Essential workers wonder if the job is worth the risk

By Brandon Perez | Contributing Writer

Frontline employees have been dedicating their life trying to make these trying times as normal as possible for the past couple of months. Some worry about the risks of contamination.

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By Amber Lopez [Contributing Writer]

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Webinar hosted to break stigma surrounding mental health

By Madelyn Moritz | Contributing Writer

CSUSB's Counseling and Psychological Services (CAPS) held their first webinar to take part in National Mental Health Awareness month. The webinar, titled “You’re Not Alone: Breaking the Stigma of Mental Health for College Students” was an hour-long discussion tackling mental health issues, such as anxiety and depression, that college students face.
CSUSB makes resources more accessible

By Irene Ramirez | Staff Writer|

Student necessities can be expensive, and with the cost of academic resources increasing, CSUSB has found a way to allow its students to access free or discounted technological services.

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By Onie Rahman | Contributing Writer |

COVID-19 has impacted many different aspects of campus life at CSUSB — from the way we learn to the way we interact with each other. One of the main things that has impacted the student body has been not being able to fully participate in fraternities and sororities. Students are filled with some mixed opinions on fees still being charged.

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By Irene Ramirez and Elisabeth Martinez | Staff Writers|

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Essential workers wonder if the job is worth the risk

MAY 27, 2020 BY BRANDON PEREZ — LEAVE A COMMENT

Frontline employees have been dedicating their life trying to make these trying times as normal as possible for the past couple of months. Some worry about the risks of contamination.

Police Officer David Welde, age 48, who works for the City of Tustin, tries to provide peace during this pandemic and stop the spread of panic.
While hours haven’t changed much for his division, job positions have had a turn of events. From not only patrolling the city, he has also been giving the duty of security at Costco and Sam’s Club.

“I’m just here to make sure everyone is getting what they deem as necessary in a peaceful manner without shoving or fighting. Never did I see myself working in front of Costco but when the time is needed seems essential,” said Officer Welde.

Welde explains that his job has always been essential, that no matter what in his field of work he may be in danger and that is always what he has signed for.

While some workers have no choice but to work, some companies give their employees an opportunity to come back when things start to wind down.

Kevin Peterson, a 29 year old flight attendant working for major US airline, Delta, said with COVID spreading so quickly he felt helpless at work.

Peterson states he’s never lived through a pandemic, but will always change the way he works from now on to always be more aware of others and his coworkers.

“How can we be the forefront if we cannot protect ourselves before protecting others?” asked Peterson. “I remember the pilots would get gloves and wipes before we did. It didn’t make sense. It’s only them two up there while we’re stuck in the back helpless with not enough supplies.”
Peterson confirms that flight attendants are allowed to wear masks, but gloves and wet wipes are still in shortage.

“The scariest part though is that when a flight ends,” said Peterson. “The cleaners are coming on board fumigating the aircraft with whatever chemical it is that they’re spraying.”

He explains that even with the virus in the air the addition to more chemicals are fumigating his work environment.

Peterson stated, “My job gave employees the chance to have a leave of absence with a chance for unemployment benefits or continue working under certain protocols. When we first heard of the pandemic, obviously we were all scared. We’re stuck in a metal tube filled with hundreds of people, multiple flights a day.”
Peterson says he and his coworkers hoped the aviation industry would have just shut down momentarily.

“But because we are ‘essential workers’ the show must go on. I cannot tell you the name of my airline, however, I know that for us, if we are still choosing to fly and work trips, we keep our benefits as normal,” explained Peterson.

He says it is “a scary time to be exposing yourself,” throughout airports, inside cars, and in and out of hotel rooms for trip layovers.

“I just hope that we aren’t furloughed when we get back from that leave,” Peterson stated.

With nearly 22 million US citizens without unemployment some job positions rose hourly wages for essential workers keeping their business running.

Gas Station cashier, 22, Maria Reyes for Chevron in Corona, explains how her company looked out for her during this pandemic.

“During this time, work has been really slow,” Reyes said. “We still have customers coming to get gas, but they mostly pay outside. Our hours have decreased because of this but we did get a $2.00 appreciation pay increase.”

Reyes further spoke on how her company took the steps for her protection. While always thinking of her family, she continues to have concerns about who may come into her work.

“My company has provided us with gloves. We disinfect the door handles every thirty minutes and the counters, pin pads, and gas pumps as well,” stated Reyes.

The Chevron representatives added plastic shields in front of the counters, posted signs asking that all customers come in with a face mask.

“Yet many don’t. We are not allowed to refuse service to any of these people or ask them to leave,” explained Reyes.

While some may be scared of contamination from others while working, there are many workers that need to work for food on their table.
Paige Alvarez, 25, a to-go worker at Cheesecake Factory in Brea speaks about her compassion for many of her coworkers unable to work due to hour cuts.

“Others aren’t as fortunate,” Alvarez said. “The company’s changed by having more rules with the staff and the way we do our job.”

Alvarez explains others in the restaurant business don’t have opportunities as she has with her company. She is thankful now for being able to support her family who doesn’t have the opportunity to work during these times.

“It’s for the better, I guess,” added Alvarez. “The first change was when I saw I was scheduled every day that week but technically only able to go to two shifts because of COVID. I was depressed for a while.”

Related posts:
How CNUSD is providing support for distance learning in differing demographics

MAY 26, 2020 BY AMBER LOPEZ — 2 COMMENTS

Corona-Norco Unified School District (CNUSD) is two weeks into distance learning and there are still many unknowns and questions from parents and school officials alike.
Sam Buenrostro, Ed.D., Deputy Superintendent of Instructional Support, has been with CNUSD for over 21 years and has yet to deal with the enormous task of providing the tools and support for distance learning for over 53,000 students, with about half being from underserved communities during the COVID-19 pandemic.

The logistics of figuring out how to supply families with computers, homework packets, meals and technical support for both teachers and parents has been an overwhelming mission for any school district.

“An ‘A’ for effort. We know distance learning is a lot of experimentation. A lot of trial and error,” said Dr. Buenrostro.

Dr. Buenrostro recognizes that the district has had a huge difficulty in effectively distributing electronic devices to families.

Parent to a CNUSD kindergartener, Karen Johnson, said, “CNUSD has done a great job in providing updated information regarding COVID-19, but they are still lacking in being able to distribute electronic devices to many of their students. I was given a survey to fill out
on April 13 and we are now two weeks in. Thankfully his teacher has done a great job in providing homework packets and Zoom class meetings."

For many parents, this new way of learning from home has been a challenge in many ways.

Local parent Viviana Castro said, "In addition to keeping my children focused on their school work, I find it difficult to keep up with homework because I have three children and one device."

Many families with multiple children are having issues with only one electronic device in the home and must figure out how to distribute the time effectively.

For the Castro family, there are a lot of late nights to allow each child to catch up on school assignments. Castro expressed how, because she is an essential worker, it is more challenging since she can not completely focus on her children’s education.

“I do not have the luxury to shelter in place on the daily,” says Castro.

Another major factor is equity and access and that the gap more than likely will continue to widen between groups who have been traditionally marginalized: foster youth, English learners and low socio-economic students.

Marginalized students will face greater obstacles with being able to access the internet and whatever other resources will be needed to continue their education. In addition to these barriers, there are parents who are not as tech-savvy. Something as simple as sending a text or maybe even sending out an email can be a challenging task for parents who don’t rely on technology on a daily basis.

One resource that CNUSD is providing families with is the use of the Parent Center to help parents navigate through their technological questions and, if need be, in their native language. The Parent Center distributes backpacks and school supplies to students in need. Another basic need for many students is food, and the district is still providing breakfast and lunches through their feeding program.

Districts also face the challenge with special needs students who are assisted by paraeducators and how to continue that one-on-one communication.
California School Employee Association (CSEA) President for CNUSD, Lorena Lopez, stated that through Gov. Newsom's announcement with the state’s partnership with Google in providing mobile hotspots and Chromebooks in rural areas to facilitate distance learning, “CSEA hopes that that branches out throughout the state to implement a program to bring in para educators to work closer with their students.”

There are many questions looming in the minds of educators, parents and students alike: What will school look like in the fall of 2020? Will students return to class? A face mask or no face mask? Full days or half days? And the list of questions goes on and on.

Although there is still a lot of uncertainty moving forward in education in the near future, Dr. Buenrostro remains positive. He will continue to project online/distance learning through the fall.

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Blanca says  
MAY 29, 2020 AT 10:17 PM

Great job Amber! COVID-19 article is on point very informative

Reply

Lorena Lopez says  
MAY 29, 2020 AT 10:00 PM

So proud of you daughter! 
Your story really brings understanding to the reality that we are all experiencing during COVID 19. This novel Coronavirus has changed our lives forever. As we navigate through this new way of living, we are learning ways to get the job done. Some of us were taken out of our comfort zone and thrown into the frontlines. One of the beautiful things that came out of this storm is the way people have come together, to help each other. Shelter in place, face masks and looking out for each will be a memory forever.

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“Alone Together: Confined in a Connected World,” a new issue of Pacific Review is accepting submissions until May 31, as it prepares for the soft launch date early this June.

Angela Peñaredondo, Ph.D., has been the Faculty Editor of the 37-year-old journal for the past two quarters and has worked as a Creative Writing and Digital Humanities Assistant Professor since the Fall of 2018. She shares details about her work in the Pacific Review and those who are interested in getting published in the journal.
Professor Peñaredondo is a published queer interdisciplinary writer, artist and educator whose work has been featured in The Academy of American Poets, Black Warrior Review, Southern Humanities Review, and others. Photo provided by Angela Peñaredondo.

**Q: What types of works are accepted?**

A: Definitely fiction and poetry. We’re also accepting creative nonfiction, visual art or any type of art (photography, paintings, street art, sculpture, etc.).

**Q: What works are prohibited from submission?**

A: The Pacific Review (PR) is open to reading all forms of creative work, especially work that highlights the stories and histories related to San Bernardino as well as the Inland Empire and surrounding desert communities. However, we have a strict policy of not publishing work that includes any form of hate language. We strive to uphold our practice of inclusivity and diversity and thus we want to be aware of language that might reduce, limit, violate, and perpetuate any systems of oppression or violence.

**Q: Are students the only ones allowed to submit their work or are there others that are allowed to submit as well (faculty, staff, the public, etc.)?**
A: Anyone can submit work to PR. We like to pride ourselves on publishing and supporting student work, especially those from CSUSB as well as regional colleges and universities.

**Q: Has the pandemic caused a change in getting the Pacific Review together?**

A: The pandemic has definitely impacted us and we constantly experience these changes daily classroom. One of the significant changes the pandemic has had on us is the way we function as a collaborative community. The pandemic has affected the way PR usually organizes in a more organic, dialogic centered ways. I feel a lot of the students were looking forward to a more hands on approach to learning more about literary publication and collaboration is a big part of this. Even though we do collaborate virtually, it’s been challenging. But I do want to highlight how resilient, creative and dedicated the current PR student staff has been in being flexible around these challenges. They’ve been amazing and very resourceful in spite of the loss of the in-person feel of a classroom.

**Q: Will the upcoming Pacific Review be an exclusive digital piece or are there plans to release a physical copy?**

A: Currently, we are working towards publishing more online/digital issues. PR still values physical publications, though we’re rethinking how PR can be more accessible to a wider, more diverse readership especially at this time. As editors, we’re thinking of ways to strengthen and expand PR’s online presence as well as other communities and issues we can be in conversation with.

**Q: Does the Pacific Review normally have a theme for submitters to abide by?**

A: In the past, there have been collective themes as well as issues that didn’t follow a specific theme or subject matter. In this case, the student editors felt that COVID-19 was something they couldn’t ignore as a community and therefore is the reason why we decided to create this specific theme for the digital version of issue 38.

**Q: How do you decide which pieces get published?**

A: PR is a student-run journal, so student editors review and select which pieces means the most to them. However, throughout the course student, editors build a language and lens for strong creative writing by reading published poetry and prose from various
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literary journals. My hope is that students will come to understand that literature is one of the major domains where creativity is demonstrated not only in artistic expression but as craft through its production, text and reception. To be a creative as well as a creative thinker, one must understand that writing literature is a form of creation and reading literature is inspiration for creation.

Q: How long does it take submitters to be informed that their work has been either accepted or rejected?

A: We try to respond to submitters as soon as we are able during the school quarter. PR is not active in the summer, but when school is active within in a semester, we aim to respond to submitters within approximately four to six weeks.

Q: If a work is rejected for this specific issue, can the work be considered for a different issue or submitted for a future issue?

A: It really depends on the work itself. Each submission is different. It also depends if PR is working on a collective theme for that issue. However, if work is rejected but has promise for later publication that is specified in a letter to the submitter. I would also like to say that PR is open to accepting the re-submission of work (especially if the work has been reworked and revised).

CALL FOR SUBMISSIONS: pacificreview.submittable.com/submit closes May 31st!
We hope everyone is staying safe indoors and letting their creative juices flow during these troublesome times. Share with us your creations!
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New potentials unveiled in womxn's leadership conference during the pandemic

MAY 27, 2020 BY CARLENE LUNA — LEAVE A COMMENT
Ring! Another phone call rang out waiting for her to answer, she apologized immediately and turned off the notification. The bustling household and yells of her family members continued to play out in the background of a Zoom call with Maria Ahumada, CEO of Angel de la Comunidad Fundacion, a non-profit based in the Los Angeles Area which uses advocacy and litigation to protect and fight for Latinos.

These are just a few examples of the reality of women who have transformed their homes into their new office space during the COVID-19 pandemic.

Ahumada and Cierra Hammond, the CSUSB ASI Director of External Affairs, are just two of the leaders in our community who are bringing a feminine touch to leadership as they innovate and find new ways for coping with the psychological pressures that come with COVID-19 pandemic.

Hammond said that she must stay positive during these trying times, as many people look to her to lead. Instead of dwelling on the negative, she explained, "I try to focus on things that are in my control and cope using things like baking, cooking, and playing guitar."
Women Leading in Business: Overing the Economic Challenges of COVID-19

Cynthia Pasky, CEO of Strategic Staffing Solutions, began monitoring the developments of COVID-19 starting in December. She explained that thanks to this approach, she was able to protect her employees and be prepared to help the businesses that are essential to San Bernardino.

“We moved our employees and consultant to work at home two weeks before anybody was mandated to do so. Because we had everybody working from home and the technology lined up, we were prepared to help our customers,” stated Ms. Pasky.

Strategic Staffing Solutions has supported and employed the most essential industries in our community, such as Trinity Health, Chevron, and Wells Fargo. Pasky has kept herself occupied and has overcome the economic struggles of COVID-19.

The Impact of COVID-19 on Minority Populations: Maria Ahumada on Protecting the Latino Community During COVID-19

Ahumada spoke about the work she continues to do for the Latino community during these trying times.

“COVID-19 has closed a lot of doors for me,” Ahumada said. “My employees are out looking for jobs that pay them during these times and I don’t know if they’ll come back when this virus is over.”

Instead of letting these challenges stop her, Ahumada has found greater importance in defending the Latino community during these times.

“I am currently fighting to get a Latino man out of jail, he has been abused not only by other inmates but guards as well. I understand that now is my time to help him and that it is my job to help people no matter the circumstance.”

While some women are running our business and protecting our minorities, others fight for the students. Student leaders have pushed to make changes for CSUSB students, while simultaneously dealing with their own problems.
“There are a lot of things that got taken away from me due to COVID-19. I do not get to visit the campuses of the Ph.D. programs I was accepted into and I don’t get to walk the stage at commencement,” said Hammond.

Marina Stone, President of the Panhellenic Council at CSUSB and the President of Alpha Delta Pi, has led through example.

“It is my job to be a calming and stable force in my sorority, as well as being the main line of communication between the local and international chapter of ADPi,” said Stone. “Throughout the day, I’m working at my campus job and hosting meetings for my sorority, but at night I’m sewing, painting and giving myself the time to wind down.”

Not unlike many businesswomen, Stone has undertaken the task of caring for someone in her apartment. She explained that instead of picking up meals and staying at school to study, she goes home after work to cook and clean up after her younger sister.

The changes COVID-19 has made in our community has helped our leaders grow and look forward to the future. Hammond explained that this crisis has opened her eyes to how easy it is to “accommodate disabilities and illness” if people were more conscious of the role they play in other people’s health and lives.

By taking a step back during COVID-19, more women have also recognized the state of their mental health and how they can better service their psychological wellbeing.

“Women are quickly learning how to navigate the difficult terrain COVID-19 has paved for them and are beginning to be more vigilant of their mental health,” said Tayna Torres, a financial advisor at Merrill Lynch. “Besides marketing and a strong presence on social media, women are looking to meditation, reading and bonding with loved ones as a way to cope.”

One of the similarities found between these women is that their support systems have helped them greatly at this time.

Stone explained that she shares recipes and conversation with Hammond at night. Hammond explained that she and other women leaders in ASI are truly engaged in the work they’re doing and support each other on each of their individual projects.
“All women business owners agree that physical distancing does not mean social distancing, so they are supporting one another in many admirable ways, and reminding themselves, it’s okay to not feel okay,” stated Tanya Torres.

Despite taking on new household responsibilities and being forced to adapt to the challenges of social distancing, our women leaders have found ways to overcome the barriers set in their path. Whether it’s taking up painting or meditating, these women have found ways to handle their own personal disappointments and issues so that they could give their communities and industries a fighting chance. Though society tells us that women cannot be effective leaders, these women are surpassing and dismantling the expectations and limitations set before them.

“As a successful business person and a woman, I do not allow what they call a ‘glass ceiling’ to stop me. I can either beat my head against that glass ceiling or go somewhere where I can succeed,” Pasky stated. “As a woman, I can let that be an excuse and let there be a limit to what I can do, but I don’t let that happen. I continue to drive change and it’s because I don’t let there be a limit on what I can do because I’m a woman.”

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Webinar hosted to break stigma surrounding mental health

MAY 27, 2020 BY MADELYN MORITZ — 1 COMMENT

CSUSB’s Counseling and Psychological Services (CAPS) held their first webinar to take part in National Mental Health Awareness month. The webinar, titled “You’re Not Alone: Breaking the Stigma of Mental Health for College Students” was an hour-long discussion tackling mental health issues, such as anxiety and depression, that college students face.

Mental health is more prominent in students, with more than 40% of students facing depression and 66% of students experiencing overwhelming anxiety. Depression and anxiety are some of the most prominent mental health issues that students experience over the course of their college career.
From not knowing exactly where their future might take them, struggling with classes, jobs, and family life, students are often left feeling overwhelmed and alone in their struggle. The reality is that students are not as alone as they may think and that seeking help might feel harder because of the stigma put in place surrounding mental health.

“I know some friends and family members of mine that have depression and I know they don't really talk about it, or if they do, it's something that they laugh off,” said fourth-year, Erwin Nuno. “It's not something people talk about seriously if they talk about it at all.”

Stigma is a societal creation that casts a negative light around a situation or topic that is often uncomfortable or made taboo to talk about. Because these stigmas exist, people are lead to believe in fallacies which might keep them from seeking help.

Students may believe that college is supposed to be stressful and accept stress as a normal part of their college career and that their problems can't be as bad as others. Another common fallacy is that students feel like they should be able to handle their problems and not burden anybody else with them.
"I call these fallacies because all these are not necessarily true, but I know, unfortunately, we’ve all thought of this to some extent," Mari Ulate, CAPS counselor and webinar speaker said. "So all of that can definitely contribute to feeling anxious or depressed."

Those with depression have reported feeling sad every day for more than two weeks. They lose interest in activities they used to enjoy and might have a change in appetite. They report having difficulty falling asleep, staying asleep or oversleeping and they have less energy and motivation. In some cases, depression can lead to students think about even commit suicide.

According to a 2018 American College Health Association survey of 88,178 college students, within the last 12 months, 12.1% seriously considered suicide, 1.7% attempted suicide, and 7.8% intentionally cut, burned, bruised, or injured themselves.

Along with depression, students are often dealing with stress and anxiety.

Fourth-year student Angelina Perez, said, “It feels like I have a hard ball in my chest and my mind won’t shut down. It can keep me up for hours or until three in the morning thinking about all the things I need to do but haven’t done. It’s caused me to miss out on opportunities when staying away from things that make me anxious is so much easier. And the worst part is that I’m too anxious to get help for it in the first place.”

With mental health affecting so many college students, Ulate offered many ways that to change the conversation surrounding mental health and ways in which students can find support. Sharing their experiences out, focusing on activities that they find enjoyable and finding a few minutes to get out and walk can help students confront some of the issues they may be dealing with.
While on-campus visits to counseling are unavailable due to COVID-19, students can still seek counseling services virtually. Counseling services for students are covered in tuition for anyone who sees cost as one of the barriers keeping them from seeking help.

Other resources such as the Crisis Community Response Team or the National Suicide Prevention Hotline can be found on the CAPS website at www.csusb.edu/caps/resources/hotline-and-community-resources

Visit www.csusb.edu/caps to seek support and find more information.

**Related posts:**

- Local businesses receive student support
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Harold A Maio says
MAY 28, 2020 AT 11:00 AM

—-Webinar hosted to break stigma “surrounding” mental health???

I do not find that amusing. A webinar to address those taught and teaching that prejudice I would indeed find worthwhile.

Harold A Maio

Reply
CSUSB makes resources more accessible during virtual learning

MAY 27, 2020 BY IRENE RAMIREZ — 1 COMMENT

Student necessities can be expensive, and with the cost of academic resources increasing, CSUSB has found a way to allow its students to access free or discounted technological services.
Information Technology Services (ITS) has collaborated with John M. Pfau Library Information Technology Team, and the local College IT Team to roll out resources and to help students be successful in this new learning environment says an email issued by Samuel Sudhakar to students and colleagues.

Some of the resources the email expressed are:

- MATLAB, Mathematica
- Coyote Labs: Virtual Computer Labs
- Student Software – anti virus protection
- Laptop Lending program
- Internet access and technical support due to COVID-19

“I had seen those emails from the school and I finally clicked on it and saw how much free resources the school had offered. I downloaded an antivirus software for my laptop, and it was free,” says Karina Rodriguez, a senior at CSUSB.
Due to COVID-19 more services are being offered to help students transition to online classes. Coyote virtual labs lets students access computer labs remotely from just a web browser, just log in and you can access all the software as if you are physically there. Adobe Creative Cloud is a collection of 20 plus apps and services for photography, design, video, etc. It is a resource that is $500 or more yearly and it is offered to students for just 20 dollars for the year. This resource has now been made temporarily free so students continue to work from home since they cannot access computer labs.

Beth Jackson, a senior at CSUSB, has found these resources to be a life saver.

“When I found out that ITS has a free software page, I immediately went to it and found the adobe creative cloud. As a communications major I found this resource really helpful and it was at a great price,” says Jackson.

CSUSB offers students, staff, and faculty resources. Academic technologies and innovation offers experienced and qualified experts to help increase faulty knowledge and achieve their instructional goals. They offer workshops, appointments with an instructional advisor and faculty peer advising. Another resource offered is ITS training which provides hands-on workshops for faculty as well as students.

Apart from apps, CSUSB offers other services through librarians, who are online to offer research and library assistance. Since campus is closed, we cannot go up to the librarian and ask them questions. There is the librarian chat service where librarians can answer research questions and library related questions with available times being Mondays through Thursdays from 8 a.m.-6pm, Fridays from 8 a.m.-4 p.m., and Saturdays from 10 a.m.-2 p.m. Students can also schedule an appointment, ask 24-hour librarians, email and text a question to 909-542-8990.

“Now that I can’t go to the library and get help it’s been tough to do my research papers, I’m really grateful that I can still access a librarian for help,” says Alex Perez, a sophomore at CSUSB.

The Pfau library contains a film collection where students and faculty can stream thousands of films courtesy of CSUSB. Kanopy is an on-demand streaming video service for public libraries and universities that offers films and documentaries. “I started using Kanopy in my film class, my professor would have us look at films using Kanopy and I liked it, so now I just watch films that I think are interesting,” says Perez.
Most students may not know where to find these services. The software can be found by typing in the Information Technology Services (ITS) on CSUSB website and clicking on the tab software. The student software page has information about the different types of software and also gives instructions on how to download it. Students can call, email or visit ITS with any questions on how to access all the resources.

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Sastry Pantula says MAY 27, 2020 AT 12:01 PM

Remember, the DEN is open also! We have recently received additional support to enhance the availability of food and basic needs.

www.csusb.edu/inside/article/530289/keep-momentum-going-caroline-amplatzs-gifts-invest-science-research-and
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Fraternity and sorority members debate about fees
COVID-19 has impacted many different aspects of campus life at CSUSB — from the way we learn to the way we interact with each other. One of the main things that has impacted the student body has been not being able to fully participate in fraternities and sororities. Student are filled with some mixed opinions on fees still being charged.

CSUSB has fifteen fraternity and sorority chapters that are run by Student Leadership and Development on campus. While some are exclusively men or women, at least eight or more fraternities are co-ed, major specific, honors, community service related or other types of interest.

The fees involved for fraternity and sorority are what keeps them running, but currently, the fraternities and sororities don't have any events to fund with the fees. Some current members feel like these fees are necessary and some don't feel that the fees should be paid in full during the current pandemic.

Members like Jonathan Sanchez of Sigma Nu, said "I understand why we have to pay our dues. It goes beyond what we do so I get it, but at the same time, we aren't really getting
anything from the money we are putting in at the moment. I understand why we pay dues but in a time like this it’s unnecessary.”

Other members feel differently about the fees.

Arjun Mann, President of Kappa Sigma, says, “Greek organizations bring on more participation towards school-run events and lots of networking and promoting help make CSUSB more dynamic.”

While some fraternity and sorority are requiring all fees be paid in full, others are adjusting the payments to counter the pandemic.

Adrian Valdivia, President of Delta Sigma Phi, said, “We have come up with an agreement to only pay a minimum of the dues we charge per quarter. Each member of the fraternity was on board with this idea and it was affordable for all of us.”

Most of the Greek organizations are trying to figure out how to make the fee work for each fraternity and sorority on campus. A shared sentiment these clubs have is the desire to be on campus and have all of their planned events happen.

“We are more saddened, if anything, about the recruitment process and Greek life being put on hold during this pandemic. We hope it ends soon so we can all see each other again in the future,” said Valdivia.

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What's Greek This Week  What's Greek This Week  Start your "who" here
Seniors turns to Career Center for post-graduation plans

MAY 27, 2020 BY IRENE RAMIREZ — LEAVE A COMMENT
A student views video of Big Interview on the Interview Skills section under the Career Center.

Photo by Angel Martinez Morales

By Irene Ramirez and Elisabeth Martinez

Due to COVID-19, there are many questions seniors at CSUSB have as to what’s next after graduation. The Career Center has been hosting workshops to help students figure out the next step.

The Career Center is a service provided for students and alumni that seeks to provide new opportunities, networking and lifelong skills for the ever changing job market. They have a variety of professional counselors—as well students, peers and assistants—that are always there to help. Career Counselors can help with:

- Major & career exploration
- Career & educational planning
- Resumes, cover letters, & CV’s
- Job & internship search
- Networking
- Graduate school preparation
Career counselor Oscar Fonseca said “The Career Center is open and encourages students to make an appointment, we know there are many questions students have and we are here to answer them.”

Making an appointment is a three step process: first, log in to your mycoyote and select the employment opportunities icon. Second, click the Handshake icon, complete and save your profile. The third step is from your Handshake profile, select the Career Center tab and select appointments.

Valentina Felix, a career counselor, shared that, “Apart from making appointments with career counselors, students and alumni can attend virtual workshops and view past workshops that have already happened.”

There are powerpoints available for the past workshop series, as well as information for future workshops. The tab careers, jobs and internship resources during COVID-19 on the career center website has important links for job resources.

Onward.org is a resource for people in California impacted by job loss during the pandemic. Employment opportunities are also available through the website TakeLessons where people can get paid to provide online lessons. Visit the career center page on the CSUSB website for more information and resources.

The “What’s Next After Graduation” webinar, presented by Fonseca on May 19, introduced many resource possibilities for graduating students. During Fonesca’s presentation, he addressed the focus on things we do have control over in our academic success, such as time management and arranging a time to meet with a career counselor to discuss realistic options. Fonseca provided breaks in between his discussion to help answer any questions students might have.

Senior Angelica Rodriguez commented, “With everything going on I'm nervous I won't be able to find an internship.”
Fonseca encouraged her to schedule an appointment with him to provide her with more information.

He introduced to the audience how the Career Center has a partnership with virtual internships and is in contact with other communications departments. Participants were informed by Felix that the Career Center will be hosting a virtual career fair on May 28, from 9 a.m.-5pm.

Felix shared that she can help guide students to job resources, remote work and internships. “

I am definitely going to take advantage of the online resources and schedule a session with an adviser,” said Rodriguez.

Learning the uses of the Career Center will strengthen seniors and students who are trying to gather information on future career paths. Students and Alumni are encouraged to reach out to counselors and the Career Center website to better assist them.

Direct Link to Career Center resource

www.csusb.edu/career-center

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Will the show still go on?

MAY 27, 2020 BY BRANDON DELATORRE — LEAVE A COMMENT
CSUSB’s 2020 Spring musical “Once Upon A Mattress” is in a state of limbo on whether or not the live performance will take place on campus.

The hard-working cast and crew of the musical are pressing on forward given the current pandemic crisis. They hope to perform an actual live show during the Fall semester 2020, with a hint of the possibility of a cancellation again.

Thomas Provenzano, the director of the spring musical, said, “We are open to many ideas — but nothing is certain.” There is discussion about how and what can be done concerning the presentation of the musical given the unknown nature of the pandemic timeline.

Approximately a year of planning has gone into the musical prior the to the pandemic, and cast and crew are adamant to go on. They have been running through rehearsals via Zoom anywhere from 10 to 12 hours a week at the least. Assistant director John Perez said, “It’s fun to see us all adapting to the situation.”
Some of the difficulties produced by having Zoom rehearsals are: no physical face-to-face connection, no costume changes, no sound bits and no duets or ensemble singing. Provenzano said, “Everything is a challenge. Theatre is all about collaboration and personal relationships.”

The arduous process has only driven the cast and crew to work harder. Lead actress Molly Keightley said, "I'm happy that it is getting done, but overall face-to-face (rehearsals) are better."

Keightley said that this difficult season in her educational journey has brought her joy, joy in the expressed faithfulness and dedication of the cast and crew by their continuance of this uncharted territory of Zoom session rehearsals. Keighley said that her anticipated "light at the end of the tunnel" is a completed final product of the musical ready to be performed on stage.

Perez said, “it is a very stressful experience” for many. Their continued teamwork, dedication and purpose-driven focus have allowed them to rough through much of what would have been considered impossible prior to this pandemic.

The teamwork of the cast and crew in the virtual theater rehearsal have formed a new virtual energy. Though it is not the same as a live rehearsal, there is a synergy performed by them online.

The cast and crew’s continued dedication to this musical has developed character in each of the participants as they go through these hardships that have never been experienced before and has shown their performing adaptability to the situation at hand. Provenzano commented that, “Regardless of frustrations, this is a fascinating experience.”

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Coyotes’ basketball season comes to unprecedented end

MAY 27, 2020 BY KEANUWALLACE7 — LEAVE A COMMENT

Collegiate sports are on hold with no timetable on when they will resume. In sports, wins and losses are understood clearly. As of now, it seems like nothing is certain because of a global pandemic. The timetable for a return to normalcy is unknown.

“It's low key depressing, but I’m just continuing to work out and stay busy, I have weights and pull up bars here at home,” explains CSUSB star point guard, Jeremy Smith. Smith is a senior on the team who was awarded all California Collegiate Athletic Association (CCAA) first team this year.

CSUSB’s men’s basketball team was set to make a deep run in the National College Athletic Association (NCAA) tournament, only to find out that they wouldn’t have a chance to play a single game because of nationwide cancellation of the tournament by the NCAA due to the COVID-19 pandemic.
It's been six years since the Coyotes qualified for the NCAA tournament.

For seniors, this was their last chance to make a deep push through the tournament and bring a championship to CSUSB.

The team headed into the tournament poised and focused with an impressive 21-8 record overall.

“We got to the tournament, we could have made a run, it’s crazy, we can’t even say anything, we can’t even show anybody anything,” says Smith.

“I was ready to go, I was so ready. I feel like I could have had 30 points a game. We were having our shoot around and I was literally making everything, making all the right plays. I was so locked in,” explains Smith.

The rumors were spreading through the sports world of potential league cancellations. The NBA was beginning measures for their shut down. There were rumblings that the NCAA was going to cancel the tournament entirely soon.
The team could sense that something big was going to happen.

Smith explains that he “had a feeling they were going to cut it short and they ended up doing it.”

His teammate Andres Villa, or “Bull Dog,” was awarded all CCAA second team this season. Villa reflects on his feelings as the team receives the devastating news from Athletic Director, Shawn Ferrell.

“We went through our normal shoot around on Thursday at noon, the day before we were meant to play. Then, at the end of practice, Shawn gave us the news. We didn’t really know what to think. We went back to the hotel room, got our stuff and drove back home and we were just like ‘wow, this really just happened,” recalls Villa on that day.

Villa and Smith share the same sentiment about their chances to make an extensive run in the tournament.

“We were feeling good, the team we were going to play first, we had already scrimmaged against them early in the season so we were ready,” Villa explains.

Villa reflects on his emotions and tries to process what happened.

“It was just disbelief. It didn’t really hit me until that following Monday. We had a meeting and the coaches were telling us that basically everything is getting canceled. It didn’t feel real, it felt like we were in a movie or like someone was trying to play a prank on us,” says Villa.
The emotions ran high on the team as their season was taken away by something out of their control.

Villa says, “When it first happened, I was really heartbroken. I could live with ending my senior year on a loss, but not even being able to play in the game, it was hard.”

CSUSB men’s basketball look to Farrell and head coach Andrew Newman.

Farrell was deemed the one to break the bad news. The team was in San Diego; it was the regional game of the tournament. Farrell got the call that the tournament was canceled and delivered the devastating news once the players finished practicing.

“For those seniors, their careers are over. It was a pretty emotional scene. Think about the most important thing in your life being taken away from you without warning. Supporting our student-athletes when so much of who they are and how they identify has been taken away from them is the utmost importance to us. For us, helping with their mental and physical wellness and supporting them one hundred percent has been our most important priority,” says Farrell.
Coach Newman is a man with experience and basketball pedigree. He has the most wins ever as the mens college basketball coach at his previous school, University of Texas of Permian Basin. He is a “basketball-lifer” as some would say but not even a pandemic could prepare him and his team for these events.

“It was a tough deal for us, we had a good team. We were one of 64 teams that were left playing for a national championship in the country. Our team’s mindset was ‘we are talented and really good’ and to have that being taken away from you is tough. Those are precious moments. It’s not every year that you’re going to have a team that’s that good and playing that well at that moment so you really want to take advantage of those times when you have it and so to have it taken away from us was a tough pill to swallow,” says Newman.

“For our seniors Jeremy, Bull Dog and Isaac took it the hardest. Usually, you play your last game. If you get beat it’s like ‘okay, alright we got beat’. This is different, they didn’t have that finality to their season that they usually do,” explains Newman.

Coach Newman is keeping his messages positive with his players.

“We’ve been talking our way throughout. We’ve tried to move past it with some clarity and perspective by telling them ‘hey this is a pandemic, people are losing their lives, there are bigger things in life than an NCAA tournament,” says Newman. “If we are fortunate to get back in the tournament next year, I think this will make our younger players understand the importance of the moment and not take it for granted.”

Coach Newman, has been able to balance his recruiting quite well despite the pandemic. He’s signed four players and is able to incorporate virtual tours and face time calls to keep the interactions fresh.

“It’s actually been really good. We’ve had great success, we’ve signed four guys who I think are really good. I was nervous about it at first, about not being able to have official visits by the players. We’ve always had a lot of success in getting kids to commit from being able to get them on campus and show them what we have to offer,” says Newman.

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College soccer players express concerns for their coaches

MAY 27, 2020 BY SERGIO GONZALEZ — LEAVE A COMMENT
As COVID-19 has effectively shut down all collegiate sports, coaches worry about their employment.

Banned activities include practice, provision of any workouts and training exercises for their players, and recruitment of new players. Recruitment is the most crucial aspect of coaches’ job. It is what ensures that they actually have and maintain their job.

Sebastian Ascensio, a transferring sophomore, was in the middle of the recruiting process when this pandemic struck and caused a nationwide stay at home order. Back in March, Ascensio was discussing possible scholarship money with coaches in order to support him and his family financially.

With the stay at home order, Ascensio has no chances of visiting these campuses or meeting with coaches to discuss his recruitment process.

Scared that this pandemic could possibly ruin his future he stated, “I had a few schools lined up for me to choose from with really good offers, and now I can’t even email the coaches because the NCAA does not allow for the recruitment process to continue.”

He is staying hopeful that this all blows over soon and he will get his chance at playing college ball.
Isaac Balderama, a sophomore player on CSUSB's men's soccer team, is certain this virus has really gone “too far.”

“I haven’t talked to my coach or my teammates recently and it isn’t comforting knowing that my coach’s job is at stake because he is the one who ultimately gave me my big break in playing college soccer,” said Balderama.

He is thankful to his coach, for he is the one that essentially gave him a chance at a higher education.

Enrique Cardenas, a coach for men’s soccer at College of the Desert, said his coaching salary is how he gets by, so having his pay reduced is concerning. Cardenas is one of the coaches facing difficulties after the National Collegiate Athletic Association (NCAA) announced a strict emergency dead period around the country. His salary was cut down by ten percent just one month after the shutdown. Soon the pay will decrease continuously if the pandemic continues.

“It is unfortunate for those that do because their pay is being cut down. Coaching has always been an outlet to be close to the game you love, but you can’t do that now,” mentioned Cardenas.

The plan for the NCAA is to have all of the fall sports back and running so that current coaches may return to their craft and continue to direct their sports programs, but until then the pay cuts will effectively continue until the ban is lifted.

Players have voiced their concerns for the coaches as well. Lucas Rosales, a sophomore player at College of the Desert, said that he fears that he may lose his coach.

“He’s the best coach I’ve ever had. I do not think there is anyone that could replace what he has done for me and this entire program at this school,” says Rosales. “He came into this program just a few years ago and turned everything around. He gave everyone a winning mentality.”

The NCAA has not announced any methods of support for the coaches. At the moment, no funds will be disbursed or set aside for those who are possibly facing financial issues and there have been no updates as to whether or not any of the objectives may be achieved online or through Zoom meetings.
Nationally-ranked teams struggle from effects of COVID-19

MAY 27, 2020 BY ADRIANA BUENROSTRO — LEAVE A COMMENT
As the stay-in-home order continues, athletes continue to circle around the questions that are on every athlete’s and coach’s minds: if all sports events are still banned for 2020-2021, will every sport be granted another year of eligibility?

The athletic program on campus has taken off for Fall sports such as women’s volleyball and men’s soccer. Both teams had their best season’s in school history with women’s volleyball finishing at number one in the nation and men’s soccer finishing at fifth. These teams begin training for their season early August, but Governor Newsom listed the reopening of sporting events to occur at Stage 4 of the four stage process to phase out of quarantine.

National Assistant Head Coach of the Year for CSUSB’S women’s volleyball, Danny Scott, previously stated how he thinks his team will use last season as a way to motivate them for this next upcoming season.
“Everyone has a different level of what motivates them, but in terms of our team, I don’t see motivation as a problem considering we all saw how great it was. Let’s do it again,” said Scott. This was said before the stay at home order was issued, leaving student-athletes with no weight lifting, condition, or practice sessions with their teammates and coaches.

Alexis Cardoza, captain of the women’s volleyball team reminisced on the game-winning point that made CSUSB history.

“That’s the feeling we are all chasing to feel again. And I’m lucky enough to be a team that is often self-motivated to repeat everything we accomplished last year,” said Cardoza.

Cardoza, who was recently named National Volleyball Player of the Year, says what motivates her the most is her family and her CSUSB family.

“Every time I don’t want to work out or start to dread the practice gym, even in the slightest, I think of all the people around me who are constantly supporting me and I play for them,” commented Cardoza.

A typical spring season for a soon-to-be senior is filled with non-stop practice, weights, study hall and mentally preparing themselves for the next season to come. It starts with 7 a.m. weights, having back to back classes, practices in the afternoon and meeting the study hall hours and grade point average for student-athletes.

As Fall sports, volleyball and soccer use spring and summer to develop a new team without the seniors and start molding the incomers, but with the stay at home order in place, these teams are left in the dark about what is the next move going to be if there is no progress with COVID-19. With no face to face contact with teammates or coaches, some say it’s “very difficult” to stay motivated and on track to continue being successful.

Francisco Sierra, captain of the men’s soccer team, said, “What we do to keep each other accountable is to just check in with each other, have weekly meetings, making sure we’re taking care of ourselves and putting in the work in our academics and with training. I miss the human interaction with each other, learning things about each other every day, making jokes and hanging out after practices and games” said Sierra.
With the unknown date of when they can begin practices with the new members coming in, Sierra further commented, “It’s going to take some more time to build that team chemistry due to the time lost, but I feel like we can all adapt quickly once this is all over.”

The National Colligate Athletic Association (NCAA) has given student-athletes methods on how to stay motivated and on track—such as staying active, having a routine, having good time and energy management skills and stay connected with peers. This is listed on their website along with other resources students athletes can access to make sure they are maintaining good mental health during this time.

Sierra says that the COVID-19 affected him by making him bored most of the time at home, leaving him with not being able to do anything.

“I don’t like not being able to get into the gym and get a proper workout in. At the beginning of it, it was cool being home but now I just get tired of it,” says Sierra.

One of the biggest challenges athletes have been facing is maintaining the strict schedule they would have had if the school was still in session. Now with online learning
and other factors coming into play, it’s easy to put off a workout or two and not get punishment from coaches. The NCAA has put a ban on all sporting events, which means no coach can force an athlete to work out or practice.

As Cardoza enters her senior year, she worries about the quality of education she is receiving through online learning.

“I am worried about being able to keep up with the heavy amount of school work and important projects that usually accompany a senior’s final semesters if everything remains online,” says Cardoza.

What the NCAA hasn’t released on its website is the question many athletes are wondering. The Spring sports of 2020 were all granted another year of eligibility, but if all sports events are still banned for 2020-2021 will every sport be granted another year of eligibility?

“It’s such a bummer, in all honesty, after playing many years of soccer I would’ve never thought that it can possibly end like that,” Sierra mentioned.

As for Cardoza, she stated, “The possibility of having my last year of eligibility taken away does scare me a bit, but if that were to happen, at the end of the day I am so thankful for all of the memories I’ve made here at CSUSB.” She is hopeful that they will be granted another year of eligibility as were athletes for Spring 2020.

Sierra commented that if given the extra year of eligibility, he would “stay motivated just by thinking about how much time I’ll have to from now to when we start playing again. That’s a lot of time to focus on me and improve my game.”

Cardoza would be unsure of the possibility of taking another year.

“There are a million different factors that I would have to take into consideration. But there is no doubt in my kind that that decision will weigh heavily on my heart for a very long time,” says Cardoza.

She explained staying motivated for that long will be challenging, but she hopes that as time goes on she will have some sort of opportunity to get back in the gym.
“And if not, physical gains in the weight room or endurance gains will have to keep me motivated through this challenging time,” added Cardoza.

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