverse Others, Student-Faculty Interaction, Effective Teaching Practices, Quality of Interactions and Supportive Environment.

The concern stems from the difference between first year students and seniors. Seniors were shown to be more involved and their experience here at CSUSB is rated higher than the first year students. The problem is the engagement experience that CSUSB students have compared to other CSUs who have conducted the same study. Senators were concerned about finding ways to resolve some of the concerns that were raised from the statistics.

Red flags were raised when the numbers were brought up about the ‘Student-Faculty Interaction’, with it being the lowest scoring category out of all those that were surveyed. Within the category of Student-Faculty Interaction, there were sub-categories that described what it consists of. These sub-categories and their scores (Freshmen & Seniors) include:

- Discussed your academic performance with a faculty member (2.0 & 2.2)
- Worked with a faculty member on activities other than coursework (1.6 & 1.8)
- Discussed course topics, ideas or concepts with a faculty member outside of class (1.8 & 2.0)
- Discussed your academic performance with a faculty member (2.0 & 2.2)
- The scale ranges from 1-4 and the averages from both the freshmen and the seniors were way below what the faculty senate expected.

The National Survey of Student Engagement at CSUSB revealed that students who rated higher, have higher engagement rates when it comes to engaging with other faculty members or with the various opportunities that the campus has to offer.

Since CSUSB is a commuter school, some of the concerns of student engagement have been understood and will continue to have high significance.

The conclusion of this section of the meeting ended with some optimism about how the campus should tackle these situations in the near future. The discussion ended with a focus on heightening the overall experience of the average CSUSB student. No solution has been presented, but, the objective of increasing the student engagement rating is still of high importance.

Insight to Industry brings students to Sony Pictures Studios

By Kylie Neighbors
Staff Writer

On Feb. 22, students from California State University, San Bernardino participated in the Insight to Industry tour at Sony Pictures Studios in Culver City, CA.

Created in 2018, Insight to Industry is a program offered by the CSUSB Career Center that gives students the chance to tour and network with individuals from large companies that normally do not come to or recruit from CSUSB. Previous participating companies include Pepsi and NASA.

The program gives students interested in a certain field the opportunity to gain exposure and the possibility to network with individuals who could possibly hire them later.

“I heard they were going to Sony, and that is something I actually want to do,” said junior Reyna Holguin, a communication media studies student. “I would love to go into the film industry for writing and directing and Sony has a ton of successful movies out right now.”

The problem is a stepping stone for reaching companies and fields that are typically perceived as difficult to get into.

“The Insight to Industry Program at CSUSB is a new initiative designed to bridge the gap between our local educated workforce and our local business community,” the Career Center website states. “The sites immerse students in their chosen field and provide educational programming to further their knowledge and understanding of the workforce.”

Students arrived at campus bright and early to prepare for the two-hour drive to Culver City. However, the excitement of the day outweighed the long drive ahead.

“What better way is there to get your foot in the door?” said Tiffany Goodman, a student at the Palm Desert campus majoring in communications media studies.

Upon arriving at the studios, students were immediately greeted by Sony internship recruiters who served as the studio tour guides for the day.

“I’ve always seen the outskirts of it [Sony Pictures Studios], so just to be inside and just to see how things operate and what clearances you need and what opportunities it will bring is what I really look forward to.”

Goodman

Students had the opportunity to sit down with the Sony recruiters and ask questions regarding internship opportunities, hiring requirements and qualifications, Sony culture and more.

The tour continued with a complete walk-through of the actual Sony studios, many of which were currently filming projects.

As a special surprise, students had the opportunity to walk the set of ‘The Goldbergs,’ a popular sitcom currently playing on ABC, as well as the ‘Jeopardy’ set.

To round out the day, the CSUSB Career Center chap- eros treated the students to lunch to celebrate a successful program.

The Career Center aims to hold a tour during both the Winter and Spring quarters every year. To attend the tour, students must apply. Once accepted, students attend an orientation meet- ing which helps students with resume writing, elevator pitches, networking skills, and more.

Students interested in Insight to Industry tours should keep an eye on their emails for the application dates for Spring 2019.
By William Shorter
Staff Writer

CSUSB hosts many unique spaces across campus but one of the most creative places it has to offer is the Innovation Lab Center.

The innovation center is a free place to students to go and print out mock designs of anything they can think of. Whether it is to be educational models or models for personal use the innovation center is meant to be utilized for students use.

Mark Ortiz, a fourth-year student, is the student assistant/lead at the innovation center, who sees a wide set of different people from different majors coming in to use the space and expand your perspective on your field on groundbreaking engineering ideas,” Ortiz said.

The first highlight of the center is its 3D scanners to start the printing process. The 3D scans allow students to require a model to copy, the models needed are 3D models, not a 2D jpeg or a pdf. The scanner scans all sides of the model when placed on the rotating disc to get precise measurements.

There are five 3D printers that print in polyactic acid, which is a corn starch based plastic that is non-toxic. Models printed out are between 8x8x8 inches to 8x8x12 inches but students do have the option to upscale their models if they choose to print it one piece at a time.

The Innovation lab also has virtual reality headsets for students to use. They have the Oculus Rift and HTC Vive, which means students can create models with the VR system.

The lab held a unity convention teaching students how they can use their models in 3D gaming software. This is perfect for game designers who want to build and be part of the world they are building in a more interactive way.

They have a bunch of other electronic components like raspberry pies for cybersecurity students. All these parts are free for use for students who can’t go out and purchase it themselves, students just have to bring a memory drive for them to download their work after use.

The unique spot in the center is the table full of inventions that were created sitting on a table located on the right side of the room. The jumbo-sized R2-D2 model is the rooms first 3D print and can be looked at as the center's mascot.

The center has had a quick and consistent growth of students coming through. When the center first opened up 3 years ago it had about 20 visitors a week some new students some recurring. Now the center receives about 120 to 130 visitors a week just from students spreading the word about the center. When asked what changes to the center Ortiz would like to see.

Ortiz replied, “I love seeing students from different walks of life come in here, it would be great to see this place expand physically, get some new equipment, and see some of the new minds collaborate and breed amazing new projects.”

Ortiz also has an interesting look on innovation himself.

“It’s really just the essence of thinking outside the box, that is kind of the heart and soul of being in here. We have all these machines that have one specific purpose but we can get a million different usage out of them. Whether it’s ideas that are personalized and unique or if it is a good idea that helps others, it is all just focusing on what you want and building towards that goal,” Ortiz said.

So if any student has creative ideas that they want to share with the world than the Innovation Center is the place for you.

Respond to homelessness

“...Continued from front page

"And we bring food. But that said, I would like for us as a church, to do more than that. We are connecting and hopefully developing friendships, and so that they consider us safe people they can trust."

Building relationships is the main goal for Cantino and the group that serves with her. While they attend to the physical need first, hunger, they also hope to provide friendship and a friendly face to talk to.

"There is normally a theme for the meal and people sign up to make dishes," said Cantino. "We typically make the food at home, bring it to the shelter, will pray and then serve the meal. We also eat with them and sit down and visit with them," Cantino explained.

Cantino said one of her favorite meals she has made was homemade chicken Alfredo from scratch.

"We get a lot of compliments because we have some good cooks who really want to bless the people with good food, not just store-bought items," Cantino said. "She also explained that the feedback from the people whom they serve encourages and motivates her.

"The compliments were good because it showed we care and, hopefully, they will be more open to us sharing the gospel with them and praying with them," Cantino said.

There are more than 15 shelters, food banks and services, and churches such as Sandals Church Palm Avenue and The Grove Community Church within Riverside county that are actively looking for ways to assist the homeless population.

“It’s the dignity of we just want to meet you and talk with you,” said Pastor Albert Shade. Beyond the food and hygiene bags that Shade and his team take out each week, he shared that it’s more about the discussion that happens between the church members that volun-

Cantino serving with her group at Path of Life Ministry Shelter.

"We try to go out to the same places each week so we can really build the relationships,” said Guisti. “I think exposure has made the biggest impact on me, in this area, there are people who are hurting, they’re all out on the streets for different reasons. I’ve learned there are opportunities to serve if you look around.”

Michael Madel retired this past year from Riverside county where he had worked for 26 years. During his employment, he served his last 13 years with the Department of Mental Health and Substance abuse.

Madel explained that there is a difference between working with the county and volunteering with a church. The county was more “cut and dry” in his own words. But he stated the key difference was the focus.

“This is more of a compas-
Tough losses but lasting thoughts at CSUSB Senior Night

Despite losing their game, the men’s team will still go on to play for the CCAA Championship.

Austin Murray
Staff Writer

On Saturday, five seniors played their last game in a Coyote uniform.

Seniors Jasmine Sauser and Rachel Cain of the women’s team, and Garrett Baggett, Justice Green, and Malik Rhodes were the seniors who were honored.

The Coyotes, unfortunately, lost both games to Stanislaus State; the women’s team lost 65-52, and the men’s team 97-88.

Saturday’s games kicked off with the two women seniors being honored before the game. Jasmine Sauser, the teams leading scorer, had an off game with 3 points on 1-11 shooting.

“Jasmine has been good for us all year and her scoring and leadership have been key,” Crebbin said. “Obviously, today was an off game for her but, she has led the team all year.”

Saucer has been the Coyotes most consistent player this season leading the team with 17.5 points a game, so it was tough to end it the way she did.

Saucer has had a tough journey as a collegiate player as she has been playing for six years, due to a major injury and transferring schools.

“I learned a lot throughout my college journey,” Sauser said. “I learned how to be a leader this year and went through a lot of ups and downs that will help me in life.”

In the men’s game, the Coyotes couldn’t stop the hot shooting of the California State Stanislaus warriors and lost a tough game.

Senior Garrett Baggett led the team with 18 points, and fellow seniors Malik Rhodes and Justice Green had 16 and 11 points respectively.

The three coyote seniors have each had an interesting college journey.

Baggett transferred over with Coach Andy Newman and hopes to play professional basketball after her graduates. He is excited to continue playing and grateful for the lessons the sport taught him.

“I learned that life has a lot of ups and downs,” Baggett said. “One year you can be good and the next you can struggle. One thing I learned from basketball is how you adjust to the downs,”

Malik Rhodes basketball journey took him from Junior College, to Division 1 school Memphis, and eventually to CSUSB.

“I’ve been at four schools in four years, I went from community college to the highest level of college basketball at Memphis.”

Rhodes said. “I had to go through so much adversity there, being the last recruit and trying to prove I can play and actually getting to play. My four years have been amazing, a lot of people where I’m from look up to me because not too many people from Cincinnati get to accomplish what I have done.

Justice Green’s basketball journey took him from high school in Alabama to college in Illinois, then to CSUSB.

CSUSB and basketball

I will remember the good people and the coaching staff that has helped me everywhere I have been, and luckily I’ve gotten a full scholarship everywhere I’ve been. I’m just blessed to be in the position I’m in,” said Green.

“The hard work and discipline from basketball are the things I take out of basketball.”

With both programs losing their senior game, means our lady Coyotes just missed out on the 8th seed.

However, our Men’s team will be playing for the CCAA Championship starting in the first round against nationally ranked UC San Diego.

After splitting the season series with San Diego and beating the top teams in the league, Coach Andy Newman believes that no one would want to play his team.

Why doesn’t CSUSB have a football team?

Adam Wilson
Contributing Writer

We have so many sports, so much space with grass fields, but no stadium.

I sat down with Brian Gaul, the Assistant Athletic Director of Marketing and Athletic Communications to discuss the reasons why CSUSB does not have a football team.

There are many reasons why there is not a team, and all of those reasons need to be attended to before we even think about starting a football team.

“One of the biggest issues is funding,” said Gaul. “There are no Division 2 football teams in Southern California, so the team would have to travel to the Midwest to compete and that’s a huge expense.”

There would also need to be a big push from all of the CSU’s to have football teams to have people to compete against.

There are only 2 or 3 Division 2 teams in California, and playing the same school over and over is pointless.

“Our sports, the ones that do generate revenue, don’t generate revenue the way that like other Division 1 schools would,” said Gaul.

We would need to compete in Division 1 to get the funding from Bowl Games, sponsorships and Television advertisements.

To go Division 1 you gotta take everybody, it can’t just be football. You can’t go up in one sport and down in others,” Gaul said.

The issue is not finding the players, because football is the most popular sport in America and having a college football team is huge for any campus.

However, CSUSB is known as a commuter school, and most students don’t live on campus.

Also, our tuition is very cheap compared to other schools and especially compared to schools with a football team.

Many schools that have a football team, don’t have as many sports to choose from because all the money and energy goes into funding the football team.

Also, there is a rule that says the percentage of male to female on campus, must match that same percentage in sports.

So if we wanted to add a football team with a 70 male roster, you would need to find almost 4x the number of women to join other sports on campus.

The sport that gets the most national attention at CSUSB is our women’s Volleyball Team.

“We spent most of the time ranked number 1 in the country. We’ve won 14 conference championships, since 2001, so that’s a dynasty at that point,” Gaul said.

Having a football team at CSUSB would bring a lot of attention and raise the school’s awareness, however as you can tell, there are so many things that go into creating a college football team.

Gaul and Athletic Director Shawn Farrell are not focused on creating a football team or league. They are solely focused on graduating the sports we currently have.

This shows the space where a football field on the CSUSB campus could go if the school were to acquire a Coyote football team.
Apps Make Riding Easy.

Ride FREE with your CSUSB ID.

Use your phone’s map app and select the transit option to plan your ride. Or use the Omnitrans app with built-in trip planner and NexTrip real time arrival info. Go free. Go easy. GoSmart. No application, special pass or sticker required, just a current valid ID. Details at Omnitrans.org.

Ride FREE with your CSUSB ID.

Earn a Master’s Degree in Data Analytics in just 12 months.

Become a data scientist, one of the top-10 fastest-growing and dynamic careers. Average entry-level pay is nearly double what the average college graduate earns*.

Apply now for Fall 2019

Learn more at laverne.edu/msda

*CareerCast 2017 survey; median salary of $114,500.
Q & A with professor and author Dr. Mary Fong

By Ana Tapia
Senior Reporter

Video interview available in the digital version of this story at Coyotechronicle.net.

A: When I was in the 9th grade, I had this quick flash that I was going to write a book someday for a wide audience but I had no clue, I didn’t think twice about it. I could remember that it was just distinct.

While I was at my Ph.D. program at the University of Washington, that’s when I read Amy Tan’s book, Joy Luck Club. She ended up writing a series of different books, more like trilogies and I thought to myself ‘I could write something like that’ but on my cultural and intercultural experiences. Her stories were more narrative whereas mine are memoirs. I thought I could write it on the lower socioeconomic class whereas hers is more middle class so I would have a different perspective.

In the middle of my career, I thought I should write my memoir but I didn’t know what was my driving force. It wasn’t until I came across Karl, a high school classmate of mine, just a few years ago and I interviewed him and he told his side of the story when we knew each other in high school. Both of us were mysteriously intertwined in our lives, that’s what I discovered. He was the driving force because I had all these jigsaw pieces of my life experiences but when he comes in, everything starts falling in together.

Q: Why choose music to describe your experiences throughout your memoir?
A: Well musicians usually write songs that reflect on life and my memoir is a true story that reflects life. Karl and I were both able to identify songs that match up to the events and it adds that emotional appeal. Also, I made it a point to go to Youtube to find the musicians on stage performing. So when the reader clicks on the song, most of the songs are with them on stage as if you’re immersing yourself in a concert and seeing them perform.

Q: What did you like the most when it came to writing?
A: Writing the whole thing is really fun but the emphasis or purpose is not really me telling the story. The story goes along with my pursuit of three big questions: what is the meaning of life? Why are there so many variations of people’s life circumstances? What happens after we die? So what I like about this book is that it’s to help the reader broaden their awareness, their consciousness and respond to those three questions.

Q: What were some of the difficulties you faced while writing your memoir?
A: It took me over two years to finish it. It’s the perseverance of sticking to it and going through the whole process. Summer times would be under the 8 o’clock and it repeats because it’s the only block of time you have to write as a professor. To write, you have to have a block of time. To write only two or three hours here and there makes it hard to really get into it. Try reflecting 27 years of life, making sense of it, and make it look coherent.

Q: You mention multiple times throughout your intro that spirituality and culture is your passion. Why are other people’s spiritual and personal journeys important to you?
A: I want to help them [readers] reflect. Part of this trilogy is that I want people to be conscious and aware that the life they’re living, they’re actually preserving their culture and their spirituality. The cultural part is human-made, so we are dominated by societal norms. We’re so engrossed in that we lose sight of our spirituality, which is our true existence. We’re so engrossed in that we lose sight of our spirituality, which is our true existence.

Q: What is a major takeaway you hope your readers get from your memoir?
A: Don’t forget your spirituality because that’s the real reason you’re here: to grow and expand.

Q: Since you teach spiritual, cultural, and intercultural communications courses, do you intend to use your book for educational purposes?
A: I haven’t yet decided on that because it’s a mix of culture and spirituality. So I teach cultural and spiritual classes and the book is 50/50 of each. That is what we’re doing because our lives are a juggling of those two aspects. I may integrate it as a way of extra credit.
Cancer (June 21 - July 22)
Cancer, the tenacious and deeply intuitive sign, are quick to help anyone in need. Even though the sign enjoys the comfort of their own home, it is not preferable when studying. The highly imaginative sign should seek a quiet library. When going over notes, highlight key terms and go over information you think is important. Rewriting them will help.

Leo (July 22 – August 22)
Leos are known for being creative and cheerful. The fire sign loves being around friends even during studying. The sign uses their ability to bring everyone together with humor, making group work a breeze. Thinking out load will also help understand the material better. It will also help with figuring out the area the sign should focus on. A little distraction will not stop one from getting work done. Cramming or dwelling on one subject is not recommended.

Virgo (August 23 – September 22)
Virgo, the analytical and hardworking signs are quiet and secluded studying environment. Wait until you are home alone or everyone has gone to bed. The fewer distractions, the better. Silence helps the practical sign focus. Clean off a kitchen table or desk and get to work. The careful earth sign knows notes, pens of different colors, highlighters and pillows. Set up the ultimate peaceful studying environment, one with the least amount of noise and not forget comfortable PJs and candles.

Scorpio (October 23 – November 21)
Scorpius, the resourceful and passionate sign, do not need to spend a whole lot of time on thing, the determined sign can do anything they put their mind to. The type of environment for the sign depends on the type of work they are doing. If your work requires creativity, get yourself a favor and turn your phone off. If you really have to focus, tidy up a desk or table. To set the mood, play some lo-fi music and light your favorite incense.

Sagittarius (November 22 – December 21)
Sagittarians are known for being curious, idealistic and energetic. When it is time to settle down, do yourself a favor and turn your phone off. The extraverted sign should limit distractions as much as possible. A table or desk at home with upbeat music playing will help keep the sign enthusiastic. Routine can bore the fire sign, so a small break every now and then is a great reward for yourself.

Capricorn (December 22 – January 19)
Capricorns, the disciplined and responsible sign, need a typical academic study environment. A quiet comfortable room is recommended. Any chill music with limited lyrics of changing her diet, but she had to do something life-changing. It was important for her to look at this procedure from a different perspective and go over information you think is important. Rewriting them will help the self-controlled sign be as studious as possible. Home is relaxing but libraries or a quiet public place like a coffee shop will help the sign. The detailed and color coordinated notes help stimulate their thinking process. Being a great problem solver and easily adaptable to any environment is a great focusing tool that will feed their success.

Pisces (February 19 – March 20)
Pisces, the intuitive and artistic sign, are known for being intolerant. The water sign needs room for creativity. Whether it is in the comfort of their own home or a quiet yet public place like a coffee shop. If you are cramming at home play soft music and memorize important terms from your notes. If you are studying ahead of time the subtle background noise of a public place will suffice for the gentle sign.

People speak up on needle exchange programs

By Brianna Martin Staff Writer

It was time for a lifestyle change. “I was very, very heavy; 367 pounds,” says Joy Mitchell. In her mid-40’s Mitchell was experiencing the issues of being “morbidly obese” and her condition was only getting worse. She began having trouble with her mobility, which made it a challenge to even consider the possibility of losing weight.

Growing up, she recalled not having many choices when it came to healthy food, which affected how her eating habits formed. National Eating Disorders Awareness Week is Feb. 25 - March 4, 2019, calling for the intensified attention toward the stories similar to that of Joya.

By Briana Beal, Health and Wellness Coach of Pro Sport: Sports Performance and Therapy Center, was raised opposite Mitchell, in that his parents installed healthy habits in him, they were not eating healthy food, which affected how her eating habits formed.

Cancer (June 21 - July 22)
Cancer, the tenacious and deeply intuitive sign, are quick to help anyone in need. Even though the sign enjoys the comfort of their own home, it is not preferable when studying. The highly imaginative sign should seek a quiet library. When going over notes, highlight key terms and go over information you think is important. Rewriting them will help.

Leo (July 22 – August 22)
Leos are known for being creative and cheerful. The fire sign loves being around friends even during studying. The sign uses their ability to bring everyone together with humor, making group work a breeze. Thinking out load will also help understand the material better. It will also help with figuring out the area the sign should focus on. A little distraction will not stop one from getting work done. Cramming or dwelling on one subject is not recommended.

Virgo (August 23 – September 22)
Virgo, the analytical and hardworking signs are quiet and secluded studying environment. Wait until you are home alone or everyone has gone to bed. The fewer distractions, the better. Silence helps the practical sign focus. Clean off a kitchen table or desk and get to work. The careful earth sign knows notes, pens of different colors, highlighters and pillows. Set up the ultimate peaceful studying environment, one with the least amount of noise and not forget comfortable PJs and candles.

Scorpio (October 23 – November 21)
Scorpius, the resourceful and passionate sign, do not need to spend a whole lot of time on thing, the determined sign can do anything they put their mind to. The type of environment for the sign depends on the type of work they are doing. If your work requires creativity, get yourself a favor and turn your phone off. If you really have to focus, tidy up a desk or table. To set the mood, play some lo-fi music and light your favorite incense.

Sagittarius (November 22 – December 21)
Sagittarians are known for being curious, idealistic and energetic. When it is time to settle down, do yourself a favor and turn your phone off. The extraverted sign should limit distractions as much as possible. A table or desk at home with upbeat music playing will help keep the sign enthusiastic. Routine can bore the fire sign, so a small break every now and then is a great reward for yourself.

Capricorn (December 22 – January 19)
Capricorns, the disciplined and responsible sign, need a typical academic study environment. A quiet comfortable room is recommended. Any chill music with limited lyrics of changing her diet, but she had to do something life-changing. It was important for her to look at this procedure from a different perspective and go over information you think is important. Rewriting them will help the self-controlled sign be as studious as possible. Home is relaxing but libraries or a quiet public place like a coffee shop will help the sign. The detailed and color coordinated notes help stimulate their thinking process. Being a great problem solver and easily adaptable to any environment is a great focusing tool that will feed their success.

Pisces (February 19 – March 20)
Pisces, the intuitive and artistic sign, are known for being intolerant. The water sign needs room for creativity. Whether it is in the comfort of their own home or a quiet yet public place like a coffee shop. If you are cramming at home play soft music and memorize important terms from your notes. If you are studying ahead of time the subtle background noise of a public place will suffice for the gentle sign.
Why Do Students Take Adderall?

By Ashley Balmaceda
Staff Writer

College students are known for pulling all-nighters, cramming for tests, and working on multiple assignments at once. Coffee and energy drinks are what people assume most students are using. However, students are learning how to complete their work with the help of a different substance—Adderall.

Adderall is typically prescribed to individuals with ADHD. It releases chemicals, specifically dopamine, serotonin and norepinephrine in the brain to stimulate focus and awareness. People with certain sleeping disorders also use this drug. However, it also comes with negative side effects.

"I do think taking it is worth it and I’ll probably keep taking it since I think it genuinely helps," Hernandez said.

Adderall is the second most common drug used by college students. According to the 2016 National Survey on Drug Use and Health, Adderall is the first ever woman to be an NBA assistant coach.

Valdivia said. “That’s why I only take it when I feel like I seriously need the help.”

The drug is easily accessible. This is why it’s widely and commonly consumed by college students.

If you try hard enough, you can find it in a couple of hours,” Astrid Cortez, CSUSB alumni said. “It’s as easy as buying weed now.”

Cortez used to frequently use Adderall. However, she stopped once she felt it wasn’t working for her.

“I feel like it does nothing for me anymore,” Cortez said. “Students are so stressed all the time. I don’t blame them for trying to find something that helps.”

Students can go from taking the pill once a month to every week.

“I think when students are using it to study instead of party they don’t realize they can get addicted,” Santos said. “Like any other drug, Adderall is something you can get addicted to.”

It is never advised to use pills unless prescribed.

The pressure to do well in college makes students disregard this and turn to alternative substances.

Using Adderall for temporary help is not worth the potential danger.

“If you’re thinking about taking Adderall I would advise you to think it through,” Santos said. “It may seem like an easy option but risking your health is never worth it.”

Lack of minority coaches in professional sports

By Austin Murray
Staff Writer

NFL and NBA sports leagues are very few employers in the nation to pay African-Americans multi-million-dollar salaries, yet this opportunity is rare after their playing days.

While most of the employees of the NFL and the NBA are black, the coaches and management are rarely represented by minorities.

In the NFL, there are currently four minority head coaches: Brian Flores of the Miami Dolphins, Anthony Lynn of the Los Angeles Chargers, Mike Tomlin of the Pittsburgh Steelers and Ron Rivera of the Carolina Panthers.

The NBA is a little more diverse with 10 minority coaches currently employed. These numbers are troubling.

While most of the world has shifted toward progressive thinking, professional sports is far behind.

This problem has been addressed in the past, with the implementation of the Rooney rule.

This rule made every NFL team legally have to interview at least one minority candidate. This rule has been enforced lightly with some teams already having a candidate to hire, then proceeding to interview a minority who has no shot at the job just to meet the requirements of the rule.

This law was intended to help out minority candidates but overall has failed at doing that. Entering this season, the NFL had eight minority head coaches.

However, with five coaches getting fired and only one minority head coach signed this hiring cycle, the number has decreased to four.

This issue doesn’t just happen to people of color but also to women.

Women have made strides in getting hired by professional sports teams. Becky Hammon is the first ever woman to be an NBA assistant coach.

Women have had to deal with the stigma that they can’t coach men because the men wouldn’t listen to them. Traditionally the only way women can make a living through coaching is to coach women.

When the issue of minorities in sports is brought up, many people feel that “professional teams only hire the best for the position” or “sports teams hire on performance, not outside agendas.”

These comments are troubling because African-American players have the knowledge to lead a team, yet the system in place discourages them to not even consider head coach positions as their post-professional athlete careers.

While society has progressed over the years, some sports fans are very traditional and reject this progressive change.

One of the only ways to be a coach is to have played the sport at least on some level professionally.

So why are there more white head coaches year after year when the majority of the candidates, in theory, should be black, considering the number of African-American athletes in the industry?

Clearly, there is a discrepancy.

Race and gender have been a big part of professional sports.

This systemic issue can only be solved with the way professional teams prepare their athletes.

In the future, this problem can be solved if teams hire coaches based on their body of work and not on the current image of Head Coaches.

Anthony Lynn is one of the four minority head coaches in the National Football League.
Playing video games to spread positivity

By Andrew Carrillo
Staff Writer

For Adrienne Durrell Jackson, online gaming is more than a leisurely activity; it is her life. Playing online games helped her get through the most difficult times of her adolescent years. Growing up in the Imperial Court Projects, a neighborhood where gang violence and drugs on the streets are common, Jackson could not have favorable childhood memories. He was always surrounded by people who would try to engage him in drugs and street violence.

The neighborhood would set mocking up if people took for failure, but Jackson was able to look past the limitations and find a hobby that would keep him busy and stay out of trouble. And that hobby was playing online games.

“I had friends who would tell me to go out with them, and I would want to but I would stay and play halo stay and play this or that,” Jackson said. “Whenever they would ask me to go out I would stay and play video games and that saved my life because something bad would always happen. I lost a friend who was killed.”

He eventually got a job as a bank officer at Bank of America in Upland, CA. During this after-work hours, he continued spending time on playing games. Then one day, he decided to build something out of what he loves to do and spread a positive message across his community. He founded GhettoNerds, a gaming foundation whose goal is to spread positivity to anyone who has grown up or is growing up in a rough neighborhood, with his two cousins, who also grew up in the Imperial Court Projects. “It’s about basically giving the right influences, from being a youth, teen or adult,” Jackson said. “We spread love through gaming, we use games to influence life in a positive way.”

The foundation started on a live streaming service called Twitch. From here, Jackson was able to gain fans or “supporters,” whom he calls family. Jackson’s biggest supporter and motivator to stay positive and launch GhettoNerds was his mother.

“My mother is the reason why I became a stream- er,” Jackson said. “She was my first subscriber. She paid the most amount to subscribe to his account. My momma did not know anything about games, but she knew I had a love for gaming and wanted to do something with it.”

His mother has always given him unconditional support, which is what fueled his energy. He never has given up even when his mother passed. “You started something, finish it, don’t let me stop you,” Jackson reflected. “Before [my mother] passed she told me this. She didn’t want me to give up, she didn’t want me to give up and this day she still supports me. I know it.”

GhettoNerds, currently streaming on Mixer, has three rules: the streamer must have an average of 2,000 followers, available to stream three to four days a week, and must have a minimum of 24 hours of streaming within 30 days.

Mixer is a streaming site created by Microsoft that specializes in video game streaming.

“Mixer is a streaming site created by Microsoft that specializes in video game streaming,” Carrick explained. “They look for quality. It’s about how you talk. You can’t cuss, you have to talk profession- ally. That’s been me since I started streaming.”

Jackson would aim to be the best, interacting with his support- ers, and spreading positivity to those who watch his streams.

One of his supporters, “slimmshady,” reached out to Jackson and shared that his mother had passed away and didn’t have anyone to go to. Jackson gave “slimmshady” his phone number and helped his supporter. “It’s these supporters in which we strive for,” Jackson said. “They asked me to keep streaming and doing what I’m doing. He said I made his night, and I hope I did.”

Jackson says he currently has increasing supporters from his streams and does not intend to slow down.

“They have gaming events, you can get sponsorships. They make sure you branch out. Microsoft opens so many doors for you it’s ridiculous. A partnership is like you’re a big dog.”

Instagram Fame: Behind the Posts

By Ashley Balmaceda
Staff Writer

Millions of us wake up every day, grab our phone and check Instagram to see if there are new posts, follow someone here and there and go about our day. But how would our relationship with Instagram be if we had 61,000 people watching our every post? Is social media fame as glamorous as it looks?

This is what 19-year-old Valentina Carrick deals with. Carrick (@chovder) went to Instagram fame two years ago, and now has over 61,000 followers on the platform.

Being a social media influencer is something many people strive to be, but for Carrick it came out of nowhere.

“It’s been about two years since I released which some found to be racist,” said Carrick. “After I posted my collab, I was called racist and ignorant.”

The dark side of social media is not something people think about when wanting to be an influencer. Carrick feels like her followers think they know everything about her and forget that she is just another human.

“I’m 19, I go to community college, I work two mini- mum-wage jobs and I screw up constantly,” Carrick said. “But of course people are still going to come to a full conclusion on me solely off the photos I choose to share.”

Social media can have more than just a surface-level effect on people that most of us turn a blind eye to.

“We all stage our posts to appear at our best and get de- pressed when we don’t measure up what others have posted,” said Popescu. “However, mil- lennials are facing more severe risks: bullying, loss of privacy, isolation and polarization and the risk of manipulation.”

Carrick acknowledges that social media fame is a lot of good with a lot of bad and claims to have a love-hate relationship with her fame. She finally learned her lesson like she’s “walking on pins and needles over an internet post.”

“On a more serious note,” Carrick went on, “my mum had breast cancer, I raffled off one of my paintings to help her. The auction was a huge success.”

“Social media can have made more than just a surface-level effect on people that most of us turn a blind eye to.”

Carrick shares that she didn’t want me to give up and to keep going. “When my mother passed she told me this. My mother always gave ‘slimmshady’ his phone number and helped his supporter.”

“I’m 19, I go to community college, I work two minimum-wage jobs and I screw up constantly,” Carrick said. “But of course people are still going to come to a full conclusion on me solely off the photos I choose to share.”

Social media can have more than just a surface-level effect on people that most of us turn a blind eye to.

“We all stage our posts to appear at our best and get depressed when we don’t measure up what others have posted,” said Popescu. “However, millennials are facing more severe risks: bullying, loss of privacy, isolation and polarization and the risk of manipulation.”

Carrick acknowledges that social media fame is a lot of good with a lot of bad and claims to have a love-hate relationship with her fame. She finally learned her lesson like she’s “walking on pins and needles over an internet post.”

“On a more serious note,” Carrick went on, “my mum had breast cancer, I raffled off one of my paintings to help her. The auction was a huge success.”

“Social media can have more than just a surface-level effect on people that most of us turn a blind eye to.”

Carrick shares that she didn’t want me to give up and to keep going. “When my mother passed she told me this. My mother always gave “slimmshady” his phone number and helped his supporter.”

“I’m 19, I go to community college, I work two minimum-wage jobs and I screw up constantly,” Carrick said. “But of course people are still going to come to a full conclusion on me solely off the photos I choose to share.”

Social media can have more than just a surface-level effect on people that most of us turn a blind eye to.

“We all stage our posts to appear at our best and get depressed when we don’t measure up what others have posted,” said Popescu. “However, millennials are facing more severe risks: bullying, loss of privacy, isolation and polarization and the risk of manipulation.”

Carrick acknowledges that social media fame is a lot of good with a lot of bad and claims to have a love-hate relationship with her fame. She finally learned her lesson like she’s “walking on pins and needles over an internet post.”

“On a more serious note,” Carrick went on, “my mum had breast cancer, I raffled off one of my paintings to help her. The auction was a huge success.”

“Social media can have more than just a surface-level effect on people that most of us turn a blind eye to.”

Carrick shares that she didn’t want me to give up and to keep going. “When my mother passed she told me this. My mother always gave “slimmshady” his phone number and helped his supporter.”

“I’m 19, I go to community college, I work two minimum-wage jobs and I screw up constantly,” Carrick said. “But of course people are still going to come to a full conclusion on me solely off the photos I choose to share.”

Social media can have more than just a surface-level effect on people that most of us turn a blind eye to.

“We all stage our posts to appear at our best and get depressed when we don’t measure up what others have posted,” said Popescu. “However, millennials are facing more severe risks: bullying, loss of privacy, isolation and polarization and the risk of manipulation.”

Carrick acknowledges that social media fame is a lot of good with a lot of bad and claims to have a love-hate relationship with her fame. She finally learned her lesson like she’s “walking on pins and needles over an internet post.”

“On a more serious note,” Carrick went on, “my mum had breast cancer, I raffled off one of my paintings to help her. The auction was a huge success.”

“Social media can have more than just a surface-level effect on people that most of us turn a blind eye to.”

Carrick shares that she didn’t want me to give up and to keep going. “When my mother passed she told me this. My mother always gave “slimmshady” his phone number and helped his supporter.”

“I’m 19, I go to community college, I work two minimum-wage jobs and I screw up constantly,” Carrick said. “But of course people are still going to come to a full conclusion on me solely off the photos I choose to share.”

Social media can have more than just a surface-level effect on people that most of us turn a blind eye to.
Reptilian Nation Expo in the Desert

By Devin Renich
Managing Editor

The National Reptilian Expo took place on Mar. 2nd and 3rd at the San Bernardino County Fairgrounds in Victorville, Calif. The event happens at this location biannually and has become one of the popular local events for friends and family time. While the main idea of an expo is for vendors to present a selected item for selling and trading, it can also become an educational experience for any attendee, as all the vendors are willing to answer any questions someone may have.

Throughout the event, all vendors displayed commonly seen as well as rare types of reptiles, amphibians and arachnids. Vendors also offered equipment for the critter’s habitats, food they eat, and information on how to take care of the animals. In addition, the event hosted food vendors, a face painting booth, reptile themed photography, reptile rescue services and an informative show about venomous snakes.

The venomous snake show was hosted by Carl Person, a biologist associated with Animalia herpetofauna Inc., a program that educates people about rattlesnake avoidance, and even how to train your dogs to recognize when snakes are nearby.

“I’ve been doing it since I was a kid. All I had were plastic dinosaurs and when I grew up and couldn’t get a velociraptor, I figured snakes are the next best thing,” Person said.

During the show, Person presented five different venomous snakes including a rattlesnake and a cobra, which he pulled from a bucket and rested on a table for the audience to view.

He informed the crowd about how to avoid getting bit and what to do if it ever happened. He also mentioned various medical benefits of snake venom that are currently being researched, such as using it to treat different types of cancer.

Since rattlesnakes are found in Calif. he discussed some false myths that have been thought about the reptile.

“Most people think that baby rattlesnake venom is more poisonous than an adult. This stems from the idea that they can’t control how much venom they release,” Person said. “The truth is that snakes, baby or adult, have complete control over their venom flow. They will only use the least amount of venom possible to get the job done.”

Most Vendors featured breeds of reptiles that are rare in the wild and have been captive for years, with the first one taking place in Apr. 2018 at Des Moines, Iowa.

“My wife and I started to do events, it was her idea initially because she loves coffee and she thought, what goes with coffee? Donuts. We looked up if there was anything that existed like it, which there were but nothing quite like this,” Ryan shared.

The event hosted contests such as Donut Queen, Best Coffee & Donut, Donut Eating and Donuts of Glory.

Attendees get can get themselves into donuts by participating in games like an eating contest, Minute to Win It and children, can enjoy a kids zone for them to burn off their sugar rush.

The children also had the opportunity to have their face painted, color and play donut toos.

Dylan Andrews, an attendee of the event was incredibly fond of the way the festival was set.

“I thought the event was going to be a bit smaller really. There’s a good amount of things to do inside and outside of the building. I love how it’s just centered around coffee and donuts. I’m all about it,” said Andrews.

Visitors took a break from donuts by dancing or watching the performance of Gino and the Lone Gunmen, a Rockabilly band.

“It gets better every time someone does it. We’ve done it four times: twice in Des Moines, once in Kansas City and the other in Omaha. It’s a lot of work, adjusting many moving parts, demands, vendors and when it’s done, it goes on pretty well after that,” Ryan said.

Coffee and Donut Festival hits SoCal

By Yesica Gonzalez
Multimedia Editor

Roasted coffee meets sweet donuts at the National Orange Show Event Center at San Bernardino on Feb. 23.

Indoors, the atmosphere was held with excitement, a live band played on the main stage all day while families bonded over sugary donuts.

The sweet festival held various types of donuts such as those that are ready to be eaten or if anyone wanted to, they could build their own donut.

Tim Ryan, the founder of the festival, has been at it for a few years, with the first one taking place in Apr. 2018 at Des Moines, Iowa.

“My wife and I started to do events, it was her idea initially because she loves coffee and she thought, what goes with coffee? Donuts. We looked up if there was anything that existed like it, which there were but nothing quite like this,” Ryan shared.

The event hosted contests such as Donut Queen, Best Coffee & Donut, Donut Eating and Donuts of Glory.

Attendees get can get themselves into donuts by participating in games like an eating contest, Minute to Win It and children, can enjoy a kids zone for them to burn off their sugar rush.

The children also had the opportunity to have their face painted, color and play donut toos.

Dylan Andrews, an attendee of the event was incredibly fond of the way the festival was set.

“I thought the event was going to be a bit smaller really. There’s a good amount of things to do inside and outside of the building. I love how it’s just centered around coffee and donuts. I’m all about it,” said Andrews.

Visitors took a break from donuts by dancing or watching the performance of Gino and the Lone Gunmen, a Rockabilly band.

“It gets better every time someone does it. We’ve done it four times: twice in Des Moines, once in Kansas City and the other in Omaha. It’s a lot of work, adjusting many moving parts, demands, vendors and when it’s done, it goes on pretty well after that,” Ryan said.

To help out the community, there was a place where people can donate blood to those that need it.

The event also held different samples of coffee, donuts and other delicious goods to try that come from local bakeries all over the Inland Empire.

For a couple of vendors like Kimberly Snyder, who works for sales at Unity Coffee, it’s a moment that they couldn’t miss.

“I have been in this industry for eight years, I heard the festival was looking for people to join so I got hold of one of the operators and we hit it off from there,” said Snyder.

Snyder served samples of their coffee while interacting with guests about the different tastes that brewed coffee can have.

“‘It’s really neat because you can’t go wrong with coffee and donuts. They fit perfectly and make everyone happy.” Snyder shared.
Women Artists
Getting to Know CSUSB Student Artists

Women’s Month Special

Wendolyne Salivar

Wendolyne is a woman photographer who took photos of herself to learn and embrace what makes her stronger: “We are shaped, not only, by the mistakes we make but also by the painful experiences we go through. These painful experiences teach us new things about the world and, most importantly, ourselves. In these images, I have tried to portray some of my personal experiences that shaped me into who I am today. Whether it was being limited by so many people, including my own parents, to being bullied about how my body differs to others. I have learned to embrace myself as I am and all I have gone through to come out stronger. That’s what makes me who I am.”

1. Wendolyne Salivar
   “Untitled”/Photography

2. Wendolyne Salivar
   “Untitled”/Photography

3. Wendolyne Salivar
   “Untitled”/Photography

Dalia Marin

Dalia “Deli” Marin is an 18-year-old Mexican-American artist born and raised in Southern California. Deli has consolidated her work as taking from her Chicano experience with her Native Mexican culture of the Zapotecs and combining it with multicultural popular elements exposed to her from living in the melting pot that is the United States. Within her work she also pulls from her beloved interest in the worlds of fashion, films, fabrics, dancers, and music from around the world. While at times including subtle elements of her Zapotec and Chicano culture such as its patterns and stories.

1. Dalia Marin
   “Shoes”/Acrylic on Paper

2. Dalia Marin
   “Untitled”/Digital (Photoshop CC)

3. Dalia Marin
   “Red, Rojo”/Digital (Procreate)