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[Big cat policy: Safe or misguided?](#)[View this email in your browser](#)

# Coyote Chronicle



## Latinx Center emphasizes the importance of inclusive language

By Yussif Kanbar | Staff Writer |

The United States is considered to have an individualistic culture, emphasizing that people are independent and autonomous. With an incredibly diverse population, it's not uncommon for individuals to struggle with understanding the identity of others, and in some cases, even their own. As a society that still struggles to grow out of the customs of the dominant culture, we can start by changing the way we speak and our choice of words..

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## Life returns to San Bernardino County after lifting mask mandate

By Brooke Sheperd | Staff Writer |

The uplift of the mask mandate brought back life to the local community of Rancho Cucamonga with families celebrating live music, food, and drinks at Haven City.

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**Managing Conflict**

- Approaches to conflict can be summarized by answering two questions
- How important is it to satisfy your own needs?
- How important is it to satisfy the other person's needs?

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## Experts give their advice on how to deal with difficult conversations

By Jason Lucero | Staff Writer |

difficult conversations.

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## Grand opening of new salt room brings holistic health

By **Andrea Smith** | Staff Writer |

Intuitive Eye Crystals, a well-known metaphysical shop in Hesperia opened their new Himalayan salt room. The reveal of this new amenity has been in progress for about six months and many of the regular customers have been excitedly awaiting its arrival.

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## **Astrology chat event discusses self-reflection and pseudoscience**

**By Mayibel Ruiz | Staff Writers |**

The CSUSB Women's Resource Center held an Astrology Chat zoom event with other fellow CSUSB students to explore self-identity, wellness, and community topics.

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## **CSUSB international student expresses disappointment of lack of English tutoring**

## By Dahyun Lee, Jimin Jang & Natalie Martinez | Contributing Writers |

21-year-old CSUSB exchange student Lee Eun-seo worries about her experience so far in a new school. "I think I feel lonely living alone in another country. Before I came to the exchange student program, I thought I could make a lot of friends, but I'm having a hard time making friends. If there was an exchange system for exchange students, it would be a little easier to make friends."

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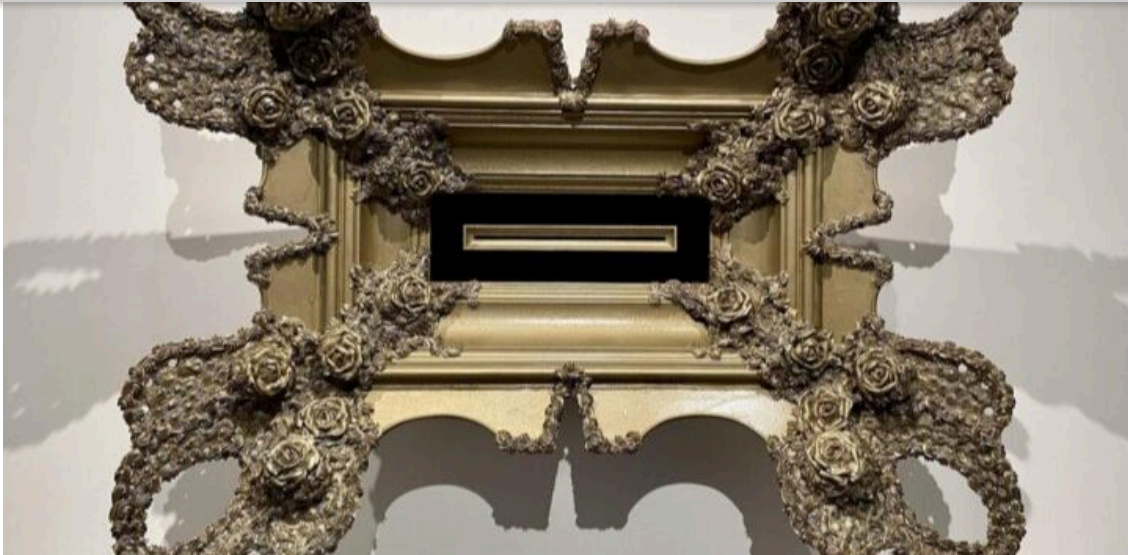
## The benefit of arts funding in schools

By Andrea Smith | Staff Writer |

An increase in K-12 arts education could lead to happier, smarter, and more successful students. The key to this outcome is an increase in national arts education funding.

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## Don Woodford and his former students honored in the form of art

By Celeste Santarossa | Staff Writer |

Don Woodford, an artist and educator, gives an artist talk solely based on his personal experience and his exhibition to emerge his audience in the rich knowledge of art to provide inspiration.

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## CSUSB Symphony Orchestra performance returns after two years

The CSUSB Symphony Orchestra returned with a heightened performance after two years without a live audience.

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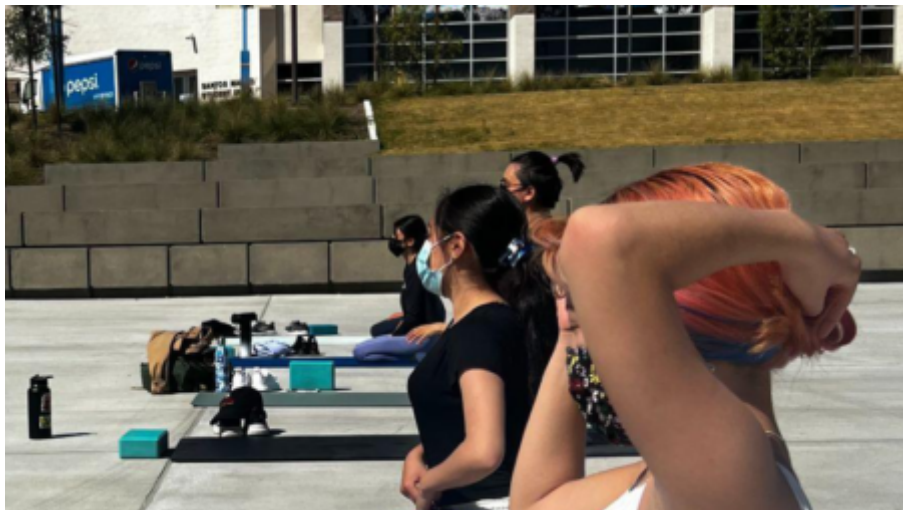


## The importance of physical activity for self care

**By Sally Lloyd | Staff Writer |**

When people think of self-care, they think of relaxing, sleeping, maybe applying a face mask, and de-stressing. One thing to consider is shaping your self-care routine to include physical activity.

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## flexibility and spiritual benefits

By Mayra Mendoza | Staff Writer |

The CSUSB Wellness Center hosted a free yoga class for students on Wednesday evening at SU East Amphitheater, where yoga can be described as a fitness routine and also a spiritual practice.

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## Inflation in the USA and how it affects our atmosphere

By Diego Womack | Staff Writer |

A stronger economy generates inflation. The more people there are buying goods, the higher the demand on goods. Companies meet that increasing demand for increasing the supply of goods. People must be defended from the threats imposed by known cancer-causing toxins like benzene, VOCs that increase ozone levels, and methane that is over 80 times more potent greenhouse gas than CO<sub>2</sub> in the first twenty years – increasing temperature, which then increases ozone levels another step further.

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## **Big cat policy: Safe or misguided?**

**By Alexis Corine McGowan | Staff Writer |**

From time to time people have grown up thinking the norm of having a big cat perform in a circus or kept as some pet for personal use or entertainment. There are known public records of the dangerous consequences when keeping big cats. As shared in an article written in the Animal Welfare Institute stating, “Since 1990, there have been at least 400 dangerous incidents involving captive big cats in 46 states and the District of Columbia.” The numbers are alarming, but this can all be solved by not allowing people to own big cats as a pet or some sort of “act” in a circus or any sort of performance done by these WILD animals. Which can all be stopped by having the Big Cat Policy in action.

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## Everything you need to know for graduation 2022

By Isabel Melero | Staff Writer |

Preparing for graduation can be stressful. Don't worry Yotes below is all the information you need.

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## Graduating students robbed of college experiences

By John Malapitan | Staff Writer |

being away from campus for so long the feeling of school spirit and celebration is at an all time low. There are some students that feel even cheated that they lost their two years of campus during the pandemic.

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# Latinx Center emphasizes the importance of inclusive language

APRIL 6, 2022 BY **YUSSIF KANBAR** — 31 COMMENTS

The United States is considered to have an individualistic culture, emphasizing that people are independent and autonomous. With an incredibly diverse population, it's not uncommon for individuals to struggle with understanding the identity of others, and in some cases, even their own. As a society that still struggles to grow out of the customs of the dominant culture, we can start by changing the way we speak and our choice of words.

The Latinx Center at CSUSB hosted an event titled "What's the X" which covered the importance of inclusive language when it comes to people of Latin American descent.





Most students had not heard of the term “Latinx” until they arrived at University. Photo by Paloma Hinojosa

Led by CSUSB student Jacklyn Chanocua, the first and most important point discussed was the history of the “x” in “Latinx”. The meaning and initiative from the “x” came from the influence of the choice to spell “women” as “womyn”. This political spelling of women, which now included a “y” instead of an “e” emerged in the 1970s and was meant to remove the idea that women were extensions of men. By eliminating the “e” there is no resemblance between the two words, indicating that women are separate, independent, and autonomous from men. Another political spelling choice for women was “womxn”, which gained more traction in the early 2010s. Unfortunately, we still default to male pronouns in some cases when we refer to groups of individuals. For example, it’s not uncommon for people to refer to a group of waiters and waitresses as “waiters”. Even when referring to a group of friends the phrase “hey guys!” seems almost natural.

In the Spanish language, the male/female binary is inherent when it comes to using nouns. There is an overall lack of neutrality when using nouns in Spanish. Masculine nouns are generally ending in “o”, such as *Latino*, and feminine nouns generally end in “a,”

like “Latina.” In order to break out of the traditionally gendered grammar in the Spanish language, the “x” in “Latinx” was added in order to symbolize an unspecified gender for people of Latin American descent. The term is ultimately more inclusive towards the LGBTQ community and invites critical thinking when it comes to understanding the experiences of queer, non-binary, gender non-conforming, and/or trans individuals.

Students shared some of their experiences in their journey with their identities and how those conversations take place. Most students had never heard of the term “Latinx” until they arrived at college, and even then it was barely used. One of the problems mentioned was how some students were unsure how to fill out college or job applications due to a lack of inclusivity. Since a group of Latina and Latino people are referred to as “Latinos,” it leaves out any room for those who don't identify as males of Latin American descent. When systems in place are exclusive, it raises many questions when it comes to identity, our place in society, and how we experience the world. One of the main points made at the “What's the X?” event was that it is extremely important to have these conversations in the first place. By understanding your identity, people will gain insight into what challenges you face in everyday life. One example mentioned at the event highlighted the double-edged sword that transgender women face. The emphasis on being identified as a woman instead of a transgender woman is crucial. However, by eliminating the “transgender” part from your identity, people won't know what kind of experiences and challenges you faced in the past, as well as what kind of challenges you face today.

Although Latinx is a great step towards inclusivity for queer, non-binary, gender non-conforming, and/or trans individuals of Latin American descent, I believe it's also paving the way for different cultures at the same time. Our choice of language and words contributes to shaping our society as well as influencing those we interact with on an everyday basis. If there is anything to take away from this event, it's how our choices in language can have such a great impact on the lives of others by making them feel seen, included, and welcomed. It may feel like a struggle to change habits that come so naturally to our culture, such as phrases like “hey guys,” but the difference it can make for someone is a necessary step towards understanding when and where potential obstacles, discrimination, and oppression take place in order to eliminate them.

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FILED UNDER: **COMMUNITY**

TAGGED WITH: **INCLUSIVITY, LATINX, PRONOUNS**

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# Life returns to San Bernardino County after lifting mask mandate

APRIL 6, 2022 BY **BROOKE SHEPERD** — 61 COMMENTS

The uplift of the mask mandate brought back life to the local community of Rancho Cucamonga with families celebrating live music, food, and drinks at Haven City.





Spirits were lifted as the band, Silly Rabbit, performed for the crowd at Haven City. Photo by Brooke Shepherd.

The community was able to have a taste of old times after **San Bernardino County made masks optional**. With the mask mandate being lifted, there were many people who wanted to participate in something that made life feel normal again.

On March 14, many people were intrigued by the atmosphere of Haven City Market and decided to spend their evening there. Inside, the market was buzzing with people examining the different cultural food and dessert options from vendors, thinking about which option to sink their teeth into. There were also many games available for couples and families, such as card games, basketball arcade games, and pinball machines.

Outside, the main event was the band, Silly Rabbit, performing a variety of remastered 80's jazz music. The band members lifted the spirits of the crowd with their songs and by engaging in conversation with the crowd between songs. Every table was filled with

family and friends enjoying their food and beverages. There were children playing a jumbo version of Jenga, friends dancing to the band's remastered version of "Smooth Operator" by Sade, and couples embracing each other while watching the show. There were even some friendly tails wagging under the tables at this "backyard" event.

Dionna, a guest found in the outside crowd, was seated with her family to celebrate a birthday. She mentioned they chose Haven City because of the food options. Dionna also mentioned that she has only come once before, but her experience this past weekend was better.

"I am really glad that I came to the market tonight. I wasn't aware the band, Silly Rabbit, was going to perform, but I am thrilled that they did! The birthday party we were celebrating ended early but we still stood around because the band really knows how to put on a good show. This is one of the most memorable things my family and I have done since the mandate uplifting. It gave us the impression that things were back to normal again," said Dionna.

Shuci Zhang, another member of the crowd, also enjoyed the night with her friend. Zhang mentioned that she was a student and podcaster at The Webb School. "It was a coincidence that we were here on the night of the live band. I am from out of town. My school has an event where the teachers celebrate with the students and this was the place that was chosen. I am also personally celebrating my progress with my podcast 'Calm & Furious.' I would love to come here again with some friends and enjoy the atmosphere," said Zhang.

Melissa Rodriguez also attended the event. She mentioned that she was a local and regularly attends the live music sessions at Haven City. She thought this was a great way to expand her music interest and have a great time locally. "The live music here is always from 7 to 9 p.m.. The timing is perfect for me because I have enough time to attend after work or on a busy day. I also prefer not to drive far if I don't have to. Luckily, this place is close enough to attend if I feel like going out, but not far," said Rodriguez. "The music here is great and I try my best to go to at least one performance from all of the different bands that play here. I think the live music aspect ties the atmosphere together. There hasn't been many concerts since the start of COVID-19 and seeing all the smiling faces in the crowd makes it feel somewhat normal again."

By the turn out of the event, it is safe to say the community is slowly, but surely, starting to come back to life. Hopefully this will be the start of more fun opportunities during the spring and summer housed at other local establishments. For now, don't worry if you missed out on the action at Haven City, there are plenty more events to come in the future!

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TAGGED WITH: **GAMES, HAVEN CITY MARKET, MASK MANDATE, MUSIC, SAN BERNARDINO COUNTY, SILLY RABBIT**

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# Experts give their advice on how to deal with difficult conversations

APRIL 6, 2022 BY **JASON LUCERO** — 37 COMMENTS

An online workshop sponsored by the Speaking Center at JHBC gives students access to communication experts who tell them how to deal with three types of difficult conversations.

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# Managing Conflict

- Approaches to conflict can be summarized by answering two questions
- How important is it to satisfy your own needs?
- How important is it to satisfy the other person's needs?



Dr. Maggie Boyraz speaks on her section of the prevention, which deals with managing conflict. Photo by Jason Lucero.

The Speaking Center at JHBC is a resource for students wishing to hone their communication skills. As well as giving you the option to work one on one with communication consultants, they also sponsor workshops to help students with various communication topics. Recently, they sponsored the presentation "Difficult Conversations: Workshop for Current and Future Leaders at CSUSB," hosted by Dr. Bailey Benedict, Dr. Maggie Boyraz, and Dr. Ying Chen. Each of them tackled and gave their insight on one key topic to form the three-part presentation.

The first topic, how to provide negative feedback, was hosted by Dr. Ying Cheng. Dr. Cheng received her Ph.D. from the University of Michigan. She is an assistant professor in the Management Department and one of the cofounders of the Speaking Center. Dr. Cheng began by identifying why giving negative feedback is so difficult. When you give negative feedback, you are identifying what someone else is doing wrong and need to be aware of how to manage someone else's emotions as well as your own. For that reason, you have to minimize negativity to maintain the relationship and ensure that your feedback enhances the performance of your subordinates instead of discouraging them. This can be extremely tricky, but Dr. Chen utilizes the Feedback Intervention Theory Model (FIT) to find the right way to deliver the message of negative feedback.

The FIT breaks messages into three categories: self-focused, task-focused, and task-detail-focused. Self-focused messages focus on the personality or characteristics of the recipient. For instance, if someone is not a good singer, telling them "you have a bad voice" or "you are a bad singer" would be a self-focused message. Unsurprisingly, this is the exact wrong thing to do when giving negative feedback as it attributes the negativity directly to the subject which discourages them. A much better way to go would be task-focused messages which focus on the part of the process that didn't work out. Using the bad singing example once again, you can tell them, "When you sing this certain part of the song your voice doesn't quite hit the right note." This is much easier for the message recipient to take, but the problem that is left is the question of what exactly they need to do to improve. This is why the last category, task-detail focused, is the best way to give negative feedback. It not only tells the recipient what is going wrong but also gives them a specific way to fix it.

How to manage conflict was the second topic. It was presented by Dr. Maggie Boyraz who is an associate professor in the Management Department and teaches courses related to professional business communication. She opened up her part of the presentation with a question: "How much time, on average, does a full-time employee spend dealing with conflict on a weekly basis? The answer, according to a poll by the Bureau of Labor statistics, is 2.8 hours. For this reason, people have to know how they should deal with conflict."

According to Dr. Boyraz, your conflict resolution strategy should come down to how important it is to satisfy your own needs, and how important it is to satisfy the needs of the other party. Depending on how you answer these questions, you should use one of the five conflict management styles: avoidance, accommodation, confrontation, compromise, and collaboration. Avoidance is the least effective strategy, as it gets nothing done. The two parties simply avoid the conversation because the topic is not important enough to have a conflict over and it will not get worse over time.

Accommodation is giving into the other party's needs over your own. This can be used when maintaining the relationship is more important to you than winning the conflict, or the issue is very important to the other party, however, it usually does not permanently solve the problem. The third style, confrontation, is when you put your needs first and become assertive. It should be used when a decision needs to be made quickly and the issue is more important to you than the others. The next, and perhaps the most popular, conflict management style is compromised. The compromise allows both parties to get some of what they want. It can be used when you need a resolution soon, and if the

resolution is more important than your needs. Unfortunately, since both parties get some of what they want, they also don't get everything they want. This is why collaboration is the best conflict management strategy. It allows both parties to discuss and come up with something that allows them both to get what they want together. The only downside is that it takes a lot of time and communication to create the best outcome.

Lastly, Dr. Bailey Benedict gave her section of the presentation on how to handle employee termination. She is an assistant professor of management at the Management Department of CSUSB and studies organizational communication, social networks, resilience, and uncertainty. There are many studies done on how a person reacts when they are fired from their jobs, but very little done on what a firing does for the coworkers who are still employed. A coworker being fired makes the people who remain at the job often feel distrust towards the management and not feel that they have job security which can damage the workplace environment. To avoid this, management must also be able to communicate with the employees after a firing. This must be done quickly, otherwise, their minds will start to run wild with all the possible reasons they could also be let go, and compassionately because they just lost a workplace friend. The message must also be short and to the point, and privacy for the terminated employee must be maintained so keep the details out of it. After letting employees know of the termination, the next step is addressing their questions, such as how their workload will now change to make up for the person who was let go. After the termination, it is imperative to check in with employees and make sure to compliment their efforts to boost morale and increase their feelings of job security once again.

After the workshop, they made a short Kahoot! quiz for the students to participate in that reviewed some of the key points of the presentation and awarded prizes to the top three finishers.

Students who wish to improve their own communications skills can look into making an appointment with the Speaking Center at JHBC and keep their eye on the CSUSB events page for the next time they sponsor an event such as this one.

FILED UNDER: **COMMUNITY** TAGGED WITH: **COMMUNICATION, SPEAKING CENTER, WORKSHOP**

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# Grand opening of new salt room brings holistic health

APRIL 6, 2022 BY **ANDREA SMITH** — [LEAVE A COMMENT](#)

Intuitive Eye Crystals, a well-known metaphysical shop in Hesperia opened their new Himalayan salt room. The reveal of this new amenity has been in progress for about six months and many of the regular customers have been excitedly awaiting its arrival.



Salt Room Artwork and photo by Christy Taylor

According to the shop owners, the purpose of the Himalayan salt room is to help cleanse a person's aura and chakras and improve their sense of peace and wellbeing.

Himalayan salt is said to have many spiritual and physical healing properties. Spiritually salt is used to cleanse and protect. Physically, Himalayan salt works by removing particulates from the air. By giving off negative ions, Himalayan salt can help prevent

infection and other sicknesses. It is also said to help aid in relieving symptoms of anxiety and depression, ease strained lungs, and help with some skin conditions such as dry skin.

Intuitive Eye Crystals has had one focus since its conception, to bring a different form of wellness to the community and give local residents tools to help them on their spiritual journey. Christy Taylor, a general manager at the store gave some information on the benefits of the salt room.

"The salt room is a great resource for people who want a little break from the stress of their day at an affordable price. It is a calm and relaxing way to treat yourself, and has so many health benefits as well," says Taylor. "Being in a space completely surrounded by Himalayan salt- which gives off negative ions and removes particulates from the air, is fantastic for the body and the endocrine system. After spending some time in there you will feel a lot better than when you came in."

The opening of the Salt Room has brought in a lot of new customers, as well as exciting regulars. The salt room has been in progress for about six months now, gathering the attention of customers and peaking their curiosities. After many months of anticipation, the salt room had a long list of people eager to test it out.

After their sessions, many customers say they feel refreshed, rejuvenated, and in a more positive mood. Caitlin Stocki, a regular customer who loves taking advantage of all the different services offered by Intuitive Eye Crystals shared her opinion of the new Salt Room.

"It is so relaxing, and it adds a great atmosphere to the shop. The room is beautiful and I love how calm I feel after a session in there!" said Stocki.

This seems to be the shared opinion of customers and employees at Intuitive Eye Crystals.

The room is covered floor to ceiling with pink Himalayan salt and features two lounging chairs, so you can relax with a friend or loved one. Dim lighting is provided by salt lamps which let off a soft pink glow. The room also features original artwork by the aforementioned manager Christy Taylor who is a local artist. Her work can be seen all throughout the store.

This year also marks the two-year anniversary of the shop's grand opening. Since, it has already moved buildings and upgraded in size to fit all of its different products, services,

and customers.

The salt room isn't the only interesting amenity offered. Customers can also come in for tarot card and oracle card readings from a variety of readers, reiki energy healings, and psychic readings. These services are offered all week long and specials and discounts are offered on specific days of the week. Weekly meditations are held on Monday nights and on a monthly basis there are classes offered, such as wire wrapping and crystal grid making.

Intuitive Eye Crystals' main selling point is the wide variety of crystals they offer. The store prides itself on the fact that its crystals are always authentic and of great quality. This is a trait that the merchandise and staff share. The employees are friendly and more than happy to assist in helping customers shop and find the right crystal for their specific needs. In addition to quality crystals and helpful employees, the shop is also home to locally made beauty products and art all of which revolve around holistic health and wellness.

For those on the lookout for a new, unique, and relaxing experience or a location to stock up on metaphysical supplies and services, Intuitive Eye Crystals is a worthwhile business to visit.

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TAGGED WITH: **HESPERIA, HIMALAYAN SALT, INTUITIVE EYE CRYSTAL, PSUEDOSCIENCE**

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# Astrology chat event discusses self-reflection and pseudoscience

APRIL 6, 2022 BY **MAYRUIZ** — 163 COMMENTS

By **Mayibel Ruiz**

The CSUSB Women's Resource Center held an Astrology Chat zoom event with other fellow CSUSB students to explore self-identity, wellness, and community topics.



The Understanding Astrology zoom event hosted by CSUSB Women's Resource Center brought together students from different concentrations to talk about astrology. Photo by Mayibel Ruiz

Astrology is a pseudoscience, meaning there is no scientific proof to support astrological claims. Instead, astrology uses the alignment of the stars and planets to explain horoscopes, zodiac signs, and more complex topics within astrology. It's safe to state that astrology is up to interpretation according to your own beliefs and perception. Some see astrology as intuitive, while others see it as a phenomenon.

At the astrology chat event, Katelynn Spoerhase, the event host, introduced the basic terms of astrology. These terms created a foundational understanding of the zodiac signs, their elements, and their modalities. The event used all this foundational information to kick off a discussion on astrology with its participants.

"The intention behind the 'Understanding Astrology' event was to provide some information and education on the topic, focusing on zodiac signs and characteristics, and then do some self-reflection and inner exploration based on what was presented. It went very well, and there was a great discussion!" said Spoerhase.

The chat style of this event began with each participant sharing their zodiac signs and overall knowledge of astrology before the event. The consensus was that our understanding of astrology was limited. After Spoerhase presented the foundational information about astrology, students began sharing their zodiac sign descriptions and how each of us related to the description. This brought up the topic of accountability during the discussion. When we dive more into astrology topics, it's easy to write off negative behaviors and characteristics as characteristics and traits associated with a Zodiac sign. In reality, to grow as a person, we need to remember to take accountability for our actions.

Astrology is often considered a feminine interest. "Even though astrology has more feminine interests. I see men who are into astrology; however, they usually have feminine qualities. I think it's because you do need those qualities to notice subtle differences between the zodiac signs. For example, I do notice that a Scorpio man acts differently than a Scorpio female, and this applies to all zodiac signs," said Professor of communication studies Jessica Vierra.

Gender association to astrology was also a topic discussed at the event. Astrology is sometimes looked down on because it's a pseudoscience. However, during the discussion, Spoerhase brought up an important question: "Why do you think interest in astrology is specific to gender?" Her question sparked conversation regarding women's strong affiliation to astrology and the overall acceptance by society that astrology is a feminine topic. However, as the event participants discussed, astrology was more likely to be associated with a woman's interest because astrology is very intuitive. Astrology allows you to explore who you are from a different perspective than you usually would while also keeping in mind that not everything will apply to you.

The Women's Resource Center holds events that interest CSUSB students. "The WRC staff is comprised of students, so we know what generates interest because the people who lead the programs are students themselves. We also gain ideas from our assessment surveys from previous events, and conversations with students who visit the center," said Paloma Hinojosa, Women's Resource Center Coordinator. "Additionally, the WRC offers free pads and tampons, printing, pregnancy tests, snacks, and access to a microwave and refrigerator. We are here to help connect students to resources both on and off-campus. We encourage the campus community to visit our center on the 3rd floor of SMSU North, Room 3314, to learn more!"



The WRC, located in the North San Manuel Student Union, offers resources and programs to help women navigate issues that affect their daily lives. WRC holds events such as astrology chats and other informational events that help empower women. Their focus is on respecting and celebrating diversity. Astrology Chats event was present in honoring and respecting diversity, participation was encouraged, and there was a level of camaraderie among the event participants. Everyone could share their own unique experience, and the event participants received their input with support and understanding. The event closed out with a reminder to try new things and explore new ideas. If you would like to attend one of the WRC events, check out their social media for more up-to-date information.

"The Women's Resource Center has some awesome events coming up that will interest students, including The Girls in the Band movie screening, Womxn's Leadership Conference, Empowerment Self Defense, Letters to Survivors, and many more!" explained Spoerhase. "Students can find additional information on Coyote Connection or follow our Instagram @smsuwrc."

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TAGGED WITH: **ASTROLOGY, WRC, ZOOM**

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**Jefferyvek says**

JUNE 28, 2022 AT 12:18 AM

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# CSUSB international student expresses disappointment of lack of English tutoring programs

APRIL 6, 2022 BY **MATT SANTOS** — 3,458 COMMENTS

By Dahyun Lee, Jimin Jang, & Natalie Martinez

21-year-old CSUSB exchange student Lee Eun-seo worries about her experience so far in a new school. "I think I feel lonely living alone in another country. Before I came to the exchange student program, I thought I could make a lot of friends, but I'm having a hard time making friends. If there was an exchange system for exchange students, it would be a little easier to make friends."

She is one of many international students that have voiced their concerns on campus this semester.



Photo from Coyote Chronicle Archives

In the spring semester of 2022, new international students arrived at CSUSB to experience various cultures and improve their English skills, but instead are struggling to adapt and thrive within the program's less than ideal socialization process. In the spring semester of 2022, new international students arrived at CSUSB to experience various cultures and improve their English skills, but instead are struggling to adapt and thrive within the program's less than ideal socialization process. The international student program at CSUSB is located in California, which has various cultural backgrounds, though the difficulties of college life in unfamiliar environments are diverse. It is not easy to fully use on-campus services and facilities on a student's own in the first school that the student encounters. Under a new system that international students have never experienced, they are in a disadvantageous position to receive CSUSB's learning programs and academic information.

Although CSUSB in 2019 held as many as 1,476 international students, it ranked 229th place among the most popular colleges for international students, according to college facts.

There are also language barriers for international students. Poor English skills can affect classes and lead to poor learning and poor communication, which in turn makes it more difficult to adapt. For this reason, the school's own international student adaptation

support program is essential to ease the difficulties of international students who have to live with linguistic and cultural differences.

However, CSUSB has not provided orientation for international students nor opportunities to interact with American students. Due to the lack of basic programs, many international students were forced to find information on their own, such as learning systems and clubs. Even that information was difficult to find on the official website. Through this process, one must ask the question, "What can the school do to help with this problem, and what types of aid are international students requesting?"

20-year old CSUSB exchange student Lee Yoo-jin states that Language problems are the most difficult. I want to participate actively in class, but it's hard to communicate, so I feel intimidated and depressed. It's good to be able to meet new cultures and various people, but it's a shame that there's no exchange system or English tutoring program for exchange students.

Though there may be a reason for these surfacing complaints from exchange students, one is still being dealt with around the world. Because of COVID-19, "orientation and many events for international students have been postponed," said Amy, an official at the CSUSB International Department. "After  
When the face-to-face class starts, the programs for international students will be prepared again.

However, it should be noted that even after the face-to-face class began, notification of international student programs has not yet been conducted. Based on several students' concerns, the practical way to solve these grievances of international students is through active exchanges between international students and CSUSB students. Communication is key and is what international students actively seek. They just want to be given the means and opportunity. Among international students, gaining experience in conversation with Korean students is cited as the best way to adapt to Korean life and learn Korean.

Lee Yoo-jin supports this claim, stating, "I expected that there would be many opportunities to learn English through natural conversations with American students before coming to the United States."

The program is intended to educate students based on the adaptation of said students in the exchange program. The goal for students is for the school to learn from their

experiences and to create a mentoring system focused solely on the needs of international students that can increase their capacity as well as ensure learning opportunities. Schooling and the priority of the overall orientation should also be important for service operations and facilities, one of many issues international students hope to have solved.

International students lead their educational journey with cultural exchanges and interactions. It is crucial for their adaptation, education, and careers. Therefore, an active communication orientation, mentoring opportunities, and adjustment program for them must be a priority.

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FILED UNDER: **COMMUNITY**

TAGGED WITH: **CLUBS, COMMUNICATION, ENGLISH, INTERNATIONAL STUDENT, ORGANIZATIONS**

## Comments

**CharlesViose says**

JUNE 28, 2022 AT 5:40 AM

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**ZacharyZer says**

JUNE 28, 2022 AT 5:40 AM

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# The benefit of arts funding in schools

APRIL 6, 2022 BY **MATT SANTOS** — 140 COMMENTS

By Andrea Smith

An increase in K-12 arts education could lead to happier, smarter, and more successful students. The key to this outcome is an increase in national arts education funding.



Photo by Yan Krukov

Schools around the nation have been facing tax cuts which are reducing funding for arts education, and in some cases, cutting arts classes from the curriculum all together. This has been an issue in the American school system for quite some time, and many parents, students, and teachers feel that it is a detriment to K-12 education. Arts education is widely regarded as an extremely important part of students' success in and after school.

Fran Smith, an author from the education industry website **Edutopia**, reported on the advantages of arts education. And made note of the fact that the children who are exposed to the arts and reap the benefits from them are mainly students that come from affluent backgrounds and are experiencing the arts outside of school.

This is an unfortunate observation, because students in lower income areas are not only getting lower quality arts education but their academic quality suffers as well. Typically, lower income schools grow poor reputations and that results in a lack of new, quality teachers wanting to work there. This creates an unsavory cycle of funding cuts that only results in the suffering of K-12 education.

The children who were exposed to the arts do better in their academic studies, and are more focused in class. They also show more emotional and social awareness than students who have no arts education. They are also more in tune with the critical thinking process and have more self esteem. This is because while studying different types of visual and performing arts, students are exposed to different ways of thinking and forms of creativity. Physical art forms like dance increase endorphins and get rid of excess energy. This in turn results in students having better focus in class and being more confident in themselves in order to succeed. I reached out to Bridgette Brown, a CSU student who graduated from a performing arts high school and has a strong opinion on why the arts should be strongly embedded in every school's curriculum.

"Going to a performing arts school and being able to receive a top tier education in the fine arts definitely helped me mentally. If I didn't have the arts to put my focus into I probably would have been depressed and doing horribly in school. Dance is a passion of mine and being able to incorporate that into my school day is a huge reason why I was able to focus in my classes. In dance and all kinds of arts you have to ask questions to succeed- this is the same in academics. Dance helped me feel confident asking questions and getting help when I needed it, and that resulted in me graduating at the top of my class."

In a poll of school aged children, **School Education Gateway** found that most students were very interested in arts education and that a wide variety of art forms appealed to them.

The common idea is that by incorporating the arts into school curriculum, children will be more motivated to go to school to take part in the things they enjoy alongside their academic classes. However, the above mentioned benefits of arts education and participation have been threatened for many years by continuous tax cuts in the American school system. Schools have been turning their focus to raising test scores in reading comprehension and math, and the unfortunate result of these efforts is that these programs have depleted the funds of arts programs. While striving for academic greatness is a worthy endeavor, it has been shown that students who are simultaneously taking academic and art classes do better on standardized tests.

According to **edsource.org** school funding has been dwindling throughout the past few years. But with the lack of academic enthusiasm that has risen with the onset of the pandemic, education establishments everywhere have been on the hunt for ways to

boost student morale. The first thing they have chosen to turn to is reincorporating arts education programs. This change is refreshing to teachers, parents, and students all across the country, especially following such unprecedented times. As we make the transition back to in person instruction, a boost of student morale is the best warm welcome. As the nation makes its way out of a pandemic, the production of art will be the marker of brighter times.

FILED UNDER: **EDUCATION**

TAGGED WITH: **FUNDING, K-12, PERFORMING ARTS**

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**Michealmouct says**

JUNE 28, 2022 AT 8:30 AM

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**Jefferyvek says**

JUNE 28, 2022 AT 1:27 AM

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JUNE 27, 2022 AT 2:42 PM

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# Don Woodford and his former students honored in the form of art

APRIL 6, 2022 BY **CELESTE SANTARROSA** — 46 COMMENTS

Don Woodford, an artist and educator, gives an artist talk solely based on his personal experience and his exhibition to emerge his audience in the rich knowledge of art to provide inspiration.





Entering the realm of "Formalist without Formula: Don Woodford Selected Works 1972-2022." Photo by Celeste Santarrosa

The subject of art and art majors are always being questioned if they're necessary or justified. For others like Woodford, the arts carry a great significance to our modern day society and should be consumed in our education.

Located on the far side of campus, The Robert and Frances Fullerton Museum of Art at California State University, San Bernardino, freely welcomed guests to walk through two

phenomenal exhibitions to gain a greater empathy for the context of the artworks displayed.

Woodford opened up his exhibition, "Formalist without Formula: Don Woodford Selected Works 1972-2022," by speaking on how his creative inspiration struck him at a very young age.

He tells a story from his childhood of how his parent's friends had a son around his age that struck his interest in art.

"He didn't play with the time-space that other kids played with. He would get out some colored paper and scissors and he would start gluing things together. I was in seventh heaven playing around like he was with the material," said Woodford. "I remember the experience because it was so unique."

Afterwards, Woodford looked back on his memories in grade school. Where his art career got the push it needed towards a successful future in a humorous way.

"My teacher in seventh grade said 'Don you better stick with art because that's the only thing you're good at' and I took her advice," said Woodford.

All the way from Portland, Oregon, Woodford came to Southern California because of the thrilling art scene. In 1972, Woodford became a well recognized and respected Professor of Painting in the Department of Art and Design at CSUSB.

During his time at CSUSB, Woodford gave many of his students the inspiration and techniques by mentoring them towards an innovative yet colorful future. In 2001 he decided to retire, but remained at the department to teach for two more consecutive years of studio painting.

"I enjoyed my years at the university a great deal," Woodford said. "When I was searching for a teaching position, I only considered working at schools in Southern California because I felt then and still feel that there is a wonderful creative energy within the art community here. If I could magically have the opportunity to do it over again, I would jump at the chance."



Woodford by his piece *Grid*, 2011 made from acrylic and paper collage on panel (Photo Credits: Celeste Santarrosa)

Woodford's impact on his students turned them into successful artists and educators. Eight of Woodford's former students display their own most proud pieces alongside the work of their dearest professor in an exhibition entitled, "Legacy: Former Students of Don Woodford".

Sharon Suhovy Vandermeiden, one of the eight former students and former CSUSB teacher, expresses how much of an honor it is to have her work up next to Woodford.

"Don Woodford from day one even from when he didn't understand my work I would say, 'Would you lead me into this?'" said Vandermeiden. "He has always been on my side to help me get me where I wanted to go."

She even expresses gratitude towards her former professor because of how loyal he has been to be able to continue to work towards things that are of interest to him.

"He has surrounded himself with alumni students all of these years to stay active in his own industry, but to also keep mentoring us through our journey in the industry," said Vandermeiden.



Vandermeiden's *Twenty Roses*, 1999 made from acrylic gel on wood, enamel. Photo by Celeste Santarrosa

Exhibitions, no matter how big or small, have always carried an important message and exciting aspect of any art program. For events like these offer an opportunity to connect and offer a creative challenge.

"Art in general is important because it is not a written language. It's visually seeing something and then interrupting it, deciphering it with your right brain a lot of the time, the poetic part of yourself. It awakes the dreamer," said Vandermeiden.

An art exhibition helps bring the hidden emotion and forces humans to look beyond to admire and understand. Because art opens up the door to individuality, we all don't see the same thing when looking at a piece of art.

Eunhye, a third year foreign exchange student from South Korea, appreciates the art here from CSUSB and highlights how significant it is to visit the campus museum.

"I'm so impressed with the exhibition. There has been a lot of color, frame, and composition. I think people feel disconnected from Covid-19 pandemic," said Eunhye. "We can connect with art and we feel comfortable and relaxed. It's important to view art exhibitions."

The Robert and Frances Fullerton Museum of Art at CSUSB will host both exhibitions up until April 9, 2022. Art is transportive, it brings a sense of joy and dopamine, yet also allows for beliefs and truths. Come visit to feel the arts to stir a sense of optimism to make society a better place.





**Don Woodford.** *Gate*, 1985. Made from acrylic, fabric, and wood. Photo by Zarin Rahime



**Don Woodford.** *The Mikado*, 2017. Acrylic and paper on panel. Photo by Zarin Rahime





**Don Woodford.** *Circus*, 1995. Acrylic and paper collage on panel. Photo by Zarin Rahime



**Don Wooford.** *Harvest*, 1973. Acrylic on canvas. Photo by Zarin Rahime

FILED UNDER: **EXPRESSIONS**

TAGGED WITH: **ART, DON WOODFORD, THE ROBERT AND FRANCES FULLERTON MUSEUM OF ART**

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# CSUSB Symphony Orchestra performance returns after two years

APRIL 6, 2022 BY **ANTHONY TEIG** — **387** COMMENTS

The CSUSB Symphony Orchestra returned with a heightened performance after two years without a live audience.





Dr. Lewis leads the Symphony Orchestra alongside Juan Del Real playing the clarinet.  
Photo by Edwin Alvarez Loza

The performance featured the 2021-2022 Young Artist Competition finalists Eliana Jeong playing the cello and Juan Del Real playing the clarinet. Returning finalists from the 2019-2020 Young Artist competition Andrew Bora playing the cello, Joshua Rodriguez-Irons playing the violin, and Judith Nuñez-Larios on the saxophone.

Over the past two years, the CSUSB Symphony Orchestra and CSUSB Music Department has continued to produce music and performances through various forms of online conditions. Many of those performances can be found on the CSUSB Music Department Youtube channel.

In an interview, Music Director and Conductor of the Orchestral Studies Program Dr. Lucy Lewis shared the emotional importance of the performance. "Before we took the stage, I told my students that we should never take for granted the ability to make music together on stage," said Dr. Lewis.

The piece performed on Thursday was originally meant to be performed on March 12th, 2020 but was canceled the very same day due to COVID-19 and the closure of campus.

After waiting for a long two years, the recital hall was filled with an audience eager and excited to hear the piece. Not only was it intended to be carried out two years ago, but the orchestra had been preparing for this performance for anywhere from eight to ten weeks of hard work and dedication.

Amongst the audience was principal cellist of the San Bernardino Symphony Orchestra and former faculty member in the Music Department at CSUSB Ana Maria Maldonado. After the performance, she shared a few words of recognition towards Dr. Lewis.

"What Dr. Lewis has done here in the time she has spent here is incredible. The program used to be only two or three violins, so what the program is now is extraordinary."

Dr. Lewis has had guest conducted orchestras in various states such as California, Michigan, Tennessee, Main, and Florida. In 2019, she even led the CSUSB Orchestra on tour to South Korea where they performed in the Seoul Center for the Arts IBK Chamber Hall.

Susan West, concertmaster, is a first violin sitting in the first chair and co-leads the Orchestra alongside Dr. Lewis. She was kind enough to share some insight on the challenges that have risen for orchestra members playing through during this pandemic. "Some people were definitely excited to come back, others were more nervous in front of the live audience. Having to perform with a mask is difficult, especially for the woodwinds and brass players."

While working through COVID-19 safety precautions, orchestra members playing with masks on prevents their ability to express their emotions through facial features. It makes it harder to breathe, and being able to breathe while playing is a major factor in performing. Nevertheless, the CSUSB Symphony Orchestra will prevail through this trying time and continue to produce excellent concerts.

CSUSB alumnus Joshua Rodriguez-Irons was one of the special guests featured that night. He has been playing the violin for almost 15 years now and will graduate with his Masters of Music degree in violin performance this coming May from CSULB. Rodriguez-Irons shared his plans for the upcoming future. "After graduating in May, I plan on applying for an Artist Certificate in Violin Performance which is just another year of solely performing music, no education curriculum. The next step will be applying for professional orchestras."

Rodriguez-Irons is just one of the many students who have graduated from the Music Program who have a bright future ahead of them. Another alumnus who made a special appearance that night was Judith Nunez. She had begun to play music at the age of eight years old, and during her time at CSUSB she had transitioned to playing the saxophone while being an active member of almost every instrumental ensemble on campus. Her plans for the future are to attain her teaching credentials to become a music educator in Fall 2022. Juan Del Real is currently attending CSUSB and pursuing a Bachelors of Music degree with a Music Education Concentration. He has been playing the clarinet since he was 11 years old, and his passion for music has carried him to where he is today. He plays in the Symphonic Band, the Symphony Orchestra, Chamber Winds, and the Clarinet Choir here at CSUSB.

The CSUSB Symphony Orchestra closed out the performance with a piece by Respighi called "Pines of Rome" which included all categories of instruments such as string, woodwind, brass, percussion, and keyboard. This piece has a four-movement tone which symbolizes four different pine trees in Rome at four different locations and time of the day. Each tone brings a very different perspective such as the first one being children singing nursery rhymes and pretending to be soldiers which leads up to the last tone of soldiers marching down the road at dawn. It served as a perfect ending to a night of celebration with a finale of one of the most triumphant last movements in the history of symphonic literature.

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FILED UNDER: **ARTS AND ENTERTAINMENT**

TAGGED WITH: **ALUMNI, MUSIC, SYMPHONY ORCHESTRA**

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## Comments

**mega888 says**

**JUNE 28, 2022 AT 3:06 AM**

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# The importance of physical activity for self care

APRIL 6, 2022 BY **SALLYLLOYD** — 2 COMMENTS

**By Sally Lloyd**

When people think of self-care, they think of relaxing, sleeping, maybe applying a face mask, and de-stressing. One thing to consider is shaping your self-care routine to include physical activity.



Photo by Kate Trifo

All around, physical activity proves to be beneficial to our health and well-being; there are obvious benefits such as weight loss, combating diseases, and improved body image but it can actually help you relax. Physical activity, such as walking or going to the gym, can improve your mood, which in turn helps alleviate feelings of stress, anxiety, and depression, all of which are prevalent in college students. The prioritization of physical activity is important and not all students realize it.

A study reported by **American College Health Association** in Spring 2019, showed that of those surveyed, 34.2% reported feelings of stress to the point that it affected their academic performance. 27.8% of students surveyed expressed feelings of anxiety, 22.4% reported sleep difficulties, and 20.2% felt feelings of depression, all of which affect their academic performance. Since 2019, these mental health issues can have only increased following the unpredictability of COVID-19, the instability of their academic experience, and workplaces. The common side effects of stress, we know, include anxiety, mood swings, and lack of sleep but there are physical side effects as well. Long-term stress can trigger headaches, allergies, acne, muscle tension, risk of cardiovascular disease, risk of hypertension, and risk of auto-immune disease.

"Stress, at its basis, is when people feel like the demands of their life are larger than their resources to meet those demands," says Dr. Marnie Elam, University of Massachusetts Global, Associate Professor of Psychology.

At its core, stress feels overwhelming and may get to the point of avoiding the task that is the root of said stress. Instead of avoiding the task altogether, taking a 20-minute break to take a walk or to do some yoga, may be enough to alleviate stress enough to complete the task. Most people believe that you have to spend money on an expensive gym membership or have the best and most elaborate equipment to get a good workout, but in most cases, getting an adequate workout is free. Going for a run, walk, and hike are free in most places, there are free yoga classes on YouTube and Amazon Prime if you already have an account, and plenty of cardio and bodyweight workouts on Instagram and YouTube, which we already have at our fingertips. Even dancing can be a workout if you're into it, just put on your favorite playlist!

"I love going on walks, even just 20-30 minutes. I love walking around my neighborhood and looking at the houses and enjoying the fresh air," says Justina McNeal, CSUSB student.

While physical activity is good for the body, it is also great for the mind. Completing any exercise provides a natural energy boost, thanks to endorphins, which results in less mental and physical tension, stress, and fatigue. Exercising gives a sense of achievement which helps with motivation and focus. An estimated 40 to 45% of college students participate in physical activity regularly. This means that 55 to 60% of college students are physically inactive. It should be highlighted that there is a significant decrease in individuals' physical activity as they transition from high school into their first year of college, which stressors increase and by physical activity decreasing, will contribute to weight gain and health issues. Students with a GPA of 3.5 or higher are also three times more likely to engage in physical activity than those with lower grades. This information goes to show the importance of physicality and college students. It may be difficult to prioritize with all of the stresses involved with attending college and working.

"People should treat working out as more than a hobby, but as a necessity," says Eric King, CSUSB student.

Many college students understand the importance of self-care and prioritize it, but another method of self-care by practicing physical activity proves to have multiple



benefits. An idea is splitting up self-care time and incorporating some physical activity. For example, if you spend one hour a day to yourself, use 30 minutes doing your activity of choice and use the other 30 minutes moving your body whether it be yoga, walking, running, etc. You will see a difference in your mood, productivity, and overall mental health.

FILED UNDER: **HEALTH**

TAGGED WITH: **HEALTH, PHYSICAL ACTIVITY, SELF CARE**

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**נערת ליווי says**

**APRIL 14, 2022 AT 12:33 AM**

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# Wellness Center promotes outside yoga for flexibility and spiritual benefits

APRIL 6, 2022 BY **MAYRA MENDOZA** — 5 COMMENTS

The CSUSB Wellness Center hosted a free yoga class for students on Wednesday evening at SU East Amphitheater, where yoga can be described as a fitness routine and also a spiritual practice.

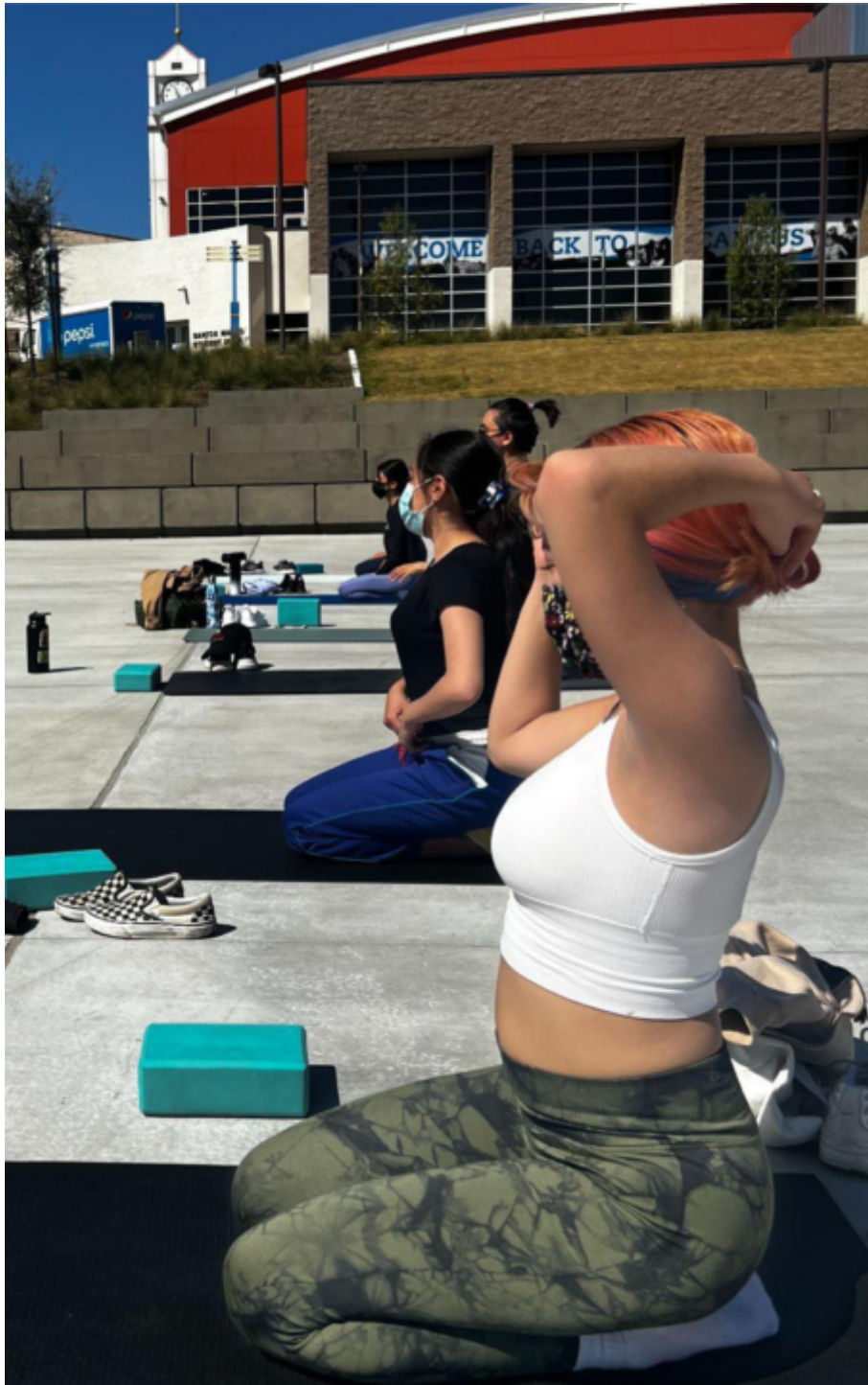


Photo by Mayra Mendoza

Over ten students attended the outside yoga event. Some yoga students brought their own yoga mats, while others relied on the yoga mats that were provided by the CSUSB Wellness Center employees. All yoga students were given a yoga prop to assist them in their yoga practice.

Due to weather conditions, previous yoga classes were held inside the CSUSB Wellness Center. However, for this yoga event, students were fortunate enough to have been able

to set up their mats outside the SU East Amphitheater and enjoy the breeze and sunlight.

The class is described as "a moderately-paced yoga class incorporating the use of breath along with a multitude of asanas. The class is also done outside under the warm sun and will help to create a stronger sense of body awareness, balance, and inner and outer strength."

From Beginners Yoga to Vinyasa, Pranayama (Sanskrit for breathwork) to Spirituality, yoga has its own philosophical roots that make it more than just a fitness practice with stretching methods.

The class began by doing yoga poses such as downward dog, mountain pose, plank, and happy baby pose. Throughout the class CSUSB Recreational and Wellness Yoga Instructor, Tulasi Albano, reminded students to connect to their breaths. Being that Pranayama is an important part of yoga as a practice it is helpful to be mindful of the breathing that is taking place. Implementing breathwork to yoga poses can have many benefits such as relaxation and meditative skills.

As Albano put it, "I feel like that it depends on what each person is trying to get out of yoga. There are different variations of yoga. I introduce people to the fact that yoga is not only a cool down or stretching method or like a power type of aerobics, there's like a whole philosophy behind it. Some people practice yoga as a spirituality method."

Albano also shared that she uses yoga as a spiritual practice that allows her to continue to find herself. Part of her spiritual practice consists of breathwork and meditation. Intentionally setting time aside to practice yoga from a physical, mental and spiritual aspect is part of Albano's daily routine.

"I'm thankful that I didn't jump into college immediately but I got to experience yoga in different ways. Yoga is not just a stretching aspect. I am who I am because of the choices I make through yoga," Albano stated.

Photo by Alexy Almond

It is said that the word Yoga means "union," that is, the union of cosmic consciousness with one's own personal consciousness. Yoga helps a person grow from "I" to "We," that is, from being self-centered to a global human being.

After interviewing a few of the attendees, they all mentioned how yoga has provided health benefits for them. One student stated that since they started yoga they have had better focus and have been more energetic. Another student said that since she started yoga she has found herself spiritually wealthier.

It is also said that "yoga practice seems to be positively associated with spirituality. This association concerns various aspects of spirituality, such as spiritual aspirations, a search for insight/wisdom, an integrative worldview, a sense of meaning and peace, faith, hope, compassion, and happiness within. To harness the potential spiritual benefits of yoga, regular practice appears to be essential. Yoga practitioners seem to have both physical and spiritual motives for practicing."

From both practitioner and student aspects, yoga is more than child poses and stretches. Albano said that "yoga is not just about wearing tight booty pants."

Yoga can assist many students at CSUSB release stress and tension during stressful times such as midterms and finals. Besides the health benefits that having a yoga routine provides, it also provides a union with oneself and a higher sense of consciousness for those who seek yoga from a spiritual realm.

Before the outside yoga class ended, the students that made it to the event laid on their backs while closing their eyes and inhaling, exhaling consciously through their mouths and nostrils as instructed by Albano. Most students thanked Albano and mentioned how grateful they were to have been able to make it to the yoga event.

FILED UNDER: **HEALTH**

TAGGED WITH: **REC AND WELLNESS, SELF CARE, YOGA**

## Comments

**Montealexxy says**

APRIL 30, 2022 AT 6:51 AM

**psychological ed treatment**

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**נערות ליווי says**

APRIL 14, 2022 AT 12:33 AM

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# Inflation in the USA and how it affects our atmosphere

APRIL 6, 2022 BY **DIEGO WOMACK** — 419 COMMENTS

A stronger economy generates inflation. The more people there are buying goods, the higher the demand on goods. Companies meet that increasing demand for increasing the supply of goods. People must be defended from the threats imposed by known cancer-causing toxins like benzene, VOCs that increase ozone levels, and methane that is over 80 times more potent greenhouse gas than CO<sub>2</sub> in the first twenty years – increasing temperature, which then increases ozone levels another step further.



Photo by Vitaly Vlasov

During the COVID-19 pandemic, most businesses reduced their services and orders for goods—on, say, semiconductor chips used for cars or waiting staff for their restaurants—and that led to some supply shortfalls that still linger today. As the United States—and the world—reopens and people begin to spend money again, the demand for goods in the United States is skyrocketing, with inflation-adjusted retail spending up 14 percent in the last two years. With the improvement in the roll-out of vaccines, the US economy is starting to grow very quickly. In the second quarter of 2021, real GDP increased 6.7 percent, and it's not just the USA that is waking up from the COVID economic slumber, the whole world is. And that affects supply chains across the globe. As more Americans are starting to purchase new goods and services, it takes a while for the global supply chain to catch up. In the meantime, prices rise because there isn't enough supply to match demand.

Currently, 2.9 million American children attend school within a radius of 0.5 miles of oil and gas facilities. Within my home state of Pennsylvania, at least 310,896 kids face this hazard. This makes addressing fugitive and leaking methane from both existing and leaking oil and gas facilities a moral responsibility. Studies have shown that smog, VOCs, and air toxics have a disproportionate impact on life in the womb. Research by Dr. Shaina

L. Stacy and others at the University of Pittsburgh found that close proximity to unconventional gas wells in Butler County, PA is associated with babies born with a lower birthweight. Dr. Lisa M. McKenzie, with the Colorado School of Public Health, published peer-reviewed research that links birth defects to methane production. Research by Casey J.A. further describes that living within a half-mile radius of natural gas development leads to increased brain, spine, or spinal cord birth defects.

In the US, oil and gas production are the largest industrial sources of methane pollution. Each year, the oil and gas industry releases 16 million metric tons of methane, and without immediate action, methane pollution from the industry will continue to skyrocket. We urge the EPA to promulgate these standards in the most expeditious fashion to defend our children and their future.

Improving the Supply Chain One thing that will help is improving the supply chain, so that goods can reach the US faster. On October 13th, the administration worked with some of the biggest ports in the United States to improve the speed at which they can process shipping containers. They announced expanded operations at the Port of Los Angeles and supported running the ports 24 hours a day to help relieve backlogs of goods. Improving the supply chain will help bring in more goods and lower prices.

Another solution is to help release oil reserves to decrease gas prices. The whole world is short on energy, and bad actors like Putin know it. Over the last few months, Putin has been accused of withholding gas in order to drive up prices and hurt the US economy. However, on November 23, the government decided to release 50 barrels of crude oil reserves to decrease the price of gas. Gas price decreases have a rippling effect on the prices of most goods. Cheaper transportation results in cheaper goods. By releasing oil reserves, the administration hopes to not only decrease gas prices but also help reel in inflation and lower the prices of other goods. A ban on routine flaring except in emergency situations. Quarterly inspection via LDAR (Leak Detection and Repair) procedures of all wells with two tons per year (tpy) of methane emissions or greater. (This recommendation is based on the EPA's own conclusion in the proposed rule, which states:"... sites with total baseline methane emissions of two tpy, we conclude that regular monitoring at semiannual or quarterly frequencies would be cost-effective.") Based on this conclusion that quarterly inspection of well sites with two tpy emissions is cost-effective, we recommend that the 3-tpy-emissions threshold in the currently proposed standard be reduced to two tpy emissions and that the frequency of inspections be increased to quarterly. Sites below two tpy emissions need to be inspected at least

annually, require a time limit on the need to replace all pneumatic valves and actuators, and develop a process for the incorporation of monitoring data from third-parties. The expanded monitoring may result in a major public health benefit.

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TAGGED WITH: **ECONOMICS, INFLATION, POLLUTION**

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**SlideShare Downloader PPT says**

**JUNE 28, 2022 AT 7:45 AM**

I like this internet site because so much utile stuff on here : D.

**Reply**

**mega888 says**

**JUNE 28, 2022 AT 4:14 AM**

Thanks for another informative site. Where else could I get that type of information written in such an ideal way? I've a project that I am just now working on, and I have been on the look out for such info.

**Reply**

**mega888 says**

**JUNE 27, 2022 AT 10:57 PM**

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# Big cat policy: Safe or misguided?

APRIL 6, 2022 BY **MATT SANTOS** — 71 COMMENTS

By **Alexis Corine McGowan**

From time to time people have grown up thinking the norm of having a big cat perform in a circus or kept as some pet for personal use or entertainment. There are known public records of the dangerous consequences when keeping big cats. As shared in an article written in the Animal Welfare Institute stating, "Since 1990, there have been at least 400 dangerous incidents involving captive big cats in 46 states and the District of Columbia." The numbers are alarming, but this can all be solved by not allowing people to own big cats as a pet or some sort of "act" in a circus or any sort of performance done by these WILD animals. Which can all be stopped by having the Big Cat Policy in action.





Photo by Satria Bagaskara

The Big Cat Policy can actually stop all of the casualties by upholding the big cat policy. Animal Legal Defense Fund states, "The Big Cat Public Safety Act addresses this gap and prohibits the private ownership of big cats. Big cats belong in the wild or, in situations where captive animals can no longer safely be returned to the wild, in accredited sanctuaries equipped to meet their complex physical and psychological needs." What does that mean actually? It means that people won't be able to own big cats as pets.

You may be wondering what are the differences between owning a big cat and keeping them in zoos. Studies have shown that there are more than 180 million people who visit zoos and the fun fact is that those large numbers are bigger than those that watch or attend sports games such as the NBA and even the NFL combined. When you think about it is a lot and those exposures to big cats mean a great deal. At zoos, people are educated about the species and what is the species position in the world, and how they help the environment by simply existing.

The president and CEO of American Humane Robin Ganzert made a profound statement stating, "zoos provide people, especially impressionable children, with the opportunity to see these remarkable animals up close. People won't protect what they don't love, and

they can't love what they don't know. No matter how closely programs like Planet Earth depict animals, nothing will match the bond of seeing them in real life. Just look at a child's eyes at the zoo when he or she encounters a tiger or similarly majestic animal." Those types of feelings and moments can only be seen through someone who sees the big cats as educating purpose rather than an oo or ah at a circus show which does nothing for the environment but harms big cats.

Other places where big cats that have been performers can find a sheltered and growing love like visiting a zoo are sanctuaries. Sanctuaries take in big cats that have been harmed by people to the point where they can't be released into the wild because they won't survive. For example, some big cats come to sanctuaries with no claws or any survival tactics like hunting for prey or blending into their original born habitat which is the wild. The education and safety of big cats through sanctuaries provide are beneficial to not only the damage done by humans but also to help a big cat find love, purpose, and hope in those that come to sanctuaries.

This founding information and continuum to support the Big Cat Policy would help out many of those that adore these animals we know today as big cats to help them flourish whether it but the wildlife in the beauty of experiencing big cats in their natural habit. Places like zoos to educate or sanctuaries to repair those that are been tried to domesticate or abused in the process.

There is no place for these beautiful majestic animals to be kept as a pet or some sort of toy. The Big Cat Policy can do more good than what man does only to these beautiful animals. Messing with mother nature has never been on the side of man the capture stops here and now. Because your voice is what can stop the next buyer from ripping a big cat from its natural habitat or scaring a big cat as it plays jumping through hoops to help get its next meal to survive the show business life. These are no times for fun and tricks when it comes to the situation of this sort of abuse continues. Contact your local government and aid your thoughts in support of the Big Cat Policy be the voice of the voiceless it ends now.

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FILED UNDER: **OPINIONS**

TAGGED WITH: **ANIMAL RIGHTS, BIG CAT POLICY, WILDLIFE**

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# Everything you need to know for graduation 2022

APRIL 6, 2022 BY **ISABEL MELERO** — 264 COMMENTS

Preparing for graduation can be stressful. Don't worry Yotes below is all the information you need.



Students are seen celebrating at their graduation – *Photo by Csub home website*

The Coyote Grad Prep Webinar gave all the details when it comes to deadlines and prices. The office of the registrar and special events and guest services answered any questions for the students who are graduating soon.

One of the many questions that was asked was "How do we do our grad check?" The way you do your grad check is reaching out to your specific department and or speaking with an advisor because you no longer can file it on your own.

Another question that was brought up was "How do you know if you're graduating when University honors?" You would receive an email around six to eight weeks before your commencement ceremony letting you know that you are eligible for it. If you were also questioning if you are eligible for University honors you can look back at your GPA which they are basing off of your last semester prior to commencement not your current semester.

Next question was "When will you receive your diploma?" Since final grades are due the first week of June, a week after that is when diplomas will be sent out. It is very important to make sure that your address is up to date. If you don't want your diploma going to your permanent address, you could create a diploma address which will be sent there instead.

Most important out of address and grad check and everything else is making sure your name is spelled correctly in the school system. Just double checking and making sure everything looks correct is about it when it comes to grad check and receiving your diploma.

Representative from special events and guest services Miss Ginny Hatar gave information on the ceremony. The commencement ceremony schedule is listed on the CSUSB website and an email was sent out as well. Students can start to line up an hour prior to the ceremony. As the ceremony comes closer more information on parking, etc. will be sent out through email. As of right now students and guests will have to be fully vaccinated in order to attend the ceremony. If you are not fully vaccinated you must present a negative COVID-19 test taken within 40 hours of the ceremony. Masks are also required for all students and guests that are attending the ceremony. The ceremony is also going to be available to watch online through the commencement webpage. When it comes to tickets for the ceremony they can be redeemed on the marching order website, but it must be claimed before April 22nd. When claiming your ticket you must write down the names and phone numbers of each guest. Commencement regalia can be purchased on grad days but if you're not able to make it you can order them online through Jostens.

Half ways through the webinar is where quick questions from students were answered if they didn't have a clear answer in the first half of the webinar.

One question was "How many tickets are we being and can we purchase additional tickets?" Miss Ginny Hatar answered that question, tickets depend on class sizes so for social behavioral sciences they receive 8 tickets and for the rest of the departments receive 12 tickets. Tickets are also not for sale and each guest needs a ticket regardless of age. If you're also interested in Latino graduation they will have a table set up on grad days. It is also an option to upload a picture and a message for graduation day which is also April 22 at 5 PM. There are certain restrictions for the ceremony at the Toyota Arena which are, you are not allowed to bring balloons, wrapped presents, but flowers are allowed. Just make sure you don't bring anything that blocks the view of the person sitting behind you. Also another important answer was that making sure your ID matches the name on the ticket as well.

Another question related to tickets was if there will be additional tickets available when the time comes sooner to the commencement ceremony. But as of right now the

decision is you get 12 tickets per student and you can't get anymore than that.

A last-minute question was if you already uploaded a picture to the marching order and you want to change it, you can contact them and they can reset it for you. Overall this webinar gives you a lot of information you need before graduation.

FILED UNDER: **EDUCATION**

TAGGED WITH: **CLASS OF 2022, GRADUATION, WEBINAR**

## Comments

**RobertSueda says**

JUNE 27, 2022 AT 11:58 PM

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**Isiahusert says**

JUNE 27, 2022 AT 11:39 PM

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**Michealmouct says**

JUNE 27, 2022 AT 9:53 PM

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# Graduating students robbed of college experiences

APRIL 6, 2022 BY **JOHNMALAPITAN** — **4,433 COMMENTS**

Graduation day is supposed to be a memorial time for students to celebrate their accomplishments, however some students feel indifferent about the event. After being away from campus for so long the feeling of school spirit and celebration is at an all time low. There are some students that feel even cheated that they lost their two years of campus during the pandemic.



CSUSB graduating students line up to receive their Cap & Gown during Grad Days fair.  
Photo by John Malapitan

Grad Day was held CSUSB students who are preparing for commencement and the next chapter in their life. This was one of the major events of the campus after closing due to the rise of COVID-19 cases at the beginning of the year. From the pandemic, CSUSB was switched to fully online courses until Fall 2021, when the campus was reopened. However, that was short lived as the students moving into the spring semester were switched back to having their lectures through Zoom. Classes were switched to online again from January 24, 2022 to February 18, 2022.

In an email sent out by President Morales, he stated that the decision to close in the beginning of the 2022 Spring semester was to “ensure the health and safety of students, staff and faculty.” While this may be a memorable time for students, some feel different about the event. They felt cheated as if these last few years were stolen from them and they were robbed from their college experience.

Senior Edward Mora, a transfer student, said, "My time at CSUSB was one year online and one year in person. I was looking forward to it, but it is what it is. I've been looking forward to transferring to Cal State for a long time and when I was a community college and I knew I would transfer here. Even if we were in person it was hybrid last semester so I definitely felt robbed."

Mora explained that he felt bittersweet about his experience at CSUSB. "I didn't have a lot of time on campus. I was expecting the on campus experience and the graduation, but my ending time came real quick. But, I am still grateful for everything. My family is going to be there for my graduation so I am still grateful for what it is," said Mora.

Elizabeth Suarez, another senior transfer student shared her university experience as well. "I transferred during 2020 to 2021. My first year here was spent all online and I didn't come here until last year and I only had one class in person so most of my time here was online," said Suarez. "I feel like I never got the full college experience. I started at community college and that isn't a true college experience. I was so excited to transfer and to do all the fun things and have new experiences, but there was nothing special. I didn't even get to explore campus until my final semester."

Another senior, Karen Barrera, who spent her time at CSUSB from her freshman year until now shared her perspective on the entire situation. She felt like she was able to still fully have her college experience. "I feel like I was robbed because one year I was a second year, then I was in my senior year. I feel like the day I graduate I can say I went through all this so I got my college experience," said Barrera.

While the students who were able to experience their first few years were able to live their college life in full, the students who transferred in from different community colleges were the most impacted. It is awful looking forward to finally going to a school of your choice and then being denied the full opportunity of what that university has to offer. Graduation day was more of a time of just getting in and out rather than celebrating for these transfer students. Even at the event, it felt like a lot of students were rushing to get in and out due to not wanting to be surrounded by other students or feeling indifferent about graduation day.

While some students were able to fully have their college experience, most of the transfer students felt as if they were robbed. A time of celebration during graduation day ended being bittersweet for these seniors, however they were able to still have an

appreciation for everything they have even those they lost so much during the pandemic.

FILED UNDER: **EDUCATION**

TAGGED WITH: **CLASS OF 2022, COVID-19, GRADUATION, TRANSFER STUDENTS**

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JULY 5, 2022 AT 2:53 AM

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JULY 5, 2022 AT 1:30 AM

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