May 15th, 2019

CSUSB
The CSUSB Communicatin Symposium served both as a resource for students about to enter the workforce but also a celebration of their accomplishments.

Transcending boundaries at Comm Symposium

By Dayna Doidge, Ruth Marrero, & Bobby Horner

Students were able to learn and network for their future jobs from industry veterans and alumni alike during the panels of the 2019 Communication Symposium.

Ranging from Entrepreneurship to Disney, Crisis to Teaching, Human Resources to Media production in Film, Television, and Radio. This event was for anyone looking to expand their knowledge beyond the classroom. Each speaker was given around 30 minutes to impart their stories of how a communication degree has impacted their career paths, and leave some words of advice for students who are transitioning to life in the communications field post-graduation.

Brandon Aguila, a representative from the Walt Disney Company, imparted how vital communications is to his field of study. The central theme around his session was: don’t be afraid to start at rock bottom, because from there you can only move up.

“Any job you take is evolving. I was given stopped being so menial and my position looked like it wasn’t so temporary,” said Aguila. “It was evolving. I was showing them what I was interested in and it wasn’t glamorous, but I was there doing the work, climbing the ladder.”

At the end of the session, Aguilar left these parting words: “I didn’t have a path, I had to make it. I challenge you all to do the same. You can’t follow a path, you have to make it and search out the opportunities; then that is what is going to differentiate you from the competition."

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May Day in the Empire

By Brianna Mendoza

Citizens came out in support of worker and immigrant rights.

Organizations and people in the community of the Inland Empire joined the march and gathered at Meadowbrook Park for the introduction of the May Day March.

With posters, banners, music and chanting, people made their way over to the first stop at Ser.

May Day in the Empire

Immigrants Rights, Training Occupational Development Educators and Teamsters chanting, “Ain’t no power like the power of the people, cause the power of the people don’t stop!”

They all came together to march for International Workers’ Day. This day is meant to encourage change in labor laws, immigration, environment and safe communities.

“When I think about equitable justice and equitable society, I think of health-care, said Valdivinos Soto. “Health-care is not just about providing every human being with medical access, it’s more than that. It’s about being able to provide every individual the right of living a dignified life.”

Soto continued her speech about health care for all in front of SEIU building.

“A life where we don’t have to see our family members die from treatable conditions due to lack of funds that cover the medical procedures, no one should suffer or die due to lack of access to health care simply because of where they were born,” said Valdivinos Soto.

As the crowd of protestors marched to ICE they continued shouting and screaming from the top of their lungs…. “What do we want? Immigrant rights! How do we get them? Abolish ICE!”

“San Bernardino County needs to be welcoming to all, and it’s not, some of these arrests are our street vendors who contribute to this economy, we just want to work, and they have been criminalized,” announced Erika Flores, MC speaker at the event.

An example of a street vendor being arrested was the case Marcelina Ros. “She was selling corn at an old town park on Oct. 13, around 2 p.m. when a San Bernardino county sheriff deputy and Rancho Cucamonga park ranger stopped her. She was put in to

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The Communication Symposium

Manny Sandoval and Kelly Imbriani were the key speakers for the crisis communication session. Sandoval currently works for crisis communication for the San Manuel Band of Mission Indians and Imbriani currently works for Westbound Communications. Both of their careers are featured around public relations tactics. They explained the steps that are taken for crisis communication which are: planning, managing and solutions, and recovering.

One of the main points they made was that during times of crisis you must remember that you and your team are human and that it is always important to take care of your team. This involves telling a team member to drink water or take a break when you realize they haven’t in a few hours. They also expressed the importance of undergraduate students developing relevant experience while in college such as internships and classes relating to their career plans.

The words of wisdom imparted by the speakers struck a chord with the hundreds of communication studies majors that attended the event.

“I loved it. I feel way more prepared for post-graduation job hunting because they gave us specific directions to go based on what we wanted,” said Madeleine Goodman, a senior in the communication studies major who attended the event.

“I really enjoyed the speakers. I went to the Radio/film, Disney, and Video/TV talks and a lot of them offered the same advice. It was very informative,” said Kayla Bibb, a mass media communication major. “What I took away from it was: to make it in the business, you have to be willing to take a chance on the low-paying, sucky jobs to reach your goal.”

Students, alumni, faculty and staff alike came to the event.

Protestors continue to fight for San Bernardino animal shelter

By Destiny Johnson

The San Bernardino City Animal Shelter held a free adoption event on May 9.

Adoption fees were waived for those who wanted to adopt a cat or dog.

These events always worry volunteers and residents because of the number of animals that are returned in the following days.

“Free adoptions aren’t a good idea,” said concerned resident, Jasmine Dimacali. “I understand that the pets may need homes desperately. But if they’re free then people are less likely to think of it as a life long commitment and more as something that seemed cool in the moment.”

In fact, not long after the event, one of the male pittbulls that had been adopted, shelter ID #a522999, was being given away for free on Facebook.

The next day, many news outlets excitedly announced that the cages had been cleared. This is not the case.

As of May 10, according to listings on petharbor.com, there are still 73 cats and 54 dogs at the San Bernardino City Shelter.

Continued online @ CoyoteChronicle.net

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SB animal shelter

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Monica McMahon on Latino Graduation

By Yesica Gonzales
Multimedia Editor

The Latino Graduation held at CSUSB commences by the team of ALFSS. One of the co-chairs is Monica McMahon, who works with the committee to bring this event to life.

Q: For those who don’t know, can you explain what Latino Grad is?
A: A cultural ceremony. It’s different from any other event because we have cultural entertainment. In the past we had mariachis, banda, marimba, Aztec dancers, we always have a wide variety of entertainment. Also, students receive cultural sash when they graduate and students most enjoy is the fact that they are able to bring as many friends and family as they want. One more thing is they get a chance to do a shout out. In the general commencement, they don’t have the opportunity to speak but at Latino Grad, they are able to do.

Q: What is your role in the organization?
A: I am the co-chair. I work with all the committee chairs to make sure we put on a successful event. Last year I served as the mistress of ceremony, the host for the day. This year, Ms. Destiny Lara Benzo is going to do it. Part of co-chair duties is finding a student keynote speaker to speak out in the graduation. We work with Special Guests and Services to ensure we have a layout that going to be able to accommodate our 500 graduates and make sure that there is a flow going.

Q: When does Latino Grad take place?
A: Commencement takes place this year on June 15. So, we try to do Latino Grad the weekend or prior to commencement.

Q: Is it possible to sign up to be part of the occasion?
A: Anyone is able to be part of it regardless of their ethnicity. We do just ask that it is limited to people that are graduating this academic year to participate.

Q: If someone wants to participate in it, where do they sign up?
A: We have an online registration process that is linked to the campus Cashnet system. They can just go onto the link, put in their information and they can sign up.

Q: When is the deadline?
A: Every year we open it on grad days. This year we’re opening it on the 17th so we will reach 500 people capacity. Whichever comes first.

Q: Are there events that are hosted by the organization throughout the scholarly year?
A: ALFSS is responsible for a couple of events. The first is Latino Grad, our major one and then the second annual event is Dia de Los Muertos.

Q: How long does it take to plan the events?
A: Latino Grad takes place every year in June, so around the beginning of January is when we kick off with our committee and start seeing who is able to help us in what areas. We do have committee so different people are in charge of different areas. One would help us with booking the entertainment, one would help with purchasing the sashes, the other with recruiting volunteers so there’s a lot of different mini tasks that go into it.

Q: For the keynote speaker, how do you find one?
A: We have an online platform where students can submit their applications. We work with Special Guests and Services to ensure we have a layout that going to be able to accommodate our 500 graduates and make sure that there is a flow going.

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Q: How long is the duration of the event?
A: The program itself is two hours but we do open the doors for families to come in an hour prior.

Q: Is there anything else you would like students to know?
A: It’s a great opportunity to celebrate their culture and their achievements with their family and friends being present.

Monica Mcmahon hard at work in her office helping students.

CSUSB Reflects on Hijab Challenge Week

By Brianna Mendoza
Staff Writer

"Tea time with a Muslim" celebration

Stepping out of your comfort zone can be terrifying, but sometimes in life, you have to get out of your comfort zone in order to grow, see new perspectives that life has to offer and become open-minded.

Muslim Student Association club (MSA) hosted Islam Awareness week from April 22-26. The annual event offered an opportunity for CSUSB students to learn what the life of a Muslim is like.

Nadine Barakat, a member of MSA, mentioned that during Ramadan Muslims fast food and water for a month. They do this from sunrise to sunset. The purpose of the month is to bring individuals closer to God and to strengthen their relationship with Him. Many Muslims around the world do this. It is the celebration we observe once a month called Ramazan. It is also known as Ramadhan.

“Ramadan-Staring for excellence” on April 23, 2019, explained how the month is to bring individuals closer to God and to strengthen their relationship with Him. Many Muslims around the world do this. It is the celebration we observe once a month called Ramazan. It is also known as Ramadhan.

"Tea time with a Muslim" celebration happened on April 23, 2019, in front of the Santos Manuel Student Union. MSA gave out green sashes, and students had the opportunity to ask members of MSA anything they wanted to know about Islam.

A member of MSA asked me if I wanted to try on a hijab. She explained to me that Muslim women wear the hijab part of their religion. I tried the hijab on because why not, I wanted to see how I would look. I was nervous trying on the hijab, but once I was able to see how I looked, I didn’t feel nervous anymore. I thought it was the fact that I was trying on something I wasn’t used to.

Another member of MSA asked me if I wanted to do the hijab challenge. She said if I wanted to wear the Hijab all week, for the rest of the day, or for an hour and see how people react towards me, if people act lifted up, if the campus curbing and getting to feel what it is like being in someone else’s shoes.

I accepted the challenge. I wanted to see how stepping out of my comfort zone would feel. I wanted it on my 17th until I could learn more about the Muslim religion and the community. It is important to me since it is part of my identity now, said Barakat, one of the first things people can ask about me is that I am Muslim. It has to do with growing and breaking barriers and changes people’s perceptions about me and Islam.

I did not except feel awkward or out of place but for the two days that I decided to step out of my comfort zone, I experienced things that I never have experienced before.

By Yeisica Gonzales
Multimedia Editor

"Tea time with a Muslim" celebration

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Student safety in the wake of armed robbery

The university police can be seen regularly patrolling the campus. This is one of the K-9 units.

Adrian Valdivia
Staff Writer

Safety here has become a major talking point at CSUSB, especially after an attempted armed robbery occurred on campus on April 9, in parking lot C.

Not only that, but on April 22 a man who was under the influence of a controlled substance was arrested for disrupting a rehearsal in the theater of the Performing Arts building. His bizarre behavior and unusual posturing led witnesses to believe he was possibly armed with a weapon.

Nobody was harmed in either situation according to the University Police Department (UPD).

However, looking back at these incidents brings up questions: how safe do students feel at CSUSB and what would students like to see improve among safety?

"Unfortunately, I don’t feel as safe as I would like to and I think the fact that we have an open campus has a lot to do with it," said CSUSB student Ittay Hernandez, pre-nursing major. "It’s frustrating having to constantly be on high alert everywhere that you go, because the reality is that you never know what can happen.

That reality is very true in the sense that nobody knows when the next incident might occur and with CSUSB being an open campus, some students, such as Hernandez, feel that it brings more danger to campus.

Prince Ogidipke, president of Associated Students, Inc. believes students should feel safe on campus and brought up many key ideas of what students would like to see.

"In terms of security, we should feel pretty safe on campus," said Ogidipke. "There has to be a lot of improvements in terms of the lighting, especially at night time. There are certain areas around campus where it seems darker than other areas, and some lights are pretty dim.

The lighting situation is definitely an issue. Ogidipke also believes that more improvement on the area and CSUSB being a safer campus is needed for better visuals.

More visualization of patrol officers is something students like Hernandez would like to see. "I would like to see more officers on campus because I feel like they kind of hover over the same places and I don’t really see them very often," said Hernandez.

Ogidipke also has ideas of what students can do to assure better safety.

"I have this philosophy of always walk with somebody, just in case," said Ogidipke. "Also, do not play your music too loud at night time so you can be aware of your surroundings."

UPD officials have a solution for better safety, and this is something that Prince uses himself.

UPD officials encourage everyone to download their LiveSafe app. Through the app users can allow the UPD, friends, and/or family to track their location. Students can request escorts, report crimes and obtain a number of other UPD services.

Ogidipke uses the LiveSafe app to assure that his friends get to their car safely, and he does this by tracking them to make sure they get to their destination safely. While using the LiveSafe app, Ogidipke also believes that more communication if CSUSB and earthquake drills is needed, and he has been working hard on this for students.

"I went ahead and added a piece to our campus course policy regarding our syllabus," said Ogidipke. "So when you start the quarter, you will have an emergency guideline preparation embedded into the syllabus so that every student will learn about active shooter and earthquake drills."

Ogidipke knows that students are sensitized to school shootings. He strongly believes that we should never disregard student safety, and students need to take active roles on safety every day and not just wait for an incident to occur.

With the utilization of the LiveSafe app, more improvements of lighting around campus and better availability of patrol officers at CSUSB, students will feel more safe.

Campus safety is everyone’s responsibility and although we may never stop acts of violence completely, we can use these improvements and ideas to help prevent them.

CSUSB takes back the night

The keynote speaker for the event was Lorena Gallo, a survivor of sexual violence and abuse. Gallo spoke about her past experiences as well as overall journey to where and who she is today.

"No matter what happened, I never let anything overshadow my life. I never let my abuser define who I am."

Lorena Gallo

Gallo spoke about how she continues to work to empower survivors and help them and their families along their own journeys. She works to help reassure survivors that they are not alone.

"We never take the night back, we take our strength back," Gallo said.

Other speakers included VOICE Peers, campus partners, campus departments and local community survivors.

Campus partners and departments that were present to share stories and resources include Title IX, SMSU Queer and Trans Resource Center, CSUSB Psych Department and CSUSB Criminal Justice Department.

VOICE Peers shared experiences and poems that resonated with themselves. Some of the topics they spoke about involved rape and victim blaming culture.

Many of the Peers led chants regarding the need for safety on campus and everywhere.

"Whatever we wear, wherever we go. Yes means yes and no means no. "VOICE Peers chanted with Take Back The Night attendees.

Take Back The Night provided a space where local resources gathered together to provide information and guide attendees. "There are certain areas around campus that aren’t lighted up," said Gallo.

The local resources that came to table at the event included San Bernardino Sexual Assault Services, Riverside Area Sexual Assault,Option House Inc., San BernardoNo Coalition of Sexual Assault, San Bernardino Victim Witness and others.

During the resource fair, Take Back The Night attendees had the opportunity to create a shirt and participate in the Clothesline Project. The Clothesline Project was hung in between trees at the resource fair.

Clothesline Projects all over the world remind people of the real meaning of violence statistics and real life experiences that are often ignored. One shirt an attendee made read, "Not because she’s a sister. Not because she’s a daughter. Not because she’s a mother. Not because she’s a person." After the speakers and resource fair portion of the event concluded, Peers handed out candles and chant sheets to attendees for a moment of silence for lost lives due to sexual violence and abuse.

Continued online @ Coyotechronicle.net
Improving your grades through proper fitness

Ernesto Rodriguez
Staff Writer

The Student Recreation & Wellness Center offers a wide range of classes, cardio machines, weight-equipment, and much more, and it’s free to all students.

The goal of the SRWC is to provide students with a “safe and enjoyable programs and facilities to meet the diverse needs of students,” according to their website. Students have a wide range of options to exercise here on campus.

Academic performance and exercise are closely related to each other. The American College of Sports Medicine has found that exercise and GPA are closely related, they have found that “students who exercised vigorously seven days a week had G.P.A.’s that were, on average, 0.4 points higher than those who didn’t exercise.”

Robert Rodriguez, who works at the SRWC, sees a relationship between exercise and academic performance. “Overall I feel like I’m able to relieve stress, therefore I’m able to focus more on my grades, and relieve stress, therefore I’m able to do better at school,” Rodriguez said.

Students should go to the SRWC whenever they are feeling stressed, Rodriguez said. To help there are a wide variety of exercise machines, martial-arts classes, Zumba classes and much more. Rodriguez mentions these classes are always open to students, all you have to do is go and sign-up for whichever class you want.

Students have positive opinions of the SRWC. “Fine gym. Anybody can be working out in it, all the free-weights you could ever want,” said Ben, who wanted his last name to be anonymous. Ben said that it really helps mentally with all the academic stress and that every student should be doing some sort of exercise to help balance the stress here at CSUSB.

Eric Saldana, a CSUSB Alumni, also had a great experience with the SRWC. Saldana said that the facility helped him relieve stress and helped him tremendously with his academic performance. “Had it not been for that gym, I don’t know how I would’ve been able to handle the mental stress of my classes.”

Nelson Taylor is part of the CSUSB men’s basketball team, and the SRWC helps with his training regimen during the season. Continued online @ Coyotechronicle.net

Mental Health Awareness Month: Coping with depression

Yesica Gonzales
Multimedia Editor

Feeling worthless, loss of interest and thoughts of death can be just a few indicators of depression in students.

When it comes to diagnosing depression essential tool doctors may use is the Diagnostic and Statistical Manual of Mental Disorders (DSM), there is a certain number of symptoms that have to be met. CSUSB’s clinical psychologist, Rachel Keener, shared how depression differs from sadness. “Sadness is a normal emotion. It’s an appropriate response when sad things happen in the world. Depression feels like there is no joy in your life. People who are depressed tend to avoid things that used to give them joy because it’s no longer giving them that joy,” shared Keener.

An example is if someone used to really enjoy baking or dancing and fall into depression, they might go out of their way to not do it anymore. People have different ways of expressing their depression. One way can be a feeling of irritability or anger because of their state. A few other behaviors that are associated are isolation and becoming quieter. There can also be changes in their eating patterns. They can either eat a lot more or not at all eventually leading to either a gain or loss of weight. Some people sleep for long hours while others may not be able to sleep at all.

“For the most part, when people are depressed they are less active. They are just not involved in the world, most people experience a loss of energy and feel incredibly tired,” said Keener. They can also experience a feeling of worthlessness, a heavy level of guilt and not being able to focus.

When they go to class, sit through a lecture and they would probably not remember anything.

There are struggles with thoughts of death or suicide which is an immediate red flag. With these couple of symptoms, there is a sense of how closely linked depression is with anxiety. But there are indicators that can distinguish the mental illnesses from each other.

“Anxiety and depression tend to be really good friends, kind of the other side of the coin. Anxiety is more related to an anxious mood such as being on edge, irritable, except not everyone who is depressed feels irritated. Since they are closely related, someone might reach full criteria of a depressive disorder but only have a few symptoms of anxiety,” shared Keener.

Anxiety comes with muscle tension and sleeping disturbance, making the person have a difficult time sleeping. Panic attacks are also associated with anxiety. For friends and family that are not sure if their loved one has depression, they can pay attention to the behaviors for signs of change.

“So are they still doing the things they enjoy doing? Are they taking care of their physical appearance? Sometimes people that are depressed let that go. Notice if they are getting the sleep they need and energy levels is a big one. Do you tell them something and just a few minutes later they ask a question related to what you just told them so you can tell they are not concentrating,” said Keener.

When it comes to coping with depression, students should aim to get seven to nine hours of sleep.

Make sure there are healthy intakes daily, avoid junk food and eating meals throughout the day. Lacking in eating is a common trait for people with depression. It could lead to only eating once a day which makes it harder for the individual to focus. Having a good social life tends to help in recovery.

“When you isolate you’re not getting those cues from others that they like you. If you like you, find you enjoyable to be around and you’re not feeling that input. It gets you stuck in negative thinking rather than being pulled out of it,” shared Keener.

Exercising helps lower stress hormones, the whole system is communicating with each other and working together to deal with the stress of any kind, either emotion or physical.

Also, try finding a sense of purpose, meaning to life or anything that can help the individual be intact with the world.
Apps Make Riding Easy.

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

Welcome Home, Coyotes!
At CSUSB, your success is our TOP priority!

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.

EXCITING BENEFITS WHEN LIVING ON CAMPUS:
- Pay as low as $736 per month
- Receive an earlier registration appointment than other students in your academic level
- Exclusive access to live-in faculty, study groups and tutoring, and student academic mentors
- Free laundry events each quarter
- Free streaming TV service
- Utilities included – electricity, water, heat and A/C

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.

MEANINGFUL CONNECTIONS
WHEN LIVING ON CAMPUS:
- Private study areas
- Exclusive events and activities
- Free Wi-Fi

Choose to live on campus!
features

44 years later, the Vietnam War still haunts veterans

By Isaias Cabrera
Features Reporter

April 30, marks the 44-year anniversary of the end of the Vietnam War. An unpleasant time to be a soldier.

In 1955, President Eisenhower committed US support to South Vietnam. Beginning a war that today stands as the second longest that required American combat forces. The first being the ongoing conflict in Afghanistan.

During this war that spanned two decades, over 58,000 American soldier’s lives were lost. On the other side, nearly 2 million Vietnamese perished. Another 12 million became refugees.

Eberhardt served in the Navy from 1967 through 1970 and served in Vietnam. Still visibly upset, he remembers his time in basic training vividly. He recalls a commander that on several occasions crossed the line in the way he treated soldiers by purposely denying them food.

“I know that’s against naval regulations to do that sort of thing. So that was every typical of some of the guys this guy pulled. So in a way, it gave me a bad attitude about being in the service,” Eberhardt says.

Wayne Holleman served in the Navy from 1959 till 1970 and served several tours to Vietnam. He remembers the enemy as a dedicated fighting force, especially the NVA (North Vietnamese Army).

As a Seabee, which is a Navy construction crewman, Holleman’s job was to patrol rivers for enemy insertions from Cambodia. “That was one of the main insertion points for the NVA. Coming out of Cambodia, into Vietnam, right above Saigon.”

A veteran says that while performing this task, the days you did not get into contact with the enemy were the good ones. The ambushes always came from the river banks.

Holleman left Vietnam due to a bullet to the lip, and shrapnel received in combat. His recovery was a three-year process, and he credits the medical treatment he received.

“There’s where I earned a high respect for Corpsmen and nurses,” Holleman says. “On a critical unit of a hospital in Yokosuka, Japan. I and one other sailor were the only ones in that ward. All the rest of them were Marines.”

John Tuggle served as an Infantryman from 1969 through 1971 and fought in Vietnam. He remembers his introduction to combat as being a surreal experience that nothing can quite prepare you for. “I felt like a freaking fool

Another 14 of them. There was 14 all 14 of them. There were missing feet, heads. So we took them all back to them.”

A common residual of war for soldiers is Post Traumatic Stress Disorder (PTSD). Dr. Sharot says PTSD affects each individual differently. “It can be one traumatic event or a compilation of traumatic events over the years.”

According to Dr. Puels, research is inconclusive on whether PTSD for veterans is different than it is for civilians.

For many soldiers who fought in Vietnam, they returned to a new country that didn’t support them or the 58,000 lives lost in a conflict that many forced to fight by in means of the draft. It’s what many Vietnam veterans think about the anti-war sentiment at the time: “That was the right thing, but don’t protest it all they wanted, but don’t blame the guys that were fighting. It wasn’t the guys that set the policy, it was the government.”

Resources offered to veterans

By Isaias Cabrera
Features Reporter

For veterans using the GI Bill, the success center can be one of their first stops, but for many, it’s also their last time there.

Besides providing these students with free test taking materials, computers, free printing, and a library of textbooks to borrow, the Veteran Success Center also provides tutoring and academic advising, as well events throughout the year memorializing military history.

The transition from service into college can be a very stressful time and is exactly what the center aims to ease. This year, the success center is putting on a three-part seminar series on professional development. The second of these seminars is on April 30th.

Agustín Ramírez is a veteran and is also the Director of the Veterans Success Center. He says that the second seminar will be mock interviews and is an opportunity for students to know what employers may ask, and to understand what they’re looking for.

The third part of the seminar will be on May 7th and will be a career fair. “Employers come here to campus to the Veterans Success Center, that is actively hiring veterans. And so, our goal is to see a couple of people walk out that day with jobs.”

The success center also has a writing group that puts together a book and publishes it. This is not done to get funds for the center, says Director Ramirez. They keep the money, but this is done more for the experience.

May 14th is Armed Forces Day at CSUSB, and on the 16th at the Palm Desert Campus. On these days trees across campus are decorated by student clubs and organizations for what’s known as the yellow ribbon campaign, says Emily McKeelar, a writing tutor at the success center.

“The yellow ribbons are there to kind of recognize that we do have a lot of California service members that are deployed right now around the world. So, each tree will have a plaque kind of representing how many service member that tree is supposed to represent.”

As a tutor, Emily wishes she was busier but says she does as much as the task at hand. “People don’t really know what they can do with tutoring. It’s not only, but we’re also going over your writing. We can do activities, and we can outline and brainstorm, and you can do really fun interesting things during a tutoring session.”

Dr. Rachel Keener is the counseling centers Group and Workshop Coordinator and runs the Veterans Support Group. This group is mostly led by what the veterans choose to talk about, explains Dr. Keener, “and is a place to be real. To be honest. And, there’s that background that everyone else has served. So, they all have that in common.”

According to Dr. Keener, veterans complain about issues with professors every year. The stresses of college compounded by the stresses and traumas of being a veteran can get to be a bit much and is what this group is meant to alleviate.

The Veterans Support Group meets on Friday’s, from 12 to 1:30 pm, and encourages veterans to join. “Many times, veterans tell me it’s their favorite time of the week. To come in and share and get that support.”

Memorial Day will be recognized on May 21st, at the Palm Desert Campus, and on the 23rd at CSUSB. On these days, a military roll call ceremony will be held to honor the deceased and will be followed by taps, and a 21-gun salute.

Director Ramirez wants students to know that the ceremonies put on by the Veterans Success Center are not exclusive to military personnel and affiliated. All students are welcome to attend.

Cindy France is majoring in liberal studies and is on her second year at CSUSB. She is also a former 88M, which is an Army infantryman from 1969 through 1970. “There’s where I earned a high respect for Corpsmen and nurses,” Holleman says. “On a critical unit of a hospital in Yokosuka, Japan. I and one other sailor were the only ones in that ward. All the rest of them were Marines.”

John Tuggle served as an Infantryman from 1969 through 1971 and fought in Vietnam. He remembers his introduction to combat as being a surreal experience that nothing can quite prepare you for. “I felt like a freaking fool

because I wasn’t expecting that much.” Tuggle says of the amount of ammunition that was expended. “In combat, in the field, the old boys on the other side of that rifle that’s firing at you want you dead as a door nail. So they’re doing their best to put you in the ground and die.”

Tuggle recalls a particular mission that took on an extra meaning for him and his men because of the brutality the enemy exhibited. His team went to a village that had several children injured by a common enemy tactic of cutting bamboo to a sharp tip, dipping it into feces, and burying it. Unable to do much, they left and returned later to see a massacre. “It was a mess. There bodies laying everywhere, and children crying. Old men and women crying. Well, the VC (Vietcong) had killed a lot of the villagers.”

The VC cut body parts off many of their victims and took them. This angered Tuggle’s men so much that they trashed the VC for three days until they caught up with them.

“We caught them in a little meadow; an opening area. It was a grazing area for the oxen and the water buffalo, and we killed all 14 of them. There was 14 of them and we killed them all. Caught them in a crossfire and killed them all.”

After recovering the body parts, they returned to the village a third time to return them to the village elder. “Their belief was you couldn’t enter their heaven without all of your body parts. Some of them were missing hands. Some were missing feet, heads. So we took them all back to them.”

A common residual of war for soldiers is Post Traumatic Stress Disorder (PTSD). Dr. Sharot says PTSD affects each individual differently. “It can be one traumatic event or a compilation of traumatic events over the years.”

According to Dr. Puels, research is inconclusive on whether PTSD for veterans is different than it is for civilians.

For many soldiers who fought in Vietnam, they returned to a new country that didn’t support them or the 58,000 lives lost in a conflict that many forced to fight by in means of the draft. It’s what many veterans think about the anti-war sentiment at the time: “That was the right thing, but don’t protest it all they wanted, but don’t blame the guys that were fighting. It wasn’t the guys that set the policy, it was the government.”
How do millennials feel about the Democratic primary candidates?

By Ashley Balmaceda
Staff Writer

The last presidential election was a controversial vote that opened a lot of people’s eyes to politics. It was also the first time many millennials were able to cast their vote in an election. With the 2020 election steadily approaching, 22 Democratic candidates have announced they are running in the primary. These candidates have caused a lot of conversation on social media among young adults and though it may be early, many are already looking at who will win their vote.

The results of the last election have lit a fire under a new generation of voters, causing a lot of conversation on social media among young adults and though it may be early, many are already looking at who will win their vote.

As a Big myself, the biggest benefit you can say is that every child has potential, and with a mentor, that potential is ignited. Their efforts have led to impact in a child’s life, you are contributing back to your community,” Rodriguez said. The program has been very successful in supporting the organization’s belief that “every child has potential, and with a mentor, that potential is ignited.”

The biggest benefit you can say is that you are making an impact in a child’s life.

Alondra Rodriguez

100 percent of youth served to graduate high school, and 96 percent enrolling in college. The organization serves 600 children in the Inland Empire each year, and with more volunteers, could serve many more.

As a non-profit, Big Brothers Big Sisters relies on donations, such as gifts and grants, as well as volunteer hours to keep serving the community. Male volunteers may be less inclined to volunteer due to the year-long commitment, Rodriguez said. Big Brothers Big Sisters recruits new volunteers generally through community events; however, most people reach out to the organization directly.

“The best evidence of whether appealing to young voters with policies like free higher education (a la Sanders) is whether he did well with young voters,” said Conroy. “And according to exit polls, Sanders did do slightly better with young voters than Clinton, so in this example, it worked.”


Though there is a way to go until the election, the Democratic candidates have already caused a lot of debate.

With more and more young people joining the conversation, it’ll be interesting to see how candidates try to secure the young vote.

Big Brothers Big Sisters of the Inland Empire

By Julia Carney
Staff Writer

Big Brothers Big Sisters of the Inland Empire is an organization that helps connect youth with mentors. It serves the youth of Southern California. The Inland Empire office opened its doors in 2013 and has helped hundreds of youth, but is facing a shortage in male mentors.

Rodriguez has worked for Big Brothers Big Sisters for a year and has been volunteering as a Big for the past six months.

“As a Big myself, the biggest benefit you can say is that you are making an impact in a child’s life, you are contributing back to your community,” Rodriguez said. The program has been very successful in supporting the organization’s belief that “every child has potential, and with a mentor, that potential is ignited.”

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By Sophia Montes  
Staff Writer

How do essential oils work? They are great alternatives and can be used for holistic medicine, aromatherapy, personal care and as household cleaning products. Essential oils are affordable concentrated extractions from different plants including the flowers, leaves, bark, roots and peels. If you are looking for a medical holistic approach to help with a cold or to boost your immune system, look into oregano, ginger, lemon, eucalyptus, frankincense or peppermint (Mentha piperita). As for aromatherapy, lavender, chamomile, orange and rose works great for sleeping, relaxing and relieving stress. Tea tree, grapeseed, rosemary, grapefruit, patchouli and rosehip oils are just some essentials for personal body care. If you want to incorporate oils into your cleaning routine, then invest in lime, clove, citrus, cinnamon, lemongrass or grapefruit.

“I’m excited people are using essential oils,” Clark’s Nutrition Assistant Manager Tracey Hawkins says. “They have great benefits. I wish more people were open minded and willing to learn and understand alternative healing.” Hawkins uses essential oils every day. “If I use them on a lava rock necklace I wear, I apply them directly to my skin, and I make a shampoo and face wash with essential oils. I do consider them an excellent alternative to medications. I think everyone should use lavender for calming/sleeping, peppermint for tension and natural breath spray, and geranium for dry skin and hair,” Hawkins says.

A lot of the oils like lavender, tea tree and peppermint have multiple uses. Mixing oils is sometimes recommended too. Like anything you put on or around your body, make sure to do research and do a quick little test patch so you do not hurt yourself or others around you. There are some provisions a person should take before diving into the essential oil lifestyle.

“A major precaution is diluting certain essential oils,” Hawkins explains. “Not all oils can be applied directly to the skin. Many have to be diluted with a carrier oil (coconut, almond, jojoba). Also some people can be sensitive to certain essential oils. If a rash, headache, or irritated feeling occurs after application then the essential oil should not be used. If someone prefers to read about a topic, than a book is great. If an individual needs to learn and feel what they are learning about, than they should visit their local health store for learning.”

If you are ingesting your oils, read the label and make sure the kind you bought are edible. One drop of an essential oil can be very potent and actually harm you by drying your skin out or burning it. Not all oils need to be diluted, but it also helps them from evaporating too fast, making it last longer and absorb into your skin.

If you are a pet parent, some oils can be harmful to your fur baby because of their heightened sense of smell. Just to name a few, avoid citrus, peppermint, tea tree, cinnamon and clove. Have a talk with a veterinarian and keep your oils out of your pet’s reach.

Essential oils 101

By Sophia Montes  
Staff Writer

For students who have a “proactive student” mindset, the way one incorporates oils into their daily routine can have a drastic effect on their academics while some feel like it’s really beneficial to help with a cold or to boost your immune system. Many students who actually look into foods that boost energy are all effective alternatives to caffeine, stress, sleep, peppermint for tension and natural breath spray, and geranium for dry skin and hair,” Hawkins says. “Not all oils can be applied directly to the skin. Many have to be diluted with a carrier oil (coconut, almond, jojoba). Also some people can be sensitive to certain essential oils. If a rash, headache, or irritated feeling occurs after application then the essential oil should not be used. If someone prefers to read about a topic, than a book is great. If an individual needs to learn and feel what they are learning about, than they should visit their local health store for learning.”

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Essential oils are not a replacement for medicine, they are meant to help only.

Eliminating caffeine with natural replacements

By Ernesto Rodriguez  
Staff Writer

Quarters can get challenging for students here at CSUSB and one quick remedy a lot of students use is caffeine. Caffeine is found in coffee, energy-drinks and even soda. Students may like caffeine because it can be a quick and easy way to boost energy.

The American College Health Association has found that caffeine, stress, sleep disturbances, anxiety and depression are the top five threats to students success in academic performance. So while it may seem caffeine is a solution to lack of energy it actually is not. In fact, it’s causing more harm to our body than what we think.

Studies show energy drinks contain three-times the amount of caffeine as a regular soda. Because of this the likelihood of addiction is more prevalent. One of the active ingredients in energy drinks are guarana, which is an amino-aid that assists with neurological development and regulation of water and mineral salt concentrations in the blood.

Students seem to be split with caffeine. Some students feel like it’s really beneficial to their academics while some feel they don’t really need caffeine to survive school.

Consult a diettian to find the perfect diet for you.

David Huerta has a Master’s Degree in Accounting and recently graduated from U.C Riverside. Huerta likes to go to Queen Bean Caffe, a coffee shop in Yucaipa, California. They, Huerta lists the variety of caffeinated drinks and likes the vibe it has to be able to study. “I actually only wound up having coffee during the most crucial moments during school: midterm and finals week,” says Huerta.

He points out that it’s common for most students to pull-off “all-nighters” and what do they resort to, energy drinks and caffeine.

“My choice of caffeine during all those all-nighters was usually red-bull,” Huerta says. “I do consider the reason why he was pulling all-nighters was because he wasn’t a “proactive student.” Huerta would usually wait until the night before to do his studying for exams or homework due the next day.

I haven’t really gone through all-nighters, meaning that my caffeine consumption was basically non-existent after those crazy nights,” Huerta said. Huerta recommends students make school-work their number one priority. Waiting until the last-minute, you resort to caffeine to help keep you up., but in the long-run you’re only worsening your chances of failing that test the next day because you’re not giving your body the proper rest it really needs.

Although Huerta doesn’t rely on caffeine anymore, Andrew Hartel, a student at Crafton Hills College believes otherwise.

“I use caffeine for a boost in focus and alertness so I can pay attention in class,” Hartel said. Many students who actually consume caffeine, consume it every single day because it’s a lot easier to than to not to.

“I do every-day, it really does make it easier to focus and to get those late-night last-minute papers written,” says Hartel.

Hartel points out that he doesn’t intend to give-up caffeine anytime soon, however if he were too, he would trade it in for a better nights sleep.

Oliver Gonzales is a student here at CSUSB and he has a totally different take on caffeine. Gonzales last consumed a caffeinated beverage more that five-years ago.

“I see how dependent everyone is with caffeine, and it turns me away. I also don’t think it helps with grades at all either. I think sleep is a much better alternative,” Gonzales said.

Gonzales points out sleep is his biggest strength in overcoming the need for an easy-fix like caffeine. Many students are already sleep-deprived and caffeine just makes that worse.

To avoid getting tired I make sure i get enough sleep the night before. If I don’t get enough sleep I just push-through the day by just eating and drinking water,” Gonzales said.

Many Caffeinated drinks are full of sugar that can really mess-up a students diet. Thus, it drives students away from healthy foods that will naturally boost energy. Instead of looking for the easy-way out, students should look into foods that boost energy or natural juices that aren’t full of sugar.

Caffeine is really an easy way to boost your energy but the long-term effects can be very detrimental. Tools such as napping, eating breakfast, drinking water and eating fruits are all effective alternatives to caffeine. Think twice about your next energy drink.
By Vanessa Vasilia
Staff Writer

Alfredo Cruz, one of two Co-managers of Coyote Radio and Advertising, has had experience with radio stations such as being the general manager of NPR and PBS an affiliate of KVCV on channel 24 and KXAZ FM. Additionally, he was president and CEO at a jazz station in Denver, Colorado known as KUVO. Eventually, he was chosen a station manager in San Antonio at Texas Trinity University known as KRTU FM. Cruz has been in management for 10 years with audio production and on-air hosting. Due to studying broadcasting at the University of Texas in Austin he was able to gain some insight into the radio and audio industry. He believes that all of this experience has prepared him for Coyote Radio since radio production has been something he has grown to do and love. As a child who was fascinated with radio, Cruz was always curious about how it worked. By dedicating a large portion of his life to the industry he was able to finally learn that “it was a calling, a lifelong passion.” Cruz believes if one is happy and loves what they do, they will be a better person.

Q: How did the station come up with the idea of including local bands?
A: Well that was a concept that was identified way before I got here. But from my understanding and my conversations with the folks who were here before, they were trying to come up with a programming format that was unique. What are we going to do with this station? Are you going to do pop music? Are you going to do news and information or regional music? Latin music? All of the formats are basically done by other people. Other stations have perfected their formats and you know it’s going to be hard to compete or make a name replicating another format. So, Lacey Kendall who is responsible for establishing Coyote Radio over the last 15 years and build it up, along with a couple of other folks, decided to say “Why don’t we just do local music?” There’s a lot of great musicians here in the Inland Empire, and not many stations focus on local music.

Q: Do local bands ever try to contact Coyote Radio to be on the air?
A: Yes, and we want more of them to contact us. We’re actively always soliciting new music and getting the word out. If you’re a local band and you have recordings send it to us because we want to help. We want to feature, we want to highlight you. Local bands do reach out to us and we reach out to them as well. We want more of that. We’re looking to get more bands interacting with us.

Q: Why is it important to start locally, whether that is from a band perspective or a radio stations perspective?
A: I don’t know that you have any other options. If you’re starting something up, you start with your friends. You start radio stations at the ground level in communities that’s what radio has to contribute, the connection to the local community. You can be a national station and program national stuff, but your support and your lively hood is going to come from your community. That’s very similar to the way bands operate, you start playing around, people get to know you, the word gets out, you get more gigs. The incubation is always happening at the local level.

Q: What are some of the important roles here at Coyote Radio?
A: Coyote Radio is a learning laboratory for students here at Cal State and so we try to run this unit like a professional radio station. With that said, at a station you always have certain fields, and departments. You have production, you have audio department, you have promotion, you have social media and you have your on-air talents. Those are the core of any radio station and we try to replicate it and run this just like a station. Students come in and work on the different teams. We have managers for each one of the units who help train the students and keep the station running on a day to day basis. Do you believe the radio station helps local bands gain exposure?
A: Yes, I think so. I would hope so. We’re always looking to grow our audience to raise the profile of the station so that more people are listening and more people are exposed to what we do. Hopefully that connects to raising the awareness of the individual bands as well.

Q: Do you believe by having these local bands on the station, it allows the station to gain exposure?
A: Yes, it goes both ways because the musicians will know that we’re playing their music. They’re going to tell their friends and their audiences and their families. So they’re going to help spread the word as well about Coyote Radio. “Hey check us out, we’re on Coyote Radio.”

Cruz spoke on how radio is a medium deeply tied with the local community.

Q: Do you believe that the festival, Coachella, is important to the community?
A: We’re looking to get more bands interacting with us. Altogether, we have seen a lot of involvement from students at the University of California, Riverside. We’ve been working with them to be able to get more bands from the local area to perform at the festival. That’s also why we’re interested in working with the students to see if we can get more bands to perform. It’s an incomparable experience, ” said Katheryne

Alfredo Cruz: We’re looking to get more bands interacting with us.”

By Dayna Doidge & Ruth Marrero
Staff Writers

This year, students are opting out of going to the famous Coachella Valley Music and Arts Festival. According to students at CSUSB, the cost to attend is too high and the experience for being in the Coachella crowd, even though they would want to be.

“I’m poor” was the number one response when asked why students were not going to Coachella this year. According to co-hosts, a student’s official website, www.coachella.com, one general admission ticket starts at $249.00 and the most “luxurious” camping option goes for a cool $9,500.00. As one student put it, “I don’t even have that much in my bank account.”

In addition to the admission ticket, Co-managers of Coyote Radio, the boys have to account for transportation, parking, food, merchandise, and other recreational expenses. 24 students around CSUSB campus all expressed interest in attending the Coachella music festival this year because of the lineup of performers scheduled to headline. However, the issue of the cost of attendance was a common theme among students who said they were not going. Makemine Price, a junior in Liberal Studies stated “I would love to go, but it’s too expensive. Also, I would only go for the main headliners, like Kid Cudi.” Shami Persuh, an Economics major at CSUSB sold artist’s merchandise during the festival. “I would just work the event. I would never buy a ticket. The money is not worth it,” Persuh said. “Although for people who enjoy going to concerts, it is a good deal if you think about it. For the $580 you spend, you get to see a lot of different artists.”

Another reason for not attending Coachella is the association with heavy alcohol consumption and drug use such as marijuana. “Everybody knows that people do drugs and get drunk at Coachella as part of the experience, but that’s just not an expense I would want to be a part of,” said Katherine Sandoval. Even though there is a high consumption of alcohol and drugs, the festival doesn’t do much to prevent minors from partaking in them. Some students expressed that they did not want to attend the festival for the sake of it being all about posting on social media and wanting to look “cool.” Sandoval stated, “I wouldn’t spend my money to be around obnoxious people all day who aren’t there to enjoy the music. No more for me this year.”

There’s nothing more practical than seeing girls party in the desert wearing layers of makeup on their face, dress so e x u b e r a n t for no reason. Most of the time the girls who go are half-dressed and the other half is covered in glitter. “I’ll pass, I’m not a concert person. There are very few people I would go see in concert and Coachella is too crowded for me to see them there,” said Sese Peresuh, a Biology major at CSUSB.

Even with the many reasons for not going, Coachella still remains one of the highest attended festivals in the country. “I am for sure going! There is nothing that is going to keep me away from being able to see all of the artists. I went last year for Beyoncé and if I can handle that, I can handle anything.”

“I live in Coachella and still spent $300 to go for only one day. This is my second time going and I would do it again. It’s an incomparable experience.”

Gloria Rivera

Their Ferris Wheel is the largest transportable one.

“I live in Coachella and still spent $300 to go for only one day. This is my second time going and I would do it again. It’s an incomparable experience,” said Gloria Rivera, a CSUSB student. Coachella isn’t going anywhere and they can continue to thrive because people will still fork out thousands of dollars to go. Young adults have glorified the festival to be an event that social media users eat up. As long as there are hipsters and influencers, there will be Coachella.
Feel the Korean culture on campus

By Yesica Gonzalez
Staff Writer

By the desire of students to expand the Korean culture, a whole day was made dedicated to it.

For Hwang and her students, it became a big project while they all got to know each other during the process.

“When we started, we had meetings every other week for four months, including dress rehearsals, driving to Los Angeles to get the Korean costumes. Korean culture is a way to bind us together. I’m so grateful that I’m able to work with the students here,” shared Hwang.

The festival usually consists of some kind of visual display, followed by a dinner reception and a showcase.

This keeps students and attendees actively exploring the culture throughout the day.

For the visual display this year, it was decided to do a reenactment of a traditional Korean wedding ceremony.

When it comes to the uniqueness of Korean traditional weddings, the wardrobes capture most of the attention due to the distinctive elements.

Along with the wardrobe, the ritual and bows play a huge part in the ceremony.

“When it comes to bowing, there are specific frequencies. The groom and bride are going to bow at least three times and how they bow also has a meaning, it’s just a rare opportunity to watch the entire ritual,” said Hwang.

Food is another unique component of Korea that draws people in to check out the different types of tastes that the country offers.

“The Korean food is usually limited here because the temperature is very important. When someone is catering it seems to be more simplified. But foods like Kimchi and other traditional Korean dishes take a long time to make,” shared Hwang.

A few varieties of food from Korea are kimchi and skewers, which consists of a collection of vegetables along with meat.

Throughout the entire day, there are elements of traditional and modern-day Korea displayed while maintaining a balance.

“The beginning has more modern things such as K-Pop (Korean pop music), that’s presented by CSUSB students, the second part is consist of traditional performers that are native Koreans,” said Hwang.

Hwang has heard many of the reasons why students want to first learn about Korea, but later on, develop a love and eagerness to explore the culture in depth.

“Learning Korean, language is part of the culture. Students have various reasons when they first want to learn the language such as because of the food, K-Pop or the art, but we want to create something that has all those components and more so there can be exposure to the culture,” shared Hwang.

Korean culture is a way to bind us together. I am so grateful that I’m able to work with the students here.

Bomi Hwang

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The Beauty of Campus
By Susan Acuna

Amidst the world of midterms, studying, and trying to balance everything else life throws at students it is important to stop and enjoy the world around you.

We often associate our stressors with the place that “causes” it, in this case, our school. But really, it is the workload we have that is eating students up and when you shift your perspective, school is actually quite beautiful.

It is important to be at peace with the place you go to learn and grow, not only academically, but as a person too. With most students spending an average of 4-5 years here, attending classes at least twice a week, it is safe to say CSUSB is our second home.

Although it is sometimes difficult to appreciate this wonderful space through the lens of stress and work, it is possible with just a pause in the busy schedules and rushing to the next class.

Take a breath, realize why you are here in the first place and appreciate all this campus has graciously provided you through resources, support, and a chance at your future.

Sure, there are always downfalls of attending a university, but as much as we discuss the negatives, let’s talk about the positives twice as much.

I asked a few students on campus to challenge themselves and change their point of views of their opinions on campus and try to take in the beauty of the campus.

“You know, for the past 4 years here I have always been go, go, go– which works for me, but I rarely pause and take in my surroundings. When I started to, I felt at ease, like school is not the enemy, but a hand guiding me through the hardships; it has made all the difference,” - Jeana, a graduating senior

“It’s kind of crazy I’ve spent so much time sitting outside staring at my phone, and just taking in the campus, even on a busy day, feels somewhat comforting, like we’re all here for our chance to achieve our goals and really that’s actually pretty amazing,” Christian shared.

Sometimes getting caught up in everyday worries, we forget the big picture, that we are here for our education, we should make the most of it.

As you come closer to graduation, it becomes a bit more clear about the impact of your environment on your perspective and attitude.

Take a long walk to your car next time you are leaving campus in a rush, take in nature offered, such as the sprouting roses by the Rec center, or the swaying trees by College of Education.

Inspect a different area than you are used to, ride a free campus bike around, or even lay on the grass. It will not be something you regret.

“I never really left my building in University Hall, all of my classes are there, but I took a stroll by the Social and Behavioral building and noticed there is a Bagel place there! I would have never noticed it if I did not explore out of my comfort zone,” said Communications major Vanessa.

CSUSB is a gorgeous campus and deserves to be appreciated every now and then, so take on the challenge and try to see things through a new light, you might shine somewhere you never thought of before!