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Copote Chronicle

COYOTECHRONICLE.NET Vol. LXIII, No. 4 November 27, 2019

Reviving tribal relations in the IE

By Matt SantosContributing Writer

With Native American
Heritage Month coming to
an end, the campus's Native
American community reflects on
the new programs implemented
by the Office of Tribal Relations
for this month and prepare for
their postponed annual Pow Wow
in December.

On January 2019, a new initiative began on campus which was the creation of the Office of Tribal Relations. This office allows the university to work with local tribes in the Inland Empire - Riverside and San Bernardino counties - to try and increase the number of Native American students attending the university, as well as create new

programs for CSUSB.

Some of these programs include the Native American Heritage Month events such as the Conversations on Diversity event led by Charlene Teters on November 12, 2019, and the Menil and Her Heart play written by local Cahuilla youth which was performed on the Palm Desert campus on November 17.

The Office of Tribal
Relations also plans on hosting
Pow Wow from December 13
through 15 at the San Manuel
Stadium after being postponed
earlier this quarter due to campus
closures.

They plan to add more programs throughout the year to create more opportunities for students

Continued on Pg. 2...



Chronicle Photos | Archive

Pow Wow event from October 2013. This year's Pow Wow event, due to the unforeseen campus closures from highwinds, has been rescheduled for December 13, 14, and 15.

Rising trend in hate crimes throughout United States

By Mitchell BoveeContributing Writer

There is a trend of hate crimes on the rise in a lot of cities throughout the United States, and many groups have been affected.

On Wednesday, November 6, a presentation was held at CSUSB on the trend of hate crimes on the rise. The presentation was based on a study done by the Center for the

Study of Hate and Extremism. It was organized by one of the authors of the hate crime study, Brian Levin, a professor of criminal justice at CSUSB. Levin has also written various articles and journals on the subjects of hate crimes and extremism, and has even testified before in both houses on Congress on the subjects.

The presentation showcased former FBI agent Cynthia Deitle who served as a member of the FBI in the Civil Rights

Unit for over 20 years and now helps with the Matthew Shepard Foundation. She shared her experiences as not only a woman in the FBI, but as a member of the LGBTQAI community as well.

Levin asked Deitle about her experiences in the FBI Civil Rights Unit, and if she had ever experienced any feeling of discrimination, due to her sexual orientation. Deitle went on to explain that she did come across some discrimination during her time in the FBI, but she felt it was due to the fact that it was a different era in terms of civil rights.

"My wife and I would often hold hands in the office. It did not matter who saw us, if there were straight couples kissing, why couldn't we show affection either? We did not let the stares stop us from showing affection to each other," Deitle said.

Levin referenced the hate crime study often during this event, stating that the study showed a trend in the rise of hate crimes in a lot of major U.S. cities. Using the data the Center for the Study of Hate and Extremism collected in 2017, there was an apparent rise in the number of hate crimes reported to the police in America's largest cities by twelve percent.

The data collected in 2017 also signified the fourth consecutive annual rise in a row in the United States...

Continued on Pg. 2...



Avery Robinson, Yera Nanan, Fatima Gomez, and Graciela Ramirez | Chronicle Photos

Students expressed their feelings on their racial representations on campus (see pages 6-7).

Addressing on-campus racial representations

By Avery Robinson, Yera Nanan, Fatima Gomez, and Graciela Ramirez

Contributing Writers

The lack of representation and weak recruitment of Pan-African/Black students causes the number of Pan-African students to dwindle, said campus community members.

Faculty and student population worry that not enough is done to improve racial representation throughout the campus

Cal State San Bernardino (CSUSB) has two labels: one

being a diverse campus, and the other being a Hispanic serving institution (HSI) due to the fact that the campus has a Hispanic population of over 60 percent.

Student Engagement Coordinator, Jane Rodriguez, stated that she does not feel that there is enough representation on campus.

"I think, for being in a Hispanic-serving institution, it would be great to see more diversity when it comes to upper administration or individuals that are in more leadership positions," Rodriguez said.

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Hate crimes on the rise

...Continued from Pg. 1

.... and the highest total in over a decade. According to the FBI collected data in 2016, the biggest groups targeted by hate crimes nationally were African-Americans, LGBTQAI, Whites, Jews, Latinos, and Muslims.

Levin asked Deitle during the presentation if she had noticed an increase of reported hate crimes among Muslim groups in New York as she was stationed there during the events that took place on September 11, 2001.

"Honestly there were not many reports of hate crimes against Muslims while I was in New York. There might have been maybe three or four. When a tragedy of this scale happens, I believe people come together, it unites them, and it creates this sense of camaraderie," Deitle said.

The number of reported hate crimes may have risen nationally, but the study showed that locally, they had decreased from 2016 to 2017.

In Riverside, for example, the number of reported hate crimes saw a decrease of 33%, from 9 reported hate crimes in 2016 to 6 in 2017. The decrease can also be seen in the city of San Bernardino, from a reported 9 in 2016 to 5 in 2017.

CSUSB student Jeffrey Bongga commented on how he feels lucky enough to not have been part of the hate crime statistic but recognized not everyone is as lucky.

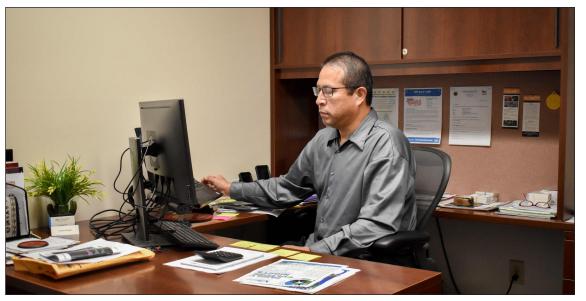
"Because I'm a bigger dude and I don't necessarily present that much as LGBTQ some other people, that's a privilege that I have so when I do walk around I won't have that type of fear," said Bongga.

Although Levin discussed how LGBTQAI groups were targeted by hate crimes, the study showed that in 2016, one of the biggest motivators for bias remains to be race and ethnicity, reported to make up 57.5% of the hate crimes reported in 2016, according to the FBI.

Deitle gave some words of encouragement on how people can make a difference in their communities.

"Always say something when you see something that is not right, no matter how small the incident, even if it's name calling. As soon as we start helping each other and showing others that this kind of behavior won't be accepted, the sooner we can start moving towards a better future," said Deitle.

Office of Tribal Relations



Citlaly Carlos | Chronicle Photos

Vincent Whipple oversees native programs for students and partnerships for tribes.

....Continued from pg 1

Vincent Whipple, the director of the Office of Tribal Relations, emphasized that it is important for his office to provide opportunities to Native American students.

"The campus has not done as well of a job as it could in reaching out to tribal communities in the past," said Whipple. "Now the university is using the "\$960,000 grant donated by San Manuel to double the amount of Native American students on campus in a 3-year time span."

According to the Office of Institutional Research, out of the 20,311 students enrolled in the Fall 2019 quarter, less than 1% identify as Native American.

Because of this, the Office of Tribal Relations is setting its plan into motion by assuming new programs, reaching out to tribes, and bringing awareness to the existence of these programs on campus. They have even reached out and made connections with Native American alumni who, according to Whipple, "felt like there was nothing for them when they attended CSUSB."

However, despite these new programs, Native American students still feel like they have been brushed off.

"There hasn't really been a very big inclusion," says
Daisia Williams, president of the Native American & Indigenous
Students Association (NAISA).
"We haven't really been much so informed about the events going on for Native American Heritage Month."

"I haven't seen too many of them advertised," added Dr. David Marshall, director of the University Honors Program.

Regardless of this, students and faculty still value the events brought forth by the Office of Tribal Relations. Third-year Kira Houseworth says that, although she is not Native American, she appreciates these events for allowing her to learn more about and appreciate a culture different from her own.

"I like having a culture open

themselves up to you," said Houseworth. "I like appreciating the art and funding of local stuff."

As for Dr. Marshall, he believes it is important to embrace and celebrate Native American Heritage Month due in large part to the fact that CSUSB was founded on land owned by the San Manuel Band of Mission Indians. He said that "one way we can pay homage to that and recognize the indebtedness we have to them is by celebrating the month that recognizes them.

It is essential to Whipple that he and his office create and talk about the Native American programs on campus. In that way, they can support opportunities for high education for Native American people and create true diversity that CSUSB highly values.

"Native people have always been left out of the conversation in mainstream America," said Whipple. "You can't have true diversity until everyone is represented." Page 3 Coyote Chronicle November 27, 2019

Bringing a Palestinian refugee camp reality to CSUSB

Briana Calderon and Linda White

Staff Writers

On November 13, the Center for Islamic and Middle Eastern Studies (CIMES) at California State University, San Bernardino (CSUSB) hosted a special screening of the award-winning animated film, The Tower, along with a question and answer period with its Norwegian director, Mats Grorud.

This event was originally scheduled for October 31 including a live Q&A session with the director, but due to the power outage was canceled. The CIMES director, Dr. Ahlam Muhtaseb, also a professor of communications studies at CSUSB, found a way to make this screening and Q&A happen via Zoom, since Grorud had gone back to his home in Norway.

Grorud's mother grew up in Lebanon, so as a small child in 1985 he traveled extensively in the country during the Lebanese war as his mother worked as a nurse in the hospitals at that



Corinne McCurdy | CSUSB Photos

"The Tower" premiere at CSUSB on November 13.

time.

He moved to Cairo in 1989 where his mother worked in a Palestinian hospital. He found that all of these experiences connected him very closely to the Palestinian people.

Grorud later went back to the Middle East when he was 19 to teach English to the children. He was so touched by the stories he heard, that he decided later to go back and live for one year in the Beirut refugee camp to better understand the culture and refugee way of life.

The director made wonderful friends and the greatest thing he observed was how present in conversation the people were with each other, as well as with outsiders. They would just sit and talk for hours.

The Tower presents the 1948 expulsion of close to 900,000 Palestinians, from what is now the state of Israel, resulting in the Palestinians becoming refugees.

As Dr. Muhtaseb, explains, "the Palestinian people to this day have not been allowed back into their homeland and are currently living in refugee camps."

As seen through the eyes of the main character of the film, Wardi, a young girl learns about her family's past and the traumatic effects the war has had on all of them. Wardi is a strong-spirited individual on a mission to keep hope alive for

her family, especially for her great-grandfather, Sidi, who was among the first generation of Palestinians forced out in 1948.

Grorud shared that you connect with people very quickly when living in the camp in Beirut. As a matter of fact, the first day the people were opening up to him. "They want your friendship," said Grorud.

His hope in creating this film is to break away from the stereotypes of Palestinians and refugees in general, especially for the women in the camp.

"The women in the camp are super strong, powerful women," said Grorud. "People see women in the Middle East as oppressed, without their own power and strength, and I wanted to tell people that the reality is it is a society with very, very powerful women."

"I thought the film was very creative in its presentation of the plight of the Palestinian refugees," said Dr. Muhtaseb.

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Financial trials of first-generation students



Jaliene Paniagua | Chronicle Photos

Five first-generation students discussing amongst themselves before the Q&A.

By Jaliene Paniagua and Tyler Williams Contributing Writer

CSUSB hosted a week-long event to celebrate "National First-Generation College Celebration" for first-generation students by including events that provided adulthood tips and financial management advice.

Many of the students spoke about financial struggles as well as academic struggles throughout their first year of college. Victoria Argot, Student Assistance in Learning (SAIL) counselor, also a first-generation student, spoke about her financial struggles as an undergrad.

"I think my experiences mirrors a lot of my students, a lot of times you come from a household where finances are very tight," said Argot. "You as a student are also providing to that mean, the income for that main household, securing just basic needs."

First Generation students at CSUSB may be struggling financially and often times it

may even be a barrier in their academic career.

Argot said, "that definitely is something that a lot of students have challenges with. And, you know, they experienced these throughout their time here at CSUSB and even after. I don't come from a rich background, and my family, we would be struggling to just make ends meet."

Erika Gutierrez, firstgeneration student, spoke about how her parents did not want her to get a job during her first year at CSUSB. "At that time, being 18 years old, my parents had the mentality of focus on school and nothing but school," said Gutierrez.

"As much as they struggled financially to help me and it was evident that they were struggling financially a lot," Gutierrez continued. "They wouldn't let me work no matter what I wanted to do to help them. They wouldn't let me work for anything."

According to Gutierrez, it wasn't until her other sister went to college where her parents finally accepted the idea of getting a job.

"Now they don't want me to stop working," Gutierrez expressed.

Oscar Orozco, firstgeneration student and peer career educator, emphasized the fact that he would use all of the campus resources that were provided when struggling financially.

"I would definitely always go to the food Den and come back with bags of food for free," said Orozco. "I go to the career center to get professional clothing."

Orozco expressed how grateful he was to have resources like the Den and the Career Center closet because they helped him throughout his financial struggles.

Kristen Stutz, director of the Student Assistance in Learning (SAIL) Program, offered a few financial tips to first-generation students.

"I think my experiences mirrors a lot of my students, a lot of times you come from a household where finances are very tight You as a student are also providing to that mean, the income for that main household, securing just basic needs."

Victoria Argot

There are times where students are unaware of how to start a checking account, building credit, or saving for their retirement.

Stutz said, "Your life is going to change because you have a college degree and your financial future is going to..."

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Community Features

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SMSU expansion



Chronicle Photo

Access to the Pfau Library is very limited, causing many students and faculty to have to take quite the detour.

By Mitchell Bovee, Diana Semerdjian, and Oswaldo Escobar Contributing Writers

The 90-million-dollar expansion of the San Manuel Student Union (SMSU) construction promises new activities and student spaces by August of 2021.

The amenities and resources included in the plan of the new

SMSU are based on student opinions gathered in person and via surveys.opinions gathered in person and via surveys.

The expansion of the SMSU includes a new three-story building directly across from the current student union building. There will be a pub with outdoor seating, game room, eight-lane bowling alley, dining and lounge space, and a new bookstore on the first floor.

The second and third floors

will have a multi-purpose conference center, offices for the Associated Students Inc., student government, cultural centers, and student success centers.

Although it won't be ready for another 2 years, sophomore Berenice Chavez had some thoughts on the student union expansion.

"I'm excited to see my school grow and that they're really trying to improve campus life for everyone," Chavez said. Executive Director Aaron Burgess went on to describe what the beginning steps were and how this project originally came to be.

"So, every year we take a group of student leaders to conferences around the country," Burgess explained. "We belong to an organization called Associated College Union International... and they come together to discuss ideas, facilities, programs, and all these different sorts of things student affairs related".

He described how these conferences always take place on these beautiful campuses and the students representing CSUSB would notice and ask why CSUSB doesn't offer many of these amenities that these other schools are providing for their students.

"Back in 2012 they voted to start a feasibility study that would look into the possibility of what it would take to expand it (SMSU) and if it was even possible," Burgess said.

In 2015, a more comprehensive study on the types of services students would want to see on campus started as well. The results showed the need for more student dedicated programs, expanded food services, more affordable books, and a bowling alley.

A group of about 5,004 students participated in this survey and

finalized what should be brought onto campus based on those votes. On fall of 2015, CSUSB had 20,024 enrolled students so almost exactly 25 percent of the students on campus actually got to vote.

"There is a big push to increase the number of clubs for students to participate in... some of the studies have shown that students participating in co-curricular activities have a better chance at success," said Burgess.

Currently, none of the clubs are housed or have their own dedicated area in the SMSU.If they want to host something or any sort of meeting, they have to go through the Office of Student Engagement to get it approved...

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Chronicle Photos

The large section to the side of the library closed off due to the construction.

SB to LV in 90 - Hop on the Train!

Linda White Staff Writer

Many people enjoy taking a weekend trip with friends and family to the Las Vegas area. Soon, they will be able to travel from Victorville to Las Vegas in 90 minutes without the additional burden of parking a vehicle for several days, or the traffic concerns of the return drive back to Southern California on the I-15 with all the other weekend travelers.

On October 23, the California Infrastructure and Economic Development Bank approved \$3.25 billion in bonds to begin building a fully electric high-speed train between Victor Valley and Las Vegas.

Private institutional investors will acquire bonds which will create the funds to support this enterprise which will be implemented by Virgin Trains USA.

Bob O'Malley, vice president of corporate development for Virgin Trains USA, states that they have a similar system already in operation in Florida and they plan to replicate that success here in California.

"Our privately-funded high-speed rail connection



Photo Credit: Virgin Trains USAs

The Virgin high-speed electric train, known as the DesertXpress, will bring growth opportunities to the San Bernardino County area

between Las Vegas and Southern California will generate tremendous public benefit by creating thousands of jobs, reducing traffic congestion on the I-15 by replacing 4.5 million car trips, and improving air quality by removing 300,000 metric tons of greenhouse gas emissions annually," said O'Malley.

Having a stress-free way to get to an exciting vacation spot with so many sources of entertainment will increase the opportunity for more people to travel to this destination.

"The project is estimated to inject \$2.13 billion into California's economy including \$275 million in federal, state and local tax revenue," said O'Malley when speaking at the High Desert Opportunity Summit in October.

The benefits of an electric high-speed train are both

economic and ecologic. The train will take passengers from Victor Valley to Las Vegas in roughly 90 minutes at speeds greater than 150 miles per hour thus eliminating approximately 4.5 million cars from driving the 811 million miles on the I-15 annually. This reduction in greenhouse gas emissions is a positive step toward improving air quality in San Bernardino County.

There are future plans to expand the rail west to the Palmdale region in order to connect with other passenger rail systems in the Southern California area.

"This is a monumental day for the High Desert," San Bernardino County First District Supervisor Robert A. Lovingood said. "This high-speed rail project across the First District will provide an economic engine that this area has never seen before, from construction and tourism to support services."

The Virgin high-speed electric train, known as the DesertXpress, will bring many growth opportunities to the San Bernardino County area including thousands of jobs to the Victorville area, as well as 1,200 new housing units.

"With the DesertXpress by Virgin Trains USA slated to begin construction in 2020, it is expected to bring over 10,000 jobs to the area," said Sue Moore, of Moore Digital Marketing located in Hesperia. "Once the train is in operation (sometime in 2023), about 500 permanent jobs will be created. It is an exciting time for the Victor Valley, with opportunities for our residents, our business community and new development."

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Over 110 students recognized in the first ever Fall Latino Graduation Ceremony

By Graciela Ramirez
Contributing Writer

Known as a Hispanic Serving Institute, CSUSB has opened more doors for Latinx recognition by hosting a recognition ceremony for recent graduates.

On Thursday, November 21, the first Fall Latino Graduate Recognition Ceremony took place on campus in the Santos Manuel Student Union. A total of 113 students participated in the ceremony and were accompanied by their loved ones to celebrate their accomplishments.

"We are promoting equity and diversity in higher education," stated Valentina Felix, member of Association of Latino Faculty, Staff, and Students (ALFSS) on how President Morales is a perfect example for the Latinx community on campus.

The officials of the ceremony gave graduates the chance to say a small message to whomever they'd like as they walk across the stage. "I

was grateful to express how much I am thankful for all the sacrifices my mom made for me. To say it out loud was an amazing experience," said Briana Calderon, a ceremony participant.

The ALFFS is a non-profit organization affiliated with the campus. Their mission is to encourage the involvement of the campus community on issues pertaining to the Latino community.

"Having cultural ceremonies to give recognition where it's given is amazing, especially when it seems the odds are always against us," said Georgia Santiago, another ceremony participant.

CSUSB has been recognized as one of the leading institutions for graduating Hispanic Students in the Nation. The ethnic composition of San Bernardino County is also leading in Latino residents with a high 53%. The student population on campus that identifies with the Latinx community is 63%.

"I'm proud to work at an institution that serves its

population so well... I feel CSUSB does a great job serving its demographics in the Inland Empire," said Brian Gaul, Assistant A.D. in Marketing and Communications.

Monica McMahon, member of the ALFSS explained how students have been requesting a Fall Latino Graduate Ceremony for a while now.

"Due to high demand, the ceremony will return every fall as long as there are enough participants to fill the quota needed," McMahon revealed.

Alumni Juan Carlos
Martinez stated during the
ceremony, "I wish there was a
Fall Latino grad ceremony when
I attended CSUSB. During that
time the ceremony only took
place in the spring. It would've
been nice if more of my friends
and relatives could have
celebrated with me."

Keynote speaker Norma Barrera spoke upon her college experience during her time here at CSUSB and the struggle of growing up with language barriers.

"I remember in the first

grade I asked my parents for help with my homework, I will never forget the disappointment in their eyes. A parent wanting to help but couldn't," Barrera shared.

Dr. Paz Maya Oliverez Vice president of Student Affairs spoke on the barriers the Latinx community is breaking and the changes they continue to make as time goes on.

"We're changing the face of this country, the face of this community, and to me, that's something we should be very proud of."

Many members of the Latinx community attended the event to support and recognize the achievement. Maria Barragan, Coordinator for the Undocumented Student Success Center, stated, "It is important for me to know that we are setting an example and letting our student population know that you have the opportunity to be recognized and full-fill that four-year degree."

Since 1985, ALFSS has awarded more than \$100,000 in scholarships to new and continuing CSUSB undergraduate and graduate students, including graduating high school seniors and college transfer students.

Madelyn Dinero, a Latinx community member stated, "Having a sense of community that wants to see you succeed and does so by helping you financially adds motivation for me in full-filling my degree."

The Latino Recognition Ceremony will return in the Spring for the 2020 graduating class to celebrate their achievement while giving recognition to their culture.

"I was grateful to express how much I am thankful for all the sacrifices my mom made for me."

Briana Calderon



Graciela Ramirez | Chronicle Photos

Before the graduates walked in the ceremony, CSUSB hosted Baile Folklorico dancers and other cultural entertainment to celebrate LatinX culture.



 $Graciela\ Ramirez \mid Chronicle\ Photos$

Latinx graduates received these colorful sashes as recognition of their accomplishments.





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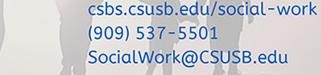
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Vox Pop: "What race do you identify with and how do you feel your race is represented on campus?"

By Fatima Gomez, Yera Nanan, Graciela Ramirez, and Avery Robinson

Contributing Writer



Addeline Allen, History Major, 19

"...it is important for race to be represented on campus so that everyone is included and not left out."



Kameron Pyant, English Major, 21

"Being black on a college campus and not being able to express yourself or be who you are because of the system that was set not to succeed"



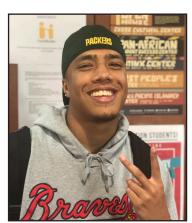
Jon'nea Dukes, Business Marketing Major, 19

"I feel like we are not represented enough on campus but we are doing good with what we've got"

ACHIEVE

Alyssa Alvarez, English Major, 23

"For me I've always been viewed as not college worthy because of my race and gender but it would be important to deteriorate that factor"



Justin Wells, Psychology Major, 21

"To make students feel included is why it's important to have race representation on campus"



Addeline Allen, History Major, 19

" I'm African American and I feel like we are not being represented enough on this campus"

Challenges of Hispanic-Service to ensure the sense of below



Chronicle

Undocumented Student Success Center staff and students interact while having a potluck full of different types of foods.

By Fatima Gomez, Yera Nanan, Graciela Ramirez, Avery Robinson

Contributing Writer

... Continued from Pg 1

He emphasized the fact that the campus is surrounded by high schools such as Cajon, Summit, and other schools with African-American students.

The campus has been receptive to these claims by creating a staff position on campus that will aid in not only recruitment in this area but success for this demographic.

Evelyn Knox serves as the coordinator for the newly formed Pan-African Collegiate Scholars Program, which looks to be a source of support and academic success.

"The program is designed to support retention and graduation rates for Pan-African/Black students," stated Knox.

As someone who has served the campus community for more than 10 years, she has seen the activism side of race not being represented properly on this campus.

"I like that our folks can put issues on the table and I do believe our administrators... would have a willingness to come to the table for any issue and try to resolve it," Knox sai

Student leaders and administrators feel that becaus of a lack of representation, people's view of the institution can be broken.

Associate Director of Operations for the Santos Manuel Student Union, Anthon Roberson, has witnessed the effects of this issue throughout



Nick Flowers, Child Development Mojor, 22

"I don't feel like we are taken serious and we don't really have a voice...at the end of the day we're all students and I feel like all students should be treated equal"



Monique Diaz Medina, Math Major, 23

"It is important to be comfortable in my own skin, no matter how far back my heritage is, it is also important to see other people's perspectives"



Tanner Christian Kinesiology Major, 23

"We stick together as a whole since the percentage of African Americans is only 4 or 5 perent... we do a lot of programs to represent our culture and our passion for what we love as African Americans on campus"



Skyler Winding, Kinesiology Major, 20

"It is important that everyone has a community available and that they feel they are not alone"



Kyle Greene, Cyber Security Major, 23

"I do see effort to give us love and representation but it is not as heavy as other clubs or other groups of ethnicities on campus"

ng Institution: Is enough being done nging amongst minority students?

campus and feels that there is still plenty of work to be done as far as representation goes.

"I feel like we are a very diverse campus. I know we are a Hispanic-serving institution, but I feel that under the leadership of President Morales, we are making a conscious effort to make sure that our faculty and staff reflect our student population here at CSUSB," said Roberson.

Roberson believes that faculty and staff are the backbones of the university making sure that the students have resources and guidance.

Some students feel that without representation among faculty and staff, potential students will be discouraged from coming to CSUSB.

Miguel Zamora is a Hispanic student who is an aquatics supervisor for the Recreation Wellness Center and sits on the committee for the Rec wellness center while also serving as the secretary for the Student African-American Brotherhood.

Zamora believes that representation on campus can be much better than what it currently is.

"For Hispanics, I feel like they do a decent job of representation with the different clubs and events that they host on campus, but definitely not for the Blacks and Pacific Islanders. I feel like there are not enough resources for them and not enough events to highlight their culture," claimed Zamora.

Even though Rodriguez is Hispanic she believes there should be more representation of different races on campus, not just of African-Americans, but other minorities as well.

Rodriguez said, "I think it's interesting living in that

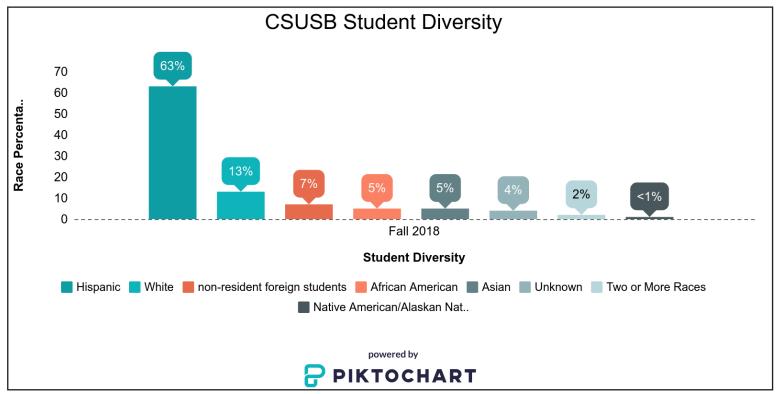
climate that we are in right now like politically, just having like supporting certain candidates makes you feel like there are certain things that make you feel like you're not safe in certain spaces and I think that in itself is a racial injustice because we should all be able to be comfortable in any space that we walk into and not feel threatened or that were just not safe."

Her goal is to not only expand the representation of races but to also make them feel as if they are welcomed because in reality they should all feel welcomed regardless of their

Though CSUSB sets the standard for what a diverse campus should look like, the representation component still needs improvement as the campus makes strides to please every demographic.



Facilities Coordinator for the SMSU, Anthony Roberson, works diligently on a leadership PowerPoint to be showcased to the staff that are under his supervision.



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5th annual Japan Day celebrated on campus

By Citlaly Carlos and **Daniel Escamilla** Photo Editor and Photo Intern

The fifth annual Japan Day was hosted by the American X Japanese Cross Cultural Club on November 13, 2019 from 1:00 p.m. to 4:00 p.m. at the Student Union's Events Center. The celebration featured many Japanese-related activities and booths. Japan Day also closed with the Japanese Gala event that featured Shinkendo, Aikido demonstration, and Annual Anime Cosplay Show.



Eve Santos, freshman Accounting major, and Ambrose Espiritu, freshman Pre-nursing major, wore traditional Japanese clothes from the Photobooth's stand as they held onto their water balloons.



A freshman Kinesiology major, Auguste, participated and tied his wish in the Wishing Tree's booth.



Graduate student for Health Services Administration, Stephanie, gave study abroad information to students Erica and Tomoko.



Origami tutorials by first-year Maya and fourthyear Ashley who are both majoring in Biology.



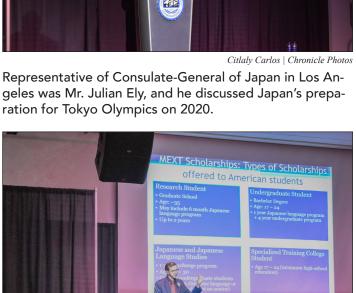
Students from Japan Day tied their written wishes on the tree.



A couple of participants from Japan Day's chopstick game were Isaac, junior math major, and Gilbert, senior chemistry major.



geles was Mr. Julian Ely, and he discussed Japan's preparation for Tokyo Olympics on 2020.



Information on the Japan Exchange and Teaching (JET) program were also provided on Japan Day by Mr. Grant Minagawa and Mr. Julian Ely.



Mr. Julian Ely informed the audience about scholarship opportunities for American students to Japan.



Daniel Escamilla | Chronicle Photos

Masaji Saito, master of Shinkendo (Japanese swordsmanship), was invited to the stage.



Daniel Escamilla | Chronicle Photos

Masaji Sato performs his Japanese swordsmanship for the audience on Japanese Gala. Page 9 **Coyote Chronicle** November 27, 2019

Hype night featured Filipino A visit on campus dances for Friendsgiving



Lubos PASO held their practices every Friday evening at the Chaparral Hall.



Francesca Guidote | Chronicle Photos

Freshman pre-nursing major, Tamara Siahaan, performed for the Ragragsakan tribal dance. Siahaan is half-Filipino and half-Indonesian.

By Francesca Guidote Managing Editor

The Lubos Pilipino American Student Organization (PASO) performed Filipino cultural dances, such as Tinikling and Ragragsakan (ragrag), on Friendsgiving day, November 26, as a preview to their larger cultural night, Celebrating Pinoy Culture (CPC), which takes place annually in the month of May.

Rowena Casis-Woidyla, Lubos PASO's advisor, recalled the manner of potpourri when she shared how Lubos financially prepares for their cultural performances.

"It's kind of like a potpourri - the gathering of dried flowers, all sorts of different flowers which come in cute little sachet

bags that people store in drawers so they smell nice. When I say potpourri, I think Lubos PASO does an amazing job at getting funding - it's a mix of everything. They hold a number of fundraisers throughout the vear, like clothing sales, boba sales, and a lot of what they get from fundraising go towards their cultural performances."

She also added that, last vear, Lubos was gifted with a sizeable donation from the president's office.

"Our president and senior leadership donated a thousand dollars towards their CPC night which is the big cultural event. I also collaborated with them on letters and e-mails that went out to administrators, and some administrators were able to donate, so it's a collaboration of donations and fundraising."

Casis-Woidyla also emphasized that the people who participate in Lubos' cultural performances are not necessarily Filipino-born.

"We draw from different cultures, different traditions – people who are just curious about the Filipino culture, or people who want to try some of these performances, like the Tinikling," Casis-Woidyla said.

Salvador Gali, who is Mexican, is a senior Liberal Studies major on his second year of being a Lubos PASO member. Gali was the choreographer of ragrag which is an all-female Filipino tribal dance.

Gali described ragrag as a "tribal dance inspired by a celebration of peace between tribes."

"Ragragsakan is an Ilocano word that translates to merriment. The Kalinga women carried baskets filled with the tribe's needs for festivities, and the baskets were placed and balanced on the top of their heads," Gali further added.

Jullanne Haban is a freshman Pre-Nursing major

"We're more than a club. We're family."

Lubos P.A.S.O.

who performed Tinikling. Haban described the dance as "jumping between two bamboo poles without getting your feet caught."

"But what we also learned about it is it's a folk dance that imitates the tikling birds' ways of avoiding bamboo traps at rice fields. They also say that Tinikling comes way back from when the Spaniards colonized the Philippines. They say that those who didn't follow orders before in the plantations were made to stand in between two bamboo poles and sometimes they'd clap those poles to beat the workers' feet. But to avoid getting their feet caught by the bamboo poles, the Filipinos would jump," Haban further explained.

When asked regarding the importance of Lubos' cultural performances, Casis-Woidlya said, "I believe there are other reasons besides getting to share cultural dances of the Philippines to a wider, more diverse audience. I don't know if it actually is what the members formalize as a reason, but from being a part of Lubos, I noticed that they have a mantra that goes: We're more than a club. We're family. So, I really believe these cultural performances in Hype Night and CPC are more than just about sharing parts of Filipino culture to people and spreading the awareness, but it's also building that family."

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by world record holder for cycling

By Madelyn Moritz Staff Writer

Students and staff flocked to the front of the San Manuel Student Union to meet 80-yearold world record holder, Patricia Baker, on Thursday, November 15, 2019. She visited the campus to support inclusion, diversity, and equity for youth cycling. Baker first started cycling in 1975 and has since won 23 national titles and has set multiple world records in the 200-meter, 500-meter, and 2k time trials at Masters Track Nationals in Carson. Baker's latest world record set was no more than two months ago in the 80-84 age group for the 500-meter time trial.

During the three hours that Baker visited with students, took pictures, and answered questions. the topic of inclusion and opportunity was front and center. Cycling as a sport remains under the radar for many communities. In the city of San Bernardino alone with a population of two hundred fifty thousand people, there isn't a single race license

for cycling. Due to this lack of conversation, barriers for youth, people with disabilities, and minorities exist in a very real and lasting way.

Passionate people like Baker are joining the movement to bring this conversation to the forefront by promoting the efforts of organizations like the Youth Cycling Association (YCA) which launched earlier that week on Tuesday, November 12, 2019. The event brought many people to the table to sign up with YCA and spread awareness on the behalf of the organization's mission to coordinate and facilitate quality youth cycling programs that promote equal opportunities regardless of color, age, ethnicity, or disability.

Baker faced the barriers many women faced in the predominantly male sport and showed a great appreciation for the new opportunities made available due to cultural and societal change.

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Madelyn Moritz | Chronicle Photos



Madelyn Moritz | Chronicle Photos



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New Instagram update: more likes or no likes?

By Adrienne Rosiles **Production Assistant**

Instagram's newest update has caused some controversy over followers not being able to see how many "likes" one gets on their posts now.

On November 14. Instagram announced on their Twitter account that they are, "expanding the test of private counts globally and you'll no longer see the total number of likes and views on photos and videos posted to Feed unless they're your own."

CEO of Instagram, Adam Mosseri, stated that "our hope is to better understand how this idea changes how people feel about using our platform, particularly young people."

It is no surprise that social media has a huge effect on today's society, especially with the



Citlaly Carlos | Chronicle Photos

The update will hopefully inspire people to post more freely/creatively and not just for what gets more "likes".

influencer" depending on how many likes/followers you have.

aware of how "like counts are important for creators, and actively thinking through ways for creators to communicate value to their partners."

"Personally I do check my likes, so now that no one can see it. I feel less insecure about my posts. Every time I would not get enough likes, I would delete my post by the end of the night," said Karla Leon, 4th year Liberal Studies major.

With this global update, users will hopefully be able to freely express themselves more without the insecurity of not gaining enough "likes" on a particular post.

"I think the upgrade was necessary because people crave the attention and likes on social media," said Madelyn Gonzalez, 4th-year Business major.

Although the update is supposed to promote awareness to use Instagram for its original purpose, which is merely to

upload photos and videos for fun and not for likes, there are some unhappy with the idea.

2nd-year history major, Addie Allen stated, "I am honestly not a fan of the update because I like people being able to see how many likes I got on my posts, considering I work hard to make my photos and captions unique."

The update seems to be promoting a more creative social media app where people can post whatever they want, rather than trying to be a part of a popularity competition.

Celebrities have also stated their opinions, such as Cardi B, who posted, "I mean what makes you feel more insecure getting likes or no likes or people constantly giving opinions about you, your life, and topics?"

The update will hopefully continue to promote a healthy and safe online space.

Less stress: coping strategies for success

By Michelle Gamez Staff Writer

When was the last time you took a breathing break? Life can quickly become an overwhelming factor. There are proposed coping strategies that assist with everyday stress. For example, taking a two- to three-minute breathing break and listening to peaceful melodies.

"One of the first coping skills that we review and teach in therapy is deep breathing," said psychologist Angelica Garita.

"Deep breathing is very important and it also has a lot of amazing benefits. Some of the benefits include increased oxygen to your body which helps in healing, reduced carbon dioxide, which has been shown to be a contributor to anxiety, increased self-awareness, increased relaxation, reduced production of cortisol which is a hormone that's released by the body when it is under stress, enhanced circulation and digestion, and deep breathing can even help with pain management."

Everyone has a different way to cope with stress or anger. The important thing is to get to know yourself and find what works best for you.

"When I feel stressed, I listen to music or take my dogs for a walk. It seems to help me calm down," said Margarita Godinez "I also enjoy visiting people that are sick or otherwise afflicted because I tend to focus on their needs."

The Zones of Regulation is a system that was created to help children and adults discover basic emotional categories and coping strategies.

Some of these basic strategies include six-sided breathing, listening to an inner coach, coloring, among others. Sometimes, doing a simple coping strategy will go a long way toward diminishing stress or

"After a long stressful day, I love to take a warm shower. It is how I cope with everyday stressful situations," said Jing

It is vital for people to have several strategies for different emotional setbacks like when someone feels angry or stressed to remain calm.

Mental health is an important matter that needs proper attention. With the recent "Joker" film, it clearly addressed the need to be aware of these problems. In the film, the main character Arthur, who becomes the known Villain, the Joker, wrote on a piece of paper: "The worst part of having a mental illness is that people expect you to behave as if you don't."

Because mental health is so important, we need to have coping strategies to be able to productively release negative feelings and stress.

Below there are some coping strategies that could help with managing stress and strong emotions.

Coping strategies:

Deep breathing technique: 4-7-8 (Inhale on a 4 count, hold for a 7 count, exhale for an 8 count); Six-sided breathing (start at the star and move your way around hexagon).

Listening to soft melodies: Classical music/ Lo-Fi music Massaging stress points:

your thoughts. Reminisce a happy thought. Read a joke book/comic

between the thumb and fingers, the outer part of your elbow, temples, and shoulder by the collar bone

Exercise: dancing, running, power walking, jogging. Exercise is a positive way to diminish

Warm shower or bath: warm water soothes skin and stress

Find a calm place: it could be a fixed place or a place in your mind, to breathe and center

Watch a comedy: YouTube videos, film or TV show.

Laughing is a great coping skill.

Talk to someone

Art: coloring, painting, pottery making,

Sound baths

Cryo Therapy Sauna

Travel

Being a college student is stressful. Between making ends meet and completing assignments, there needs to be a time for you to relax. Find the best coping strategies for you. I recommend having some that are in a fixed place and some that you can use at any time. Most importantly, find something that works for you.



Citlaly Carlos | Chronicle Photos

Students Maria and Edith chat as they drink coffee and enjoy pastries at the "Back to the Grind" coffeehouse in Riverside.

Correction to the opinions article by Scott Romo, "Mixed Feelings over newly opened Center for Global Innovation," published on October 29, 2019, in Vol. LXIII, No. 2,

It has come to the attention of the Coyote Chronicle that several statements in this opinion article written for the Coyote Chronicle by an unpaid student staff writer enrolled in the newspaper practicum class (COMM243A) are false. The construction of the Center for Global Innovation (CGI) was not funded by students or due to the increased tuition in 2017-2018, as the opinions story suggested. The new CGI building is owned by the College of Extended Learning and Education (CEGE). Its cost, \$55 million, was funded by CEGE, which is a self-supported entity, not funded by the Cal State system. The building construction did not take one year, as the opinions piece suggested. It took four years of planning and two years of construction.

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Men's basketball preview at CSUSB for 2019-2020

By Austin Murray Sports Editor

The 2019-2020 season for the CSUSB Men's basketball is primed to be an exciting one for the Coyotes. So far the 2019-2020 Coyotes are 3-1 on the season, with their only blemish coming against Point Loma in the home opener, losing 93-91 before bouncing back against Cal Poly Pomona in the CCAA opener.

The Coyotes led most of the game against Point Loma, taking a 53-47 halftime lead and at one point held a 19 point lead. The Sea Lions outscored the Coyotes 46-38 in the second half.

"It's a good lesson to our guys, if you don't defend [or] rebound, your going to lose no matter how well you're doing offensively," said Head Coach Andy Newman.

The Sea Lions shot 64% in the second half, up from 46% in the first half, a figure Newman was unhappy with.

"In Central, our guys took

a lot of pride defensively, even when we went up 19 [today], then we just lost focus and guys gave up," said Newman.

In the first two games the Coyotes gave up 73 points per game while scoring 83, even though Saturday was a season-high 91 points scored, 93 opposing points are the most allowed this season. The Coyotes made up for it in the CCAA opener defeating Cal Poly Pomona 72-70 in overtime. The Coyotes used improved defense to bounce back from the home loss.

"Really proud of our guys' effort tonight. It was great to see them respond to getting down to a really good team like Pomona and still be able to battle back and get the win," Newman said. "We had tremendous defensive efforts from Tyrell Henderson and CJ Clark which really carried our team tonight."

The Coyotes dominated the glass 51-37 which was a point of emphasis after losing the rebound battle in the home loss.

Despite the early defensive



Photo courtesy of Coyote Athletics

The Coyotes led most of the game against Point Loma, taking a 53-47 halftime lead and at one point held a 19 point lead.

woes the first three games, the team stepped up against a solid Pomona squad.

Offensively, the Coyotes are balanced and have 4 players averaging double figures in points, led by Senior guard Jeremy Smith at 22.3 who made the go-ahead basket against Cal

Poly Pomona with 19 seconds left. The strength so far has been 3 pointers. The pack shot 37.5% from 3, while opponents shot 34%.

Senior Andre's Villa and Daytone Jennings are the returning leading scorers from last year's squad looking to improve off of last seasons 15-14 finish.

The Coyotes lost several starters but have added key transfers to take over their spots. One such player is Jordan Mitchell, who transferred from Jacksonville College. He is currently averaging 14 points per game and is helping the Coyotes on defense.

Coach Newman is entering his second season as the Coyotes coach, after winning 101 games the Head Coach at Texas Permian Basin. Newman's teams are known for their high scoring offense and opportunistic defense.

The Coyotes were picked 4th in the CCAA and 10th in the preseason D2 regional poll.

The expectations are high this season due to more continuity than last season, 5 returners this year versus 1 last, and are also higher because of the incoming players.

The Coyotes are 1-0 in the CCAA and began their first home conference game on Sunday, November 24 against nationally-ranked UC San Diego. They lost 86-77.



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THE FALLEN HOLIDAY ANGEL

Twas the night before Congress, And throughout the White House, The whole place was vacant, Except for the louse.

The chefs and the ushers, And tailors and maids, Were tired of working, Without getting paid.

The Potomac was frozen, As thick as can be, No worker there, To collect passage fees.

With Cohen admitting, And Flynn having lied, Natalia, the Russian, May have just been a spy!

When all of a sudden, Word arose, Trump had been talking, Behind private doors.

Pence as his vice, Was in such a mess, And too damn embarrassed, To make an address.

The press was all settled, With cameras all on, Waiting for resignations, Just like Nixon.

Pelosi was laughing, On Capitol Hill, A federal conviction, Would be such a thrill.

With a small-handed man, Who thought like a ruler, We thankfully had, FBI agent Robert Mueller! Because of the jokes, Steven Colbert had said, King Donald's Court, Had wished they were dead.

Go Bannon, Go Spicer, Omarosa, and Kelly, Go Mattis, Go Sessions, Tillerson, and Haley.

You're Fired, You're Fired, Man, Woman, and All, Go to the Border, And build the Damn Wall!

As Comey had watched, From a distant TV, Rudy shook his head, And said "Donald, see me."

Speak no collusion, Let Putin purge, And remember Justice, Ruth Bader Ginsburg!

He stopped for a moment, And called KellyAnne, To Twitter some words, About 'Banned Caravans'.

Yet during the shutdown, No progress was made, And those who had worked, Had not gotten paid.

Arrested for obstruction, Was Roger Stone, And in a raid, they had taken, Everything from his home.

Lasting thirty-five days, And thirty-five nights, There was no resolution, To this partisan fight.

At the State of REunion, Fems wore white coats, To mark their centennial, Year of the vote! Alec Baldwin was watching, The address on FOX, SNL then portrayed, A man unorthodox.

A state of emergency, Was then taken, Hoping to get, 'Faked News' shaken.

Democrats announced,
Their primary runs,
And those unemployed,
Started shooting their guns.

Word then got out,
That no taxes were paid,
By Jeff Bezos ~
'The Apprentice' charade!

America WAS great, Before you came in, Her innocence plundered, With all of your sins.

Gluttony, Sloth, Envy, and Pride, Lust, Greed, Wrath -All you denied.

Out with ObamaCare, And DACA too ... In 2020, We won't vote for you!

As ballots come in, Brett will drink beer, But this time the votes, Won't be so damn near!

It will be Don Lemon,
On a CNN night,
Pack your Trump-@\$\$ up,
And get out of my sight.

by Charlotte Iradjpanah



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