Participation in the upcoming 2020 Census is being sought out by the members of ASI.

Endorsements concerning ASI’s resolution for the “Support of an accurate 2020 Census” was brought to the attention of the Faculty Senate meeting on January 14.

The University’s constitution addresses that the federal government will allocate aid to the state’s “respective numbers.” According to the Faculty Senate meeting, California’s state department has addressed that every Californian missed by Census 2020 will cost the state $19,500 in lessered program funding, such as housing programs, health programs, and education funding for grant programs.

Senator Vassilakos-Long stated, “We’re probably going to lose a representative after the 2020 Census, but we are hoping not to. An accurate account will affect so many programs, as well as our presentation and the Electoral College.”

CSUSB’s ASI is trying to work towards an accurate 2020 California Census count. The executive committee has asked the Faculty Senate to support and encourage ASI and has asked Senator Vassilakos-Long to write the resolution for the endorsement.

Continued on Pg. 2...
Faculty Senate hears out ASI concerns on 2020 Census

...Continued from pg 1

ASI student advocate, Stephen Angeles, stated that “It is really important to fill out the 2020 Census. It will help determine the future for the next 10 years. It also helps get the right number of representatives in government.” One suggestion that was made was to allow ASI members to visit the classrooms. ASI President Adonis Galarza-Toledo stated, “One of the biggest ways the Faculty Senate can really be a big help to us as we take on this campaign is by opening your doors to your classrooms. ASI has taken on the challenge to go to 75 classrooms this quarter and educate our students on what the 2020 Census is and how it affects the Inland Empire.”

The meeting encouraged more than just allowing ASI to speak in the classrooms. In favor of the motion, Senator Enrique Murrillo said, “There’s a lot of faculty (disregarding the ones in here) who spend their whole careers and never visit the Faculty Senate, never get involved in any of these things, so maybe there is a bigger step we can all take.”

Galarza-Toledo added to that sentiment by calling for members of the senate to take action.

“There’s a complete count committee that’s chaired by our director of external affairs that I invite all and the faculty senate to be a part of that has taken up the charge to meet at events and the campaign for the Census,” said Galarza-Toledo.

National Census Day will take place on April 1, 2020.

Intern-search at San Bernardino’s Little Gallery

By Alfredo de Luna
Contributing Writer

Are you interested in an internship at a local art gallery? The Little Gallery of San Bernardino is looking for multiple candidates that can fulfill the roles of Digital Content Provider, Graphic Designer, Administrative Assistant, and Marketing Intern.

The local gallery was started by CSUSB adjunct professor Andrew K. Thompson and local artist Eric Servin. Their mission is to spotlight curated, contemporary art from San Bernardino County and beyond.

“We need the experience to get experience” seems to be the biggest issue for students transitioning into the workplace. If you are looking to gain experience, working as an intern is arguably the most advantageous plan of action.

Eric Servin shared his 5 reasons on why working an internship is important for students’ future career goals: An internship will provide real-life experience and exposure; opportunity to learn more about yourself and explore career opportunities; getting connected and working on developing professional network; acquire new skills and abilities that can enhance your resume; transition into a full-time position.

Forbes magazine states that employers in today’s labor market rely heavily on resumes that illustrate a relevant work history, whether it comes from internships, volunteer work, or actual job experience. Not only are businesses competing against each other for an advantage, but students entering the workforce are also competing to land that coveted position in a company.

A recent CSUSB student shares his experience after completing a summer internship.

“An internship enabled me to gain first-hand exposure of working in the real world.” It allowed him to harness the skill, knowledge, and theoretical principles he learned at the university. “You can acquire endless amounts of education in your college career, however, that knowledge doesn’t always translate to the real world working experiences.”

Many people will get stuck in routines, staying in the same town, attending the same school, or spending too much time with the same people. Looking for an internship will expose you to new individuals in a more controlled and stable environment. Think about it as being given an opportunity with proper training, assignments, and duties without the added pressure.
Students reminded to keep their items safe

By Brandon Arias
Contributing Writer

Students are urged to be more careful about the safekeeping of their belongings.

Apolo Ibanez, a biology major, attended Coyote Fest in 2019. Apolo had a good time at the fest, but then he realized he had lost his phone. The first thing he did was ask his friends to help him track it.

“I didn’t know what else to do after I tried tracking it. I didn’t see any cameras on the field that could have helped me find my phone,” said Ibanez.

Ibanez could not find his phone. He thinks it is possible that the sim card was taken out to avoid the phone being traced.

According to Detective Higgins, there are cameras throughout the campus on the blue phones. “We have them on buildings, in different places. We can even set up cameras under specific kinds of details and stuff,” said Higgins. “It’s sporadic throughout the campus and throughout every building, so it’s hard to say where they’re at exactly.”

Not all students are aware of the cameras and how they can use them to locate their items. One late night, Robert Cisneros went studying at the Wedge. On that night, he brought his airpods. However, when he left, he did not have them. After realizing this while driving home, he came back to find out that his airpods were gone. He didn’t know proper protocols to take with a smaller theft. He accepted that his airpods were stolen and left that night without them.

“I asked around when I came back and looked like crazy. Nobody saw anything, so I gave up and left,” said Cisneros.

While thefts inside the campus buildings have occurred, Higgins stated that thefts are most likely to take place in the parking lots. “There are people that park their vehicles and leave them unattended with visible items. Then, at some point, if the car is unlocked and others are able to get in the car, they’ll take those items,” Higgins explained. Despite these reported incidents of thefts, these types of crimes don’t happen regularly. “They don’t occur that often,” Higgins said. “Every once in a while. I think I’ve had, over the last two or three months, about four or five of them.”

Although they don’t occur as often, personal items should still be kept safe.

Some guidelines to prevent campus thefts are to read the campus alert emails, park in safer places, keep the valuable property in cars hidden, try your best to be in well-lit areas, and be very cautious with your personal property.

At the time the open letter was received by Coyote Chronicle, the suspect has not yet been apprehended. However, the suspect was arrested later on that same day of January 14.

By Concerned Coyote
Contributing Writer

On the fourth floor of the Pfau Library at approximately 11:30 a.m. January 14th, a female student was assaulted by a male suspect in the restroom on the south side of the building.

The student reported she was going to the bathroom and after locking the stall door she forgot a personal item amongst her belongings within the library. Upon opening the door, she was met by her assailant.

The student then reported that the suspect tried to shove an item into her mouth to restrain her, however, the student was able to break away and ran to the Faculty Center for Excellence (FCE) for help.

Ringing on the side exit door of the FCE, the student was let in by another student assistant, Tanmay Sati. Sati heard the student’s cry for help and quickly called campus police. The student waited in a private office within the FCE’s Co-Director, Dr. Jennifer Alford.

Alford and the student waited for campus police to arrive to give a description of the assailant.

The student has described the suspect as a very tall, dark-skinned, male with long hair. Another student in the library also reported seeing the same description of a man leaving the south stairwell of the library around the same time as the attack.

There has yet to be any mention of the suspect being apprehended. CSUSB encourages all students to be aware of their surroundings and to use all available resources if you believe you are in danger.

Letters should be sent with the writer’s name, address, and daytime phone number via e-mail to CoyoteChronicle@csusb.edu. Letters may be edited for length, clarity, and may be published in any medium. We regret that due to the volume of correspondence, we may not reply to every letter.
Who is Marlo Brooks?

Marlo Brooks aims to take a seat in City Council while also hitting the books.

By Yera Nanan

Community Reporter

CSUSB student and prominent community figure, Marlo Brooks, has decided to take his talents to the political realm and run for City Council, representing the 5th Ward. Brooks, who is trying to balance life as a high performing student and candidate of a local city election, is an English major in his last year at CSUSB.

His pillars of integrity, transparency, and change encompass his ideal vision to rebuild San Bernardino with voting taking place on March 3.

Q: Now that you are finishing your term at CSUSB, how is the transition from student to a local politician?
A: I took on that role because I felt that I had mimicked what it was to transition well, to be a responsible student, and answer that call to service in regard to the future of our city. The work that we do here on campus, as far as student clubs and organizations, and being a student worker, tends to bleed out into the community. With a communal role I started to develop, the call was there for me to run for city council, which was something I never saw for myself as a kid or had aspirations to do. One thing I’ve learned here was how to want for others and help others. I want to be the person standing at the helm to make sure we are transitioning and getting our youth into more prominent positions.

Q: What are some things that you have learned from this experience?
A: I have definitely learned how to follow because sometimes we think we know all the answers. I made sure to know my history and assess what the city wants and needs. I am here to collect these issues and make sure that they are moved up through the proper channels. I learned what public safety was, what emergency plans look like and the city’s general plan of action. My biggest takeaway from CSUSB has been a positive change and I want to give that back.

One thing I’ve learned here was how to want for others and help others.

Marlo Brooks

Q: Who has been your biggest support in this journey you are embarking on?
A: My biggest support has been faculty and staff at CSUSB. They have been seeing me through this whole race. I can’t do this without the support of everyone that is always around me and the school is what is always around me. People around me believe what I am doing is right and provoking change, so without them, I wouldn’t be able to do this.

Q: If you were to win this election, what is the first thing you plan to do?
A: Finish school. If I win, I will be in school and a councilman at the same time. I will actually be gearing up for the next race, which is a runoff against myself and whoever else receives enough votes. I have six months until graduation and two months until elections, so it’s an uphill battle.

Q: How have you been promoting?
A: Every Saturday morning from 9:00 A.M. to 1:00 P.M. we will be Walking for Brooks. This is an event where we go out and canvas the community in the 5th ward by passing out campaign literature. We go out and meet the residents so we can promote transparency, since it’s all about them and they are the ones who vote. It’s not about who you know and who is most popular, it’s all about the residents and meeting them at their door.

Q: What piece of advice would you give to an individual who wants to run for city council?
A: This is your city. We want to see the best for this city being economic growth and development. Make sure there is a love for your community when running for this position, whether student or non-student. This isn’t a race for name recognition or trying to move up the ladder. It’s all about inclusiveness and making sure the community is involved in the changes being made.

Kick back, relax for Feminist and Chill

By Sydney Fregozo

Managing Editor

The Women’s Resource Center is the place to be to relax and learn about feminism. On January 13, 2020, they hosted their “Feminist and Chill” event on campus.

After Collins was finished speaking about the feminists in history, a quiz-like game was set in motion for guests to participate in and show off what they learned during the presentation. The winner received a shirt and a small goody bag.

The only way to survive is by helping each other.

Grace Lee Boggs

In regards to Angela Davis, Collins explained Davis’ contributions towards education. “She (Davis) argued that women of color that there was a battle of being discriminated in the labor market and women were often forced into domestic roles whereas the 80s for white women was a time of increasing social and economic equality and status. She led to the creation of the South’s first public school system,” said Collins.

A lot of the third wave feminists were the daughters of the first and second-wave feminists," Starr Charlise, a fifth-year English major said. “The fourth wave of feminism is what we’re in today.

Followed by the explanation of feminism, third-year Psychology major, Remington “Remi” Collins, provided examples of some famous women in the movement such as Angela Davis, Grace Lee Boggs, Malala Yousafzai, and other important figureheads in feminist history.

Students enter a welcoming atmosphere to learn about feminism.
Student director captures the dark side of pageants

By Matt Santos
Copy Editor

When it comes to controversial plays, universities usually censor them before they even have a chance to be put up on stage. However, from January 17-19, The Other Theater Project, a student-run theater company, presented their production of *House of Gold* in the Black Box theater, here at CSUSB.

*House of Gold* tells the story of 6-year-old beauty pageant star JonBenet Patricia Ramsey, who was found dead in her basement in December of 1996. Although the cause of Ramsey’s death is still unclear today, the theatrical production explores the themes of child beauty pageants and their over-sexualization of children’s bodies, as well as child abuse.

This show was directed by fifth-year student Emily Ellis, who was inspired to direct the show due to its message about the child beauty pageant industry. “This show can be very controversial,” said Ellis. “There are characters based off of real people and scenes that are over-dramatizations of what actually happened. However, that stuff was still happening and is still there, and it’s really important to talk about because these are issues that have been brushed under the rug for so long.”

Because of the controversial nature of the show, it took Ellis and her colleagues five months to get approval from the department, despite the support they received from the faculty. “I had a really great support system while directing the show,” continued Ellis. “The faculty was always checking in with us and making sure we had everything we needed to get the show done.”

Although the students got a lot of help and support for this production, they also faced some challenges along the way due to the dark nature of the show and its characters. Vanessa Reynosa, the actress who played JonBenet, said, “It was really challenging playing as JonBenet because what she’d been through was very different from my experiences. It really made me think, ‘how can someone go through that?’”

Similarly, fourth-year Tiffany Renfrow stated that it was difficult for her to get into the mind of her character, Woman, because she was based on a real person who was suspected of murder. “A big part of being an actor is believing in your character,” said Renfrow, “so a big challenge was believing that what my character was saying was right.”

Renfrow even said that she told her friends that they were not supposed to enjoy the show when they saw it. “You’re supposed to look at my character and see that that was a bad person, to an extent,” said Renfrow.

Despite all the challenges the cast and crew went through to create this production, they supported each other and got through it so they can send their message to the audience. “There really is a big problem with over-sexualization in the world, and child beauty pageants are part of that problem,” continued Renfrow. “If JonBenet was allowed to be who she was, she would have had an amazing life. It’s heartbreaking to know she really didn’t get that choice.”

Zach Miulli, the actor who played Detective, added, “I want people to be more aware of what their actions are and how they affect others, and I think it’s really good that we’re doing a show like this. Since I’ve been here, there hasn’t been any controversial or thought-provoking shows. Theater is supposed to make you think.”

After their Saturday night show, audience members left the theater quietly, processing what they watched. Audience member, Angelica Highsmith said, “I thought it was going to be more about JonBenet’s murder, but it was not. It was more about the sexualization of a child’s body. It made me think, so it definitely did its job.”

Similarly, Melineth Rivera stated, “I didn’t know what I expected, but the show was amazing and very touching.”

With the show’s run now over, the cast hopes that those who saw the production became more aware of the issues regarding beauty pageants and the media.

“Hopefully those who are affected negatively by pageants understand that it’s not their fault and that they shouldn’t be ashamed of the things that people made them do. Hopefully, they can move on and have a fulfilling life,” said Ellis. “You never really know what an individual has been through, and seeing a production like *House of Gold* can be really liberating.”
Community engagement expo

By Citaly Carlos and Adrian Barajas
Photo Editor and Graphic Designer

Students stop by booths and learn information about internship positions, volunteer opportunities and on-campus resources at the engagement expo on Wednesday, January 15 on the Coyote Walkway.

Volunteer Services Coordinator, Brian Ullon explains to Students Jesah and Jonathan about the volunteer opportunities in community parks, Nature centers, boxing club, and sports park at the engagement expo.

Staff Juan and student Javier inform students about the Quarter to Semester conversion and the benefits the change will bring to students at the engagement expo.

Student Kristina approaches the Office of student research booth and Saad informs her about the program at the engagement expo.

Staff Daisy and Dana assist students with the sign in process. They explain how to use the student passport and why students should fill out the event survey at the engagement expo.

Staff Damaris and Mia explain to Melissa, 4th-year criminal justice major, the benefits of getting involved with campus organizations at the engagement expo.

Student Erika receives information about the Elohist club and gets her student passport stamped at the engagement expo.

Community engagement table offers flyers and additional support regarding events and resources for commuter students at the Community engagement event on January 15, 2020, from 11:30 am - 2:30 pm on the Coyote Walkway.

Students and staff walk through the Coyote Walkway for the campus community engagement event.

Staff Daisy and Dana assist students with the sign in process. They explain how to use the student passport and why students should fill out the event survey at the engagement expo.
By Sydney Pate
Contributing Writer

CSUSB Director of the Office of Community Engagement (OCE), Diane Podolske, described how her department has been impacting the campus and community for the good these past 20 years. Podolske has spent the last 18 years in the OCE, which exists to connect the campus community to the public at large. They hold opportunities for student volunteerism, service learning, and facilitate faculty research and professional service from non-profit partners to schools and government agencies.

Q: How has the OCE grown in the last 20 years?
A: We started with three people in an office with a budget and a charge to make a difference. Our goal was to create service-learning projects and to create partnerships with the community. Now we have student programs, the national alternative break program, Coyote Cares Day, the Obershaw Den, and we have advanced our opportunities for faculty through grants. We were there when the Egyptian Summer Arts Program for Kids was started, and the beginning of the Disability Sports Festival.

May 2020 is our 20th anniversary. It is fun to look back and see all of the programs we have started. We can all be really proud of the service we have collectively been able to give to the community.

Q: What OCE accomplishments are you most proud of?
A: Our campus is a Carnegie Classified Campus, which means that we have reached a level of excellence that is nationally recognized and serves as the accreditation of our program. Secondly, we found out that our campus has received the Gold Seal from the All In Democracy Challenge, showing that our students have voted at a 45% rate. That is on par with schools such as Princeton, Duke, and others. We are all very proud of our students that have stepped up to vote.

Q: What new opportunities have been developed by the OCE?
A: A few new things had happened this fall quarter. “Camp Serve” was a 3-day program in December, where we did some local service in Riverside, in the mountain areas, and San Bernardino. It was overnight and took place over the holiday break. Anyone who had wanted to do a service trip, but had not been able to due to family or work commitments was then able to serve a variety of agencies.

Q: Who benefits from the OCE?
A: The students, faculty, and community—if we are doing this right, our community partners will benefit while at the same time, our students will have this incredible learning experience. Our faculty will have an opportunity to share their research and professional talents with non-profit agencies in a way that is different than your average citizen volunteer.

Q: How does the OCE measure success?
A: We have several different assessment protocols. We are very focused on students and their belief in being able to make a difference in the community. We have been measuring changes in student’s beliefs about themselves, from when they start service to after they finish a project. We have found that students significantly improve their belief in themselves in being able to make a real difference for the future.

Q: How much funding does the OCE receive?
A: The OCE now receives $45,000 in faculty grants. That money goes directly to the faculty to create service-learning classes and community-based research. We also have baseline funding from the University. Now we have received additional funding from the Strategic Plan to advance our service learning into the semesters, and to increase the number of professional development opportunities for faculty.
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
January 22, 2020

Reflecting upon Taal Volcano’s eruption

By Francesca Guidote
Editor In Chief

At around 8 p.m. of January 11, 2020, here in California, which was about 12 noon of January 12 in the Philippines, my father and I were having a lively conversation over Skype—telling him how my day went at school, while he updated me about his heart-related health condition. We talked for a little over an hour before my dad left for his doctor’s appointment. Little did we know that in the following hours, something catastrophic would happen.

On the morning of January 12 (California-time), I was scrolling through Facebook’s news feed when I read about Taal Volcano’s eruption in the Philippines. The little island volcano in the middle of a lake erupted, sending the people of Tagaytay City, and its neighboring cities, in a state of panic and confusion.

A rush of vivid memories of the beautiful and picturesque Taal Volcano suddenly flooded my mind. When I was still a child, many years prior to my immigration from the Philippines five-and-a-half years ago, our family lived in Sta. Rosa City, Laguna, which is about a 40-minute drive away from Tagaytay City, Cavite. Tagaytay City is a well-known tourist area as it presents an excellent view of the little Taal Volcano thanks to its elevated landscape.

Growing up, we used to visit Tagaytay a lot, not only to enjoy the view of the volcano, but also the cool breezy air that circulates around Tagaytay. On our way home, we would stop by roadside stores that sold native delicacies and fruits—like buko pies, turon, tarts, pineapples, bananas, mangoes, and jackfruits, to name a few. Those were the days when all I knew about Tagaytay was—as my dad would say—“It’s the home of the smallest volcano in the Philippines.”

I immediately contacted my dad upon hearing Taal Volcano’s eruption. Unfortunately, it was already midnight in the Philippines when I was contacting him. Fortunately, he currently lives in Caloocan City, which is located in the region of Metro Manila, and the region was not affected too much by the ashfall the eruption of Taal Volcano produced.

In July 2017, I had just finished attending Moreno Valley College when my dad and I planned my month-long vacation to Hawaii. One month afterward, I flew back to the Philippines after being away for three years. This gave me the opportunity to, again, see and enjoy the picturesque Taal Volcano and the cool refreshing breeze of Tagaytay City. My aunt invited us for a weekend stay at Tagaytay City. It was a joyous feeling; it was reminiscent of the days my family and I used to spend there. It is deeply saddening to know that Taal Volcano erupted. I could not imagine that such a beautiful and wonderful work of nature could bring so much danger, devastation, suffering, and misery to countless families, to tens of thousands of people.

I cannot help but wonder the fate of my hometown, the people, and my friends who live in the City of Sta. Rosa, Laguna. I pray for their safety, especially the cities located within the danger zone of Taal Volcano, as the Filipino people face the threat of a possible second eruption of Taal Volcano. May they be safe, remain steadfast, and continue to have the will to rise from the ashes.

Indonesia
Flash floods leave fifty-three dead and many civilians trapped under mudslides.

Hong Kong
The people of Hong Kong continue to protest for democracy. What was initially done as a response to a proposed extradition bill that would change the Fugitive Offenders Ordinance, protests grow as citizens demand independence from China.

Poland
January 7, 2020, openly gay candidate, Robert Biedron, selected to run against current Polish president Andrzej Duda.

Australia
Wildfires spread all over Australia with twenty eight human deaths and half a billion animals affected. Among the animals affected are koalas where one-third of the species has been killed, as have a third of their habitats.

Puerto Rico

Iran
Ukrainian Flight PS752 shot down by Iranian armed forces on January 8, 2020. Government officials reveal that the plane had been mistaken for a U.S. rocket.

Saudi Arabia
Parts of the Saudi Arabian desert were hit with thick inches of snow on January 10, 2020, a rare climate for the area to be hit with.

China
An outbreak of pneumonia spreads in Wuhan, China, leaving one dead and seven in critical condition.
By Kai Watson  
Contributing Writer

Expanding your horizons seems to be a challenge when it means testing your mental strength against college. Fortunately, CSUSB offers CAPS (Counseling & Psychological Services) to help students with their mental health by allowing them to see a counselor for a one on one private session.

A problem that arises is it can be hard to be able to use this resource as often as students want to.

CSUSB student, ShaiAnne Cross, has had trouble being able to schedule appointments to see her counselor weekly when needed.

Cross states, “It can be extremely hard for me to be able to see my counselor weekly. During the summer, it was easier because there were less students who were enrolled, but during the Fall, Winter, and Spring quarter it’s nearly impossible, but when I do meet my counselor it’s very helpful.”

This experience is common for students attending other universities too.

Andy, a United States Navy Sailor attending Brandman University, feels that college has stressed him out due to the amount of work and time he has to put into the Navy.

Cal Matters is a nonpartisan, nonprofit journalism based in Sacramento, California. Their goal is to explain how California’s state Capitol works and why it is important.

They cover environmental regulation, education, health care, criminal justice, economic inequality, and many other topics.

Ellese Logan, a student at UC Santa Barbara, has trouble retaining 15 weeks of material down in a 10-week quarter system, which puts pressure on her to finish her work with the limited time she has.

“The impacts on my mental health from college as an institution have been very negative and close to detrimental, as I sometimes enter bouts of what I can only self-diagnose as depressive episodes,” said Logan.

UC Santa Barbara has implemented a system that recruits students as mental health peers to work with the center and provide informal counseling without having a full session. This is the replacement of the old system, which had students complete an intake assessment and scheduled meetings weeks ahead.

“This once happened to me when I was feeling emotionally unstable about a new change in my life and had to be referred to someone weeks afterward, despite me saying I was hoping to talk to someone that day,” said Logan.

Ideas that Logan had to help reduce mental stress is holding fraternity members accountable for their sexual assaults and giving them reasonable punishments, with expulsion and discontinuation of the chapter as an option. Colorblind perspectives have hindered Logan and other people of color from achieving a higher education instead of being actively prepped, recruited, and accepted at younger ages.

“All of these things have impacted my mental health and the mental health of others, as we are forced to operate in societies that say they care about us as human beings but in practice they don’t.”

If you or anybody you know is having suicidal thoughts, help is available at the National Suicide Prevention Lifeline at 1-800-273-8255.

If you are not at a point where you are comfortable physically talking to someone, text 741-741 to reach a free trained crisis counselor.

---

By Richard Aranda  
Contributing Writer

As college students, we tend to find ourselves reaching for the convenient food options, like fast food and snacks. Doing this day after day, however, will have negative effects on both your wallet and health. Home cooked meals can be made easily and will save you money in the long run!

Some students think that cooking is a time consuming process and this deters them from doing it. While this can be true, there are plenty of recipes and options available that can be made in a hurry. Having healthy ingredients in the fridge and some basic cooking skills will go a long way.

Meal prepping is another great option for healthy meals. The way I like to do it is to make sure the meal includes a good source of protein, healthy carbohydrates, and fats. An example meal can look like this: Baked chicken with a side of quinoa, potatoes, and vegetables cooked with olive oil. New spices go a long way in making simple meals tasty.

Remember to try new recipes week by week instead of sticking to the same ones. Cooking seven meals at a time roughly once a week works the best for me. Pick up a pack of Tupperware and use the freezer if you need storage for more than a week.

Batch cooking meals or sides is a good idea as well. Pasta, rice, and stir fry seem to lend themselves very well to this style of cooking. Make enough for a few days and reheat as needed.

Shakes and smoothies are quick and delicious meal replacement options. These are great because they’re hard to mess up! Pick your favorite milk, protein powder, and various assortments of fruits and vegetables to blend together.

Some people put garlic in their green shakes for an immune system boost. Blending in some coffee beans with chocolate protein and banana tastes delicious. Personally I like to add a tablespoon of olive oil in my shakes to add in some healthy fats.

Last but not least: snacks! These are easy to grab and go and won’t hurt your wallet if you bring it from home instead of buying it at the snack shop.

Eating home cooked meals doesn’t have to be boring! Look at cooking as an opportunity to be creative instead of a chore.

Hopefully some of these ideas will help inspire you to be creative in the kitchen!

Richard Aranda

---

By Richard Aranda  
Contributing Writer

As college students, we tend to find ourselves reaching for the convenient food options, like fast food and snacks. Doing this day after day, however, will have negative effects on both your wallet and health. Home cooked meals can be made easily and will save you money in the long run!

Some students think that cooking is a time consuming process and this deters them from doing it. While this can be true, there are plenty of recipes and options available that can be made in a hurry. Having healthy ingredients in the fridge and some basic cooking skills will go a long way.

Meal prepping is another great option for healthy meals. The way I like to do it is to make sure the meal includes a good source of protein, healthy carbohydrates, and fats. An example meal can look like this: Baked chicken with a side of quinoa, potatoes, and vegetables cooked with olive oil. New spices go a long way in making simple meals tasty.

Remember to try new recipes week by week instead of sticking to the same ones. Cooking seven meals at a time roughly once a week works the best for me. Pick up a pack of Tupperware and use the freezer if you need storage for more than a week.

Batch cooking meals or sides is a good idea as well. Pasta, rice, and stir fry seem to lend themselves very well to this style of cooking. Make enough for a few days and reheat as needed.

Shakes and smoothies are quick and delicious meal replacement options. These are great because they’re hard to mess up! Pick your favorite milk, protein powder, and various assortments of fruits and vegetables to blend together.

Some people put garlic in their green shakes for an immune system boost. Blending in some coffee beans with chocolate protein and banana tastes delicious. Personally I like to add a tablespoon of olive oil in my shakes to add in some healthy fats.

Last but not least: snacks! These are easy to grab and go and won’t hurt your wallet if you bring it from home instead of buying it at the snack shop.

Eating home cooked meals doesn’t have to be boring! Look at cooking as an opportunity to be creative instead of a chore.

Hopefully some of these ideas will help inspire you to be creative in the kitchen!

Richard Aranda
2020 Chinese Spring Festival Celebration

By Cyan Capiak
Contributing Writer

The Chinese Spring Festival Celebration, organized by the CSUSB Chinese Student Association and sponsored by Associate Students, Incorporated, Center of International Studies & Programs, Cross Cultural Center, and University Diversity Committee, is taking place on January 31, 2020, in the SMSU event center. All members of the CSUSB community are welcome. Information about ticket—five dollars each—will be available at ASI Box Office. This year’s event is the eleventh Chinese Spring Festival Celebration in the university. It will feature a Chinese dinner and a variety of performances. The performances include folk dance, songs, Chinese musical instruments, and others that present Chinese culture. The performers are renown Chinese artists from Southern California communities, as well as CSUSB students and faculty. As has been the case in the past, the CSUSB president, Tomás D. Morales, will be in attendance. There will also be rounds of raffle drawing, with a grand prize.

Chinese Spring Festival is the first day of the lunar year, a calendar that has been used in China and other Asian countries for more than two thousand years. The celebration of it is the most important event in China, the equivalent of the Christmas holidays in the U.S. and much of the rest of the world. It is thus the event on which other events on the annual calendar are based. For example, it is the time of “winter vacation” for schools, a month-long break between two academic semesters. Each lunar year is also named after an animal. The naming system goes through a twelve-year cycle, known as the Chinese Zodiac. The year of 2020 is the year of the Rat.

Help People Thrive with a Master’s in Social Work or Psychology

Advance your skills as a professional social worker or counselor and graduate equipped to empower others with tools to thrive.

Master of Social Work
Prepare for work in professional counseling, community-based interventions, and nonprofit leadership. California prelicensure courses are available.
Full-time, part-time, and Advanced Standing options
apu.edu/msw

M.A. in Clinical Psychology: Marriage and Family Therapy
Help individuals, couples, and families restore relationships through this program that meets current California licensure requirements. Ask about our LPCC option and Substance Use Disorder Certificate.
2-4 year program options
apu.edu/mft

GET STARTED TODAY! | Call (626) 815-4570 or email gpc@apu.edu.
In Spite Of

Jamie Valdez

I have always rooted for the underdog—no matter if that was a small business owner, a shelter animal, or the short kid trying to make a lay-up. As I grew older that whimsical cheerleading was directed more into an activist for human rights, and then after I became a mother of 2 little girls it became an obsession for gender equality. I am a conceptual artist that is influenced by the way women are treated around the globe on a daily basis. It is too easy to turn a blind eye to injustices we see if they do not affect us personally, and I want to bring awareness to those ideas that people ignore. I want people to become aware, have understanding, grow outraged, and take action to change the way the world treats women. My art practice highlights these inequalities women face daily.

Discover more of her art 
@jamie.L.valdez

Photo courtesy of Ian Faustino

Discover more of her art
@jamie.L.valdez

Photo courtesy of Ian Faustino

Reported Kissed on Live TV Calls out Harasser: “This Is Not OK”
Huffpost.com September 2019

Photo courtesy of Frank Perez