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CSUSB, "May 29, 2019" (2019). *Coyote Chronicle (1984-)*. 716.
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Photo courtesy of CSUSB

The panel was both an event to honor the legacy of Lowell Bergman and also a forum for attendees to discuss their concerns over public trust of government.

Lowell Bergman's fight against distorted truth

By Jose Valadez & Susan Acuna
Staff Writers

In recent years, public trust on government officials as well as business, media and NGOs institutions in the United States has steadily declined, according to the Edelman Trust Barometer.

The Department of Public Administration at CSUSB conducted "The Abdication of Truth and the Decline of Public Trust"

forum at the Santos Manuel Student Union Theater with Pulitzer Prize winning journalist Lowell Bergman as a guest speaker.

The discussion focused on why the public has grown tolerant to accepting false statements from government officials which has increased the distrust the public has on the government.

Bergman has been recognized for exposing the truth to the public in many of his stories, which include his investigation of the tobacco industry.

Bergman's story on the Tobacco Industry proved to be one of his most successful stories by sparking regulations on tobacco. By exposing the harmful health effects of nicotine, Bergman got the government to act on the issue by creating legislation to protect young Americans.

Thomas McWeeney, a professor in the Jack Brown College's Department of Public Administration, served as the event's host.

McWeeney set the theme of

the event by quoting then U.S. Vice President Joseph Biden who spoke at a public administration conference in Washington, D.C.: "If it is not the governance of public administration to address this issue, whose is it?"

Nevertheless, McWeeney began the forum by outlining the ethical characteristics of a great leader which included commitment, accountability, trust, doing the right thing, and moral courage.

He then stated that an ideal

leader should have all these characteristics to properly represent the interests of its followers.

However, McWeeney stated that most individuals only possess three or less of these characteristics.

He commended Lowell Bergman for exhibiting these characteristics when reporting on controversial topics such as farm worker's rights.

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Eli Clare both read poetry and signed books for attendees.

Ability awareness fair

By Brianna Mendoza
Staff Writer

As the doors open and the line piled up from the SMSU event center all the way across to the SMSU food court, people waited in this line to get into the event center for the 4th Annual Ability Awareness Fair.

The 4th Annual Ability Awareness Fair was held again this year with the help of CSUSB Office of Services to Students with Disabilities, Student Veterans Organization, and the Departments of History and English.

This fair is important because it is Global Disability Awareness Day. It is a chance to have people become more aware of disabilities and learn about all the resources CSUSB provides to students with disabilities. Scholar poet and disabled advocate guest

speaker Eli Clare came to speak about Disability Shame, Disability Pride. He got his Bachelor's degree in Women's Studies from Mills College in Oakland California and got his Masters in creative writing with a concentration in poetry and teaching writing from Goddard College in Vermont.

Before Eli Clare started his speech he made sure the audience was as comfortable as possible. He asked if the volume of his speech was okay, and if at any point his volume lowered to let him know. He also made sure that nothing was going to get in someone's way of them enjoying this event. So if anyone wasn't comfortable where they were sitting or if they have to play with their pencil or paper, even if they have to step out for a second he said to do so.

Doing this Clare made it clear to his audience that this was

a safe space.

"There are other people in the room who want to become allies to disabled people," Clare said, "and there are other people in the room who work with disabled people and all of us in this room have a relationship to disability shame."

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The Coyote Chronicle is published every other Tuesday for distribution on Wednesday during the academic session by the students of CSUSB. 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.

Raising disability awareness



Citlaly Carlos | Chronicle Photos

Various stations let guests understand resources for disabled people such as artificial limbs.

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Clare began his speech with one of his poems. He read his poem out loud and then said that throughout his speech the poem was going to be repeated. He broke down the poem throughout his speech flowing well with the rest of his speech about his main concept Disability Shame, and Disability Pride.

“There are no right or wrong answers about poetry, poetry is not a jigsaw puzzle,” said Clare.

His poem had five stanzas. He would read a stanza and then described his life within what the stanza meant to him, explaining more depth what he has gone through in his life. He mentioned that he wasn’t making any of this up, those words that people said or say about him are the actual words that have been said about him from people so he apologized in advance for any words he was about to say that may appear offensive to some.

“Everyone in this room gravels with shame in some form or another”, said Clare. “I want to acknowledge that majority of the people that attended this

event experienced or dealt with a form of disability whether it be something physical or mental.

After Eli Clare finished his speech he announced that he was going to have a station for more one on one questions and he would be autographing his books. ASI also had pizza, lemonade and water for everyone. The room was filled with many students, faculty and guests and they had a wide variety of interaction stations to choose from, each station was either interactive or to learn about resources provided to students with disabilities on campus.

The campus accessibility station gave out maps of all the locations where coyote walk closure and temporary walkways are installed. They also provide information on getting seating arrangements to any classroom you need through the Service to Students with Disabilities office (SSD).

The mental health station gave out information on how to get help with mental help, self care, meditations, and ways to help people struggling with mental health. They also passed out

candy, pens and pencils.

The learning disability station had an interaction game where you try to go over an outline on a paper but looking into the mirror. People who participated in this exercise got to experience what it is like for people who have learning difficulties like dyslexia and dysgraphia.

Additionally, they had a blind maze station. The purpose behind this station, was to step into the shoes of someone who is visually impaired or is completely blind.

Other stations were also incorporated to educate and inform people about all the services offered by the SSD office here at CSUSB. Those services include vision impairment, assistive technology, hearing impairment, mobility services, testing services, smart pen, and many more.

“Disabled people are not given space to discover sexuality whatever that is, said Clare, weather were heterosexual, lesbian, gay, bisexual, queer, weather were asexual, were not given the room to discover that and to let that grow in the way that it often does in non disabling people.”

Panel prepares students for sports and entertainment careers

By Destiny Johnson & Julia Carney
Staff Writers

Representatives from various sports and entertainment organizations gathered in the SMSU Theater to share their experience and insight with CSUSB students.

The Anaheim Angels, Cinema Culturas, Anschutz Entertainment Group (AEG)/L.A. Kings, Live Nation, L.A. Dodgers and

the L.A. Rams were all represented on the panel on May 21.

They discussed their positions in the companies, the most exciting aspects of their jobs, gave resume and cover letter “do’s and don’ts,” and shared what they look for in potential candidates.

After a moderated discussion between panelists, students were given the chance to ask them questions, expand their network and submit their resumes.

This event gave students an

inside look at how unique and compelling a career in sports and entertainment can really be.

“Sports are exciting. Sports build passion,” said representative of the Anaheim Angels, David Neumann. “When people talk about sports teams, you feel the undying passion that you don’t get in any other industry.”

Continued online @
CoyoteChronicle.net

Lowell Bergman's fight against the distorted truth

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"We are lucky that we live in a country where we have the freedom to pursue stories like these, without serious consequences," said Bergman.

During the forum, there were video clips like the Frontline story, "Rape in the Fields" where Bergman investigated sexual assault on female agricultural workers from their supervisors in California.

Here Bergman exposed how dysfunctional government agencies like the FBI were in capturing the perpetrators and punishing their employers. It also raised the issue of whether employers should be responsible for the acts of their employees. This put pressure on California government officials to create legislation to protect the rights of farm workers.

"Every government agency we went to told us they could not find the location of the perpetrators, we found them on Facebook," said Bergman, who was unsatisfied with the lack of efforts by agencies like the FBI and ICE.

During the video, we saw Bergman interview public officials on what they had done

to address this issue. The District attorney assigned to the case did not find enough evidence to bring charges. Meanwhile, agencies like the FBI stated that it was not involving itself any further. Which raises the question, can we really depend on these public protection agencies and individuals to uphold Americans' rights?

"You have to be emotionally involved when reporting on

stories like this, when you interview victims it can be hard for them to recall these terrible events," said Bergman.

Furthermore, the forum changed its focus towards the presidency, and how President Donald J. Trump represents a failed oligarch according to Bergman.

A short clip was presented where it shows President Trump stating he never said Mexico

would directly pay for the border wall, when in fact he had previously stated that all it would take was a one-time payment of \$5 to 10 billion.

Bergman discussed how the media has sensationalized President Trump's numerous false statements, which has had an impact on the spread of lies to the American public and obscuring the truth.

"President Donald Trump

has become a celebrity with the aid of the news media. It doesn't matter if he makes incoherent statements. Since his presidency, news outlets like the New York Times have benefitted from the increase in readership from its consumers," said Bergman

With public trust in the decline, there's still much left to improve the transparency of the United States government.

Bergman is pushing to educate the leaders and journalists of the future. His mission is to create a positive impact on the lives of Americans and uphold ethical standards in journalism. With the creation of the Investigative Reporting Program and chairman of its new nonprofit production company, Investigative Studios.

He seeks to give emerging journalists the necessary tools to conduct investigations that will bring the truth to light.

The forum concluded with the Department of Public Administration in the Jack H. Brown College of Business and Public Administration in conjunction with Pi Alpha Alpha Honor Society, which awarded Bergman the Pi Alpha Alpha award for Ethical Leadership.



Photo courtesy of CSUSB

Highlights of Bergman's career were discussed throughout the panel.

Criminal justice alumni career panel: molding the future



Ernesto Rodriguez | Chronicle Photos

Law enforcement officers were present at the panel.

By Ernesto Madrigal Rodriguez
Staff Writer

On May 22, students here at CSUSB attended the Criminal Justice Alumni Career Panel. The panel consisted of three CSUSB alumni who have all entered the field of Criminal Justice and came back to CSUSB to offer some insight on what they do.

Melanie Aguayo is a Deputy Sheriff who graduated in 2016 here at CSUSB, where she was a student-athlete on the Women's Soccer team. Shortly after graduating in June 2016 she found herself in the Police Academy just one month after graduation. Deputy Aguayo

attended the academy for six-months and was then transferred to West Valley Detention Center where she is doing CCU-Detail, which involves classifications and gang-intel. Deputy Aguayo is a C2 meaning she trains deputies inside the jail on gang-units.

Pascual Maldonado is a Deputy in the Riverside County Sheriff's Department and CSUSB alumni who graduated in 2011. Right after graduation he went in the San Bernardino Sheriff's Academy. Three-months after he graduated from the academy, Deputy Maldonado was hired to the Riverside County Sheriff's Department where he's been the last seven-years. Deputy Maldonado is

currently assigned to the Larry D. Smith Correctional Facility in Banning, CA. It's the largest jail in Riverside County with over 1700 inmates. Currently, Deputy Maldonado works doing all operations, where it's running the daily-order-of-business in the Correctional Facility. More specifically, as of now, Deputy Maldonado is in charge of the Fire-team where they're trained through drills and power-points to brief people on what goes on inside the Correctional Facility.

Brittany Rios is a Media Specialist for the San Bernardino County Sheriff's Department Public Affairs Division. Rios graduated here in 2012 and in that same year started as an Intern in the Juvenile Prevention Program where she did it for two-years. After the internship, Rios went back to school to get her Masters. At the same time, the Sheriff's department was looking to add more mass-media, and Rios was selected to do the mass-media for the Sheriff's department. Rios explains that her job is to "Manage the image of the Sheriff's Department."

The alumni after introducing themselves and what they do, explained what they learned here at CSUSB and how it helped them in their professional careers.

"You get used to being in uncomfortable situations, it's just something that becomes part of life," Rios said.

Deputy Aguayo mentions that the biggest thing she learned here at CSUSB was time-management.

"Time-management is key," Aguayo said. "Don't put off anything."

As a former student-athlete managing time ended-up becoming one of her biggest strengths now at the Sheriff's Department. Deputy Aguayo also recommends to students to "gain a bunch of knowledge because that degree sets you apart from the rest."

Deputy Maldonado mentions that here at CSUSB he learned a lot about writing, something he didn't expect to play such a huge role with his job now.

"During the academy you have to write so many memos, and that's something I learned here at CSUSB," Maldonado said.

The Alumni panel then offered some suggestions for the next-generation entering Law-Enforcement. Deputy Maldonado heavily emphasized how important it is to network yourself.

"Network yourselves, talk with your professors, they have the experience," Maldonado said. "You guys are paying for these resources."

Deputy Aguayo also stressed the importance of networking.

"Networking is huge! It's who you know," Rios said. "Gotta get your names and your

faces out there, get your foot in the door."

When applying for the Sheriff's Academy there is a background check that must be done and that takes anywhere from three-to-six-months.

"Apply during school to give you time to do the background," Maldonado said.

Integrity is a huge component in any Law-Enforcement division. Honesty and integrity are a big part in law-enforcement. Think twice about your actions if you're serious about law-enforcement. If not it'll come back to you eventually.

"Integrity means doing the right thing when no ones looking," Aguayo said. "You lie you die."

Deputy Maldonado also taught a very valuable lesson to students on-hand.

"It's gonna change you, (being a deputy) the way you are, the way you're around your family," Maldonado said "It's gonna change the way you go about things."

But in the end its all about justice. All three alumni expressed that justice is the reason why they do it. At the end of the day all three said that they want to save and improve lives.

"You will see things you cannot imagine," Aguayo said. "Be mentally prepared and have a strong support system."



Joyce Jimenez | Chronicle Photos

Dr. Hubbs traveled all the way from Michigan to present in front of CSUSB.

Conversations on diversity

Destiny Johnson & Julia Carney
Staff Writer

When people are asked what kind of music they listen to, their response is usually along the lines of “anything but country.” On May 2, Dr. Nadine Hubbs joined CSUSB students and faculty members to help them understand the complex reasons surrounding these opinions.

Conversations on Diversity is an event held three times a year by the University Diversity Committee of CSUSB. Guest speakers are invited to talk about diversity.

For this event, the University Diversity Committee welcomed Dr. Nadine Hubbs to speak on “What Country Music Can Teach Us about Sex, Race, Class, and Immigration in America.”

She made it clear that her presentation was not only aimed towards country music lovers but haters as well.

Dr. Hubbs has a doctorate in music theory and teaches women’s studies and music at the University of Michigan.

Hubbs is an expert on queerness and country music, having written “Rednecks, Queers, and Country Music”. She is currently conducting research for her next book, “Country Mexicans: Sounding Mexican American Life”, “Love and Belonging in Country Music.”

Hubbs graced the stage of the SMSU wearing a pair of jeans, cowboy boots, and a pearl snaps western button up.

As a musicologist, Hubbs is focused on whatever she is interested in but says that she is always listening to music to understand any issues.

“I’m going to think my way through questions and problems with music sitting right there

beside me,” said Hubbs.

Identifying as Queer, Hubbs has faced homophobia in both a rural hometown setting and in a college academic setting. She explained how societal attitudes are constantly evolving.

“Our views in society do a 180 about queerness. We go from hating on the queer lover to hating on the queer hater,” said Dr. Hubbs

Hubbs explains that after the 1970’s the working class was demonized for being queer haters. However, the middle class was able to keep their power and stay on top of the social class ladder.

Her presentation acknowledged the “anything but country” attitude by saying that “popular music shapes society and society shapes popular music.”

Hubbs also argues that country music is often denied due to its association with the white working class and the class’ association with bigotry.

She explains that people deny country music to protect their social credibility, which serves as a rejection of a certain group in society.

Many of the attendees did speak up during the event to admit that they associate country music fans with Trump supporters.

However, with her new book, Hubbs hopes to show that there are many Mexican country music fans who find a sense of American pride in some of the more patriotic songs.

She also played a few country songs for the audience. These songs included “Humble and Kind” by Tim McGraw and “Most People Are Good” by Luke Bryan.

The connected their hardworking and family-oriented messages to that of immigrant culture.

Kelli Cluque is joint

operations manager of Coyote Radio & Advertising at CSUSB. As a music fan, she went to learn more about diversity and country music.

“What she talked about applies to everybody across the board; how differences really make us all the same,” said Cluque

While Cluque admits that she hasn’t been a country music fan, hearing Hubbs speak has changed her mind.

CSUSB student Emily Lylugo said the event helped her realize that her family members with degrees are more opposed to country music than the rest of her family.

“It brought up something that I never thought of,” said Lylugo. “I grew up in a family where half listen to country and the other half doesn’t. I always just assumed it was just a preference thing.”

Fernando Mora was invited to attend the event for a class. He realized that he had not given country music a fair chance after listening to a few songs that day.

“I never knew much about country but I like how she combined it with queer culture and feminism,” said Mora. “Listening to the Tim McGraw song that came up was interesting and I liked its message.”

After the event, Hubbs encouraged students to share their experiences with her so she could add them to her upcoming book. She was especially interested in hearing from students with Latino backgrounds.

Hubbs urged attendees to consider what being American really means. Just like our borders, the lines are blurred.

“Country music, it turns out, is a really useful vehicle for thinking through so many issues of interest to us in society today,” said Hubbs.

Guide to IE farmer’s markets

By Joyce Jimenez
Staff Writers

Farmer’s Markets are some of the most organic locally grown markets to shop at without having to worry about where your food comes from. This is a 2019 guide to shopping locally.

Certified Farmers’ Markets are where farmers sell their crops to the public. This provides an opportunity for the public to buy locally from California-grown and certified foods. Shopping at farmers markets cuts the waste of packaging and shipment of produce.

Farmer’s produce that are to be sold at the markets have to be government checked to ensure they are selling their own grown produce as well as meet the state agricultural guidelines.

According to the Farmers Markets Coalition, “Farmers markets also implement guidelines and operating rules that ensure the farmers market consists principally of farms selling directly to the public products that the farms have produced.”

These are some of the closest Farmers Markets near the Inland Empire (IE).

The Claremont Forum sponsors a weekly Farmer’s Market that commits to promoting local family farms and helps bring quality produce to its community. The market has over 100 members selling their goods throughout the year.

Claremont Farmers & Artisans Market has certified organic produce, specialty arts and crafts, as well as flowers and plants.

The market is held every Sunday from 8 a.m.-1 p.m. on Harvard Ave in the Claremont Village, just across the street from city hall.

Rancho Cucamonga hosts their farmers market in Victoria Gardens and provides grass-fed meat, handmade arts and crafts,

and local fresh produce. It is held every Friday from 10 a.m.-2 p.m. on South Mainstreet.

Palm Springs hostw the market on every Saturday and Wednesday from 8 a.m.-12:30 p.m. It’s located on 2100 Tahquitz Canyon D.

Pomona’s Farmers Market is known to be small compared to others but it makes up for it in the variety of things vendors sell. They welcome the locals with free coffee and free books for kids. Apart from selling local produce, they also sell fresh flowers, different flavored loaves of bread, freshly squeezed orange juice and even tamales.

They open every Saturday from 7:30-11:30 a.m. located on Pearl St and Garey Ave.

An Inland Empire staple is Rialto’s Certified Farmers Market which is open on Wednesdays, 10 a.m.-2 p.m. located on 150 South Palm Avenue. It offers anything from fresh fruits, vegetables, homemade jams, peanuts, breads, eggs, to corn on the cob and even salsas. According to the city of Rialto site, it is now accepting SNAP/EBT and WIC.

The city of Fontana sponsors their farmers market every Saturday from 8 a.m.-1 pm. located on Sierra and Arrow. Vendors sell organic tea, coffee, honey, fresh fruit and vegetable juices, and locally grown produce.

The Kaiser Permanente hospital in Fontana located on Sierra and Marigold Ave also hosts their weekly farmers market every Friday from 9 a.m.-2 p.m. Various Kaiser Permanente hospitals host farmers markets in Southern California, including some in Riverside and Ontario.

Farmer’s markets in the US have grown rapidly in recent years. In 1994 there was under 2,000 markers but now there are more than 8,600 markets according to the USDA Farmers Market Directory.



Joyce Jimenez | Chronicle Photos

The farmer’s market is the ideal place to get organic produce.

“The expectations are always high”

Brandon Steffins
Contributing Writer

Having the longest streak at #1 in the country this past season was just another check in the box for the women’s Volleyball team that fell short of advancing to Nationals.

The team has made 18 straight appearances in the NCAA Regional Tournament. This last year was no exception. 19 straight

The Coyote Chronicle sat down with Kaili Scott, a junior on the team who is coming back off a torn ACL to talk about their regular season as well as what is happening this spring. Did she say she tore her ACL? If you know it but she did not state it directly in the interview and give permission to release you are violating HIPPA Laws.

Coyote Chronicle: Were the girls on the team satisfied with the fall season?

Kaili Scott: I think that the girls on the team were more disappointed than anything. Playing against Western Washington University was going to be a tough match especially since they had the home court advantage.

We had a lot of confidence going into the Regional tournament and it was a huge blow to the team having Hailey (Jackson) go down. Obviously,



Brandon Steffins | Chronicle Photos

CSUSB Volleyball in practice getting ready for the spring season.

she was a huge force for us in the middle and not having her was a huge loss for our team.

With that said though it was a good season with the girls and even though we did not accomplish our overall goal we still had a very successful season.

Coyote Chronicle: What is going to be the biggest adjustment for next season?

Kaili Scott: The biggest adjustment is going to be having some new people in some new spots. We are losing two seniors who were both All-Americans this last season so those are going to be some huge voids to fill.

Losing Jayann (DeHoog) is going to be a big hit. She has run our offense here ever since she was a freshman so not having her leadership and knowledge on the court is going to be an adjustment for everyone.

Coyote Chronicle: How have the spring tournaments been going so far?

Kaili Scott: Spring is a very interesting time of the year for us since we are technically a fall sport. We have been working really hard in the weight room and in our practices to be ready for next season. Call the fall their championship season.

CSUSB Volleyball in

practice getting ready for the spring season.

We played at California State University San Marcos where they had a couple of other schools for our conference. These tournaments are always good to play in because it gives you a little insight into what you might see next season with some new talent that these teams are bringing in. It also allows us to put players in the new positions and see just how they are going to perform.

Our team is very resilient and is always competitive even in the spring tournaments, so it was great to see everyone doing

so well at this tournament.

Coyote Chronicle: What are the team’s expectations for next season?

Kaili Scott: The expectations are always high and there is nothing that is going to change that for next season. We have so much new talent coming in along with the girls that are staying. The team is going to be very strong again next season.

My personal expectations are just to stay healthy and make it through the season injury free. This is the second season in a row that I have battled injuries so hopefully, next year is a better year for me in that regard.



Cody Hall | Chronicle Photos

Competitors playing the 12th hole.

NCAA West Golf Championships

Cody Hall
Staff Writer

A new regional champion was crowned at this week’s NCAA West Golf Championship, hosted by Dixie State University at The Ledges Golf Club in St. George, Utah.

The tournament consisted of 28 teams – 20 of which qualified as teams and 8 players who

qualified individually.

Advancing from here to the National Championship in South Carolina next week are the top 4 teams and top 2 individuals. This week’s field was full of star-studded power like those of Western Washington University ranked 4 in the country, and Chico State University ranked 5th in the country. The CCAA conference had 6 out of 9 teams in the conference competing here this

week.

The Ledges Golf Club, a 72.7 rated, the 7,100-yard Golf course was no easy task this week with wind gusts getting up to 30 mph and greens rolling 12.5 on the stimpmeter.

Hosting team, Dixie State headline the tournament and went on to win the West Regional Golf Championship by four, shooting 17 under par.

“We had the home field

advantage this week and we used that to our advantage, I couldn’t be happier that the team stepped up this week and got the win, now our focus moves towards Nationals.” said Senior Captain, Nick Britt

Finishing in a close 2nd was UC San Diego, they ended up three shots behind Dixie State finishing at 14 under.

UC San Diego’s #1 player Hayden Hui said “we all really put our games together this week, we know we were underdogs, but to finish 2nd and be heading to Nationals is a huge accomplishment for this team. I am very proud to share this moment with the four other players on the team.”

Hayden Hui also ended up finishing 2nd individually. Also advancing to Nationals are Cal State Monterey Bay shooting 3 under par, and Sonoma State University finishing at 2 under par. Chico St and Western Washington, the two favorites in the event finished 6th and 16th ending their season.

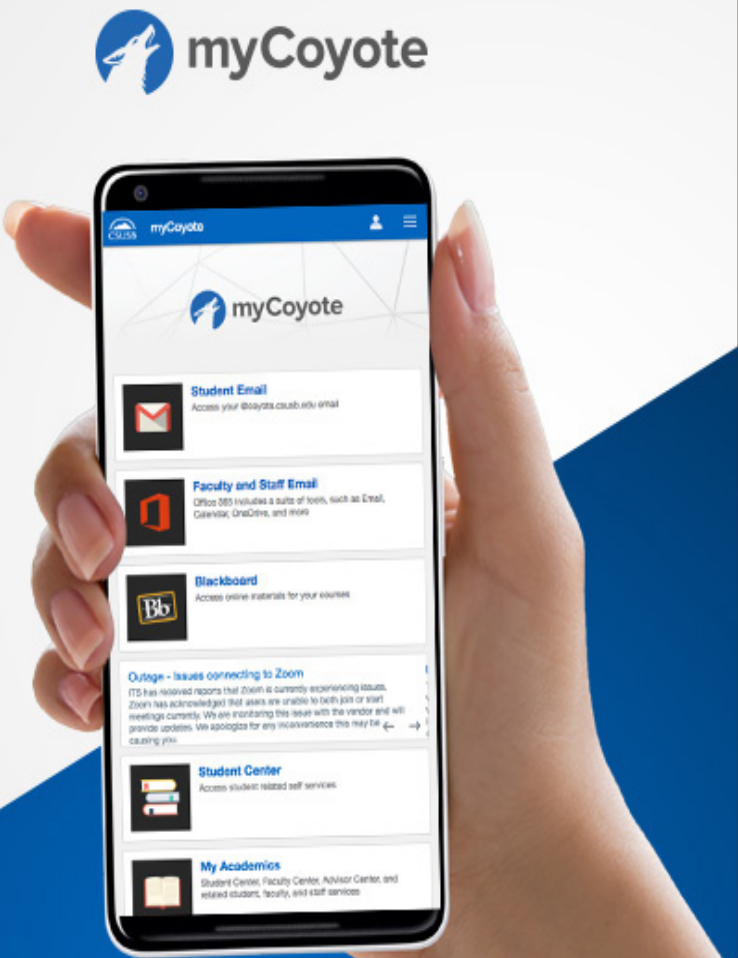
Chase Carlson from Colorado Christian who came as an individual, won the event shooting rounds of 67-68-69 with a total of 12 under par.

“It feels great to win this week, it’s definitely the biggest win in my college career, and

I’m glad my season isn’t over just yet. I wish my team was here to enjoy this win with me, but I’m not gonna complain. I’m happy with where my game is located and excited to be heading to South Carolina.” said Chase Carlson

Chase will advance to Nationals along with Josh McCollum from Chico St shooting rounds of 71-72-66, a total of 7 under par. Other notable names that finished near the top were Adam Navigato of UC San Diego shooting 6 under par, Tristan Gardner of Dixie State shooting 6 under par, and his teammate Spencer Wallace at 6 under par as well.

In years past, Cal State Monterey Bay and Sonoma State have had success at the national level. Sonoma State won the national championship in 2009 and in 2010 finishing fourth. In 2011, Monterey Bay won the national championship and have advanced to the match play part of the tournament in 2013 and 2014 as well. They are no stranger to the big stage. The national championship will be held at Glade Springs in Daniels, West Virginia at Cobb Course May 20-24. The Cobb course is a 7,200-yard course with a rating of 74.5 difficulties.



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Mental Health Awareness Month: OCD

By **Yesica Gonzales**
Multimedia Editor

There is more to Obsessive-Compulsive Disorder (OCD) than just being a neat freak or washing your hands at times.

OCD can be a chronic or long-lasting disorder that can have a person enduring fearful thoughts that can lead them to do certain behaviors in their daily life.

According to the Diagnostic and Statistical Manual of Mental Disorders, OCD can also be known as a presence of obsessions, compulsions, or both.

Having the obsessions or compulsions become a time-consuming daily issue, and the symptoms are not being caused by the physiological effects of a substance or anything medical related.

When it comes to looking out for signs and symptoms, they tend to pry into various aspects of a person's life such as relationships and school.

Obsessions are the uncontrollable, reoccurring thoughts and urges or can mental images that cause anxiety.

According to the National Institute of Mental Health, some indicators can be fear of germs or contamination, unwanted thoughts that involve sex, religion or harm.

Other signs are having aggressive thoughts towards oneself or others.

Having things symmetrical or in perfect order can be another symptom.

Compulsion is the response to an obsessive thought and is the act of performing a behavior over and over.

A few symptoms are excessive cleaning, arranging things in a particular, precise way and repeatedly checking on things.

Some examples can be constantly checking to see if the door is locked, refusing to step on cracks while walking on the sidewalk or making sure that the oven is off.

College student, Mia Perez, shared her insight into what it's like having to cope with OCD.

"I do certain things that can help me cope," Perez said. "I have to do it because if I don't, it's going to be bothering me the whole day and it's the only way that can make my worry go away for a while."

Certain compulsions, like double checking, can be a normal thing people do sometimes.

OCD comes to play when a person can't take control of their thoughts or behaviors.

"A few thoughts that I've had can be like 'thinking about the way I blink will make me blink weirdly forever and I will go crazy,'" Perez said. "There are so many I've thought of and can go really deep such as me not taking a certain step on the stairs can lead to a series of events that will end with the death of an innocent person."

When a person is performing the repeated behavior doesn't feel any delight from it but causes a brief relief of the anxiety from the thoughts, this can also be a sign.

One way that people can relieve themselves from OCD is by using the concept of mindfulness.

According to The Mindfulness Workbook for OCD, mindfulness is the state of acknowledging and accepting what is happening at the present moment just the way it is.

Thoughts are just thoughts and do not define who an individual is.

Look at the thoughts in the same way of looking at words.

They are just empty vessels that are granted power from the mind after considering them.

These intrusive and overwhelming thoughts are based on fear, not on evidence.

Meditation can help ease the stress over compulsions and the obsessions.

Therapy can also help a person cope with their situation.

CSUSB offers on-campus therapy at the Counseling & Psychological Services.



Irma Martinez | Chronicle Photos

Mitla Cafe's classic crunchy taco has become a popular part of Mexican-American cuisine.

The taco that started it all

By **Irma Martinez**
Staff Writer

If you're a local, chances are you have eaten here or even drove by without knowing the impact this restaurant has contributed to Mexican-American cuisine not just in the states but globally.

Mitla Cafe opened its doors in San Bernardino 1937 and little did the owner Lucia Rodriguez and Vicente Montañó know that their success would "help" another company reach a network of \$10 billion.

It is not so much help but being cheated out of. Mitla is known for their fried corn tortilla tacos with ground beef, shredded lettuce and cheese, topped off with diced tomatoes. Sound familiar? Well, that's because it is. That fried taco that helped Mitla Cafe generate business is now one of Taco Bell's best selling signature items.

Glen Bell founder of Taco Bell had a stand selling hamburgers and hot dogs across from Mitla Cafe. Seeing Mitla long line of customers, Bell befriended family and staff to see how their tacos were made. Years later Bell opened his own restaurant in Downey selling his own version of Mitla taco. Never gave recognition.

I am taken back as I wait to be seated, the servers know their customers by their names and even ask how their family is doing, this is something I have only seen in movies. It is obvious how connected they are to the community. This is a restaurant where generations come and continue their part into Mitla story. If I were to close my eyes while I sit here and eat, it almost feels like home, that is why

many people come and eat here, its home away from home. The recipes have remained the same from when it first open. What is cooked here is what you would find in Mrs. Rodriguez own kitchen.

When Mitla Cafe opened its doors, it was during a tremendously different and difficult time. San Bernardino was segregated, Mexicans were only allowed to live on the west side. Lucia husband Salvador Rodriguez helped form the Mexican Chamber of Commerce and other local leaders formed the Mexican Defense Committee and would regularly meet at Mitla's to discuss issues in the community. They helped to stop the segregation in the city's only public swimming pool by suing the city and won. Latinos were only allowed to use the swimming pool once a week and it was the day before the pool was cleaned.

They didn't just open their doors to Bell but to historical figures such as Cesar Chavez. Chavez would hold meetings periodically at Mitla's and, of course, eat.

Meetings are still being held by community members of various clubs and organizations.

Michael Montañó, the third-generation owner and CSUSB alumni shares with me what he is most proud of. For him, being able to stay in San Bernardino has been important.

"It is very easy to leave this city and find success somewhere else," Montañó said. "By staying, it helps the community thrive."

He wants their success to be apart of San Bernardino's as well. They continue to sponsor local sports teams and are part of scholarships.

"Being able to stay a family

owned and operated restaurant for this long has been just as important and a crucial factor of our success," said Michael Montañó.

The history and tradition they have brought to San Bernardino earned them a spot in the Route 66 attraction.

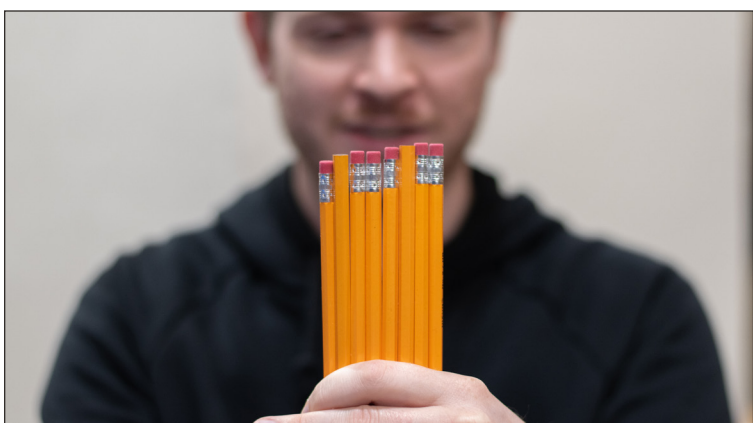
For many other people, having a product stolen and replicated would leave them bitter but Montañó has a humble view. He doesn't correlate Taco Bell with their legacy because the roots he knows stem much deeper. His grandparents came to America from Mexico with the dream to provide a better life for their family.

It is rewarding seeing how his grandmother's taco made an immense impact that has contributed to the assimilation of Mexican American cuisine across the globe.

"My grandmother started this business to bring an additional source of income, it was another way to ensure her family survival," Montañó said. She created a menu that assimilated American dishes into her Mexican menu, like the all American t-bone steak. The blended menu was a way to be embraced outside of their own community.

As big as their cultural impact has been, the impact for our community in San Bernardino has been bigger. Mitla Cafe is a place where civic engagement takes place and action is taken.

"It didn't start off with the idea of making a big difference but it did and I am proud of what my family has created not only for us but for San Bernardino," Montañó said.



Jennifer Kavert | Chronicle Photos

Things being out of order or out of pattern can sometimes cause stress for those with OCD.

What is Senioritis?

By Priscilla Medina
Staff Writer

Is school feeling like a drag lately? You're not alone!

With the finish line so close yet feeling so far, we asked fourth-year student, Graphic Design and English major, Madison Thompson on how she avoids senioritis.

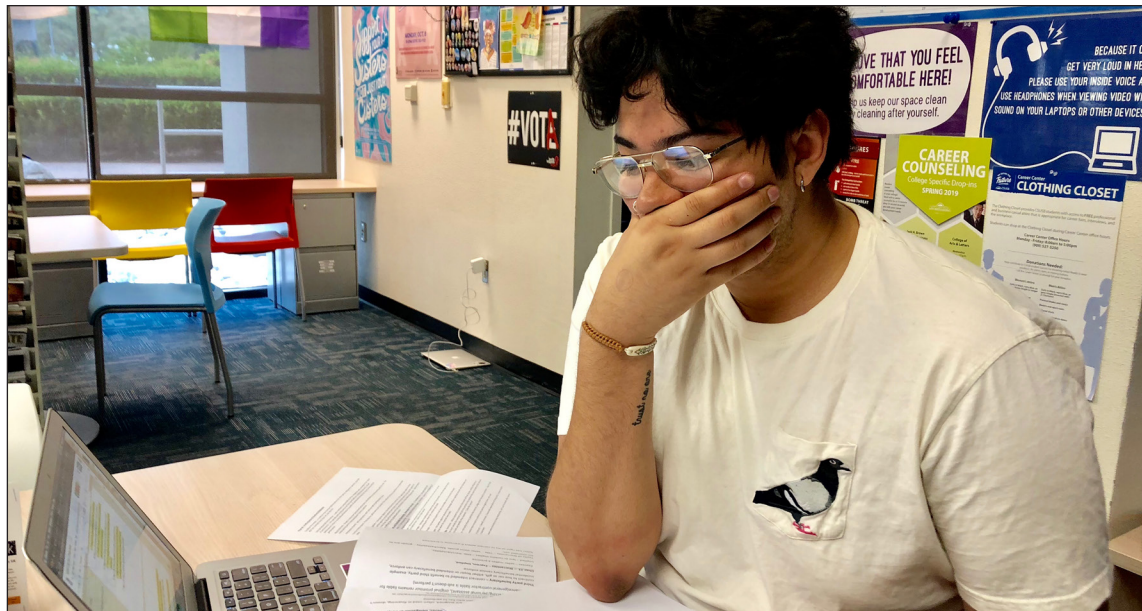
"I try to do things that make me happy that doesn't involve school like hanging out with my friends. I think it has to do with me being really chill about the school, I mean I maintain my GPA above a 3.0 and don't let school get to me like that because my GPA does not define who I am," said Thompson.

A great majority of college students suffer from senioritis.

The education world shares that there are a copious number of symptoms that come with senioritis.

Such as: Mild to moderate cases of staring out the window, Swollen ego, Homework fatigue, Inflammation of the whining gland, Acute mediocrity, Short-term memory loss, Excessive tardiness, Classroom intolerance, Excessive hallway wandering, Existential malaise, and much more!

Although the above listed



Priscilla Medina | Chronicle Photos

Senioritis can hit hard for college students as they near the date of their graduation.

may sound a little silly, it's true! In fact, we asked various students about their experience as Seniors and how they manage to avoid senioritis. Graduating Senior, Liberal Studies Major, Janneth Milian shares:

Although being a Senior has been an exciting time, it's also scary. The pressure is on; I must do well; one bad grade can change it all. It can change my graduation date, celebrations, and so many other expectations! It's a scary time.

So yeah, sure, I get senioritis from time to time but I avoid it

by reminding myself that it can all go down the drain if I don't give it my all this last quarter," shared Milian.

Some things to help ease senioritis symptoms is to reflect on your achievements on your foreseeable future.

As you put together your Senior portfolio, finalize your group projects, and take your last final, remember, you have reached the finish line. If you are at the beginning of your senior year, you have priority registration, giving you a chance to adjust your work schedule

and other responsibilities to your convenience.

Your sleepless night has paid off, the all-nighters were crucial but it got you a bachelor's degree, or maybe two!

If you worked in a minimum wage paying job, those struggles are over.

No more paying for a parking permit

No more 8 a.m. classes and struggling to get down University Parkway and it's hectic traffic.

No more running to the bookstore last minute to buy a

blue book or scantrons for those midterms.

Grad school applications! Make that Thesis statement shine!

And last, but not least, the parking struggles are NO MORE!

According to Education World, it is vital for graduating seniors to reflect on their accomplishments from their undergraduate careers.

"Schoolwide buildup to a culminating senior project or portfolio presentation can keep students engaged in their learning by celebrating reflection and encouraging community action. Senior projects tend to encourage students to connect their years of learning to both the local and global communities

They allow students to create meaning out of all their hard work and put it into action in a thoughtful and self-driven way," shared Lambert.

CollegeXPress also shares some ways on how to cure senioritis: Work really hard, get involved, keep it up, stay healthy, make a daily checklist, talk to your guidance counselor, and remember the end is in sight.

Graduating senior Jessie Pon explains how he managed to come this far without falling into the school fatigue.

Do You Take Naps?

By Andria Lopez
Staff Writer

Starting from when we were all children and started preschool or kindergarten we were taught how to take naps.

Of course, we were still growing and needed our rest, but the same goes for college students.

College students brains are continuously developing and learning.

College students struggle with daily tasks and just keeping up with their busy lives.

They often do not have a regular healthy sleeping pattern which can mess up their motor mobility during the day and allows them not to be able to focus as clearly.

That feeling when you feel so sluggish because you were up all night writing about your paper or working all night to pay off bills.

I am sure many of you have experienced this before.

It is hard to live in the life of a college student, so what can help cure that? Naps.

These naps are not the naps that last an hour and a half or longer.

Those long naps are the naps that can already put you into

R.E.M. sleep, which is a deep sleep.

It can make you very groggy after waking up and potentially can make you tired for the rest of the day.

The naps that will benefit you are the ones that last fifteen to twenty-five minutes at most.

These are the power naps that are good for you and will benefit you throughout your day.

Some people think of it as a little meditation to just relax the body and the mind.

After these power naps, one should feel more energized and not as tired and simply more refreshed in the mind and body.

Stress can be very overpowering sometimes to where it controls our day-to-day lifestyle.

Taking a nap can release some of that stress that can impact the tension of muscles.

Sometimes college students forget to breathe and just focus on recuperating their hectic week from a load of school and working.

So I challenge all of you college students to take power naps when feeling stressed.

The main benefit is making sure to get enough sleep at night so that when in need of a power nap it can work in the best ability for you.

CSUSB: Coyote Bikes

By Lizeth Gutierrez
Staff Writer

One resource available to students at CSUSB for on campus transportation is bike sharing with Zagster.

Zagster is a venture-funded startup company based in Cambridge, Massachusetts that designs, builds and operates bike-sharing programs for cities, universities, corporate campuses, hotels and residential communities across the United States.

Here at CSUSB, we have Zagsters available, but many students are not aware of what to do with them, where to find them or why to use them. Other colleges have Limes, Birds and Zagsters.

Although they have not made themselves to our campus we do have options.

Zagster at CSUSB is currently the only bike share available in the Inland Empire.

This makes Zagster unique since you can only find it here and in Los Angeles.

"All spring quarter, Zagster is still free for students, faculty, and staff to use. Use them to ride in between classes, for a quick trip to the store, or go for a ride with your friends," said Melissa

Acuna, employee of the CSUSB Student Health Center.

"With a built-in locking device, these bikes can be used on and off campus for up to eight hours at a time. Use them for free while you still can."

The locations are in front of the Student Health Center, in front of the SRWC (Spell out acronym since it's the first time using it) and behind the Social Behavioral Sciences building.

These bikes can be ridden by any students as long as they follow the rules.

The bikes feature adjustable seat height fitting adult riders, automatic front and rear lights for safety, a bluetooth electronic ring lock and a chain guard for cleanliness. The website offers a list of frequently asked questions about the bike share program,

and also addresses who it is available to.

The membership is broken down in three options. The first one being an annual membership of 15 dollars.

The second being the option to pay one dollar hourly or use a membership promo code to ride free. The bonus membership is if your ride is under an hour it is completely FREE.

While you are using a Zagster bike, you are free to ride it wherever you like.

If you want to make a stop, you must lock the bike to a secure object.

Trips may never be ended unless the bike is already locked to a Zagster station. Riders may be held liable for replacement of lost bikes.



Citlaly Carlos | Chronicle Photos

CSUSB offers bikes on campus for students to use daily.

Banning abortion is a war on women

By Ashley Balmaceda
Staff Writer

The controversy stirred as news broke that Georgia, Missouri, Kentucky, Ohio, Mississippi and Alabama all signed abortion bans.

These bills got signed at the hands of the GOP, and their goal is to eventually overturn Roe v. Wade, and with the Supreme Court majority being conservative, this is a real fear many women are facing.

Five of the six states signed the “heartbeat bill” which means abortion is no longer allowed once a heartbeat is found. That could be as early as six weeks. That is usually the time a woman realizes she’s pregnant in the first place. Essentially, this bill forces women to carry out the pregnancy.

Alabama leads the way with the 25 men voting in favor of the strictest abortion ban and Gov. Kay Ivey signing the Alabama Human Life Protection Act, which includes absolutely no exception for abortion even in cases of rape or incest.

It is time to wake up and realize, this is America, the land of the free... that is of course if you are a white man.

Attempting to ban abortions is 100% an attack on all women, especially women of color who receive the most abortions.

It is vile and cruel to assign felonies to people that seek an abortion.

In Alabama, someone

who seeks an abortion could be charged and the doctor who performed it could be sentenced to 99 years in prison. Meanwhile, rapists rarely serve any jail time. How is it morally justifiable for a victim to receive a higher penalty than the abuser?

It is a woman’s body. She has the right to choose what she wants to do with it. Men should never be allowed to make decisions regarding a woman’s body. Women making decisions for men in this country has never happened and it should be that

way when the roles are reversed.

This pro-life excuse does not cut it anymore. The GOP constantly claims they are pro-life and care about children, but once the child is born where is all the care? They shout that abortion is murder, yet refuse to come up with stricter gun laws when children live with the threat of being killed at school, the movie theatre and church.

This is about power. Banning abortions perpetuates a cycle of poverty for generations. The poor stay poor and have no chance of breaking out of this because now there is a baby to raise.

Let’s be clear, banning abortion does not stop abortion. It stops safe abortions. Women will turn to alternative methods, hurt themselves and potentially die because of this.

It is women’s autonomy to choose. We will not allow this to happen in silence. We will not go back to the era of alley abortions, coat hangers or throwing ourselves off stairs. We are angry and we will be heard.

In 1973, Roe v. Wade concluded that because of the 14th Amendment and our “right to privacy”, women had the right to choose whether an abortion was right for them. 46 years later, the fight still continues.



Photo courtesy of Kay Ivey

Kay Ivey signed into law the Alabama Human Life Protection Act

The recent rise of gas pricing

By Richard Mejia
Staff Writer

With CSUSB being predominantly a commuter university, most students are driving to get here. Now, that would not be a problem if these gas prices weren’t this high and getting higher.

Gas is currently at \$4.00 at most gas stations and for someone who drives constantly, I’m tired of it. I live in Victorville and also work in Fontana, so it is safe to assume I pump a lot. This is not only true for me. This is true for many students here at our university.

Most students who I know, not only attend this university full time, but they also either work part-time or full time. That is not only exhausting, but that means you have to put gas more often. That by itself is bad enough, but these prices make it much worse.

Jenevieve Loera, a third year Math major, lives in Chino Hills and comes to school every Monday, Wednesday, and Friday.

“I basically have to fill up every other day, it doesn’t help that I also have to go to work as well,” said Lorea. “I think the worst part is that we have to buy it. I mean what are we gonna do? Walk everywhere? So yeah that

probably upsets me the most.” Denise Cerda, a second year Liberal Arts major comes to school every day with the exception of Friday and has to put gas every day. “Honestly it is very tough, sometimes I feel like

I have to choose between eating or putting gas. I am just waiting for the day that I see it start to decrease. That will be a good day,” said Cerda.

Asking fellow students to explain their issues and how it

affects their everyday lives is upsetting. Unfortunately, we have no choice, but to continue purchasing these absurd gas prices and it really makes me think how fortunate other states are.



Richard Mejia | Chronicle Photos



Citlaly Carlos | Chronicle Photos

Chevron is high end gas and tends to come at a much higher price than places like Arco or Mobile.

Spotify vs. Apple Music showdown

By **Lizeth Gutierrez**
Staff Writer

This is a battle majority of people have argued about on Twitter, in person, with each other. The battle of what music streaming application is better than the other. Even though both applications are both used for music, but are completely different in the eyes of consumers.

Spotify is a Swedish audio streaming platform that provides DRM-protected music and podcasts from record labels and media companies. While Apple Music is a music and video streaming service developed by Apple Inc. Users select music to stream to their device on-demand, or they can listen to existing, curated playlists. The service also includes the Internet radio station Beats 1, which broadcasts live to over 100 countries 24 hours a day.

Both Spotify and Apple Music offer as much music and related content as your ears could handle. So which is the best option for you? Keep reading as we put the two services against each other.

Apple Music subscription costs \$9.99 per month in the

“I go to Spotify my Discover Weekly playlist is filled with good stuff and hidden gems. I have yet to see Apple make a decent playlist towards my tastes.”

Spotify and Apple Music User, Emily

United States, with slight price variations in other countries and territories. Likewise, an individual Spotify subscription or “Premium” plan costs \$9.99 per month. In addition to its paid plan, Spotify also offers a free ad-supported service that allows users to shuffle-play songs.

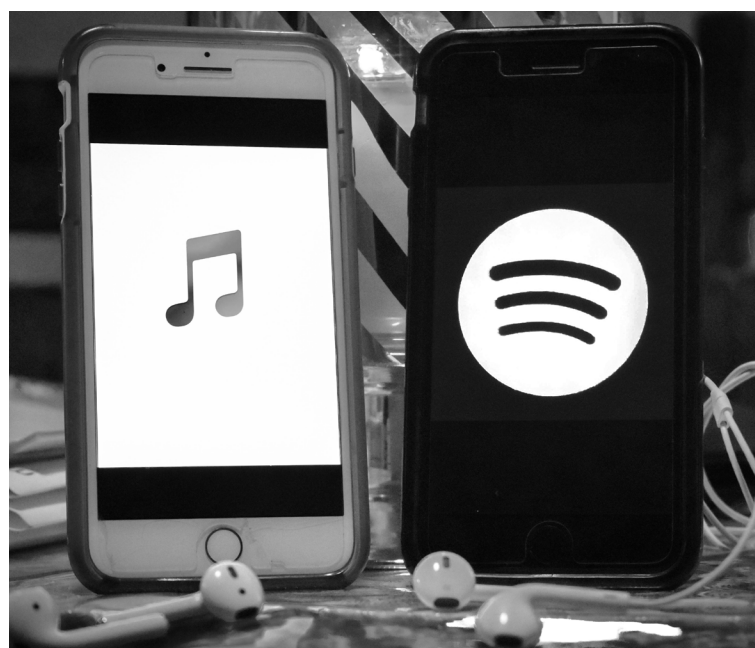
Certain users on twitter, facebook and in comments of

debates explain their stance on this battle. User Jshewman voices, “I tried Apple Music a couple of times, but it doesn’t even come close to Spotify in my opinion. Spotify has far better-curated playlists. They are great at finding music I prefer. I usually listen to a ton of Indie.”

I ran a twitter poll on my account with the caption, “Which one do you use? Apple Music or Spotify? And Why? I ran the poll for 24 hours to see how many votes and responses I would get from different kinds of people. Apple Music took the win with 63% of votes over Spotify with 38%. It seems like younger users prefer Apple Music while older users prefer Spotify.

A user named Brian explained, “My friends all use Apple Music and when I was using Spotify they made fun of me for using it instead of Apple Music. I switched over to try it out and I have not looked back since. They truly did know why I should change my music streaming service.” He continued, “It is so much easier to send music to my friends now and enjoy it.”

Another user, Emily explained, “I like Spotify mainly because of the creativity the application puts into making a



Citlaly Carlos | Chronicle photos

Both services are offer advantages over the other.

playlist for us every single day. It is always a new playlist with updated songs, artist, etc. The creativeness is what keeps me here and not with Apple Music it does not compare.”

Another user on Twitter, Antiprotest, explained some cons of Apple Music, “I like Apple Music, except for two things: 1. The algorithm for stations and recommendations does not seem to be very intelligent. In fact, it is pretty rigid and stupid. And it continues to play songs that you

have disliked. 2. I want to be able to block specific artists, albums, songs, etc. Apple Music keeps making me listen to ‘Home’ by Phillip Phillips. I have already disliked it and I skip it every time, but it keeps shoving it in my face.”

So what makes the cut for you and music streaming services? Apple Music or Spotify? Do you care or it is whichever you are comfortable with. Or is this entire debate all for nothing?

#smallasaGIANT exhibit opens

By **Susan Acuna**
Staff Writer

Every quarter the Anthropology Museum, located in the Social and Behavioral Building, holds an exhibit open to all students, faculty and the community. The current exhibit is titled “smallasaGIANT.” Guest curator Ise Lyfe presents

a moving message through his artwork in a photography exhibition to expose, end and rectify California’s long term prison sentencing of children.

“SmallasaGIANT is a state-wide forum throughout California at an attempt to bring awareness to the issue of the sentencing of children and the ineffectiveness of long-term sentences,” according to

smallasagiant.com.

Guests are welcomed with a biographical introduction into the background of Ise Lyfe, which is extremely significant in understanding the reasoning behind his intention of creating this exhibit and why starting this dialogue is important.

“I think this is one of the most important messages to get people talking about this issue of

long terms sentences on children. It is, tragically, something not a lot of people even think twice about and as a Criminal Justice major I think it is an urgent matter.”

When strolling through the museum, guests are shown a number of photographs along with the name of the person in the picture, their age of incarceration and the length of their sentence. It is powerful to not only read the stories of these people who were, at the time, children when their lives were changed forever but to also see their faces as adults.

Criminal justice major Jennifer said, “These faces, the children who made mistakes, were robbed of a childhood and that is not okay.”

The exhibit takes it one step further and provides videos of these actual people having a chance to tell their stories and be heard. These people were all underage and sentenced to serve long-term sentences in correctional facilities in California.

This project reveals the

truths in a proactive way, of juvenile incarceration in hopes to encourage participation in the efforts to reform the juvenile justice system.

Along one of the walls of the museum is a timeline visually explaining the process and progression (or lack of) reform to juvenile justice laws and how those influence sentencing length.

This is an eye-opening, engaging and inspirational exhibit that everyone should take the time to visit. The exhibit is a self-guided tour, so you are able to take your time reading all the stories and taking in everything at your own pace, at no cost to you. Arranged hours are available outside of the Monday through Friday 9 a.m. to 4 p.m. schedule the museum currently offers. If you are unable to visit the museum, there is an online version of the exhibit on the Museum of Anthropology website, so you are still able to participate and learn about such an important issue that every person listening can make a difference.



Susan Acuna | Chronicle Photos

The exhibit features many forms of art, from props to messages.

Cappuccino and color at the museum

By **Ruth Marrero**
Staff Writer

The Robert and Frances Fullerton Museum of Art (RAFMA) held a unique experience to paint with coffee while enjoying a cappuccino on May 9. This event featured customized cups of iced and hot lattes and cappuccinos and supplies to create a caffeine masterpiece.

The artisan coffees were topped with tailored designs made from steamed milk, which created a smooth finish of cream on the top. The baristas measured, weighed and took the temperature of every ingredient that went into making the perfect cup of coffee for each visitor.

Along with enjoying a java, participants were able to paint their own masterpieces using ground coffee beans, water and a variety of different sized brushes to create specialized shadowing and watercolor paper to capture their brush strokes.

The event was organized to provide a relaxing space for students and faculty to take a break and de-stress from normal school activities, especially since midterms just finished or are right around the corner for most students.

“I would do this every day if they offered it. This entire experience was so relaxing, and I am never one to turn down a free cup of coffee,” (need to know first and last name of student who said this quote).

Employees of The Bleu Pit Cafe, which is a local coffee shop located off Hospitality Lane in San Bernardino, volunteered their time and talents to treat students and faculty to artisan coffee.

“I enjoying making coffee to keep a smile on peoples face. I know that is super cliché, but I thrive off their excitement once they taste my coffee,” said Chase and April Charifa, husband and wife.

“The coffee is delicious and the painting is pretty easy to my surprise,” said Alfred Rodriguez, a faculty member. Jacabed McCormick, who is also a faculty member, accompanied Alfred and explained, “We saw an email go out to campus and it looked really interesting to us, the painting is easy, however, I struggled with the creativity but it’s really fun. It’s really relaxing and it’s nice to share a cup of coffee with a colleague and friend.”

With their coffee grounds, McCormick painted a steaming cup of coffee with the phrase, “I

love you a latte” and Rodriguez painted a daisy with blooming petals.

Maia Matheu, a CSUSB graduate student was helping out with the event by gathering the coffee grounds and promoting individuals to try their hand as artists by painting with the coffee grounds they provided.

“It’s a good way for people to relieve stress. This event helps bring people together who enjoy art and coffee. Not only for the students, but for the faculty as well,” said Matheu.

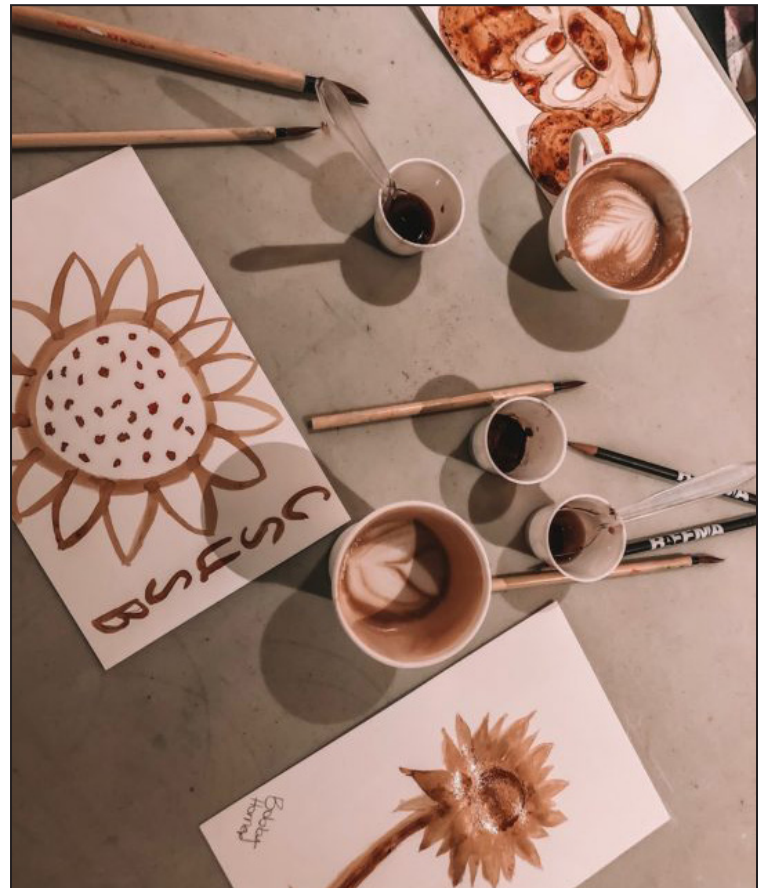
The event was to promote RAFMA, the school’s museum which boasts one of the country’s biggest Egyptian artifact collections and is an extension of the world-famous Smithsonian.

“Our exhibit is one of the largest Ancient Egyptian exhibits in Southern California,” said Irigoyen.

Diego Irigoyen, a member of the museum staff, orchestrated the event to bring students and faculty together and promote the RAFMA.

“There are a lot of resources here that students are not aware of. So, by setting this up today, we thought it might give people an incentive to come visit the museum,” said Irigoyen.

In addition to the Egypt exhibit, the museum showcases



Ruth Marrero | Chronicle photos

Participants expressed themselves through coffee.

art created by CSUSB students in the art program.

It is a good opportunity to get the rest of the student body excited about art and encourages students to support one another by visiting all of the beautiful artwork that the students made.

The RAFMA is completely

free for CSUSB students to attend on any day and is located by the Visual Arts building at CSUSB. It is a tranquil environment that can provide an escape from normal school activity, and there is always something new and interesting to see.



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God First Since 1899

1 Ever wondered what your purpose in life was? Or what force of energy makes our heart beat? Better yet, perhaps why different people go through different struggles and challenges in life. In order for us to know that a dream is a dream, we first have to wake up, and within those dreams, we sometimes gain some wisdom or an innate intuition of knowing that there was something about that dream. What if we too are in a dream? But we call it life, and once we die or transition, that is when we truly wake up. Earth is but a school for us humans to learn more about ourselves. "There needs to be contrast in order for us to understand the opposite, sometimes we grow up in a dysfunctional or abusive family so that individual can learn and cultivate what true self-compassion is all about," Lawrence Bowens said.

2 We are all experiencing our own lives differently just as different people learn differently in a classroom on the same topic. "Earth is a school for our soul to come down and experience lessons and gain wisdom to find ourselves even more on a deeper level," Mary Fong said. How can one person grow up very rich and the other very poor? Who placed us on this path to experience rich or poor? Regardless of what our circumstances are, the rich will experience a different life from the poor but we are all here to learn more about ourselves deeper, and Earth School is the place to experience that due to the free will that we have.

3 Energy does not get destroyed, it only transfers, as so the old saying goes. Now if our body or spirit is energy, where does it go? To some, they call it Heaven, Spirit World, Home, The Afterlife and so on. If energy does not get destroyed or your Spirit for instance, then it would only make sense to know that our Spirit is immortal therefore we are immortal since energy/spirit does not get destroyed.



Why did you come to Earth School?

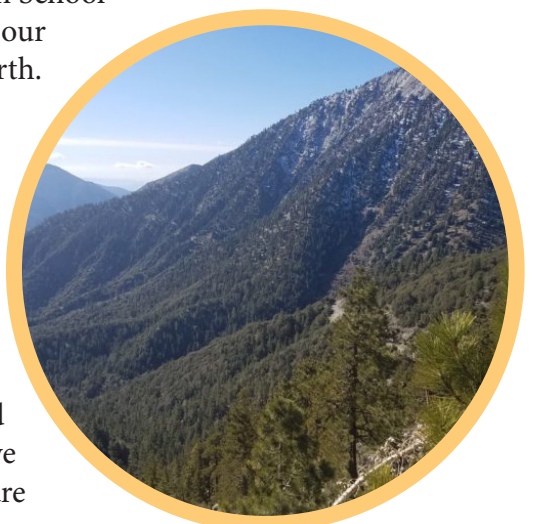
by, Crow Helms



4 Whenever we want to learn more about anything, we constantly want to keep on doing our research and do more trials and errors. Well for an immortal Spirit, that trial and error of wanting to experience and find ourselves on a deeper level is through going to Earth School also known as our home called Earth.

It is similar if a student was to go to a classroom to learn more about a certain knowledge. Since Spirit does not simply die, the trial and tribulations, the ups and downs, good and bad, all the contrast that we experience here on Earth, are

the Spirits way of learning more about ourselves. We are all here to learn, to experience, to grow, to be human. The complex relationships and other friendships that we all encounter, as well as the situations that life presents to us, are all part of the learning experience as a human. We are Spirits having a human experience, not humans wanting to have Spiritual experiences.



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