The Teal Color Fest was bursting with support for sexual assault victims between the explosions of teal powder and the chants to fight back against abusers.

By Destiny Johnson & Brianna Mendoza
Staff Writer

Puffs of teal powder filled the air on April 19, as CSUSB students gathered to recognize sexual assault awareness month. The library lawn was buzzing with different booths and activities, all hoping to inform students about the various resources that are offered on (and off) campus.

The Health Center had participants vote for their favorite celebrity couple. CSUSB Commuter Services encouraged students to spin their gaming wheel and win a prize. The Department of Housing passed out snow cones and popcorn. However, through all the light-hearted games of Jenga, bean bag tosses and dance battles, powerful chanting could be heard across the lawns.

"When survivors' lives are under attack, what do we do?"
"Stand up, fight back!"

In 2000, teal was chosen as the official color of Sexual Assault Awareness. Also, the month of April was designated as Sexual Assault Awareness Month (SAAM).

Violence Outreach Informing our Community with Education, also known as VOICE, organizes the Teal Color Fest for SAAM at CSUSB. VOICE is a group on campus that works to reduce sexual assault on campus. They also work to inform students about the various ways victims can safely speak up and move out of dangerous situations.

"I'm actually a survivor and that’s how I became a part of VOICE," said VOICE sunshine lead, Carissa Briggs. "I wanted to be part of something bigger and use my story to try to help people. That’s kind of what I’ve been doing ever since."

Continued on Pg. 2...

Continued on Pg. 3...

By Julie Carney
Staff Writer

California State University, San Bernardino students are hosting events on campus this month to raise awareness of sexual assault.

Since 2001, April has been declared Sexual Assault Awareness Month.

The student group Violence Outreach Informing our Community with Education, or VOICE, hosts weekly meetings and multiple events in April to educate students about sexual assault and violence prevention.

VOICE was founded during the 2016 Winter Quarter by graduate student Marina Rodriguez. Rodriguez is an advocate at the counseling center on campus, and is pursuing her second masters degree in counseling and guidance at the CSUSB College of Education.

"My job is to be an advocate for survivors of sexual assault, dating violence, and stalking. The other half of my job is prevention application which I implement through training VOICE peer educators," said Rodriguez.

A cohort of students joins VOICE each year, and they complete a mandatory 12 hour initial training which is followed by weekly meetings throughout the year. The cohort typically consists of 18 to 24 students, with around 10 being new recruits according to Rodriguez.

Recruitment for VOICE begins every Spring quarter, consisting of an email to all students and informative flyers posted around campus.

Continued on Pg. 2...
The multiple layers of the College of Education building were decorated for the celebration of the College of Education turning 10-years-old.

By Brian Ensmann

The College of Education has hosted a lot of receptions. As every few months may bring a new set of chairs and picnic tables to the lobby, April 25 was no exception. It was the 10th annual anniversary of the College of Education.

"Originally, it was a celebration. It was just a celebration of the residency in this building for ten years," Interim Dean Jake Zhu said. "But, over the course of the (planning) it changed and evolved into many things."

How then does a College of Education celebrate? With balloons, tassels, speeches and report cards it seems.

It was a graduation without the parade of names. There was even a celebrity commencement speech equivalent given by Brian McDaniel. The former CSUSB student was recently one of five California Teachers of the Year.

He spoke of his past, "I attended before this building was here," he said. Speaking to the future as well, he mentioned his plans to aid teachers in the Palm Springs district where he currently works.

Besides the speeches, there were plenty of other graduation-like touches. The three-story atrium was filled with blue and white balloons and alumni were given colored tassels based on which program they had graduated from.

The attendees meanwhile were busy getting a complete "report card" - which what the raffle sheets filled out throughout the event were titled. Guests were asked to visit three different College of Education programs to complete their ticket.

Mario Castellano was delighted to win one of the prizes at the end of the night.

"We didn’t call it an Open House,” Zhu said, preferring the term celebration. Still, much of the event had a back-to-school night vibe, with different programs sharing their work in different spots around the building.

Outside there was an Adaptive PE demonstration. There, Ginger Hartman shared her counseling program developed with other CSUSB technology students. Also available were sound-producing sports equipment that have and will continue to allow the deaf to experience sports.

I had one parent tell me their child had never run with a prosthetic before,” Hartman said.

Inside the building, Director Connie McReynolds shared the work of the Rehabilitation Counseling Program - particularly their experience with neural feedback. In this process, dozens of community children visit the college to play video games while an electroencephalogram (EEG) is hooked on their head to measure thinking. Only a few may know and understand that this software is designed to help manage the symptoms of ADD and other disorders, helping children with their audio and visual processing.

On the next floor up, San Bernardino school district’s Morgan Pelletiera led a group of demonstration teachers in various talks about teaching. These were attended largely by interest- ed undergraduates who, earlier in the day, had attended a Celebration of Teaching event designed to sell them on the profession.

Though the event may have been put together quickly, there was enough time for photos, cake, a prize wheel, and much more.

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Staff Writers are comprised of students enrolled in COM243A Practicum: Print & Online Journalism taught by professor Joel Harris.

Contact:
Office (909)537-5289
Advertising (909)537-5815
Email: chronicle@csusb.edu
Website: coyotecronicle.net

The Coyote Chronicle is published every other Tuesday for distribution on Wednesday 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.

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Teal clouds for sexual assault awareness

...Continued from Pg. 1

This was their second Teal Color Fest at the school. This event is important because it is during Sexual Assault Awareness Month, “nearly two-thirds of college students experience sexual harassment.” However, “more than 90 percent of sexual assault victims on college campuses do not report the assaults.” VOICE hopes to change these statistics by making campus resources more visible and accessible. The Teal Color Fest is organized as a lively event in order to make it welcoming.

Because it is such a serious topic, it can be hard to talk about,” said Peer Health Educator, Pangia Yang. “I think this is a good step in trying to bring awareness because most people don’t know this is Sexual Assault Awareness Month.”

The inspiration for the event comes from color runs. These consist of people running through clouds of different colors. VOICE incorporated this into SAAM last year. Instead of running, students stand in a circle and chant before dosing each other in teal powder. Students also had the opportunity to enter various raffles. In order to enter, they had to complete a passport by visiting each booth and receiving a stamp. The resources and booths that participated included Title IX and Gender Equity, Counseling and Psychological Services (CAPS), San Bernardino District Attorney’s Office, VOICE, Alpha Phi, Pi Kappa Alpha, San Bernardino Sexual Assault Services, Coyote Radio, Undocumented Student Success Center, and Commuter Services.

Counseling and Psychological Services had attendees answer trivia questions about their services in order to receive a stamp on their passport. They provide counseling to students free of charge as their services are already embedded in tuition fees. They even offer couples’ counseling as long as both partners are students at CSUSB. Alpha Phi put a twist on Jenga. Students would pull out a Jenga piece that had a statement written on it. If they could correctly answer whether the statement is true or false, students would receive a stamp. For example, “if someone doesn’t say no, they must be consenting.” This is false. San Bernardino Sexual Assault Services gave away coloring books and resource information. VOICE gave out teal colored ribbons and information on how to become a VOICE advocate. Because of the sensitive nature of their work, VOICE peers undergo extensive training.

“We recruited in the spring and chant before dousing each other in teal powder. Students also had the opportunity to enter various raffles. In order to enter, they had to complete a passport by visiting each booth and receiving a stamp. The resources and booths that participated included Title IX and Gender Equity, Counseling and Psychological Services (CAPS), San Bernardino District Attorney’s Office, VOICE, Alpha Phi, Pi Kappa Alpha, San Bernardino Sexual Assault Services, Coyote Radio, Undocumented Student Success Center, and Commuter Services.

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“We recruit in the spring and offer our teal colored event to become a VOICE advocate.

Marina Rodriguez. “Me and the rest of VOICE peer interview them. Then they’ll go through a 12-hour training in the beginning of the year and that’s how you join VOICE.”

This is just one of the many events they held for Sexual Assault Awareness Month.

Teal Me Your Story was held on April 23 in the SMSU Fournex. This event was created as a safe space for survivors to tell their story.

Community hiking in Highland

By Bobby Horner

Staff Writer

On April 11, the city of Highland hosted its twenty-fifth annual Community Trails Day: a day devoted to hiking in the city. It is used to promote the trails that run through and along the local hills. Additionally, it brings together the community to heighten awareness of fitness options and healthy lifestyle choices.

“It’s important to get the community aware that we have a trail system within the town, it’s not very well-known to the new people coming into town. A lot of them were the old service roads that went through the old orange groves,” said Tom Thorn, the Associate Planner of the Planning Commission.

The event began at Aurantiia Park at 8 a.m., where light snacks and water were provided before the hike. Maps of the trails along with pamphlets of photos of local flowers were given out to find the different types of blooms that had recently occurred, such as fiddlenecks, yellow pincushions, brittlebush, Spanish bayonet, the common sunflower and pride of Madeira.

Since the event is friendly to all ages, a scavenger hunt was provided that allowed children, as well as adults, to collect different items such as man made trash, which helped with keeping the trails clean.

The route taken consisted of a loop through five different trails: Alpin, Red Hill, North Fork and Shelton Trail. This loop is approximately 3 miles, which involves a mixture of flat ground hiking with a mild uphill excursion.

Hiking is a great way that students can enjoy the outdoors of San Bernardino and burn some calories while they’re at it.

While following Shelton Trail, hikers had the opportunity to attend the open house of Fire Station 542.

During the open house, volunteers and Capt. Suns were provided along with coloring books and firefighter stickers for children.

This portion of the hike gave participants a chance to take a seat and learn more about the equipment used by firefighters.

The route is often alternated each year, with a different starting point and trail system to open a variety of trails to past participants and newcomers.

“Sometimes we’ll do the route based on trails we are working on or sometimes we have private trails that they’ll let us use. A lot of the ways we get our new trails now is with the city when they’re doing new development, they kind of make it part of the plan that they have to put in a trail with part of their new subdivision,” said Laura, the Vice Chair of the Trails Committee.

Each year, the hike is typically scheduled in the second week of April. It is promoted by Facebook posts, however the best way to gather information for next year’s hike is from a local newspaper or City Hall.
Closure of Scandia Ontario

By Julia Carney
Staff Writer

The Inland Empire has one less tourist attraction after the closure of Scandia Family Fun Center in Ontario, Calif. After closing the park for renovations on Feb. 2, the amusement park announced that it was closing permanently on Feb. 8.

The nearly eight-acre property was sold to Bridge Development Partners, LLC, for a confidential amount.

At the time of the closure, Scandia Ontario was home to 15 rides, two miniature golf courses, eight batting cages and over 100 arcade games. During October, Scandia was known for its annual Halloween Haunt which consisted of three themed mazes and scare actors roaming around the rides.

The park’s main attraction was the Scandia Screamer, a blue and white roller coaster with a speed of 50 mph and an 80-foot drop. The Screamer and a majority of the rides are currently being sold on rides4u.com. The pricing ranges from $15,000 to $950,000.

The Cliff Jumper and Olga’s Tilt a Whirl are two rides being relocated to the Victorville location, along with most of the arcade games and go-karts. The rides will be renamed Denmark Drop and Thor’s Chariot, according to the signage at Victorville.

The Victorville park is located off the Interstate 15, 30 minutes north of Ontario. According to Eddie Castro Jr., a shift manager at Scandia Victorville, the Ontario closure has positively impacted his location.

“Since Ontario closed, we’ve been able to make some upgrades like adding games to the arcade which is generating more business,” said Castro. An online petition to reopen the Ontario park garnered 373 signatures out of the requested 500.

It is unclear if any amount of signatures would have been able to save Scandia. According to the online work schedule, Scandia had 38 employees working until the end.

Gilberto Rodriguez began working at Scandia Ontario in April of 2017, and a year later was promoted to supervisor.

“My favorite part about working at Scandia were my co-workers and the ease of the job,” said Rodriguez. He admits the job can be difficult at times but says overall he had a good experience as an employee.

Patricia Soto lives in the Inland Empire and would go to Scandia Ontario on a regular basis with her family.

“My kids loved going there. My son had his last two birthday parties at Scandia,” she says. Soto also says her favorite part about Scandia was the location and pricing.

“We didn’t have to fight traffic like there is when going to Knotts or Disneyland, and it was so much cheaper,” said Soto.

Scandia Ontario charged $24.75 for the unlimited rides and golf pass, as compared to Disneyland which charges up to $149 on a peak day. The Victorville location is currently selling the unlimited rides and golf pass for $19.95 and Sacramento has its pass priced at $20.50.

The company’s mission statement says:
“People do not come to Scandia to eat, hit balls, ride, or play games. They come to have a good time. It is every Scandia crew member’s job to ensure that they do.”

Scandia Ontario was a popular amusement park that opened its doors in 1992 and closed 27 years later.

Big deal about big data

By Irene Molinar
Copy Editor

Internationally recognized for his work in statistical science, Dr. Sastry Pantula held his discussion, “Big Data and Big Data Challenges in the 21st Century: Addressing Complex Social and Behavioral Issues,” in the John M. Pfau Library Multimedia Center on April 16.

Dr. Pantula, also the Dean of the College of Natural Sciences at CSUSB, discussed the expanding discoveries, opportunities and concerns of Big Data, which are immense amounts of collected data utilized each and every day.

Moreover, he shared the increasing opportunities that are offered because of the big data dynamic as Big Data are finding its way into the industries of science, education, business, security and healthcare. As he called to mind the rising jobs—nationally and internationally—that require an advanced set of skills in mathematics, statistics and data analysis, he encouraged the audience to embrace their “inner nerd” and be mindful of career opportunities.

Aiming to share his truths about big data, Pantula wanted to remind students of the concerns behind these massive amounts of information. While society appreciates and develops due to these grand amounts of information, it is still very significant to understand and pay attention to data abuse or manipulation.

He shared that data itself cannot be misleading, however, how they are used and presented can take place within numerous misleading situations.

As he encouraged students and faculty to remember how valuable their credibility is, he stated, “If you lose that trust, it’s hard to build it back.”

Pantula offered his advice that when working with data—big or small—to treat it like people. Working ethically and responsibly with big data will ensure success in a job or mission to avoid scandals or mistakes.

Additionally, he reminded the audience that the sharing of data takes place just about anywhere and everywhere. From selfless to social networking and beyond, to published flight patterns, and so much more. Pantula also shared the concern about unintentionally violating the privacy of others as various amounts of people in the background of photos that are published on social accounts have no idea that they are captured for many to see.

Despite the concerns and potential danger big data offers, Pantula highlighted the success behind it and the contribution to our society every day. Speaking on its velocity, variety and volume, he shared the helpful ways data is changing our everyday lives.

In the medical field, Pantula claimed the promises that are made as computers are already outperforming doctors in various techniques. Furthermore, combating influenza becomes easier with big data.

The educational sector makes great use of big data as well. Pantula mentioned the colleges collecting data to better serve their students and even shared how CSUSB aims to understand how student success becomes possible when working with housing, meals, classes, graduation, etc.

Big data and their big promises have made way today and will do so tomorrow. The responsibility of the people to navigate the data and where big data is utilized is heavy. However, it is vital to create and maintain an advanced culture within the sectors of science, education, business, security, healthcare and more.
Self Made Redlands Facility, which opened March 23, 2019, has a different approach on their training styles, which makes it unique to the fitness industry. The different types of personal training styles are blowing my mind. Training is evolving into something more complex than it ever has been. Gyms are valuable and important so that people can stay in shape and be healthy. Redlands 24 hour gym, which opened in March 2015, takes a more traditional approach. The staff get commission on the personal training packages they pitch to their clients. Gyms in the area use this approach. The way personal trainers approach their clients is changing drastically due to this new gym in Redlands. Everyone in the fitness industry is always trying to strive for more, better, and for the greater, which benefits the clients and the trainers as well. Anthony Precie, who has been a trainer for three years, worked at another gym before he joined Self Made Redlands Facility. “The first gym that I worked at, all they really cared about was numbers (sales). Every person has a different need for training and the gym wanted to let them know that we have the solution for their problem. Some trainers were very educated and some weren’t,” Precie said. “The gym that I am now at, Self Made Redlands, you’re an independent contractor and you attract the certain clientele you want to train. You have the capability to pick your niche and what you like to do as a trainer. You have your boxing, mma, sports performance, bodybuilding, transformations trainers, etc. You are your own boss and you have a great support system inside this business,” Precie said.

This style of training seems to be effective and could possibly become the new way all gyms will go about their training process. “I am absolutely happy with where I am at and have great clientele. I have over 30 clients now and it keeps growing with word of mouth,” Precie said. The gym is becoming very popular all over social media. “What makes self Made Redlands different is that it’s a private studio and I get to do what I love inside this gym while making a career out of it,” Precie said.

“This gym is not like any other gym. It’s not a gym where you can enroll for a membership and show up. It’s strictly for training, so the training sessions are very private and personal with no disruptions from members like the other traditional gyms,” Precie said. “And a big thing that makes it different is that everyone who is contracted with self made, they all want to be there. Were all independent contractors, so we all have to pay 800$ a month for rent to train here. So everyone inside this gym treats personal training as a business within themselves and we’re all here to help each other out and grow. We all don’t come to this gym because we have to, we come to the gym because we want to because we all share the same passion,” Precie said.
Apps Make Riding Easy.

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MEANINGFUL CONNECTIONS
Research has shown that students who live on campus have stronger connections with faculty, better relationships with their peers, and participate in more student activities.

HEALTHY EATING
Our new Coyote Commons provides a large variety of healthy food choices that taste great, as well as comfort food and cuisine from around the world.

GRADUATION GOALS
Students who live on campus have higher graduation rates and graduate faster than those who live off campus.

SAFE ENVIRONMENT
All of our residence halls and apartment buildings are locked 24 hours a day. Only residents and appropriate staff members may access our buildings. The University Police Department and Department of Housing and Residential Education staff are on call 24 hours a day.
By Irma Martinez  
Staff Writer

San Bernardino’s Hidden Gem
Growing up in San Bernardino, I have heard a lot of remarks about how bad the city is. I have heard it all: it being nice enough or it is too dangerous. However, most are snotty remarks from outsiders. I never understood the amount of hate San Bernardino received. I was too busy understanding the city’s potential. As I have gotten older, my admiration for this city grows even more. I began a journey to get to know this city better.

My journey began at the San Bernardino History and Railroad Museum. Down Mount Vernon and W 5th St, there is the giant smokestack with San Bernardino written down the pole. I must get to know this city better. I began with why I would decide where to start as there is a lot to explore. I began with why the railroads were so significant to San Bernardino. It helped shaped this lovely valley into the metropolitan city it is today. For a period of time it was believed that San Bernardino would be the largest city in Southern California because of the railroad. Having the railroad meant prospective opportunities. It helped create a thriving economy and an abundance of jobs.

As I spoke to Allen Bone (CQ), vice president of the museum, he stated the employment in the depot during its heyday was about 3,000 people plus, all the businesses that supplied the needs of Santa Fe. The amount of new people migrating also helped shape the city because the depot needed employees to help with the increase of travel. Passenger rail was the main method of travel, 26 passenger trains a day – 13 eastbound 13 westbound. The amount of activity San Bernardino received helped local business, such as restaurants, hotels and other stores.

For many people coming from the Mojave Desert, San Bernardino was their first major stop and their first experience of Southern California. The fertile valleys and high mountains left visitors astonished. Former President Theodore Roosevelt, was not only the first president to visit San Bernardino while stopping at the San Bernardino Santa Fe Depot told a train attendant, “I would like to live in San Bernardino.”

The building is beautiful, it has mission-style architecture. The original wooden structured depot was built in 1886, but destroyed in a fire in 1916. In 1918, the construction for the new Santa Fe Depot began and opened in July 15, 1918.

The building saw today was actually reconstructed in 2002 and retained its accurate interior and exterior from the 1918 Santa Fe Depot that once stood in the same spot.

Features
Forgotten history of the Bracero

By Isaias Caberra  
Features Reporter

The Bracero Program was a government operated agriculture program that ran from 1942 through 1964. During those 22 years, approximately 4.6 million contracts were issued to Mexican migrant workers who helped fill the vacuum left in both Europe and the Pacific during World War 2. Still, few Americans acknowledge or are aware of their service to the war effort and to America as a whole.

The Bracero Program was born because of the necessity for men to work the fields during the war. With many American men away fighting, Mexicans found a different way to contribute to an allied victory: by producing food.

Today, surviving Braceros can be up to one hundred years old, and these men are due a lot more than just gratitude because both the US and Mexican governments allowed what was supposed to be a path for the Mexican man to better himself after years of revolution, to become a series of mechanisms that put them into abusive working conditions.

For many of these men, 10 percent of their income was withheld and placed in a fund against their knowledge because the contracts were written in English. That money was handed over to the Mexican government. Additionally, Lyndon B. Johnson once had a job as an elevator operator for the Platt Building in San Bernardino.

Gentlemen who work and volunteer at the museum undoubtedly represent a large part of who San Bernardino genuine-ly is. With the warm welcome and eager conversation, it is easy to connect to the different artifacts. They offer much information on the different artifacts. Some of the gentlemen even put their own history in the museum, such as Mr. Bone’s wooden fire trucks or Mr. Allan Dyer’s grand-mothers 19th century wooden ice box.

These generous offers of putting their own belongings into the museum are a contributing factor to the history of San Bernar-dino.

Some of these gentlemen are even CSUSB alumni. One proud-ly showing me his class ring from the first graduating class of 1967 with the original mascot: a badger.

I will continue my journey in discovering historical places this city has. San Bernardino is more than its appearance. We are a loyal community, working hard and helping this city thrive. Our suc-cess is San Bernardino success.

Once inside, I couldn’t decide where to start as there is a lot to explore. I began with why the railroads were so significant to San Bernardino. It helped shaped this lovely valley into the metropolitan city it is today. For a period of time it was believed that San Bernardino would be the largest city in Southern California. The fertile valleys and high mountains left visitors astonished. Former President Theodore Roosevelt, was not only the first president to visit San Bernardino while stopping at the San Bernardino Santa Fe Depot told a train attendant, “I would like to live in San Bernardino.”

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Mental Health Awareness Month: Anxiety Disorders in College Students

By Yesica Gonzalez
Multimedia Editor

Impending doom, rapid breathing, and fear of judgment. While college is known to be a time to discover oneself, it can also be the commencement of disorders. Anxiety disorders affect 40 million adults in the country. 75 percent experience their first symptom by the age of 22 and about 41 percent of college students are affected according to the Anxiety and Depression Association of America (ADAA).

Psychology professor Michael Lewin shared the effects of transitioning from adolescence into adulthood. Young adulthood is a common age of onset for many anxiety disorders.

“This has been hypothesized because of psychological demands or stressors of the transition,” said Lewin.

There is a borderline between stress and anxiety disorders.

Stress is a natural response to a big change like moving out or studying for a final.

Once the thoughts progress into thinking about it all the time, avoiding things, impairing daily habits and shortness of breath due to muscle tension, it dwells into an anxiety disorder.

Symptoms may vary for people, there are three branches of anxiety disorders but not limited to these only.

Generalized Anxiety Disorder (GAD), affects 6.8 million adults and can include symptoms such as excessive worry, irritability, and shortness of breath.

They have difficulty handling uncertainty, are always on edge thinking if they made a wrong decision and spend a lot of time thinking about the many different pessimistic outcomes.

Panic Disorder (PA), affects 6 million adults, they are in constant worrying about when the next panic attack will occur.

They tend to avoid places where past episodes took place due to the fear of it becoming a trigger for another episode.

These attacks can occur abruptly during a calm state or in an anxious state with the intensive peak level reaching in 10 minutes or less, then it begins to subside.

Social Anxiety Disorder (SAD), is having an intense fear of social interaction and affects 15 million adults.

Some emotional and behavioral indicators that can be associated with SAD is the fear of judgment, rejection, unpredictable dangers, breathing hard, mind has going blank and being highly attentive around people.

During social situations, the person tends to avoid doing specific things such as speaking to someone out due to fear of embarrassment, steering clear of being the center of attention and typically spending time to critically analyze their performance after the social interaction.

Starting conversations, making eye contact, entering a room in which people are already seated, returning items to a store, attending parties or social gatherings can be other examples of common everyday situations that the person finds difficult to endure.

A couple of physical traits for SAD can be blushing, trembling, sweating, having an upset stomach or nausea, dizziness and muscle tension.

One of CSUSB’s family therapist, Wendy Brower-Romero, uses people with SAD as an example.

“They avoid social situations, if they feel isolated and unconnected with people, it tends to impact their happiness. Very often there could be depression and anxiety symptoms happening simultaneously,” shared Brower-Romero.

Disorders impair a student’s concentration that lead them from being distracted with thoughts, avoidance or procrastination of studying.

“In social anxiety, when reaching out to professors, they need help but feel uncomfortable asking for help because it’s their anxiety that prevents them,” shared Brower-Romero.

Create a safe space where they can share, because it’s not an overnight fix.

Wendy Brower-Romero

“Instead create a space so they can share, almost like an open-door policy because it’s not an overnight fix. Rather than assuming, ask them what they need.”

Vox Pop: “How do you feel about graduation and what advice can you give freshmen?”

Ricardo Vega

“I am excited because I am a first-generation college student who is also pursuing their masters right away. I would tell Freshman that time management is important and that there will always be a time and place for everything.”

Mayra Sanchez

“I am excited about graduation, but feel nervous because now I have to decide what I am going to do after. I’m excited for what life has set up for me. The advice that I would give is to never give up and goals even if things get hard. Enjoy your college years.”

Jennifer Aguilera

“I’m looking forward to graduating but I still don’t know what career path I will take. I would advise to take advantage of making friends and make connections with professors. Lastly, have an open mind when learning new concepts.”

Adam Wilson

“I’m very excited for graduation because I have been here for eight years switching majors and finally found communications. I recommend to use resources available to you. Find a club or work in school, to get more of that college life feels.”

Alyhana Morrison

“I’m so excited to finally be done. I can’t wait to get hands-on experience in psychology. What I would tell incoming freshman is not to take any stereotypes you were taught about college seriously. Before you know it, it’ll be your time to graduate.”
**Meditation for college success**

By Jose Valadez  
Staff Writer

The Counseling and Psychological services at CSUSB is offering meditation workshops to combat the stress epidemic affecting students. Gwendoyn Brower Romero, a CAPS therapist, lead a meditation workshop to educate students on stress and how to manage it.

“We as a society, are so used to being on the go all the time, we constantly check our phones for new tasks to do. This results in stress and can affect how we perform throughout the day,” said Romero.

Romero presented students with information on how stress develops and the different meditation techniques that can bring relief to students. Additionally, she focused on the main factors for stress which are personal life, work and school.

“Meditation will not cure your problems instantly, but practicing this exercise can bring relief to students. It can help you to handle stress efficiently,” said Romero.

I felt like my body released all the tension and my mind was more clear.

*Angela*

According to a 2017 national review by the National Center for Complementary and Integrative Health found that meditation in the past 12 months tripled between 2012 and 2017. Which suggests that more adults are turning to meditation to find peace.

“I live a stressful life almost everyday and I came to this workshop to learn how to manage my life better,” said Johnn, a junior at CSUSB.

The CAPS office, located in the Health Center Building, north of the Commons and east of the Pfau Library. It offers students with various workshops including meditation throughout the year. Therapists are also available by appointment for students seeking counseling.

“The process for creating an appointment is simple, students can call the CAPS office or walk in to set up an appointment” said Romero.

Furthermore, the services offered at CAPS are completely free to students. Open Monday through Friday, it offers students with a flexible schedule to set up an appointment.

“When I transferred from community college to CSUSB as a business major, I felt that I wasn’t passionate about that career. A counselor from CAPS helped me find my strengths and I decided sociology was a better choice for me,” said Johnny.

Towards the end of the presentation, Romero demonstrated a simple meditation exercise to the students: the room became silent, as students attempted to relax their mind and practiced deep breathing techniques. For many, it was their first time trying meditation in a group. Students reacted positively to the exercise and looked relieved.

“I felt like my body released all the tension and my mind was more clear,” said sophomore, Angela, who was practicing meditation for the first time. According to Romero, “We react to stress differently by using food and substances to mask the stress, meditation can help individuals control these bad habits.”

College life can intimidate students, as pressure from schoolwork, family and work can create anxiety. However, recent efforts by CAPS at CSUSB continue to offer students with alternative methods to cope with this stress. Meditation continues to grow in popularity as it is simple to learn, effective and replaces bad habits such as substance abuse.

Nevertheless, CSUSB therapists are also available to devise a plan for students who need guidance in their career or personal lives. In the long-term, meditation aims to help students organize their thoughts and improve their mental strength.

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**Guide to Vegan-brunch**

By Marlyn Ramirez  
Staff Writer

I have noticed some automatically assume vegan food is a plate of vegetables and are afraid to try it. When in reality you might have a meal at a restaurant and not realize it’s entirely plant-based. It’s that good.

“What do you eat if you’re vegan?” Most asked question ever.

I have made looking for the best vegan brunch locations my newest hobby. This is a guide to some trendy locations around Los Angeles.

I am starting off the list with CATCH, Los Angeles. Catch is a rooftop bar/restaurant. Stated in their house, “CATCH LA keeps it fresh, incorporating local and sustainable ingredients wherever possible as it cultivates a menu mix of Catch classics like the Catch Roll, Truffle Sashimi, Wagyu on a Rock and Cantonesen Lobster with inspired renditions of Vegan and Gluten Free additions.”

It’s an upscale trendy location perfect for brunch and West Hollywood breathtaking views. It’s a trendy place to hang out, grab a drink on Melrose, and a perfect photo op. Although Catch is not a full plant-based restaurant, they included vegan options to their menu: iconic Impossible Burger, Vegetable King Roll, Crispy Cauliflower Wings, Mushroom Spaghetti, Heart of Palm Crab Cake, Sweet Potato Gnocchi, and other sides. Overall 10/10 restaurant from their food, location, views, ambiance, and service.

“The avocado toast and cauliflower wings here changed the game,” said Campos. “They were packed with flavor and ingredients, I never thought pomegranate tasted so good on avocado.”

Right next door to Catch is Gracias Madre, a plant-based Mexican restaurant. They keep the genuine flavor without the meat and dairy. Serving vegan and organic dishes and a variety of tequila and drinks. some of their Hot Brunch items are the Chilaquiles with cashew crema, Tofu Ranchero Scramble a close alternative to the traditional huevos rancheros. While you’re there don’t forget to order your Michelada de la Madre and La Quinceñera cocktails!

“It has authentic Mexican food and I don’t have to worry about what I am limited to eat,” said Varto.

In New Port Beach there is Gratitude Kitchen and Bar, a plant based and organic restaurant. “Our commitment is that our food, service and environment awakens you into a state of gratitude. We strive to source the highest quality, nutrient dense ingredients from local farmers and the best artisan producers. We believe food is medicine,” according to the restaurant website. Their food is earthy and the restaurant is modern chic with earth tones. Perfect aesthetically-pleasing location with the beach ten minutes away.

Butcher’s Daughter, commonly known as “vegetable slaughterhouse,” is a plant-based restaurant in Venice. You like avocado toast? This is your place. They also provide wellness juices, healthy smoothies, brunch bakery, acai bowls, sandwiches and wraps. The Venice location has a local hipster vibe, where you can even order to-go. It is rustic and earthy while still being a very trendy and lively spot.

Restaurants have been competing with each other to meet the demand for plant-based options in their restaurants by increasing their menu options or opening new plant-based locations. These are some of my favorite locations. Shared and trying new food is what I love.
Queens take the stage at the ‘Live Work Drag’ show

By Antonette Calvillo
Staff Writer

Come on CSUSB, let’s get sickening!

The root of this statement can be tied directly to America’s Drag Race. Drag Race is a popular reality television show on VH1 that showcases drag queens competing to become America’s next drag superstar.

On Saturday April 20th, the SMSU Queer and Trans Resource Center held their annual drag show on campus. This year the show was called “Live Work Drag” and held performances from queens of Rupaul’s Drag Race.

Some of the queens featured in this year’s annual drag show include Mariah Balenciaga, Delta Work and Sonique. Another queen by the name of Kickey Vixen-Styles also performed alongside the Drag Race queens.

However, Styles has not competed on Rupaul’s Drag Race before. Mariah Balenciaga competed with Delta Work on season three of Rupaul’s Drag Race. Sonique competed on season two of Rupaul’s Drag Race. Unfortunately, none of the queens were able to win the crown on their competing seasons.

Although the Drag Race queens were the main show of the evening, there was also a pre-show which showcased the talents of local queens. The pre-show is primarily known as the opening act of the night.

The pre-show was hosted by local queen Melody Sings who is an entertainer and singer. Sings also performed during the pre-show by doing her own lip sync performances.

“This was my first drag show ever and I had an amazing time. I can’t wait to come back again next year, the queens were amazing,” local community member KC Jones said. The drag show held raffles that gave away prizes ranging from Target gift cards to gas gift cards. Every drag show attendee was entered into the raffle. The grand prize was a pair of AirPods and was given to one lucky attendee.

“The prizes were a great addition to the show and it was really cool to have Melody Sings announce the raffle prize winners cause she’s so funny and that just made everyone have a great time,” local community member Rachel Cunninghams said.

The drag show was a free event and was open to CSUSB students and faculty. The show was also open to the public. Local community members ages 18 years and older were admitted into the show with valid identification.

“I love Rupaul’s Drag Race so I really enjoyed watching the queens perform. I’m so glad the drag show is open to the public cause I always come every year,” local community member Sarai Lopez said.

During the drag show, all queens did two separate performances for the night.

Endgame showtimes are already displayed in theaters before the movie is out.

So what exactly is a drag show performance?

Drag queens do a lip sync performance to popular music. While lip syncing, queens may do stunts, reveals and dance. Some stunts include death dropping, jumping into the splits or high kicks. Reveals are when queens present one look and then reveal a second look underneath.

“Reveals are my favorite because it’s like a nice surprise when you think queens are going to perform in one look and then they turn around and reveal a completely different look that they hid underneath,” Jones said.

After the show concluded, the Drag Race queens met outside the SMSU Events Center to take pictures with drag show attendees.

“I was so excited to meet the queens after the show. They’re so nice and just gorgeous overall,” Lopez said.

The SMSU Queer and Trans Resource Center holds this drag show every year. Be on the lookout for what surprises may be in store for next year’s show.

“I will definitely be coming back to the drag show again next year because it’s so much fun and I just enjoy watching the queens live their best lives on stage,” Cunninghams said.

Endgame showtimes are already displayed in theaters before the movie is out.

Miranda used the album as a healthy outlet to express his emotions and his love of storytelling.

As a producer I’ve grown. As a mix I’ve really grown. It’s about training your ears to become a mixer, the more I do, the better I get.”

Ultimately Miranda has been thankful for the whole experience and his ability to create something like this while in college.

“Making the album made me a better musician and songwriter,” Miranda said. “I look back at some of the songs I’ve written in the past and think, ‘wow those suck’. Some of them I don’t like anymore, but it doesn’t mean I’m not proud of them.”

This album was 99.99 percent completed by me, and me alone,” said Miranda. “I did everything, wrote the lyrics and the songs, recorded, mixed, and mastered everything to the best of my ability and I’m proud of what I’ve made.”

By Emily Tucker
Contributing Writer

Jonathan Miranda Jr., 22, is a CSUSB senior who will be graduating Spring 2019. He plans on immediately beginning the masters program as he one day wishes to teach. Miranda isn’t a CSUSB student and faculty. The show was also open to the public. Local community members ages 18 years and older were admitted into the show with valid identification.

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Electric Daisy Returns in May with New GA+ Passes

By Leslie Rosales
Contributing Writer

This year will be the Electric Daisy Carnival (EDC) Las Vegas 23rd annual festival in May for cooler climate and releasing GA+ passes that will allow more access than a regular GA but less than VIP. Paquile Rotella, the founder of the festival’s promoter Insomniac, is making changes for next years Electric Daisy Carnival. This will be the second year EDC will be in May and fans will be able to walk through the festival with no problem.

"It is beneficial weather-wise, but personally I like it in June because school is already out and I don’t have to worry about coming back to class or possibly missing school for June because school is already wise, but personally I like it in the festival with no problem.

“Part of this year EDC will be in May and Carnivals. This will be the second Insomniac, is making changes than VIP.

A new feature of GA+ passes that will allow more access than a regular GA or VIP. The difference is the GA+ elevates your festival experience with expedited, dedicated GA+ entry and special access to premium, air-conditioned restroom trailers. There is still, of course, the option of purchasing the regular GA ticket or VIP. The difference of cost for this ticket is about $200 more than GA and $300 less than VIP.

"I wouldn’t buy it just because I know how it is regular and it’s not that bad, so non-air-conditioned bathrooms isn’t a big deal especially since you’re there during the night and for me it doesn’t get that hot to where I need air conditioning," said Sara Rosales. Shuttle passes are also helpful to beat the traffic on the Vegas freeway. This event causes a major set back for all drivers just trying to pass through but with the shuttle passes, it allows festival go-ers to get to the festival on time.

It’s more convenient and the transportation is faster because they have their own route to the Las Vegas Speedway where it’s being held.

“I’m looking forward to going with my best friends and have a good time,” said Sara Rosales. “Well, the lineup isn’t out yet, so I don’t know which DJs I’m excited to see but I’m sure it’ll be great no matter what.”

Catch the Knott’s Boysenberry Festival before it’s too late

By Antonette Calvillo
Staff Writer

It’s blackberry. No, it’s raspberry. Or maybe it’s loganberry? Actually, it’s a hybrid of several varieties of the three and it is called the boysenberry.

This new strand of the berry was experimented with in the early 1900s by horticulturist Rudolph Boysen of Anaheim, California. However, Boysen’s efforts were not successful because his plants kept dying on the vine. Boysen later turned it over to farmer Walter Knott for commercial development. Walter Knott was the first person to successfully produce the boysenberry fruit.

Does the name Walter Knott ring any bells? How about Knott’s Berry Farm?

Yes, all boysenberries in the world can trace their roots back to Knott’s Berry Farm.

Fast forward to today and you can still see how much of an impact the boysenberry has at the Knott’s Berry Farm Boysenberry Festival.

The Boysenberry Festival 2019 is currently running from March 29 through April 28. At the festival, there is a variety of boysenberry inspired food, attractions, and entertainment.

“People really enjoy our fun buns, the line is always so long for them,” Knott’s Berry Farm employee Rosina Lowance said. A fun bun is a Cinnamon cinnamon roll deep fried in funnel cake batter and smothered in boysenberry cream cheese frosting.

Some other boysenberry inspired foods offered at the festival include Boysenberry Elote, Boysenberry BBQ Chicken Skewers with a Boysenberry Aioli, Boysenberry Jerk Chicken Wings, Boysenberry Cinnamon Baked Mac and Cheese and more.

“This is my first time at the Boysenberry Festival and I am having a great time. My favorite food I’ve tried so far is the boysenberry BBQ chicken skewers. They were so good.” -Sonia Gama

Boysenberry inspired attractions and shows include the boysenberry pie eating contest and boysenberry merchandise sold all throughout the park. Festival attendees can also see live woodworking and glass blowing action to produce boysenberry inspired pieces. Snoopy’s Boysenberry Jamboree is another show that festival attendees line up to watch at the Calico Mine Stage inside the park.

The festival also hosts a boysenberry crafts fair and art show that features various boysenberry inspired art pieces. This is located at the Wilderness Dance Hall inside the park.

“I think people come to try out the food and see our boysenberry attractions, but mostly the food cause you can’t get it anywhere else,” Knott’s Berry Farm employee Jazmine Ornelas said.

The boysenberry doesn’t just stop at food. There are also various boysenberry inspired drinks at the festival for park guests to try as well. The festival features boysenberry hoba, boysenberry draft beer, boysenberry wine, boysenberry giner ale, boysenberry soda, boysenberry latte and more.

“I tried the boysenberry giner ale and I really liked it. It was so fresh and wasn’t as sweet as I thought it was going to be so that was great too,” Gama said.

Festival attendees with a sweet tooth definitely can’t wait for dessert at the boysenberry festival. Some of the options include the fun bun, boysenberry pie, boysenberry macaron, boysenberry ice cream, boysenberry waffle, boysenberry stuffed churros, boysenberry assorted pastries and much more.

“My personal favorite is the boysenberry churro. I never tried a boysenberry before this job and now I can’t get enough.” -Ornelas said.

Knott’s Berry Farm’s Boysenberry Festival has everything a boysenberry fanatic would ever want. Adults and children of all ages come to the festival year after year to try new and returning foods, drinks, and attractions.

One can only imagine what surprises the Boysenberry Festival has in store for next year. It is their belief that the shelter should be in the hands of those who truly care about the animals.

“We need to rebuild and let it be run by volunteers," Arroyo said. "I have come several Saturdays and there are always plenty of people who want to help.”

They hope to encourage the community to not only fight to keep the shelter open, but to also consider adopting from them.

David Garcia, a CSUSB student who attended the demonstration, said he adopted a cat from the San Bernardino shelter last year.

“He is awesome,” said Garcia. “If anyone is looking for a companion, a dog or a cat, there are always animals at the shelter who need someone to open up their home to them. If someone wants to step up and help then I strongly encourage them to adopt from there.”

Despite the council’s decision, no closing date has been officially set. However, time is running out. Those who are ready to make a lifetime commitment to an animal in need are encouraged to do so soon.
My favorite thing about myself is my willingness to be a good person.

Because I’m Mexican ‘being a man’ in my culture being in control of everyone around you, not showing any emotion, and being totally sexist.

‘Being a man’ to me means nothing more than a saying. To me it’s just a social construct that society invented since the beginning of time to label what every ‘man’ on earth should be like. Instead of ‘being a man’ I believe men and people in general should just be a good person.”

JOVANNI
Mexican

“ I would describe myself as someone who’s not afraid to be themselves and someone who lives life to the FULLEST, because we only have one life to live and THAT’S IT. So why spend it worrying, being unhappy, in-genuine or not being yourself.”

DYLAN
Hispanic

“I describe myself as a very calm and serious person at times. I know when there’s a right time to have my laughs.”

Being a man according to my culture means you have to be the bigger picture. You have to do the hard work and support your family.

Being a man according to me means supporting others around me. We need each other, both encouraging each other for a relationship and friendship to function.”

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