Editorial: Let’s go beyond the labels and standard statements

By ShaiAnne Cross | Fact-Checker

Everyone deserves to feel safe and protected and to know that the law is on their side. So why are there innocent black people being killed by the very people who are supposed to protect them? George Floyd is a man who the system failed to protect. Needless to remind that this is the system that was created to protect all from harm.

Read More
Work, teach, study, repeat: The life of CSUSB parent/student during the COVID-19 pandemic

By Olivia Hoar | Contributing Writer |

“I have to spend the day with my children first and then I have to get to work,” says CSUSB student, Miriam Barajas. “It's tiring and I know it is my responsibility as a mother, but that does not make the situation any less difficult.” Due to the COVID-19 pandemic, the university will continue with the virtual semester in the fall, while the fate of K-12 school learning mode remains to be determined.

Read More
Unemployed residents granted more money than essential workers

By Emma Curtis and Alexis Ramirez | Staff Writers

Americans are receiving more money from unemployment benefits than they previously did at their jobs before the coronavirus outbreak.

Read More
Q & A: Jesse Hardman on lack of local news in the IE

By Adrienne Rosiles | Community Engagement Editor

Tapping into the networks of the local journalists and audiences, Jesse Hardman of the Internews, works to make sure people have the right information when they need it.

Read More
Frank Pine on news during the pandemic: "I think lots of things in the Inland Empire warrant national attention"

By Adrienne Rosiles |Community Engagement Editor|

Difficulties faced during the worldwide pandemic and the challenges the newspaper industry are topics Frank Pine of the Southern California News Group and the Bay Area News Group discussed with the Chronicle.
CSUSB alumnus co-writes Netflix film

By Matt Santos | Copy Editor|

As part of the Professor for a Day event, CSUSB Alumnus Danny Bilson talks about his successes in the theater industry and his contribution to Da 5 Bloods, which will premier on Netflix on June 12.

Read More
COVID-19 challenges deaf and blind community
By Karla Morales and Tanya Jansen | Staff Writers

Social distancing has hindered the ways of communication of the deaf, blind, and deaf-blind communities. Touch is critical for these communities which has become a significant risk of contagion due to COVID-19.

Read More

Quarantine throws wedding plans into chaos
By Katie Hepler and Tanya Jansen | Staff Writers

Most couples spend months, if not years, planning their weddings. Because of social distancing practices, many have postponed or cancelled their ceremonies.

Read More
Coronavirus affects local and state business owners

By Zuleima De La Cruz | Staff Writer

The pandemic has taken a toll on business, employees, and customers. Some businesses were forced to shut down while other businesses have slowed down. While many business owners are anxious to reopen to the public, there is still no time frame when that will happen.
Pets and Pet Owners during Quarantine

By Alondra Munoz | Contributing Writer

As quarantine continues, pet owners open up about their pets. Different pet owners have their ways of finding their resources for their pets and finding ways to interact with them.

Read More
RAFFMA’s COVID-19 adjustments forces the team to innovate

By Sandra Patron | Contributing Writer

RAFFMA made numerous adjustments due to the COVID-19 pandemic, from connecting with each other to connect with their audience.

Read More
By Katherine Hepler | Staff Writer

This quarantine has given people more free time and the ability to eat whenever one wants. Because of social distancing practices, some people find it harder to keep a healthy diet at home. While the temptation to eat can be higher, reaching for healthy food instead of junk food is the goal.

Read More

Editorial from the Editor-in-Chief

By Francesca Guidote | Editor-in-Chief

From the bottom of my heart, thank you for standing beside Coyote Chronicle in the midst of trying times. Despite the sudden halt of the newspaper's print production and hardcopy distribution, Coyote Chronicle has remained steadfast with delivering our campus, the Inland Empire, and its surrounding communities with news written by CSUSB students.

Read More
We want to see you express yourself! Do you have any art or poetry you'd like to share? Let us know! You could be featured in our next issue!

Submit

Sign up for our weekly newsletter!
Editorial: Let’s go beyond the labels and standard statements

JUNE 3, 2020 BY SHAIANNE CROSS — 2 COMMENTS

Everyone deserves to feel safe and protected and to know that the law is on their side. So why are there innocent black people being killed by the very people who are supposed to protect them? George Floyd is a man who the system failed to protect. Needless to remind that this is the system that was created to protect all from harm.

In a video that dominated millions of screens within a few hours, we can see that despite people recording, begging, and pleading for the officer to stop, he refused to. The man tells the officer repeatedly he can’t breathe. They do not listen even as he begs for his mother. He dies with a police officer’s knee on his neck. This happened on May 28, 2020. His death, along with many other Black people who were victims of police brutality such as Breonna Taylor and Ahmaud Arbery, may well lead to a civil war.

Even though Black Americans make up 13% of the U.S. population, they are three times more likely to be killed by the police than white Americans. Police brutality and systematic racism have always been prevalent in the United States. In 1991, Rodney King was tapped being violently beaten by LAPD officers, all of who were found not guilty.

The reactions to the protests currently happening reflect the time of the civil rights movement. Similar to the civil rights movement, many people who are peacefully protesting are having tear gas thrown at them, are beaten by police, and are forced to go back to their homes. They were labeled as thugs, just as President Trump labeled the current protesters as thugs.
With social media, we are able to see videos showing how innocent Black people are being killed making it so that there is evidence of a crime being committed. We’re able to see that despite the evidence, the officers who committed most of these crimes have not been found guilty.

The uncertainty and familiarity of these situations ignite rage in people, leading to protests and calls for actions. It’s the hope that the rage will lead to change, hope is the fire that keeps the protestors going.

Black people are done not having their voices heard.

Doesn’t the death of George Floyd feel familiar? It feels as though you hear about the death of a Black person every other day on the news. But this thing is, we are hearing about a small percentage of deaths that happen. Many are never heard of; their deaths only mourned by their loved one or no one at all. It’s an uncomfortable reality, but true reality.

With the case of George Floyd, all four officers have been fired and arrested. Derek Chauvin, the officer who is shown in the video with his knee on Floyd’s neck has been charged with second-degree murder. Now the question has become, will he serve prison time for George Floyd’s death? Despite him being arrested, people are still struggling to believe he will.

Before the death of George Floyd, Chauvin had 18 complaints filed against him. Records show that two of the cases were “closed with discipline” and a letter of reprimand was issued. How many complaints are an officer to have against him before
being given more than a letter of reprimand? Why are police officers allowed to have complaints against them and yet be in charge of making sure other citizens abide by the law?

On May 30th, President Morales sent out a statement stating that we should provide a helping hand to our African-American population who have suffered trauma by not looking away. The problem with statements such as these is they do not state how to provide that help. It is a standard message given that comes across as performative. It reminds me of the #BlackoutTuesday event that occurred on June 2 on Instagram.

Instead of helping spread what happened, it resulted in the BlackLivesMatter tag becoming full of many solid, black images when before, it was full of posts showing how to provide help during this time. Before #BlackoutTuesday, the BlackLiveMatters Instagram tag was full of people making posts given information on what white privilege is, why it's important to vote, why people were protesting, what petition you can sign, and where to donate. Now, it is also full of solid, black images, selfies, and self-promotional images.

In order to show change, it requires researching, educating yourself, staying informed. It requires us to go out of our comfort zone by reading about institutional racism and police brutality. It means looking more into the history you were taught in history and primary school. It means reading what Martin Luther King Jr. really had to say during the civil rights movement outside of the ‘I have a dream’ speech we were shown numerous times. It’s about knowing the harsh truth of what it has been like for Black people living in this country.

But what is easier for us to accept, a standard statement that makes us feel like we’re doing enough to show support or actually educating ourselves that’ll cause us to have to self-reflect?

This article was updated on June 3 at 8:09 p.m. due to all four officers involved in George Floyd’s death being arrested with Derek Chauvin now being charged with second-degree murder.
That was a great and analytical article. However, I do have some questions such as why didn't you mention the 1994 Crime Bill written by former vice president Joe Biden and signed into law by former president Bill Clinton that led to millions of African-American men wrongly sent to prison for non-violent drug offenses? This is one of many factors that contributed to the hardship faced by the African-American community. As for the Trump tweet you posted, do you know if he was referring to the peaceful protesters or the violent rioters burning businesses? There is a big difference between protest and rioting. How is Trump responsible for this? I can't find any evidence indicating his responsibility. Police brutality has happened long before him. Those 18 complaints filed by that officer is the fault of that particular police station, NOT police officers in general. Another problem you failed to bring up was the toxic “with us or against us” mentality that I and other students have faced in regards to the protests and riots. Just because someone isn’t joining the protests doesn't make them part of the problem as a lot of us have to take care of loved ones back home. I understand that you are coming from good intentions and that you’re a good person that sounds willing to have a conversation about this, but when you fail to spot the difference between peaceful protesting and rioting, that is very concerning. Rioting led to the destruction of many small business owners that have already struggled to get by due to this pandemic. What about retired police captain David Dorn who was killed protecting his friend’s pawn shop by a looter on June 2 after a protest turned violent. Captain David Dorn was also an African-American man with a wife, children, and grandchildren. There is no excuse for rioting, especially when innocent lives are at stake. Overall, great article.
Thanks for the editorial. I know President Morales and others are doing more than the public statements, and both are needed. Here are some sites I found from a friend’s (Sriram) post on FB that I found useful:

“It is time to stand with our Black brothers and sisters and help them during this crisis. While changing the Profile picture to show support is a good gesture, it is not sufficient. We need to go beyond and educate ourselves about racism and injustice and help support various networks and organizations that are fighting for justice by donating.

Here are some links:

Free Anti-Racism Readings
bit.ly/antiracistpdfs

National Bail Fund Network
bit.ly/localbailfunds

Black Visions Collective
www.blackvisionsmn.org/

Reclaim the Block
linktr.ee/reclaimtheblock

Anti Police-Terror Project
www.antipoliceterrorproject.org/

Resources published by PDX Monthly

Intel Matching
Intel is matching employee donations to address social justice and racism. Intel employees, please note this.

Read about what Rahul Dubey, an Indian American did in Washington DC yesterday
www.thejuggernaut.com/dc-protesters

What South Asians are doing to end violence against Black people!
medium.com/@dviyer/south-asians-and-black-lives-b30adaba6a42

Listen to the beautiful rendering by the Paysan kids
www.youtube.com/watch?v=WmNmhrTaYKA&feature=youtu.be&fbclid=IwAR3Oh7GWlPqCrKp6F7lZLOzUhuffhxDMgB5hSkZsXebav8KdkIO1YgxFZYM

Thank you all for your support.”
Comment

Name *

Email *

Website

I'm not a robot

Notify me of follow-up comments by email.

Notify me of new posts by email.

POST COMMENT

NEWSLETTER

First Name

Last Name

Email address:

SEARCH THE WEBSITE

Search this website

ABOUT US

Location: University Hall, Room UH-018
1-(909) 537 - 5815

PAGES

About
Advertise
Alumni
Archives
Contact
Multimedia
Newsletter Signup
Submissions

META

Login
Work, teach, study, repeat: The life of CSUSB parent/student during the COVID-19 pandemic

JUNE 2, 2020 BY OLIVIA HOAR — 2 COMMENTS

“I have to spend the day with my children first and then I have to get to work,” says CSUSB student, Miriam Barajas. “It’s tiring and I know it is my responsibility as a mother, but that does not make the situation any less difficult.”

Due to the COVID-19 pandemic, the university will continue with the virtual semester in the fall, while the fate of K-12 school learning mode remains to be determined.

Miriam Barajas is 1 in 5 college students, who according to the U.S Department of Education, are parents. She is one of the parent students who are facing the struggle of having to be active members in their classrooms and that of their children.
It's important in times like these to remember everyone is struggling but, not in the same way, says Miriam Barajas.

"Adjusting to these changes is a challenge especially when I have to be on Zoom at a specific time. When I'm at home my children are always with me and their needs come before anything," states Barajas, who also made her voice heard at the Zoom forum dedicated to the topic of virtual learning.

The college of arts and letters partnered with ASI representatives and held an online forum to answer questions and take suggestions from students on April 24.

On-screen with a toddler beckoning for her attention and her preteen son playing in the background Miriam discussed her concerns about having to put her children’s studies first because she is now a full-time student and a teacher to her children who would normally be at school themselves.
At the virtual forum, Miriam Barajas wasn’t the only student at CSUSB who was experiencing this struggle. Suany Echevarria is an ASI board of director representative and she commented on this issue as well.

“All of the things that we normally leave at home when we are at school are in our faces,” says Suany Echevarria. She hopes that professors can be understanding during this time while students get used to having their homes become their school and their children's playground all at the same time.

This is the dilemma that numerous students at CSUSB with children are facing. Separating home priorities from school life is proving to be a difficult task when there is no physical separation from these spheres of life.

David Brady, CSUSB’s communication specialist of the college of arts and letters, reflects on his experience with the new virtual education approach.

“Not everyone has a quiet, designated place to work and not everybody has a particular time of day where they know they can be completely alone in their household. Just as I was sitting down for this meeting, my neighbor started up his lawnmower right outside my window,” David Brady explains.

Leslie Bryan, A CSUSB professor also expressed her concerns about students having the appropriate space to participate in her movement classes (dance).

“Most of the stuff I do in the classroom involves group work and a lot of space. This has proven to be a difficult task because a lot of them are in their living rooms. I have a few students who rent a room, so they have even less space than others,” says Leslie Bryan.

Certain subjects are harder to teach online because they require hands-on learning or some kind of physical activity.

According to Amber Brown, the ever-growing number of various applications and software programs used for each class is what makes distance learning so difficult.

“Professors should agree to stick to one program per class,” Amber Brown, a CSUSB junior states, “Each professor is using 2 or 3 different programs to submit assignments and it gets confusing using so many applications at once.”
Amber Brown does make it clear that her professors have been helpful, and she appreciates their effort, but she doesn’t think we need multiple programs when Blackboard is utilized properly.

Students have been experiencing trouble using numerous programs for one class. Bouncing back and forth between slack and blackboard, back to the syllabus to make sure they have their assignments in the right place.

This issue affects CSUSB students with children because not only do they have to learn to navigate these new programs for their own classes but for their children as well.

Miriam Barajas explains “I have been lucky that most of my son’s teachers are responsive when I have questions how to use the technology my preteen is required to use, but it’s still confusing balancing multiple different programs for the both of us, plus I have to keep my toddler entertained while we’re working.”

The CSUSB team is working hard, trying to figure out what is best for students and teachers.

According to Dr. Rueyling Chuang, “We want to hear from our students and faculty about what is working and what is not so we can make the changes necessary to help all coyotes learn. We will continue to have virtual forums open to all CSUSB members. We are all in this together and if we want to make the situation better we need to hear how people are being affected and what we can do better as a team.”

Related posts:
Comments

Wayne Younker says
JUNE 4, 2020 AT 9:48 PM

Well written article. Makes it easy to understand the struggles some students now have. Gave me a lot to think about. Would like to see more articles written by this student.

Reply

Kathy Schurkman says
JUNE 4, 2020 AT 3:22 PM

Extremely well-written, easy to follow and understand content in a way the reader can conceptualize what it's like to be a student and teacher during these unprecedented times. I would like to read more articles from this writer.

Reply

Leave a Reply

Your email address will not be published. Required fields are marked *
Unemployed residents granted more money than essential workers

JUNE 2, 2020 BY EMMA CURTIS — LEAVE A COMMENT
By: Emma Curtis and Alexis Ramirez

Many Americans are receiving more money from unemployment benefits than they previously did at their jobs before the coronavirus outbreak.

According to the Bureau of Labor Statistics, the unemployment rate rose to 14.7 percent after 20.5 million people lost their jobs in the COVID-19 pandemic. This is the highest unemployment rate has been since the Great Depression, and it could take years before it returns to 3.5 percent.

The two criteria to be considered unemployed are that one is jobless and is actively searching for work or someone is on temporary layoff. Due to the surge in the number of unemployed Americans, Congress passed a relief package that included a $600-per-week supplement until August.

Jobless workers who filed for unemployment are now making upwards of 10 times the amount of money they were per-week at their old jobs. Eric Smith, a 23-year-old former server, filed for unemployment after being laid off from his job at Outback Steakhouse after two years.
“This is the first time I’ve been on unemployment," Smith said. "Being unemployed has such a negative connotation… but so does being homeless, which is where I would be without benefits."

Smith lives alone in an apartment and has two pets, so he knew he had to file for benefits to keep him afloat while searching for a job. Before the weekly $600 relief package, Smith was making $149 a week from unemployment insurance (UI).

“With everything combined — weekly claim and relief package — I am receiving $1,467 every two weeks on unemployment," said Smith. "Benefits are so good, it’s making me not want to go back to work. It’s a very skewed system."

As a server, Smith was making $11 hourly, plus whatever tips he made at the end of the night (average $80), for a weekly paycheck of around $350. He is making over two times that amount per-week on UI benefits.

While there are millions of Americans on unemployment, the number of essential workers currently putting themselves at risk is just as large.

Elidia Newmann, a 20-year-old student working at Walmart in Palm Springs, is one of many essential workers who believes her sacrifice is not being properly rewarded.

“It really is the most frustrating thing,” said Newmann. “I put myself at risk every day and people sitting at home are making more money in a week than I do in two months.”

Newmann has been employed at Walmart for over two years and has not stopped working shifts since the COVID-19 outbreak started. She is putting herself through school and relies on her paychecks every week.

“Not working isn’t an option for me,” Newmann said. “People keep telling me to quit and go on unemployment to make more money but who knows if I’ll have a job to come back to? Jobs are going to be scarce once this is all over and people start looking for work again.”

Finding work after quarantine is lifted will be difficult for most, though some will be able to return to their previous jobs once their business’ reopens. Deborah Fassel, a 63-year-
old golf course marshal, recently gained her job back after being temporarily laid off for eight weeks.

"Being laid off wasn’t such a huge deal to me since this job is something I decided to take on after retiring from teaching," said Fassel. "But I did get used to having the extra money."

Shortly after being laid off, Fassel received a $1,200 stimulus check, which made up for the money lost from her hours on the golf course.

"Between the stimulus check and my retirement money I wasn’t too worried, but I really wanted to go back to work because I enjoy the environment," said Fassel

Although people receiving unemployment benefits are making more money now than when they were working, Fassel believes a lot of people are starting to take advantage of the situation.

"After being hired back at the golf course, my boss tried to get all the college kids to come back to work, but most of them would rather collect unemployment," said Fassel.

Even though unemployment benefits are great right now, Fassel is unsure what is going to happen to these people once they stop receiving the extra $600 per week.

"Unemployment will run out soon so I think it’s better if the laid-off employees accept their jobs back because they might not be able to find another job later on," said Fassel.

Newmann gave similar advice as Fassel in that one should not give up looking for work or deny work because the benefits are good; they are only temporary.

"The benefits are temporary, and you can’t rely on something that is temporary," said Newmann. "My advice to anyone on unemployment now would be: don’t get used to it. Yeah sure, the money is great, but so is having a job when the big checks run out."

Related posts:
Sure hard to get a job in San Bernardino

Studying abroad made possible

Obama convinces 300 companies to look past unemployment stigma
Tapping into the networks of the local journalists and audiences, Jesse Hardman of the Internews, works to make sure people have the right information when they need it.

He accomplishes this goal by researching how the local communities get shared news and how the ownership of the local media companies affects the diminishing of the news coverage on the ground.

Jesse Hardman works for a project, the Listening Post, which supports the flow of journalism. The Internews provides over 70 countries around the world with accessible community media.

He visited Coyote Chronicle in February 2020 in an effort to find out more about how we do our work. We wanted to catch up with him and share with our readers more about his research goals and finding thus far.
Rural Sri Lanka, 2008, near the civil war zone where Hardman was working for Internews and giving radios to families displaced by the war so they can tune in to crucial humanitarian information. Photo Courtesy of Jesse Hardman

Q: Could you please tell a little bit about project about media in the Inland Empire and your role in it?

A: The Irvine Foundation are interested in changing the outcomes in California that struggle with public health, environmental issues, etc. and concluded that one of the ways you create healthy communities are by making sure everyone stays informed. Although the news industry hasn’t always been perfect, there was more sustainable news, but with a place like the Inland Empire where the local newspaper was heavily relied on, they are not owned locally, or they are owned by a venture capital firm that may be more interested in the business assets, so they may not be investing in what’s going on in San Bernardino or other Inland Empire counties.

In some ways, there’s less reporting going on in places like San Bernardino about local government, policing, housing, employment, and other categories that locals are interested in. Some of that has been filled in with new media, for example digital media
with Facebook groups, that may not always be sourced news and have all the aspects of journalism. I am looking into try to fill the gaps of missing news and ask communities how they would get news, what topics/issues they would like to hear more about, and how people pass on that information.

**Q: How has the pandemic affected local media coverage in the IE? Do you think they are doing a better job?**

**A:** In a time like the pandemic, although as much as media can do a really good job with being in the moment and making sure people are informed, what you tend to see is local government, community organizations. You see a variety of community actors sharing information and making sure people have the information they need, which can vary from one community to the next.

For example, I work with this community journalism called [The Boyle Heights Beat](#) and one thing we noticed is that there isn’t enough localized information/news that was getting out in Spanish to that part of the city. One reporter, whose parents were originally from Mexico, said to me that they really only started getting the information they needed when COVID-19 hit Mexico a little bit worse and the information was slightly delayed here in the US. That’s when Mexican media started really covering the virus, and that’s when her parents felt like they were finally getting the news they wanted, published in Spanish.

At the beginning, it was very critical that people were getting the news they needed about COVID-19 because everyone was out and about, not realizing that they could be spreading the virus. I think people rise to the challenge at times like this, but they’re not necessarily prepared, so there is a lag time from media outlets/local governments and everyone getting up to speed.

**Q: How do you think the has the number of readers/viewers changed in the IE’s throughout the past year/past decade?**

**A:** Although I am still looking into those answers, for example, I found that The Riverside Press Enterprise and The San Bernardino Sun are owned by the same company being identical and they are two different cities with two different realities that are publishing the same news, which means people aren’t really getting that local attention that they need.
An active community member reached out to me the other day and noticed this drop in civil engagement in San Bernardino and there’s a variety of reasons for that happening, such as population change, but I aim to investigate those issues.

Q: Would you say the Inland Empire is a news desert? If so, why and how? Who should worry about that and why?

A: There are local news options in the Inland Empire, but not consistent ones. Legacy media, like the Sun and Press Enterprise don’t have the robust reporting staff and editorial presence they once did. And you have very few reporters keeping an eye on things like school board meetings, city council action, law enforcement, etc., and that means two things, people aren’t getting the news they need in order to really participate in the civic life on the Inland Empire, and, the entities with power in the Inland Empire aren’t being checked or reported on to keep them honest.

Q: What are the biggest unrealized potentials of news media in the IE?

A: The IE is super diverse, and deserves news coverage that reflects that. That means more comprehensive coverage from all sorts of angles of Native populations, LatinX residents, Asian American residents, Black communities, etc.

Q: What kind of stories dominate our everyday lives? And roughly, what percentage of these stories are local?

A: There’s a local angle to most stories, that is nuanced and unique to a specific place. Because media feels very National now, with cable networks often driving conversation and what gets covered, people know more about what’s happening in Washington DC than they do in Riverside or San Bernardino. That’s a problem.
Frank Pine on news during the pandemic: “I think lots of things in the Inland Empire warrant national attention”

JUNE 2, 2020 BY ADRIENNE ROSILES — 1 COMMENT

Difficulties faced during the worldwide pandemic and the challenges the newspaper industry are topics Frank Pine of the Southern California News Group and the Bay Area News Group discussed with the Chronicle.

Being the executive editor for the Southern California News Group and the Bay Area News Group, Mr. Pine is responsible for 13 newspapers in California, including The Sun, Redlands Daily Facts, The Press Enterprise, and The Daily Bulletin from the Inland Empire.
Q: Has the pandemic helped or hindered your work?

A: Generally speaking, fewer people are reading print and more people are reading more online. Since the pandemic has occurred, we have not seen a good drop off for our readership and it has been pretty stable, but we've seen a huge increase in people reading our news online. More people want news during the pandemic than before the pandemic and our online audience has doubled. It’s definitely hallowed out our advertising because everything is closed and that has presented some business problems.

Q: Would you say the IE is a news desert? Do you think we are or may soon become a news desert?

A: No, “news desert” is a place where there's no news and there are 4 newspapers in the Inland Empire”, plus there's KVCR.

Q: Since the Press Enterprise, The Sun, and the Daily Bulletin are roughly owned by the same people, although they're 3 different cities with 3 different realities, is it concerning that these cities may be publishing the same news and the cities are not getting the local attention they need?

A: I think one of the challenges in today's news economy is that there's less money to pay for news because there's less advertising, so back then you had plenty of advertising dollars to underwrite coverage for cities. When I started in journalism 25 years ago, we
used to have a reporter for every city, and now we don’t have that anymore because there is just enough money to pay for it anymore. People think that “local news is great, it’ll always be around”, even though nobody pays for it, and “free” is not a business model. Reporters don’t work for free, the newspaper isn’t printed for free, and somebody has to pay for it.

There’s a fundamental problem that news organizations have, which is that the advertising has become unbundled with the content. It used to be that newspapers basically have a monopoly on local advertising because there was no other way for you to get an ad into somebody’s house. Newspapers owned the printing presses and the distributions network, and in those heydays, newspapers had their revenue peak and everyone advertised in the newspaper, but once the internet came along, it has been way cheaper to buy an ad on Google, than to buy an ad in a newspaper. Advertising revenue went away from underwriting the content, so it no longer pays the salaries of reporters, it pays tech billionaires.

Q: What kind of stories do you think dominates our everyday lives? How many of these stories are local?

A: Stories dominating our everyday lives right now would be about COVID-19, community shutdowns, which businesses are opened/not opened, or which businesses will never open again, and infection spread rates. A couple of months from now, it will be stories about the economy.

Q: Do you know of anything that is going on locally that could warrant national attention?

A: I think lots of things in the Inland Empire warrant national attention, but sometimes they get it and sometimes they don’t. There was a protest in Fontana last night where people through rocks at the city government center, rocks at police, and passing cars, which is getting national attention today.

Q: How do you think the has the number of readers/viewers changed in the IE’s throughout the past year/past decade?

A: There are more readers now than there ever have been before, but they are all online, and there are far fewer of them in print. So there are more people who are reading the
news, but fewer people who are paying for the news.

**Q: Why do you believe it’s important that people support and know about local news?**

A: I think good, credible information is a critical part of our democracy and people should be informed about what their government is doing and what’s going on around them. Being informed allows you to be a more productive member of society and makes you smarter. If you’re plugged into local news, you know about new buildings, restaurants, etc. that are being built down the street and know what your government is up to that people need to be aware of. It is our civic duty to be informed and to participate in a democracy, and the best way to get informed is by getting fact-based information from professional news organizations.

**Related posts:**

---

**Share this:**

---

**FILED UNDER: NEWS**  
**TAGGED WITH: NEWS INLAND EMPIRE, SOUTHERN CALIFORNIA NEWS GROUP, THE SUN**

---

**Comments**
Adrienne Rosiles conducted a great interview, with such insightful and well thought out questions. Keeping up with local news is so important to be aware of what’s going on around our community. It’s nice to know how our local news sites have been affected during these trying times, and how they’re overcoming.
CSUSB alumnus co-writes Netflix film

JUNE 3, 2020 BY MATT SANTOS — LEAVE A COMMENT
As part of the Professor for a Day event, CSUSB Alumnus Danny Bilson talks about his successes in the theater industry and his contribution to *Da 5 Bloods*, which will premier on Netflix on June 12.

Graduating from CSUSB in 1978 with a BA in theater, Bilson co-wrote *The Rocketeer* with his writing partner Paul De Meo, co-produced the Sims, was Executive Creative Director for Electronic Arts (EA), and is now a professor and Interactive Media and Games Division Chair at University of Southern California (USC).

As for his contributions to *Da 5 Bloods*, Bilson and De Meo wrote the original screenplay which was later adapted by director Spike Lee.

“The story of *Da 5 Bloods* came from San Bernardino. That’s where it started,” says Bilson. “When Paul and I were students from ’74 to ’78, the Vietnam War was ending and there were three bases out there—Norton, George and March. A lot of the veterans did their last duty there and then went to school to Cal State, San Bernardino.”
In Bilson and De Meo’s dorm, the veterans told stories of the war and hearing them inspired Bilson and De Meo to write about it.

“I always felt like it was my older brothers’ war and I always wanted to do something with it in a story, but something different,” says Bilson.

In 2013, after writing for many projects and doing video game work, Bilson wanted to get back to screenwriting and thought about how his generation was unable to retire, along with the Vietnam War veterans. This prompted him to write *The Last Tour* with his writing partner, De Meo.

According to Bilson, *The Last Tour* is about four guys who go back to Vietnam in 1978 to look for the bones of their squad leader who was left behind. They lost some Central Intelligence Agency (CIA) payroll gold when they were young and were looking for it.

“It’s really about how we’re not taking care of our veterans,” says Bilson. “I mean what are these guys, in their 60s, doing in the middle of the jungles in Cambodia looking for gold? The theme was about that generation of soldier and what remains of the war.”

Bilson adds that this central plot they wrote for the *Last Tour* is still in *Da 5 Bloods*, which is why they get first position credit. Spike Lee was inspired by the book *Bloods*, which tells the story of Black Vietnam War soldiers, and saw Bilson and De Meo’s script as a great way to tell that story.

“Our work was the script, but it’s Spike’s rhythm. It truly is a Spike Lee Joint film,” says Bilson. “It’s a good movie.”

Staff and faculty alike were impressed by Bilson’s work.

“After hearing Danny Bilson’s accomplishment, I was really shocked and really impressed,” says first-year theater arts major, Isabel Rodriguez. “I was like ‘Woah, this guy is really serious!’ I really want to watch the film when it comes out!”

After talking about *Da 5 Bloods*, theater arts majors attending the Professor for a Day event asked Bilson many questions about how to get started and succeed in the theater and film industry. He inspired some students like Bernard Iyawe, a senior in the Theater Arts Department.
“I learned that if you are passionate and determined enough to do what you love, it will happen,” says Iyawe. “Danny motivated me more and I’m even more passionate about acting.”

As for theater arts major Janeth Shayo, Bilson’s advice to “write the movie you want to see most” resonated with her.

“I learned that the most important thing I should be doing right now is creating as much content as possible,” says Shayo. “It’s going to be difficult to get into the industry knowing someone is always one step ahead of me, but I am excited to see Danny’s work and hopefully build my own story.”

The advice Bilson emphasized that evening was to persevere and always go on to the next project.

Bilson says, “Nothing lasts forever: you gotta keep going.”

Related posts:
Leave a Reply

Your email address will not be published. Required fields are marked *

Comment

Name *

Email *

Website

I'm not a robot

Notify me of follow-up comments by email.

Notify me of new posts by email.

POST COMMENT
COVID-19 challenges deaf and blind community

JUNE 2, 2020 BY TANYA JANSEN — LEAVE A COMMENT
Vincent and Valencia-Biskupiak are heartened to see that news broadcasts have been including sign language interpreters in their announcements which makes it easier for deaf to receive news updates.

**Related posts:**

- Ronda Rousey established as top pound-for-pound fighter
- Getting colorful at Holi Festival
- Riverside celebrates the Day of the Dead

**FILED UNDER: COMMUNITY**
**TAGGED WITH: BLIND, CALIFORNIA SCHOOL OF THE DEAF, DEAF, DEAF GENERATION, DEAF-BLIND, RIVERSIDE**

**Leave a Reply**

Your email address will not be published. Required fields are marked *

Comment
By Karla Morales and Tanya Jansen

Social distancing has hindered the ways of communication of the deaf, blind, and deaf-blind communities. Touch is critical for these communities which has become a significant risk of contagion due to COVID-19.

Deaf-blind Americans use touch in their daily lives: hand over hand signing to communicate, finger scanning used for braille, hugs and handshakes.

**Thomas Jefferson Unitarian Church, Louisville KY**  
@TJUnitarian

Consider the impact that social distancing and isolation makes on a community that relies on tactile communication. While their experience may be unique, their concerns should not be theirs alone:  
[ow.ly/F2OB50zuyoB](https://ow.ly/F2OB50zuyoB)

#CompassionForAll #BuildingInclusiveCommunities  
#DeafBlind
Kevin Anderson is a hard-of-hearing and blind individual who has noticed some of the challenges that his deaf-blind friends have been facing during the pandemic.

“The biggest problem we’re having is no interaction and no socialization among each other,” stated Anderson. “We don’t have the accessibility. Some of us do have something regarding texting, email and Facebook, but while some have it, others don’t.”
One of Anderson’s friends, who is deaf-blind, lives alone and is struggling with feelings of loneliness, according to Anderson.

“That’s one thing that deaf-blind need: they need the physical contact. But the computer, the texting, email, eh, it’s okay, but it’s not the same. It’s just not the same. Basically, it’s loneliness,” explained Anderson.

Plug your ears and blindfold yourself and just sit someplace for a couple of hours. And I want you to meditate what you’re doing at that moment. You’re going to recognize loneliness really quick.

— Kevin Anderson

Most deaf-blind individuals communicate through tactile sign-language which requires touching the other individual to feel what they are signing. Social distancing makes it nearly impossible for deaf-blind individuals to communicate, according to Anderson.
In order for deaf-blind to communicate during the pandemic, they have been wearing masks and gloves that go up past the elbow, but this is usually reserved for emergencies because individuals must stand close together to communicate.

Jaclyn Vincent is deaf and teaches at the California School of the Deaf, Riverside (CSDR) and said that face masks pose challenges for deaf individuals.

“It makes communication with hearing people impossible when just looking at their eyes for spoken cues that I normally would understand from lipreading,” explained Vincent.
While everyone is experiencing isolation to some degree, deaf, deaf-blind and blind individuals are facing these issues more directly because their communities act as a support group and family unit.

“Deaf individuals may experience sense of isolation and loneliness when they are with their families who do not sign or communicate well with them. Some may lack technical resources like WiFi and devices,” said Vincent.

Many students at CSDR cannot communicate with family members who do not know sign language.

Such students depend on social interaction at school but the quarantine has had on impact on their language development.

“Language development in the social domain- this quarantine impacts incidental learning when not being able to use language for communication like social play, parallel play, exploration/discovery, and direct language modeling,” said Vincent.

A class of pre-kindergartners demonstrating their completed 3D caterpillar art project on Zoom video collage. Another glimpse of eLearning projects in action! #csdr
Teachers have been working connect with families through “storytelling, Parent Support Groups, demonstration of teaching activity along with students/parents,” according to Vincent.

The California Department of Education hosted a live webinar about deaf distance learning. In the webinar, they explained several of the e-learning systems that have been developed including offering weekly ASL classes for families, weekly “home visits” and library time via zoom, as well as access to a flip grid where teachers have uploaded videos then children upload their own videos modeling their learning and development.

Jessica Valencia-Biskupiak, a teacher at CSDR, has continued teaching during quarantine.

“We are doing e-learning and use 365 office, zoom, and programs where we all submit assignments. Some of us will call through videophone to chat with our students to check in with families,” said Valencia-Biskupiak.

E-learning has not been without challenges.

“Zoom depends on voice to get attention but we have to wave and say hey then someone signs- sometimes it might be too distracting or overwhelming,” explained Valencia-Biskupiak. “For those who are deaf with visual issues or ADHD it can be too distracting when all talking at once. Sometimes it might be blurry due to low internet connection, so harder for our eyes to stare and work hard trying to understand what that person says.”

She added that, “Not only are students impacted, but global deaf communities are impacted due to lack of knowledge, no language access, misunderstandings etc.”
Quarantine throws wedding plans into chaos

JUNE 2, 2020 BY TANYA JANSEN — LEAVE A COMMENT
Newlywed Issac and Edith Lariz. Photo by Citlaly Carlos.

By Katie Hepler and Tanya Jansen

Most couples spend months, if not years, planning their weddings. Because of social distancing practices, many have postponed or cancelled their ceremonies.

Alyssa Torres, a wedding coordinator in Riverside, has dealt with over ten couples who have had to postpone their weddings.

Torres's company does not offer refunds but does allow for couples to postpone their weddings with no extra fees.

https://twitter.com/jetpack/status/1265441663687647232
Weddings often take a great deal of time, money, planning and logistics.

According to Torres, many couples spend upwards of ten thousand dollars on their venue and with the nonrefundable deposit, it creates a lot of incentive to postpone until next year rather than cancel and lose the money.
“Many people are moving it to next year. They’re that freaked out about it," says Torres. “People who have had weddings for May had to postpone. Even the people in June postponed to next year.”

Torres has worked with many couples who have been forced to change their wedding plans.

“There was this girl who was going to have her wedding in March, and she found out she was pregnant. She was like, ‘if I have it this year I’m going to be so big and I’m not going to be able to fit into my dress’ and it was just so tragic,” explained Torres.

She was devastated when she called me. She couldn’t even talk. Her fiancé had to talk for her. So, she postponed to next year.

— Alyssa Torres
Corey Atchley and Katie Waterland were planning to get married the last week of March when the news of the virus reached them.

“We were starting to hear that travel was being banned so we were looking at Mexico because we were supposed to get married in Mexico. And sure enough, two Sundays before the wedding we decided to cancel,” stated Atchley.

Atchley and Waterland’s plans are still up in the air, but they are thinking about keeping the ceremony in Mexico scheduled for the same time next year and having the civil ceremony now to make things official.

“The issue was that my grandma was in the hospital. We were trying to wait to get married until she could be there, but she’s still not out of the hospital,” stated Atchley. “We basically decided this last week to just do it without them. So, a courthouse wedding, but the courthouse is closed.”

Tasha Angeles
@TashaAngeles

Congratulations to my brother Mickey and his bride Shannon!
Bittersweet, as my family and I were not able to be there as planned, but I’m completely grateful that we were able to celebrate the ceremony via livestream video.
#MontalvoJacobsonWedding
#QuarentineWedding
Kevin Hubbard and Michelle Garcia were planning on having a wedding with 150 guests but have since reduced their guest list to 20 close family and friends, according to Doreen Hubbard, the mother of the groom.

“I think in April we were thinking it wasn’t going to happen. But Kevin and Michelle, they were holding on and holding on and holding on. And I just said, ‘I just don’t think you want to be doing this, you know, you need to be thinking differently here,’” explained Doreen.

And I think it was in those two weeks that they finally decided that they were gonna cancel. And then the venue called and said that they were canceling.

— Doreen Hubbard

Every wedding has been planned differently and every couple has faced their own challenges.

Courtney Christiansen, a bride-to-be planning to get married at the end of May, was devastated when she found out about possibly needing to change her wedding plans.

“My fiancé and I have had to wait to get married for several years since his service at the United States Naval Academy required that he be single and without dependents,” said Christiansen. “We’ve had to wait already, so the thought of even postponing the wedding made me feel extremely defeated.”
Everyone is faced with uncertainty with COVID-19 and this uncertainty has made it that much harder to adjust wedding plans.

“Our plans changed twice! We originally changed it to July 10 because we figured the travel bans and closures would be done by then” stated Christiansen. “It turned out that he didn’t know he had to use his military leave within the first 30 days of graduating from the academy. We ended up changing it back but instead of May 29, it’s now May 30 in hopes that it’s easier for people to make it on a Saturday than a Sunday.”

Today should of been our wedding but we are healthy & happy together, just the three of us & Isla had to have a cake for the “party” #lockdownbride
The unknown is what makes changing plans more difficult for couples. Finalizing new plans makes it easier for couples to be excited about their wedding again. This was the case with the Hubbard family.

“They’re staying pretty positive. They’re doing good,” Doreen explained about her son and his fiancé. “Once the decision was made, there was a lot of stress that went off everybody.”

Doreen gave the couple a piece of advice.

“What I tell them is that this is a story. You will look back on this and you’re going to laugh. It’s going to be your story. Everybody has one whenever anything goes bad at a wedding. It’s a story,” stated Doreen. “You’re going to see a time where you will see God moving in this. You don’t understand it now, but you’ll see it. It’s going to be exciting once you see that happen.”

Related posts:
Coronavirus affects local and state business owners

JUNE 2, 2020 BY ZULEIMA DE LA CRUZ — LEAVE A COMMENT
The pandemic has taken a toll on business, employees, and customers. Some businesses were forced to shut down while other businesses have slowed down. While many business owners are anxious to reopen to the public, there is still no time frame when that will happen.

Many business owners are anxious to reopen to the public. As of June 1, many businesses that originally weren’t considered essential such as restaurants, barbershops, hair salons, and more, are able to reopen.

Carlos De Santiago, the business owner of a Taco shop in Laguna Beach, CA, closed down at the beginning of March and couldn’t help all his employees financially. He managed to find help through programs offered due to COVID-19.

“It’s stressful to close down my business and continue to pay my bills for my location when I can’t bring any revenue to my business nor help my community. Laguna Beach is a busy location during these times of the year and now there is hardly any traffic,” states De Santiago.
Customers of hair salons and barbers struggle to find places to get their haircuts, especially essential workers that need to look presentable for their jobs. Clara Romo, a hair salon business owner in Riverside, CA, is anxious to re-open because she feels the stress of her clients and knows the importance of her business.

“I keep getting calls from my clients if I can cut their hair, but I can’t re-open my business. It’s still not safe to do so by the state board and California. I can’t risk getting my license revoked and have my business shut down,” says Romo.

Andy Cambroon, a mobile car wash business owner in Temecula, CA, has seen a drastic decrease in his business during this pandemic due to the fact customers don’t want strangers to touch their car.

“People are don't want to get their cars detailed or washed right now and, as a business owner, I need to find different ways to make sure the customers feel safe. I need to take my pre-cautious with my employees and train them to make sure business can continue to flow effectively,” states Cambroon.

Pet salon owners are struggling during these times because they know this is one of the best seasons where dog owners want to cut their dog’s hair. Sarah Escobar, a mobile dog grooming in Hemet, CA, sees this pandemic affecting her business and struggles to maintain her business flowing.

“Even though my business doesn't have much contact with humans, my employees fear animals can transmit the virus and dog owners fear that their pet might get infected while in the grooming salon. My business has slowed down and I’m not sure when it will rise again”, states Escobar.

While all these business owners are being impacted in many different aspects, they fear the unknown. Financially, these business owners are being impacted the most because they have had to shut down. This makes business owners think about their future investments and finances.

“You always wish for the best when you own a business and do what you can to prepare for the struggles,” states De Santiago. “Never have I prepared for something like COVID to happen and shut down my business. I feel like I can’t do anything to help it progress.”
Pets and Pet Owners during Quarantine

JUNE 3, 2020 BY ALONDRA MUNOZ — 1 COMMENT

As Quarantine continues, pet owners open up about their pets. Different pet owners have their ways of finding their resources for their pets and finding ways to interact with them.

The struggle is to find places to get supplies for their pets and keep them entertained, say pet owners.

Lizzie Stewart, a veterinary technician, who has several pets, said that she has very active dogs and that not being able to get them out as much is stressful because they get bored easily.

She says that it is affecting her pets in the way that she is limited to the areas where she used to take them.
Lizzie Stewart graduated from Platt college in Ontario and is now able to do what she loves, working with animals.

“Have more patience with pets because the dogs are not used to having humans home all the time, keep your dogs away from other dogs, especially if not vaccinated,” said Lizzie Stewart.

Sam Barajas, reptile and fish manager at Eliott’s Pet Emporium in San Bernardino, has been working throughout Quarantine, assisting pet owners with their pets products.

Sam says that it is definitely tough during this time and says that customers are hurting right now.

Sam states, “I have a lot of people that sell animals and plants to me to supplement their income. At this time, we no longer are purchasing from the public. So it really hurts me to see this.”

Sam explained that there is a genuine connection with people and that over the years, he has developed friendships. Therefore, it is really tough hearing everyone’s hardships at the moment.

There are many adjustments taking place as Quarantine continues.

“The animal world is definitely a tight-knit community, so make sure that you’re showing compassion for one another. If you can help someone in need, please do. The world definitely needs love right now,” said Sam.
Elliott’s Pet Emporium sells many different supplies for pets, as well as many reptiles, like this one right here.

Sam continues by saying, “People are definitely appreciative of us staying open.”

Sam says that Quarantine had allowed him to spend a lot more time with his pets that he has. He says that aquascaping his aquariums has helped with anxiety.

Brenna Ho, pet owner of 5 bunnies, 6 turtles, 2 cockatiel birds, 2 indoor cats and 3 indoor cats says that Quarantine is affecting her pets positively because she and her family are able to be around them more.

Brenna says that there are some limited brands when it comes to buying food for her pets.

“There are some brands that become out of stock quicker than normal,” said Brenna.

Brenna further explains, “I would let pet owners know to take advantage of this time with their pets, invest in them, if possible. I invested in a water fountain for my cats and it has helped them stay hydrated during the weather change.”

There are pet stores that are remaining open, so that pet owners can supply for their pets.
Brenna Ho has five bunnies, six turtles, two cockatiel birds, and two indoor cats, as well as three outdoor cats.

Sam Barajas said that, “Some people are having a hard time adjusting and can be quite very upset, so it can be very stressful. I think we all need to be understanding and help each other through this.”

Sam admits that his pets are happy that he is home a lot.

Lizzie Stewart says that pets are having their space invaded, as there are too many people in the house at once.
“Pets are getting more attention, so they are acting better,” said Lizzie.

Annissa Marie, a pet owner of numerous pets, says that she and her family go to local food stores and also grow their own produce to supply for their animals.

“Well, we're home a lot more now so that we're able to give our animals the attention they need. We have goats and would be worried about breeding as it would mean more mouths to feed,” Annissa said.

Annissa explained that she and her family have their own farm.

“We're looking forward to everyday life returning to normal, we're practicing safe health for ourselves, families and our animals,” Annissa said.

Many pet owners are going to their local food stores to supply sources for their pets.

Annissa says, “We are shopping in these stores with other farm/stock owners.”

There are many places to be able to get resources.

“Support local feed stores such as Linda's Feed & Supplies,” Annissa said.

Linda's Feed & supplies has served the Region since 1992 and supplies with superior foods, premium products and free local delivery.

Annissa and her family make sure to get their products, even during this difficult time.
Nykolas Kelliher, an employee from Eliott's Pet Emporium, who has a fish, a possum, cats and insects says that he is not able to get cuttings of plants that he feeds to some of his pets.

“I cannot take them to get their nails done,” Nykolas says.

Nykolas says, “Eliott’s Pet Emporium has a large selection of foods on hand.”

Eilott’s Pet Emporium is in San Bernardino and is known for pet supplies, including food, toys, treats, leashes and much more.

As for Nykolas, he is unable to take out his pets to socialize with others to keep them friendly to others.
RAFFMA's COVID-19 adjustments forces the team to innovate

JUNE 2, 2020 BY SANDRA PATRON — LEAVE A COMMENT
RAFFMA made numerous adjustments due to the COVID-19 pandemic, from connecting with each other to connect with their audience.

It's been a big shift for the marketing department as well and staying in contact with their members and community. The teams continue working from home and coming up with new projects. This includes student assistants. Each person has their own projects and tasks ranging from creating crafts for every child they have in their summer workshops to making transcriptions and audio logs for their virtual tours.

One of the upcoming virtual tours they are working on is their 3D Virtual Exhibition called Endomorphism by David B. Jang.

His Exhibition gives an in-depth tour of the two-dimensional works that he created from everyday materials giving a uniquely playful and colorful environment to his audience.

Director of RAFFMA Eva Kirsch stated that they had many events for spring, summer, and fall but everything had to be canceled or moved to virtual-only mode due to the campus closure.
The team decided to sit down and brainstorm what kind of experiences could they give to their audience that they could enjoy at home because a large part of the museum is an in-person experience when people visit.

They created a program that lets people visit their museum from home. It’s an audio recording tour that talks about each exhibition and each artifact with attached photos of each item.

The program is called “RAFFMA @ HOME” it lets you listen, watch, learn and, browse about any content they’ve had throughout the years and new content that will be coming soon.

The program has helped the team stay working on new content and events that they’re working on from home. Each team member has a different role in their department that they are working on.

Their most visited exhibition is the Egyptian collection and a way of know this is because of the museum’s way of keeping records of each person that visits the museum.

They have a sign-in system that’s on an iPad and after the visitors sign in they are asked why they decided to visit. Several students take classes that require them to visit RAFFMA like art or history classes that help them learn about certain exhibitions like their Egyptian collections. But students can now excess everything from their website and stay updated.

All in-person events have been either canceled or postponed until further notice. This change has affected the marketing department.

Miranda Canseco, a Marketing, Membership and Engagement Coordinator at RAFFMA states that the marketing side is now more crucial than ever.

“We need to be reaching out to our members and our community and our campus community, so marketing any content that we have is very important, we’ve taken a shift to provide more curated content and consistent content in all of our social media platforms,” said Canseco.
Student Assistants have been working hard as well according to Miranda. She states that there are seven student assistants as of right now that have been there the whole quarter.

“It was very important that we kept them because of the whole situation we didn’t want to unemployed anyone so we got creative on how we can keep them on board still, so they’ve been very crucial and assisting with RAFFMA @ HOME,” said Canseco.

Chase Hanson is a junior student at CSUSB and a RAFFMA student assistant. He was hired right before the quarantine began so he wasn’t able to get very much experience inside the museum.

Chase’s role at RAFFMA is to work at the front desk and is in training to work more on the education side. But due to the pandemic, the role shifted a bit so now he makes transcriptions and log files of old interviews, lectures, and different audio logs they have at the museum. This now goes towards their virtual tour of the museum online, also known as RAFFMA @ HOME.
“While it is sad that we don’t have the doors open, it’s giving us the chance to get into that backlog and doing crazy accessibilities for everyone. We’re working towards digitizing large parts of the museum,” said Chase.

Teresa Brashear, a first-year student at CSUSB spoke about her roles at RAFFMA and how they’ve shifted due to COVID-19. She spoke about how this quarantine has improved communication between the team and audience.

It’s also made her feel more active with the audience because she’s been creating crafts for them and the kids, doing a lot more for them as opposed to sitting in a desk and reading.

RAFFMA @ HOME has been a really great help for her and the team, it’s kept the museum active. Many people have been enjoying everything they’ve been doing in this online program. Some big projects they’ve been working on are a Virtual Relativity 3D which is still in the process. They have also been taking audio recordings and transcribing them into videos.

One of the challenges RAFFMA’s team has been facing would be issues with their WiFi connection. There has been time where they have their meetings and zoom crashes or the WiFi goes out. This can be difficult when interacting with each other and their audience but as far as communicating between one another it’s been great with.

“I think after all this we’re going to have a much more interactive audience and I think we're going to have a stronger team,” said Brashear.
Healthy alternatives to daily meals

JUNE 3, 2020 BY KATHERINE HEPLER — LEAVE A COMMENT
This quarantine has given people more free time and the ability to eat whenever one wants. Because of social distancing practices, some people find it harder to keep a healthy diet at home. While the temptation to eat can be higher, reaching for healthy food instead of junk food is the goal.

According to Samantha Byers, who is a PhD student in Biomedical Sciences, her food choices have slightly changed since she moved back home with her parents.

“My breakfast has remained the same (oatmeal) but my lunches and dinner differ a lot,” Byers says.

Byers used to meal prep for her lunches, whereas now she has either leftovers or tries to heat up a quick meal. Before she moved back, she would make protein smoothies for dinner at her apartment. Now she helps prepare dinners at home.

“They are usually healthy (or healthy-ish) dinners still but it has been a change in my eating routine. I also have been eating more sweet and salty snacks than I usually would before quarantine,” said Byers.
For Asja Wright, who is an elementary school teacher, she tries to purchase more healthy things—like fresh fruits and veggies, yogurt, granola, etc.—than unhealthy things during her monthly grocery shopping trips so there is a balance, especially since she loves snacking. Because the healthy options spoil very quickly, her healthy eating habits only last a week.

“I try to freeze some of the fruit, but the veggies don’t freeze too well. Then, the rest of the month, I start eating more fried or sugary snacks; so my snacking is all over the place! But my dinners have been healthier once quarantine because I have way more time to cook. Also, I’ve started drinking way more water. I went from maybe a cup or two a day before quarantine to six to seven cups a day,” Wright says.

Samantha Mix, who is a Medical Scribe, says that during this time of social distancing and being at home, she would say that she is eating a variety of foods; the only thing that seems to be the saving grace every day is eating cereal for breakfast. She does think that she could be eating more fruits and vegetables.
With so much extra time on our hands, it can be easy to eat whenever you feel like it, whether you are truly hungry or you are just bored. Byers says that she generally eats
three meals a day with some snacks around dinner time; this is primarily what she also did before quarantine.

“I try not to eat when I’m bored but if my body says I’m hungry, I’ll try to find a good snack,” Byers says.

Wright usually eats two meals a day (lunch and dinner), a snack or two, and dessert. This is about average to what she was eating before quarantine.

According to Mix, she eats more than usual and finds herself eating out or cooking out of boredom because there is nothing else to do.

Selecting what foods to eat is a part of ensuring a healthy lifestyle. According to Byers, she is overall happy with the food choices she has been currently making.

When she feels she has eaten too much junk food (or just too much food), she tries to encourage herself to walk or workout. Mainly, it’s just catching herself eating junk food
and trying to make constructive health choices.

“Comfort food is more than OK! It's just finding that moderation and some type of fitness routine,” says Byers.

Wright reveals that she is overall happy with the food choices she has been making as well. She says that while she could certainly still eat a little healthier, she has been making better choices than she used to because she has time to cook and meal prep now.
“Still, I have gained about two to three pounds, which isn’t too bad. I think the difference is that before quarantine, I was constantly up and moving since I teach. Now, I pretty much
sit all day – and usually behind a screen,” Wright says.

Mix says that she has gained weight since starting quarantine probably because she has been eating more than usual and not moving around as much as usual.

This quarantine has been tough in many ways for a lot of people but Byers, Wright and Mix have showed that making healthy food choices and incorporating a balance of healthy food with comfort food is possible.
PR Explore San Bernardino County’s parks
Keeping New Year’s health resolutions
Energy Drinks are a college staple

Share this:

FILED UNDER: HEALTH
TAGGED WITH: DIET, FOOD, HEALTH, MEAL PREP

Leave a Reply

Your email address will not be published. Required fields are marked *

Comment

Name *

Email *
Editorial: Thank you from the Editor-in-Chief

JUNE 3, 2020 BY FRANCESCA GUIDOTE — 1 COMMENT

From the bottom of my heart, thank you for standing beside the Coyote Chronicle in the midst of trying times. Despite the sudden halt of the newspaper’s print production and hardcopy distribution, Coyote Chronicle has remained steadfast in delivering our campus, the Inland Empire, and its surrounding communities with news written by CSUSB students.

As our last newsletter for the quarter and academic year has reached you, I would like to remind you that Coyote Chronicle will be in its usual summer hiatus. However, we shall be returning digitally in the fall semester with several open paid student positions and new ideas for enhancing on-the-ground reporting from our campus, Inland Empire, and surrounding communities.

Our next year’s funding is yet to be determined but we are keeping our fingers crossed!
We are fortunate to have the support of our advertisers, Instructionally Related Activities (IRA) Committee, Vital Technologies Initiative Grant, and the Communication Studies Department. We will keep doing our best to make your investments worthwhile in defining the future of our community onward into these untried paths set by the COVID-19 pandemic and civil unrest surrounding racial injustice.

Coyote Chronicle was truly tested this quarter. Student staff writers and contributors remained strong-willed and goal-oriented in submitting news stories to us, despite the struggles of securing interviews and photos while remaining shelter in place. Our paid student staff has gone out of their way to overcome myriad challenges to work with the writers and publish stories for our weekly newsletters.

A big thank you to our community partners from campus and beyond, as well as all the generous people who graciously agreed to be interviewed by our writers. Your time is deeply appreciated and stands for the purpose of providing an independent platform for unheard, local stories and to strive for transparency. It is all of you who help make voices heard.

To our readers, thank you so much for continuing to read, view, and be in touch with us.

Our continued production and distribution of news stories are all because of you and your desire to stay connected. Whether it is within our campus, the Inland Empire, and its surrounding communities, we continue to persevere because we know you are there and waiting.

To my fellow Chronicle staff, words are not enough to express how honored and grateful I am to be working with you – whether it be within the four corners of our Chronicle office, or virtually through Zoom and Slack.

I may be the Editor-in-Chief of Coyote Chronicle, but your positions and roles are just as equal as the title that I hold so dearly. Thank you so much for making my first academic year as a graduate student at CSUSB making much more dynamic and multifaceted than I could have ever imagined. There are lots of knowledge, thus far, that I have gained from our constant collaborative works and collective thinking in keeping Coyote Chronicle running.
Thank you all so much again for everything, especially for being part of the Coyote Chronicle this 2019-2020 academic year.

And **CONGRATULATIONS** to our graduating staff (we already miss you!):

Adrian Barajas  
Graphic Designer  
Majors: Graphic Design and Marketing
ShaiAnne Cross
Fact-Checker
Major: Liberal Studies with a concentration in Humanities
Yera Nanan
Community Features Reporter
Major: Communication Studies
Adrienne Rosiles
Community Engagement Reporter
Major: Communication Studies
Coyote Chronicle (Spring 2020)

**Faculty Advisor:** Dr. Mariam Betlemidze

**Advertising Manager:** Linda Sand

**Guest Advisor for Socials, Promotions, and Photography:** Jessica Block Nerren

**Staff:** Francesca Guidote (Editor-in-Chief), Sydney Fregozo (Managing Editor), ShaiAnne Cross (Fact-Checker), Matt Santos (Copy Editor), Adrian Barajas (Graphic Designer), Ashley McBride (Graphic Designer), Yera Nanan (Community Features Reporter), Adrienne Rosiles (Community Engagement Editor), Citlaly Carlos (Photo Editor), Karina Rodarte (Video Journalist), Avery Robinson (Distribution Manager, senior reporter), and Angel Martinez Morales (Social Media Campaigns Lead)

**Interns:** Monica Alvarez, Jailene Paniagua, Keren Cheatwood, Vanessa Anderson, Kristina Salcedo, Ariel Newell, Angel Martinez Morales, Onie Rahman, Floroliva Alvarez (Intern Lead and Quality Assurance co-lead), and Rhejean King Johnson (Quality Assurance Volunteer co-lead).

**COMM243A:** Instructor, Joel Harris

Staff Writers: Vanessa Anderson, Tyler Austin, Nicholas Briseno, Emma Curtis, Zuleima De La Cruz, Brandon Delatorre, Josie De Vera, Jacob Diaz-Jackson, Esther Echeverria, Christine Falbo, Cyndy Gallo, Bryan Garcia, Erica Garcia, Oliver Gonzalez, Je’taime Guzman, Katherine Hepler, Elijah Hill, Tanya Jensen, Alex Lara, Alejandro Loera-Garcia, Ernesto Madrigal-Rodriguez, Danielle Makhlouf, Elisabeth Martinez, Karla Morales, Madelyn Moritz, Marlene Murillo, Marina Parks, Sandra Ramirez, Irene Ramirez, Alexis Ramirez, Jasmine Ramos, Bertram Taylor III, and Isaac Udo-Ema

**COMM243D:** Instructor, Jessica Nerren

Social Media Team: Luis Manuel Arias Mondragon, Andrew Joseph Balisi, Maileilani Buchanan, Christy Aurora Collins-Chico, Jacob Christopher Diaz, Bron Estrada, Alexis Judith Felix, Vincent Gary, Abigail Janelli Hernandez, Julio Hernandez, Victoria Clare Joy,

COMM240: Instructor, Dr. Mariam Betlemidze

Published contributing writers: Roxana Loza, Adriana Buenostro, Rene Alvarez, Michael Agredano, Melissa Carrillo, Valerie Mann, Brandon Perez, Amber Lopez, Carlene Luna, Madelyn Moritz, Onie Rahman, Keanu Wallace, Sergio Gonzalez, Sandra Patron, Alondra Munoz, and Olivia Hoar.

Spring 2020 Interviewees (and their affiliations): Shari McMahan (Provost and Vice President for Academic Affairs), Seval Yilderim (Associate Provost for Faculty Affairs and Development), Senator Davida Fischman, Senator Dorothy Chen-Maynard, Senator Rong-Chen, Senator Jill Vassilakos-Long, Doug Freer, Rachel Beech (Vice President of Enrollment Management), Clare Weber (Deputy Provost and Associate Provost for Academic Programs), Senator Laisisi Ajayi (from the College of Education), Senator Beth A. Steffel, Samantha Duran, Alex Tuc, Sara Santillan, Matthew Musharbash, Melanie Fresquez, Heather Shumaker (Senior Counsel for Reproductive Rights and Health of the National Women’s Law Center), Heather Mitchell (State Senator of California), Ravina Daphtray (Director of State Strategies for the All Above All campaign), Jess Jacobs, Katherine Wu, M.A. (CAPS therapist), Diego Lita (senior student for Diesel Mechanics), Yesenia James and Hernan De Santiago (students from Mt. San Jacinto College), Deanna Brown (Director of CSUSB’s Early Childhood Education Programs), Habiba Narazari (banker from Wells Fargo), Gisela Maldonado (a teller at Wells Fargo and student from Mt. San Jacinto College), Diego Rosas (student from Palomar Community College), Alex Ramos (banker at Wells Fargo), Jonathan Garcia (second-year EMT student), Brandon Lloyd (a paramedic), Christian Saucedo, Jovan Ramos, Merriah DeJesus, Marco Carillo, Eric Serrano, Graciela Moran, Jesus Maldonado, John Sanchez, Sasha Lazzarinetti, Ivan Rodrigues, Senator McMahan, Daniel Cardenas, Adeline Manese (registered nurse at Kaiser Permanente, Fontana), Celeste Bolanos (nurse at Pomona Valley), Jean Teves, Keren Cheatwood, Layla Lopez, Jon Ramos, Rachel Keener, PsyD (CAPS therapist), Andrea Aguilar, Raeven Jones (Psychology honors student and Peer Advisor), Albert Angelo (CSUSB Student Health Center’s Senior Health Educator), Danny Scott (National Volleyball Assistant Head Coach of the Year), Carolina Meza (CSUSB Alumna and
University of Redlands graduate student), Maryann Gallegos (LINK Leader, 3rd-year at CSUSB), Evan Tellez (CSUSB alumni and University of Redlands graduate student), John Lockman (student from Santa Ana Community College), Roberto Hernandez (professor at Mt. San Jacinto College), Edgar Blanco (student at Riverside Community College), Raymond Nguyen (student at Mt. San Jacinto College), Dr. Barbara Sirotnik (Director of Institute of Applied Research and Policy Analysis), Anna Gonzalez, Yazmine Martinez, Irene Ramirez, Jonathan Ruiz (employee at Stater Bros.), Emma Guillian, Raymundo Guerrero (owner and founder of Creative Precision Photography), Leslie Flores (CSUSB alumna), Pasquale Rotella (Insomniac founder and CEO), John Roberge, Samantha Valencia, John Stever, Roxanne Bogarin, Yadira Ortega (Medical assistant at East Side Health Center), Lanie Vasquez, Stacy Coronado, Julianna Rea, Mary Kridler (Homeschool teacher), Krista Bjur (program facilitator at Bob Holcomb Elementary School), Ariele Regondola, Trish Manallili, Vivienne Hyunh, Bianca Ruvalcaba, Braulio Gonzalez (resident at Fontana), Katherine Lyttle (resident at Riverside), Janet Little (Office Manager of Law Offices of Roger A. Little), Victoria Diaz (employee at Law Offices of Roger A. Little), Elda S. Rosales (Attorney), Dan Hepler (Los Angeles father), Deborah Fassel (Retired special education teacher), John Delgado (Investor), Sara Denali (iHop server), Ricardo Wilson (Wells Fargo banker), Diego Rosas (P.F. Chang’s busser), Laura De Santiago (supervisor at Macy’s), Stacy Gonzalez (Former Marines for Supply and Operations), Cindy and Mari Munoz (sisters and co-owners of TrendsFash Boutique), Mireya Cruces (shopper at TrendsFash Boutique), Karin Brackebusch (licensed mental health counselor), Camille Small (Physical therapist’s assistant), Summer Jones (practices meditation), Joshua Hendrickson, Jorge Razo (comic artist, creator of Remy, and CSUSB alumni), Teresa Cardona (Ragdoodles follower), Chrystal Largent (Ragdoodles follower), David Welde (Police officer for the city of Tustin), Kevin Peterson (flight attendant for Delta airlines), Maria Reyes (cashier at Chevron in Corona), Paige Alvarez (employee at Cheesecake Factory), Sam Buenrostro, Ed.D. (Deputy Superintendent of Instructional Support), Karen Johnson (parent to a CNUSD kindergartener), Viviana Castro, Angela Peñaredondo, Ph.D. (faculty editor of Pacific Review and assistant professor of creative writing and digital humanities at CSUSB), Maria Ahumada (CEO of Angel de la Comunidad Fundacion), Cierra Hammond (CSUSB ASI Director of External Affairs), Cynthia Pasky (CEO of Strategic Staffing Solutions), Marina Stone (President of the Panhellenic Council at CSUSB and the President of Alpha Delta Pi), Tanya Torres (financial advisor at Merrill Lynch), Erwin Nuno, Mari Ulate (CAPS counselor and webinar speaker), Karina Rodriguez, Beth Jackson, Alex Perez, Jonathan Sanchez (member of Sigma Nu), Arjun Mann (president of Kappa Sigma), Adrian Valdivia (president of Delta Sigma Phi), Oscar Fonesca (career counselor), Valentina Felix (career counselor), Angelica Rodriguez, Thomas Provenzano (director of
Coyote Editorial: ASI elections fail students

Spring musical, "Once Upon a Mattress), John Perez (assistant director), Molly Keightley (lead actress), Jeremy Smith (California Collegiate Athletic Association – CCAA – awardee), Andres Villa, Shawn Ferrell (athletic director), Andrew Newman (CSUSB Men's basketball head coach), Sebastian Ascensio, Isaac Balderama, Enrique Cardenas, Lucas Rosales, Danny Scott (National Assistant Head Coach of the Year for CSUSB'S women's volleyball), Alexis Cardoza (captain of the women's volleyball team), and Francisco Sierra (captain of the men's soccer team).

Special thanks to Hector Pimienta (for letter to the editor on COVID-19 and college), E.F. Hernst (for an Expressions Submission), Men's soccer team at College of the Desert, San Bernardino Unified School District, U.S. Marine Corps., CARECEN, College of Business and Public Administration, Inland Empire Economic Partnership, POPSUGAR Fitness, Helping Hands Pantry, and Riverside Workers Compensation Appeals Board.

Related posts:

Coyote Editorial: ASI elections fail students

Share this:

FILED UNDER: OPINIONS
TAGGED WITH: CHRONICLE EDITOR-IN-CHIEF, EDITORIAL

Comments
Thanks for all your work. Enjoy reading it weekly and look forward to it on Wednesdays. We will miss it during the summer. Hope there are more science students who take an interest in science communication also. Cheers, Sastry