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CSUSB

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Concerns over academic dishonesty on campus

By Adrienne Rosiles
Production Assistant

The topic of academic dishonesty among students was brought to the university’s attention at the Faculty Senate meeting earlier this quarter. A professor at CSUSB found that when she gave an online quiz of ten items, the students were instructed not to open their notes, keep their books closed, and not to talk to anyone. There were GroupMe chats with one chat containing four students who kept asking each other for the answers to the quiz. One student reported being uncomfortable and left the chat.

The student proceeded to provide the evidence to the professor, where the professor sent out an email to all the students in the class, stated, “It has been brought to my attention that some students have been cheating on this quiz. I would appreciate it if those of you who engaged in this would come forward, rather than me having to approach you.” The professor found that none of the four reported it, but eight others admitted to the plagiarism.

A class of about 25 students reported cheating on an online quiz only worth 10 points, so it brings up the question of what is CSUSB’s brand if there is no concern about the representation of the campus.

CSUSB’s Graduation Initiative 2025 has been aiming to increase graduation rates for students across the 23 CSU campuses. “In the bulletin, it states that students are responsible for understanding what constitutes cheating and academic dishonesty, and faculty in our syllabi have to state them there...”

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Lane addition project for State Route 210 now underway

By Leo Fontes
Staff Writer

Local dignitaries and city officials met with the general public on the corner of Baseline St. and the 210 freeway to share the news of lane additions and expansion of the Baseline St. Bridge.

With local traffic passing in the background and the Jacob Engineering Group construction crew working just west of the project, speaker Dawn Rowe shared the multi-city excitement about finally starting the project.

The event kicked off with a singing of the National Anthem by high school student Lilian Nell Diaz, followed by a recital of the Pledge of Allegiance from all in attendance.

“We are going to finally widen the freeway through this area,” explained Mayor Larry McCallon for the City of Highland, who said he was reminded by a local resident attending the event that “in the late 60’s, there were orange groves, and Baseline ended and continued with a dirt road. So you can see how in only a few years how much things have changed, and they need to change more because this now is one of our busiest intersections.”

A brief statement was shared with the crowd by Mayor McCallon, Third District Supervisor Dawn Rowe, SBCTA Board President and Mayor of Grand Terrace Darcy McNaboe and Council Member Theodore Sanchez from the City of San Bernardino, prior to performing the ceremonial dirt turning.

“This project is really a combination of three projects rolled into one,” explained Rowe. “In an effort to minimize the overall impacts on the community and commuters. One of those elements adds a lane to the State Route 210 between San Bernardino and Redlands. In addition, Caltrans is capitalizing on new resources to rehabilitate the existing lanes for a longer life of the pavement, and a better landscape,” Sanchez explained.

Promotions Staff

Promotions Staff are comprised of students enrolled in COMM243A Practicum: Print & Online Journalism taught by Professor Joel Harris.

By Leo Fontes

Dirt Turning Ceremony (left to right): San Bernardino city’s Council Member Theodore Sanchez, SBCTA Board President and Mayor of Grand Terrace Darcy McNaboe, Deputy District Director for Caltrans 8th Rebecca Guirado and Mayor Larry McCallon from the City of Highland.

The Chronicle reserves the right to edit or reject all materials submitted to the paper.

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Many college students are first-generation and signing for loans with little to zero financial education. Some students work so much to try to keep up with tuition payments and end up having to take out credit cards and loans to pay their daily expenses.

Many college students are debt category in the U.S. and second highest consumer.

Contributing Writer
By Marlyn Ramirez

Telling us what you think?

Share your opinions & story tips.

By Omar Iniguez, Jasmine McCoy, and Oliver Gonzalez
Staff Writers

Do you feel stress or anxiety about what is to come after you graduate? Do you feel unready or scared to finish school? For many students, life after graduation is a difficult concept to fully grasp. Many people feel they are unprepared to handle the responsibilities that come with the real world. Perhaps this is a reason why students often drop out of school or fail. They may be having feelings that are difficult to deal with.

On Tuesday, February 18, CSUSB hosted an event called “What’s Next After Graduation?” The event was hosted on the main campus but was accessible to students who could not physically get to the location and by students at the Palm Desert Campus via a zoom link. This event was hosted by Jennifer Carhart and attendees received really helpful information that they could apply to their own lives and possibly ease some of that anxiety or tension they get when they think about finishing school and post-graduation jitters.

Carhart and her team started off by talking about post-graduate pathways, which one of the pathways included getting a job. One could either get a part-time job or a full-time job. If a paid job is not available, then one could consider an internship. Internships allow one to gain experience in their field, usually working for free, but some internships do pay. Perhaps a job isn’t readily available, so another option might be to join a specialized opportunity such as the peace corps or the military. Jobs value this type of experience because one is able to give back to their country or those in need. Sometimes students are seeking more education, so another possibility would be to continue in higher education, baccalaureate training, certification or gaining credentials.

With all this information in mind, it is important to start planning ahead, even if you are not yet near your graduation date. Planning ahead for your life and career can help alleviate some of the stress and help you focus on your goals.

Senior student Ibeth de la Torre, 21, stated, “I started taking out loans when I graduated in the fall.”

The fourth and final step is decision making. Once you have decided upon your career and goals, and eventually landing a job!

The last step is implementation. Once you have the other four steps, the final goal would be to properly implement them into your life. Execution of these steps is important because eventually, you may be able to figure out what you want from life, your career, if you want to choose a different route to explore.

After all is said and done, you may want to reconsider or self-evaluate your current situation. Some questions you could ask yourself are “What career am I pursuing, what have I done to prepare for this career, or what can the career center do to help me prepare?”

On student loan and debt

Community

Students can access their financial information through myCoyote and determine the necessity of signing up for a Loan.

Students work so hard in class and outside to receive a degree and end up graduating with a pile of debt waiting for them due to interest accumulating and not being informed of what type of loans they are accepting.

Janette Camacho is a 2018 graduate student and is now dealing with the struggles of student loans.

“I started paying for my loans once I was out of school. I waited until my loan was off of the grace period to start paying them. I didn’t have knowledge of financial advice when signing up for my loans, I had to research the difference between subsidized and unsubsidized loans when accepting my loans my first quarter of college,” said Camacho.

Many students are not aware of where to find the resources or advising to share their concerns about student loans and seeking financial advice.

Alexis Varto is a fourth-year Communications major who turned to loans as an emergency to pay for tuition and did not thoroughly research his loan information.

“I started taking out loans since my first quarter of college and last fall I capped out my loans, I didn’t even know that was possible. I’m doing the payment plan now, but I haven’t checked out what is going on with my loans yet and I never really knew where to ask questions,” said Varto.

The Financial Aid Office is located in University Hall, an on-campus resource that has paraprofessional staff at the walk-in counter during regular business hours. Advisors are available from 9:00 am to noon and 1:30 pm to 4:00 pm on a daily basis if a student requests additional and/or personal assistance. Students are also able to use the computers in the Financial Aid lobby to log in to studentaid.gov.

If students are not on campus, they can also access resources on csusb.edu/financial-aid/current-students/loans for more information on the type of loans.

Wendy M. Rose is a Financial Aid Advisor at CSUSB and said, “My best piece of advice on loans for students: Don’t take them out if at all possible. Only take out the Subsidized loan. If need Unsubsidized, pay the minimal interest on a monthly basis so that interest doesn’t accrue over time.”
By Adrienne Rosiles
Production Assistant

...Continued from pg 1

We have a campus website that talks about what is plagiarism and cheating. I know students know in their gut when they say they are cheating," said Professor Dr. Kathie Pelletier. As of 2018, CSUSB has had 81% of its students be first-generation college students. In regards to first-generation students, Pelletier commented, “I realize that first-generation students might need to spend time looking at academic dishonesty policies, but I think every student regardless of their status knows when they’re doing something wrong and at some point, they are our representatives on this campus. When they graduate, they are what the public sees and if they’re cheating here, chances are there is a relationship between cheating in college and cheating in business.”

“I think we should be explicit, especially with international students who may come from a culture where cheating doesn’t mean quite the same thing. It’s in my syllabus, but I always spend about ten minutes on the first day of class explaining what cheating encompasses,” added Professor Dr. Karen Kolehmainen.

Before any student attends CSUSB, they are to attend a mandatory orientation that helps students get familiar with the campus, as well as explain the University’s expectations to succeed.

“What are students learning in orientation? I think that’s where the norms and the expectations are set, that this is a university that values integrity and we want you to do honest work, so we really know where you stand and have honest feedback,” said Pelleti.

Former SOAR orientation leader Elissa Munoz said, “During orientation, we provided a presentation from the Office of Student Conduct and Educational Development (OSCED) where we explained what academic dishonesty is and emphasized its consequences. We also put on skills of cheating and had group discussions after to make sure the students understood how serious it is.”

“Sometimes students don’t understand how to cite their sources properly and sometimes what’s perceived as cheating, was just a student not following the appropriate citation style of that course. There is just so much happening during orientation, but we can certainly do a better job of reinforcing the rules after orientation,” said Vice President of Student Affairs Dr. Paz Olivera.

CSUSB offers writing centers that are available to assist students one-on-one with their papers, as well as help students properly cite their sources, so they can avoid the risks of plagiarism.

Professor Davida Fischman mentioned, “I think there are faculty that don’t report these acts because they figure nothing is going to happen to the student anyways. I propose the idea that faculty can collaborate with ASI to do some professional development for students on issues of academic integrity for positive viewpoints.”

When a student is suspected of committing plagiarism, a professor has the option to report the incident if it is then followed up by an investigation to see if such an action took place. According to the Standards for Student Conduct, a few consequences students can face include loss of financial aid, disciplinary probation, and suspension. Faculty also have the ability, if believed a student is committing plagiarism, to sanction a student based on their grade.

Dr. Olivera further stated, “I think the responsibility is on both. I think it’s on students to be conscious of what the expectations of faculty are in terms of their written assignments, but I think it’s also on the University to ensure students understand that process.”

Speaking Center open on campus

By Amy Neault and Nubia Meza
Staff Writers

During the Winter Quarter 2020 here at CSUSB, Jack H. Brown College of Business and Public Administration opened the Speaking Center. The center is the newest of the many resources provided on campus for student academic success.

Julie Taylor, a Communications Assistant Professor here at CSUSB worked alongside the Department of Management to pilot the program in 2017. This program has been in the works for 3 years and now it is finally ready to service students of all majors.

Taylor explained, “My hope when students visit the Center is that they are able to enhance their public speaking skills in some way. From concept development to strengthening their delivery, there are numerous variables to consider in speaking moments—all of which we take into account at the Speaking Center. In addition, I hope that students not only realize that the resource is available, but also that they find it helpful and return.”

The Speaking Center employs three graduate students that serve as consultants for students who visit the center. They offer appointments as well as welcome walk-ins. Every session is about 30 minutes in length. Consultants are prepared to help students brainstorm, practice, refine and strengthen their delivery, whether they are working on a speech, presentation, or a group project.

One of the Communication Consultants, Steven deWalden, talked about the way the center provides students with its services, including technology. He stated, “We have technology available that allows us to record a presentation in the office and provide real-time feedback that the client will have access to via their own Blackboard account. This allows them a chance to reflect on the input provided by the consultants from any location they have access to their Blackboard account. The center also has resources we can provide as tips to improve in different speaking situations.”

The Center is a resource that not only helps students in their academics but also refine the oral communication skills that they will need as they progress through their careers, no matter what field they decide to pursue. On top of the consultant feedback, students also have access to flyers with speaking tips and ways to reduce communication anxiety.

Undergraduate student, Dante Buyckst said, “It was a great experience. The Speaking Center definitely helped me with giving presentations. I’m confident I can be a better presenter now.”

Sean Ibarra, another undergraduate student, added, “I had a friend tell me that it really helped their presentation. So I checked them out after I saw one one their Instagram tiktoks and I signed up for a consultation. Plus it’s free so that was cool.”

The Speaking Center is a great tool to use to your advantage if you need help while finals are fast approaching. They are located in Jack Brown Hall, room 230. They are open Monday through Thursday from 8-5 p.m. They are open to all majors and students are invited to attend the grand opening that will take place in the Spring Quarter of 2020.
The UCR Master of Public Policy Program

The Master of Public Policy (MPP) program at the University of California, Riverside is the first such graduate program being offered by a major research university in Inland Southern California. Through our two-year full-time program, you can choose to specialize in a broad variety of fields. Specialization can take the form of policy-related coursework, an internship, and a capstone project. Courses are available in the following areas: environmental and resource policy; health policy; education policy; urban policy; and social justice policy.

Currently accepting applications for Fall 2020

Financial support available for competitive applicants

Attend an info session: mpp.ucr.edu
Q & A with local photographer

By Breeza Rodriguez
Staff Writer

Local Inland Empire photographer, Salvador Sanchez (@SalsTouch), provides some insights into his life as a professional photographer.

Salvador Sanchez is 24, with his own thriving business, and shares what it is like being a professional freelance photographer.

Q: Why did you choose to pursue photography?
A: Fourteen years ago, my mom gave me a video camera and I swore I was going to become the next Quentin Tarantino. A few years later and I’m taking my first video production class in high school. As fate would have it, I discovered the class also had professional cameras for photo-taking. I realized at that moment that photography was truly what I was passionate about and never looked back.

Q: How long have you been a professional photographer?
A: I’ve only been doing photography professionally for a little over a year now. My first paid gig, however, was a wedding during my senior year of high school.

Q: How often do you do shoots?
A: It’s hard to say because the schedule of a freelance photographer fluctuates and can at times be very unpredictable. On average though, I have about 1 photoshoot every 3 days. There have been instances where I’m even doing as many as 4 photoshoots in a single day.

Q: What are the skills required to be a photographer?
A: To become one, I think the two biggest things are having a creative eye and a passion to bring that creativity to life. At the end of the day, photography is an art and like music production, there are no real rules to photography, just guidelines and suggestions to what might work better.

Q: Can anyone be a photographer?
A: I truly believe anyone can become a photographer. That’s not to say everyone can become a good one. I think it comes more naturally to some but with almost anyone it comes down to putting in a lot of work and learning more every day to reach their full potential in this amazing field.

Q: What are some downfalls of photography?
A: I feel a clear downfall of photography is the saturation of the market. With cameras being so easily accessible, there are a lot of people who are willing to do photoshoots for free, which ultimately hurts the value of photographers as a whole. The mindset becomes “why pay this person for my photos when I can have that person do it for free?” Another downfall is the ego that can fill many photography communities. While I’m all for competition, I think it’s important to help each other grow in this industry rather than tear each other down.

Q: What are some of the rewards you get from being a photographer?
A: A reward of being a photographer is when you see a photo you took printed out naturally to some but with almost anyone. It comes down to putting in a lot of work and learning more every day to reach your full potential in this amazing field.

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Q: What are some of the challenges faced by photographers?
A: One downfall of photography is the saturation of the market. With cameras being so easily accessible, there are a lot of people who are willing to do photoshoots for free, which ultimately hurts the value of photographers as a whole. The mindset becomes "why pay this person for my photos when I can have that person do it for free?" Another downfall that comes to mind is the ego that can fill many photography communities. While I'm all for competition, I think it's important we help each other grow in this industry rather than tear each other down.

Q: What are some of the rewards from being a photographer?
A: A reward of being a photographer is when you see a photo you took printed out on a huge canvas by a client. It's realizing your friend's new wallpaper is actually a photo you took. It's seeing your photo become the new Instagram profile picture of an aspiring model. It's a text from a couple who say they still smile when they see their wedding photos almost a year later. There's a quote that's stuck with me for a long time that says "photography is the story I fail to put into words." It's this notion that for a split second, you were able to pause time and capture a moment that can forever be saved and at the same time tell a story. And that in itself is very rewarding.

Q: Have you had any horrible experiences that you feel comfortable sharing?
A: I've had SD Cards stop working in the middle of my shoots, I've run out of memory during a critical moment at an event, lost my lenses, and I even broke my camera once. Yet, I regret none of this. Each low has only helped better me as a photographer and for that I am grateful.

Q: Why is professional photography worth it, to you?
A: Professional photography is worth it to me because it is simply doing what I love and at the same time providing something that people can cherish forever. It's worth it to me because I can bring out a concept in my head and turn it into this real thing that people can see and appreciate. The journey hasn't all been perfect, far from it actually, but with each opportunity, I'm constantly reminded of just why exactly I decided to commit to this art full time.

Q: Are there any other things you would like to add?
A: As long as you're not harming anyone, do what ultimately makes you happy. I know it's so much easier said than done, to just drop your 9 to 5 and say I'm going to follow my dreams and do what makes me happy. But it's all a process, and with the right mindset and drive you can truly make that happen. I'll end it with one of my favorite quotes from Denzel Washington that says, "There is no passion in playing small and settling for a life that's less than the one you're capable of living."

Salvador Sanchez

A portrait of Salvador's friend during sunset at Sequoia National Park. A group of Salvador's friends actually drove about 8 hours just to take these amazing photos.
Native American & Pacific Islander students address their concerns at a round table session led by Vincent Whipple

By Matt Santos
Copy Editor

With the Office of Tribal Relations’ one-year anniversary having passed, the new office reflects back on its first year by inviting students and faculty to their Native American and Pacific Islander Round Table.

Students and faculty create a safe environment to discuss Native American and Pacific Islander student concerns

The Office of Tribal Relations, directed by Vincent Whipple and funded by the San Manuel Band of Mission Indians, was established last year to increase the number of Native Americans attending the university, establish connections with local tribes, and enhance the overall student experience for Native American students. With that in mind, the office created this round table event to give students the opportunity to provide feedback on the office’s progress.

“We wanted to hear the Native community give their take on our office,” said Whipple. “We wanted to hear the pros and cons, find out what we could do better, or if we were doing something we needed to pull back on. I think any good company should consider a career in STEM, “there is a lot of growth and creativity in STEM,” said Maloney-Flores. “Not that it’s necessarily a better viewpoint – it’s just a different viewpoint than a man.”

Naval Criminal Investigative Service (NCIS) Special Agent, Rachel Park, shared her thoughts about working in the STEM field.

“It’s important as a young female to find your passion – if you fail maybe that’s because you need to do something else,” said Park. “However, I put my faith into hard work, and I never gave up.”

The main issue is often the so-called leaky pipeline in STEM, which is the number of students, many of whom are women, who drop out of STEM education, and this has been the topic of many academic studies. “Seventh and eighth grade is when we lose young ladies from mathematics,” stated Pantula.

One factor involved in the gender gap may be a lack of self-confidence among girls in math and science, so Maloney-Flores is pleased to watch a young female student enthusiastically solve a complex math word problem.

“We need to increase the number of women in the STEM field, figure out ways to fix the leaks in the pipeline through appropriate policies, and benefit from everyone having a seat at the table for better science and better policies,” said Pantula.

Population of women in the STEM field

Maloney-Flores working with a student solving a complex math word problem.

...Continued from Pg 1

Aside from good income and job prospects, STEM is a great way to look at interesting problems that can lead to technology to make our lives better,” stated Dr. Kimberley Cousins of the College of Natural Sciences here on campus.

There were plenty of women attending the recent CSUSB STEM and Social Sciences Career Fair which was held February 20 in the SMSU Events Center. Graduate students at Keck Graduate Institute, Angel Webb and Yazmin Estrada, both CSUSB alumni, shared their perspective on why women should consider a career in STEM.

“Women can come at a problem from a different viewpoint than a man,” said Webb. “Not that it’s necessarily a better viewpoint – it’s just a different viewpoint than a man.”

CSUSB alumni and University of Notre Dame Trustee STEM Fellow 2018, Shannon Maloney-Flores is a junior high STEM and math teacher at Our Lady of Perpetual Help, Riverside, Calif., and she spoke about this phenomenon.

“The key to growing a diverse STEM workforce is to begin exposing students to STEM education at an early age,” said Maloney-Flores. “It is vital that we make real world connections with the standards we are teaching and at the same time be sensitive to the cultural backgrounds and experiences of our students.”

One factor involved in the gender gap may be a lack of self-confidence among girls in math and science, so Maloney-Flores is pleased to watch a young female student enthusiastically solve a complex math word problem in front of the class.

“I strive to create an equitable learning environment that empowers my students to see their vast capacity as learners and also introduce them to careers in STEM that complement their strengths and interests,” said Maloney-Flores.

One thing is for certain, the STEM field is growing, and both men and women are needed in it. “We need to increase the number of women in the pipeline, figure out ways to fix the leaks in the pipeline through appropriate policies, and benefit from everyone having a seat at the table for better science and better policies,” said Pantula.

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Push for the decolonization of education

By Marlyn Ramirez
Contributing Writer

As of Fall 2018, student diversity is 63% Hispanic, 13% White, 7% Non-resident foreign students, 5% African American, 5% Asian, 4% Unknown, 2% are two or more races, and 1% Native American/Alaskan Native or Native Hawaiian/Pacific Islander according to CSUSB’S statistical data. With this type of diversity in an institution, students and faculty are pushing toward a decolonized education for curriculums that reflect their background, experiences, and struggles.

The need to decolonize education inspires many students to pursue research beyond what is taught to them. To search for buried archives that represent their roots and haven’t been read. Vanessa Ovalle Perez has recently earned a doctoral degree in comparative literature and graduate certificate in gender studies from the University of Southern California. She is a CSUSB professor of English and specializes in Chicana and Latina literature.

“When I started my research, I thought of myself as a student, and what were the things that I wish were being taught to me right now and that I would want to learn more about it. That was really part of what motivated me to actually build those things I wanted to learn,” said Perez.

She did not feel connected to the history being taught in her education, and that cared to recover these topics and drive her to do her own research. “A lot of Latinx history and text that go way back haven’t been recovered. It’s not that they are not there, sometimes they haven’t been preserved at all. There are fewer surviving Latinx newspapers than there are newspapers written in English. The dominant culture is the one that is going to preserve their history,” said Perez.

She became interested in Latinx newspapers and poetry written by Latinas in the 19th century.

Perez has made presentations and podcasts speaking on these archives and by recovering this work, people are allowed to have opinions and question culture, gender, and authorship.

Students have shared concerns about the need to belong, receiving representative context of themselves, their position in history of this country, and the opportunity to disrupt the current balance of power in education.

Luis Esparza is a graduate student and teaching pushing for classes where their stories are centered.

“My motive is to maintain the foundation of the bridge between the University and the community. I feel like there needs to be more events like this to bridge that gap between the two.”

Luis Esparza

Continue Online @ CoyoteChronicle.net

Students perform poetry from their hearts

By Diana Servin-Navarro
Staff Writer

The Santos Manuel Student Union (SMSU) and the Black Faculty Staff Student Association have come together to create an open mic night for students and faculty to express themselves in a poetry slam.

Poetry slam is an event where people read their original poems without using props or music. Slam Poetry differs from regular poetry because it allows mistakes and helps showcase the rawness of the poems’ feelings. The purpose of events like these is to allow CSUSB students to have the freedom to express themselves and show their talent. There are other similar events on campus such as “Speak Yo Truth.”

A variety of special guests attended the events such as CSUSB’s President, Thomas Morales, Eddie Bell, and Lynne Thompson. Eddie Bell is an author, poet, and motivational speaker who is also great friends with President Thomas Morales. Bell shared his poetry and what it meant to him as he wrote his book. Thompson is an author and poet who also read her own poetry. These special guests were part of the first half of the event and therefore helped any students or faculty interested in performing to ease their nerves before they began on the second part of the event. Amber Giller, an English major at CSUSB, stated, “Poetry to me means expressing myself and making sense out of thoughts happening in my head. I write poetry when I need to keep myself calm so seeing poetry-related events, such as Poetry Slam, makes me enjoy CSUSB more because they are giving students the opportunity to express themselves.” As an English major, Giller has been taught how poetry works and how poetry breaks many rules that different writing styles have. This event brought a number of students that came to support their fellow Yotes. Jose Rodriguez a student at CSUSB stated, “I enjoy coming to these events and participating in them because you feel welcomed and invited to just be yourself and vibe with other students.”

There was a sign-in sheet designated for the event to allow students to register and express themselves through slam poetry. Rodriguez was close to performing but he became nervous and decided to not write his name on the sign-in sheet. The SMSU has a ton of events throughout the year to cater to each students. Josh LaBel, a student that attends many of CSUSB events stated, “Events like this one where our school gives students opportunities to express themselves is what keeps CSUSB diverse. Being able to hear and understand peoples thoughts and concerns helps us be better as community.”

Students are given the opportunity to express themselves on stage at CSUSB.
"Rowing to America" sets sail for opening night

By Matt Santos
Copy Editor

America has always been seen as a country built upon the backs of immigrants. Almost everyone in this country has their own stories and experiences about immigrating to America, whether that be their own or their ancestors’. Rowing to America: The Immigrant Project, directed by Kathryn Ervin, will capture some of the diverse stories about immigrating to America.

Rowing to America: The Immigrant Project is a production made up of nine one-act plays, all written by different authors, that showcase different perspectives about immigration. These one-acts vary in time period and origins of the main characters. One play is about a Japanese woman who struggles to learn English, another is about a Cherokee family that has been moved off of their land, there is a play from the Irish migration time period, and there are many more diverse stories to be seen from this production.

“I really like this show because it offers so many different views. One of the things our actors have said in previous conversations about shows is that they like a challenge, so everybody in the cast is playing at least two different roles. They have to come up with different physical lives, vocal lives, and sets of intentions for their characters and that’s really exciting,” said Director Ervin. Ervin, who earned her master’s degree in directing, has directed a lot of the musicals for CSUSB in the past. With this production’s structure of nine short plays, Ervin and her team have taken a different approach to the rehearsal process than what they have usually done for previous productions.

“Typically, in a musical, you’re working on the whole show,” explained Ervin. “This production is a series of short pieces, so we’ve been rehearsing the short pieces and then we try to figure out how we’re transporting the audience from one play to another, using costumes, set pieces, and lighting.”

Riley Johnson, who plays Sister in “Rowing to America” and Lomeli in “Homeland,” expressed that “the most difficult part of the show is that the cast moves the set, as opposed to the tech crew. There’s a moving platform on the stage and it can be a bit of a hassle to move.”

Johnson shared that learning the blocking has been different due to show putting the audience in the round, rather than the typical proscenium style seating that most people are used to seeing in a theater.

Krisi Papaillier, a new faculty member for the Theater Arts Department, has been working closely with Ervin to choreograph the movement for the show. She helped the actors as a vocal coach to try to get the different accents and dialects of the characters in the show.

“The characters are from different places, so we’ve done a lot of work on trying to get accents so that it sounds real. To the audience, we hope that they will get a flavor of where the characters are supposed to be from,” added Ervin.

Megan Dykstra, who plays Mairé in “The Apron” and Observer in “Slave Coffle w/ Observer,” shared that “dialect training was very interesting, especially since we generally don’t have the same dialect in the same place. The actors have to switch, which is kind of difficult, but it got easier the more we did it.”

“I don’t think any of us have had dialect training before,” said Rocio Villalva, who plays Peig in “The Apron”.

Kathryn Ervin and the cast warm up for rehearsal.

Campus community’s preparation for intramural sports

By Keren Cheatwood
and Erica Garcia
Staff Writers

Did you know that the CSUSB Recreation and Wellness Center has more to offer besides the fitness floor? In addition to the dance, yoga, grappling, self-defense, body sculpting, buttocks, and guts and cycling classes, the Recreation and Wellness Center has intramural sports as well. Intramural sports allow students, faculty, and alumni to play the sport they love without the commitment because it’s all in the fun. It’s available to those who have never played before but would like a chance to try a sport of their choosing.

Joanna Moreno, who is the lead intramural and sports club supervisor, explained that in the spring quarter, there will be multiple sports available. These include basketball on Mondays, volleyball on Tuesdays, soccer on Wednesdays, flag football on Thursdays, and the Greek league will be available to play on Fridays.

Drucilla Lightfoot, a Kinesiology major, has been playing on the volleyball intramural league since she came to campus in Fall 2018. She claimed that “Intramurals is such an enriching experience. The adrenaline is unmatched and I’ve been able to foster so many amazing new friendships.”

The intramural sports are available for students, faculty, and alumni but a membership to the wellness center is required to be a part of the teams.

“There is so much more to the rec and wellness center than a fitness floor, so definitely coming in and checking out programs whether you’re interested in or not, it is definitely something that we should take advantage of because it is all things we pay for within our tuition, so why not take advantage of it?” said Moreno.

Moreno continued to say that “intramurals can be a great social network where you truly meet people that you would have never met before in your life.”

Tommy Kashif, a physics major who has been playing in the intramural football league for the past two years, said, “I play intramurals because I’ve always grown up playing sports and once I came to Cal State, I’m able to play the sports I love. Being able to stay active and being part of a team full of good friends and talented people makes a stressful college life a little bit more tolerable.”

The intramural sports meet each week on the appropriate days. Teams compete against one another and towards the end of the quarter, a champion will win it all.

Kinesiology major Ksenia Luna said that the intramural sports are for people who want to participate but are unsure about joining the CSUSB teams. “All levels of skills are welcome, and it is a good way to be involved on the CSUSB campus,” said Luna.

You do not have to have...
Students feel the burnout

Sleep is one way to combat the burnout students feel from studying and working.

By Breeza Rodriguez
Staff Writer

“Sometimes I feel like I don’t have a break, even on my days off. I constantly feel burnt out because of work and school,” said CSUSB senior, Juliene Paniagua.

From attending CSUSB, working on the days she does not attend classes and still trying to maintain healthy relationships with loved ones, Paniagua shares her experience with burnout and how she copes. “When I’m not at school, I’m working. If I’m not at work, I’m at school,” she explained. “And between all the craziness, I’m home, studying for classes or resting.”

“You can basically think of it [burnout] as emotional exhaustion or depletion that comes after chronic stress,” Dr. Christina Hassija said. “It is often the consequence of interpersonal stress or conflicts, high workload, lack of recognition or rewards for work, unclear or unreasonable expectations, low social support, and compromised work/life balance.”

Not only does burn out affect the self, but it can also affect others indirectly. Paniagua explained that “I know people want to spend time with me, but I always feel so exhausted, that I don’t have the energy to give to others.”

Hassija said, “Seek out social support or the company of others, engage in pleasant or relaxing activities, exercise, try to allow for time to connect with the sources of meaning or fulfillment in your life, sleep, eat well, seek out the help of a professional.”

“Sleep helps me a lot when I’m feeling burnout,” shared Paniagua, “but when sleep doesn’t work I will usually get essential oils put them inside an oil diffuser and shut the world out, even if it is for just five minutes.”

Paniagua finds herself trying to remedy or prevent burnout by doing some type of self-care. “When I feel like doing a little self-care I like to sleep in a little longer than usual or maybe even do a little face mask,” she said.

Carmen Rojas, a full-time fiber optics installer, said, “My job is extremely physically demanding, not to mention I’m the only woman at the company, by the end every day I find myself drained.”

“I keep up with the work but dealing with grumpy people and inspectors, not knowing what time my workday will end and trying to keep in touch with my friends all stresses me out,” Rojas stated.

Self-care can be different for different people. “I go to the gym to relax, sometimes with my friends,” said Rojas. “Going makes me feel good, plus it distracts me from the other things in my life that emotionally drain me.”

Hassija said, “Another helpful way to prevent, address, and manage burnout is to regularly check-in with yourself to see how you are doing, as well as elicit feedback and support from those in your daily life.”

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Students relax as they “Paint and Sip”

By Amy Neault and Wendy Wheeler
Staff Writers

On Thursday, February 20, Santos Manuel Student Union (SMSU) Program Board held Paint and Sip in the Bay from 3-6 p.m. This event is about painting an image whilst an instructor directs the painting session and everyone sips on a beverage. Hence, ‘Paint and Sip.’

Monica McMahon, Program Board Coordinator, said the event is held quarterly and originally started in the Winter quarter of 2017. “This initially was meant to be a one time event, but students loved it and it took off!”

The event offers students the opportunity for an hour of relaxation. Several rows of tables were set up and tarped over. Each chair was paired individually with a small easel holding a 10-12 canvas, a cup of water, two paint brushes and a small artist pallet for the paint. The type of brushes that were given were a flat brush and a smaller angled brush. Acrylic paints were distributed in the colors dark blue, black and white to create a scenic winter landscape, in lieu of the Winter quarter.

The chosen painting example consisted of a landscape containing snow, a tree, and a moon. It was meant to be something simple to create with the three colors of acrylic paint that were provided, for those who are ‘beginners’ in art. Mariana Mendoza, a first year student and student assistant coordinator, said “Paint and Sip is meant to be a fun experience for students on campus.” The Paint and Sip events seat up to a maximum of 30 occupants and Mendoza shared that “it fills up fast every time.”

Along with the complimentary accoutrements necessary for painting, ‘mocktails’ were offered for free and students had their choice between Polar Blast Hawaiian Punch, Lemon Berry Breeze Hawaiian Punch, or water. As the event began, artist Mynor Cardona introduced himself and led the instruction on how to paint the winter-esque scenery. Cardona, age 22, is a local artist who has been creating art consistently since the age of fourteen. He is currently an art major attending community college in hopes of becoming an art teacher in the future.

“This is my third time hosting the Paint and Sip event here,” Cardona explained. “I love teaching art because there is never a mistake, you can do anything. There is no wrong answer.”

A large image of the predetermined painting was projected onto a screen before the students, and as Cardona directed the art event, he expressed the importance of the fluidity art provides. “You guys can paint this however you want. It is your painting. It doesn’t have to look exactly like the example.”

Relaxing, melodic music combined with Cardona’s calm and reassuring teaching method provided for a peaceful setting many students seemed...
Honeymoon is an exploration of the nature of consumption, and how it is romanticized and sexualized in modern society. Every day, our animal instincts are used against us to encourage us to spend. Hunger, sex, sleep, and other natural processes have been entangled with the need to make and spend money. Capitalism facilitated some of humanity’s greatest achievements but it’s starting to look like it could be our downfall. From positive results like clean running water to negative results like constant bombardment of advertising, capitalism envelopes our daily lives and has created the framework through which we see the world. Both humanity and nature have been forever changed by the various results of overconsumption. We go after what feels good, it’s programmed into our brains. Humans will over consume even when it is poison to ourselves and the environment. How do we know when we’ve gone too far? The exhibition attempts to find the line between celebration and escapism, and questions if the two aren’t one and the same. The enjoyment of humanity’s innovations might not be so different than our need to separate ourselves from animals and therefore nature. The honeymoon period is a place of bliss and indulgence, said to take place before a splash of reality suddenly hits. We as a society might be getting to the end of our honeymoon period with capitalism, will we be ready- or will we be too busy satisfying our animal desires? Honeymoon celebrates the excess and invites the viewer to bathe in the aftermath of shameless hedonism. The show will be taken down March 5th the last day to see it.