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How one CSUSB student turned her internship into a full-time position

By Mayibel Ruiz
Staff Writer

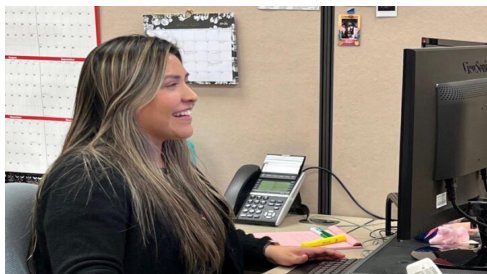
Feeling overworked and undervalued at a private company, public administration student Zuyva Ruiz saw an internship opportunity and decided to apply. Weeks later, she started her internship during the spring 2021 semester, and by the summer, she was hired for a permanent position. Here is how Ruiz transitioned from an intern to a full-time employee.

Ruiz is a first-generation full-time public administration student at CSUSB. While at a private company, she worked her way up from bagging groceries to working in the finance department at the corporate headquarters. One day, a coordinator sent out a mass email to Jack H Brown College students about a paid internship opportunity for a local government agency. The opportunity just so happened to also be in the area of Public Administration that Ruiz wanted to pursue, so she applied. After landing the internship, she networked and applied to other permanent positions that became available until she was hired as a permanent employee in the summer.

Ruiz had a realization one day after noticing that the company she worked for hired outside of the organization for a higher-level position, yet again. She knew that she would need to look for employment elsewhere to grow professionally. When she received an email announcing a public administration internship, she saw it as an opportunity to move into a career she was passionate about. After going through the interview process and getting offered the internship, she left her full-time position to move into her new role as an intern.

"I knew it was a risk leaving my full-time position because I was taking a massive pay cut and an hourly cut, but I knew my previous experience would work to my advantage during my internship. I just knew I had to try it," said Ruiz.

Ruiz went into her internship with several years of experience in accounting under her belt. During her time as an accountant, she cultivated strengths that helped her when she moved into her internship. When students move into internship roles, it is not necessarily the professional experience that allows them to



Ruiz shares an inside look into her time as an intern and her journey to a full-time position. Photo by Mayibel Ruiz.

advance. Instead, it's their ability to learn and grow that will help. Approaching an internship role from the standpoint of wanting to connect with people in your field will help you learn as a student if the organization and the career are the right fit for you. This curiosity-driven approach is one Ruiz maintained when starting her internship.

"I know my strengths are that I have strong analysis skills, good work ethic, and I have good interpersonal skills. In addition, I like networking and learning about what people do in an organization and learning the background of what led them there. It helps me understand their drives and motivations, which helps me clarify my goals," said Ruiz.

There are four core takeaways Ruiz remembers as crucial factors in helping her establish herself within her role as an intern: networking, soft skills, curiosity, and asking for clarity when needed. Networking and building meaningful connections with other employees were instrumental in helping her feel supported. One of the most significant benefits internships bring students is the early socialization in a workplace environment. Socialization may sound like a trivial result, but knowing how to socialize in a work setting properly is instrumental in building connections that can help you as a young professional. In addition, when you develop good communication habits in the workplace, you are more likely to ask questions and seek out help because you build connections with your coworkers.

"If you're introverted, it's important to connect and network anywhere. Allow yourself to get out of your comfort zone and develop the interpersonal skills that allow you to build meaningful connections with everyone you come across at work," said Ruiz.

In addition to networking, asking for clarity has helped Ruiz greatly with her professional development. As an intern, you are not expected to know how to do everything but knowing what questions to ask and when to ask them is crucial to your growth in your career. Speaking up and asking questions early on helps you understand what is expected of you. Therefore you should clarify with your interviewer if the company nurtures growth and ask questions during the training. These questions are seen as establishing a professional boundary. Setting professional boundaries early on helps you and the company gauge if that environment is the best fit for you. It's essential to keep in mind that the goal of securing an internship is to gain industry-relevant experience at the end of the day. Whether the training can grow into a full-time position or not is a bonus.

"I'm not a timid person, so I ask a lot of questions if I don't understand the task at hand. I've seen people go through internships asking minimal amounts of questions and then not delivering a quality output of work. So I realized early on that if you don't understand the instructions or feel you aren't being trained properly, ask and speak up before it's too late. Sometimes the people who are supposed to be training you aren't doing an excellent job, but it's up to you to call it out if you don't feel like you're learning anything or aren't developing professionally," said Ruiz.

As students, you are often faced with unpaid internships. Unfortunately, students who participate in unpaid internships often do not gain the same experience level in paid internships. In addition, these internships benefit the employer and set an unrealistic expectation on students to provide labor. Ruiz considered this when applying for internships.

"I think internships are

important because they allow the students to see if they even like the career they've chosen; it also helps them try out different places of employment. Learning on the job is more valuable than anything I've learned in school. It gives you a lot more detail than what school provides you with. At the same time, I also believe unpaid internships are unfair. There should be equal work and equal pay. Usually, these internships slots are open not only for students to gain experience in the role but also because the organization experiences a lot of employee turnover because pay rates aren't at market rate," said Ruiz.

So what steps can you take to transition from intern to permanent employee? Internships rarely come with a guarantee of employment at the end of the internship. So interns should have clearly defined goals of what they expect to get out of the internship when they begin. While they are at the internship, if they decide they want to seek permanent employment at the company, their best course of action is to tell mentors of their goal. Mentors will then know what your goals are and can help you find the best course of action to take to achieve your goal. Other times you need to keep an eye out for positions available during your time as an intern. This was the case for Ruiz, who kept an eye out for vacancies in the division.

"I saw that a full-time position was vacant in the division I was working in, and I decided to apply. My supervisor selected me as the most qualified candidate because, during my time as an intern, I displayed the appropriate amount of analysis skills and technical skills to be an asset to the team," said Ruiz.

Internships are not always short-lived; sometimes, they lead you to start your career before graduating. Whether you are looking to try out different roles in your field or you are looking to break into your industry. Remember to network and build meaningful relationships with the people you work with. Those relationships turn into your network and may help you in the long run. Remember to set professional boundaries that will help you decide if the internship you select is the best place to grow. After all one semester, you may be an intern, but a few months later, you may just be able to move into a more permanent role if that's what you choose.

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By Natalie Martinez
Contributing Writer

Despite being a CSUSB student, Hope Esperanza, a 23-year-old transfer student, has never set foot on campus.

Esperanza is a Relational and Organizational Communication major and hopes to go into the field of Public Administration or Economic...

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Undocumented Success Center director speaks on the struggles undocumented students face

By Fatima Gonzalez
Contributing Writer

Undocumented students still face many challenges today. The pandemic only increase the struggles many dreamers faced.

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DACA turns ten: Fear of its impermanence still brews amongst its recipients

By Irann Arias Rodriguez
Contributing Writer

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Nature posts don't spread awareness on environmentalism

By Celeste Santarrosa
Staff Writer

Every year on April 22, our nation celebrates Earth Day in hopes to raise awareness of preserving and conserving our planet. However, in this day and age, Earth Day has become the excuse for people to jump on social media platforms and post aesthetically pleasing nature pictures in hopes of likes or follows rather than supporting environmental protection.

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Transfer student to graduate: A pandemic student's POV

Natalie Martinez
Contributing Writer

Despite being a CSUSB student, Hope Esperanza, a 23-year-old transfer student, has never set foot on campus.

Esperanza is a Relational and Organizational Communication major and hopes to go into the field of Public Administration or Economic Development. Graduating in spring 2022, she is right at the finish line and excited for a new journey.

Due to the pandemic, right when she was set to transfer to CSUSB and attend the San Bernardino campus, hope was forced to stop in her tracks and attend online classes. She was one of many transfer students that had their entire school schedule changed, and also along with fellow non-transfer students, she felt lost with how rapidly the world was changing due to the virus.

Having to adapt, Esperanza has communicated with classmates through zoom and GroupMe, an app where students can add classmates and create group chats focused on the subject matter. It is within the app and over text that she builds that sense of classroom community and utilizes it to help her classmates and herself when it comes to communication and assigned work. Today she

is giving her interview over the phone.

Esperanza is excited for what comes next post-graduation but is reflective on her short but educational time here at CSUSB.

Q: How did the pandemic affect you personally? Emotionally?

A: As an extrovert & social butterfly the pandemic greatly impacted me. When it first hit, I was so sad about not being able to work anymore and being away from people. As time passed, I became more comfortable and found peace in the unknown.

Q: How are your online classes going for you?

A: I have learned to love online classes! They're my favorite and truthfully are all I want to take.

Q: Does it feel weird to be strictly online or do you feel as though you benefit from it?

A: I feel I have benefited from online classes. It has allowed me to spend more time at home with my family and has allowed me to work on my time management skills.

Q: Do you wish you got to explore campus or get that sense of campus community?

A: At first, I yearned for a campus experience like how you see it in the movies. But, I think everything has played out how it was meant to be for me.

Q: Did you know our campus has a new student

union that has a brand new pool hall and bowling alley? How do you feel about it?

A: I figured since it wasn't in my reach, to begin with, and since I had never really explored the campus, it didn't impact me as much as it would if I were there. But I think it's amazing for students!

Q: Do you think being online took away from your learning experience? Has it helped you in any way?

A: The pandemic actually helped me in the sense that it made me want to finish! Schoolwork was something that kept me occupied when there was nothing else to do.

Q: What are your plans for after graduation??

A: My plans for after graduation are to continue to work. I will also be taking the time to explore graduate programs and apply to hopefully start in Fall 2023.

Q: Do you have any advice for online transfer students such as yourself who have also never stuck a foot on campus yet?

A: My advice would be to make as many connections as you can through class discussions and GroupMe. Finding a classmate to help you get through a class for the semester is crucial! Find joy in being where you are even if it's just at home.



Photo from Coyote Chronicle Archive

DACA turns ten: Fear of its impermanence still brews amongst its recipients

By Irann Arias Rodriguez
Contributing Writer



Photo by CSUSB Photos

Since its enactment in June of 2012, the Deferred Action for Childhood Arrivals (DACA) has been celebrated, attacked, rescinded, and revived, as this policy reaches its decennium.

For the many Dreamers who fight for the passing of the Dream Act, which could grant many young undocumented immigrants a pathway to citizenship, DACA fails to deliver that access.

CSUSB assistant professor Paloma Villegas, Ph.D. of Sociology, has spent most of

her academic career researching and examining the lives of undocumented persons within the United States and Canada. In her classes, Villegas facilitates and leads discussions on immigration, the experiences of the undocumented college student, DACA, and the dreamer narrative, among many other related topics.

Q: What can you tell us about the inception of DACA during the Obama administration in 2012, ten years ago?

A: The first thing I want to say about DACA is that DACA was not something that was granted by the Obama administration. It was long fought by undocumented migrants, particularly undocumented students, but undocumented migrants more generally. I think that it is important to highlight that this is not something—when folks are fighting for equity and justice—that comes from the top down, but it is something that comes from the grassroots, and the ground up. It is important to recognize the work of a lot of these activists that participated in the movement.

Q: In 2017, the Trump administration took steps to

dismantle and rescind DACA but was then reversed in 2020 by the Supreme Court. How has this affected DACAmented persons?

A: This instilled a chilling effect and a context of fear within the community, because if they are going after this program, then they are going to go after everything else. The last five years have been marked by consistent insecurity. You can imagine the mental health effects that produce, as well. It affects people's lives, and their choice to maybe have children; choices in careers or their studies; or what majors they decide to go into because of this potential insecurity.

Q: Are new DACA applications being accepted, and or processed at this time?

A: No new applications are being accepted. They are only renewing folks who already have DACA. As someone starts to be of the age where they can apply for DACA, they are no longer eligible because of this. They are still fighting it in the courts.

Q: What are some of the continued concerns regarding the current state of DACA?

A: When folks apply for DACA, they are providing personal information to

immigration authorities about their lives and what they do day-to-day. All that information is archived. In some of my research, I speak about the ways that the archiving of this information can later be used. If DACA were to be rescinded, can we later use it to search for and identify undocumented immigrants? The potential repercussions of that are the rise in detention and deportations that we saw in the Obama administration and the Trump administration and are continuing to see in the Biden administration.

Q: What can CSUSB do to continue to aid the DACAmented, as well as the undocumented community?

A: I think that there are important programs in place, but I think we can always do more. The last few years have been difficult for undocumented students because of these shifts and the threats of rescinding DACA, or just the threats of punitive immigration policies. The pandemic affected all of us, but particularly marginalized communities, especially undocumented folks, several of whom didn't have access to the very little money that we got from the government. There

are financial difficulties, mental health issues—many things that come together and affect undocumented students. We need to continue to do more work to create the most welcoming contexts for students who come to our campus.

Q: What do you believe are some of the hopes DACA will continue to provide or will become, as it reaches its tenth year of existence/anniversary?

A: The goal is comprehensive immigration reform. DACA can not be the end of the conversation, because it is temporary. Comprehensive immigration reform can allow for everyone to have access to apply and to 'regularize' their status. Instead of seeing DACA as the end, or the promised land—we should see DACA as a first step. There have been a lot of critiques of folks who say, you know, maybe DACA was a mistake. I do not know if I agree with them, but maybe DACA was a mistake because it has kind of stopped the conversation. We could have maybe moved and pushed for comprehensive immigration reform. Opening it up and being as inclusive and as open as possible—is, I think, the goal—if we want and are interested in immigration justice.

Undocumented Success Center director speaks on the struggles undocumented students face

By Fatima Gonzalez
Contributing Writer

Undocumented students still face many challenges today. The pandemic only increase the struggles many dreamers faced.

Jairo Leon, director Undocumented Student Success Program, has been involved in the undocumented rights movement since he was an undergraduate. Director Leon started his involvement in 2012, he has gone from being a student, being involved in community spaces to being an administrator in higher education. He also works in organizing affairs and finding ways to continue to advocate for undocumented students' support and immigrants because he believes in the transformative power of higher

education which involves staff, students, and CSUSB families.

Q: Do you know how many students are undocumented that are first-generation here at CSUSB?

A: We have conducted further studies and reports together and found the demographic information of our undocumented students on campus from our latest research. We found that 653 students are undocumented on campus. When we think about first-generation students, our definition of first-generation students is any students whose parents have not received a four-year bachelor's degree from a U.S. institution.

Q: What are the biggest challenges undocumented students face in the U.S?

A: Undocumented students

face various challenges as we navigate life and our educational institutions. One of the most direct challenges is access to higher education, and what I mean by that is the financial aid aspect. Undocumented students are not eligible for federal loans and federal aid, which is something that makes higher education colleges and universities possible for the great swath of folks in our country so without that aid, it makes it very challenging to be able to afford college.

Q: During and after the pandemic, what were the struggles a lot of dreamers faced?

A: The pandemic had a lot of devastating effects on folks across the country, but even more so, on the undocumented

community. The reason is that we are a community that didn't have the benefits of always working from home, our families couldn't just open their laptops and jump into their work schedules. Oftentimes our parents, uncles, aunts, cousins, and we as students had to be essential workers. We had to be exposed to the damaging effects of a pandemic and had to suffer the consequences of changing work schedules or reduced work. The health of the undocumented community and their financial stability were devastated because of the pandemic.

Q: Would you say there's a difference between students who are citizens and undocumented students when it comes to getting help from schools?

A: There are differences because there are so many parts of the system that requires not citizenship per se, but they do require a social security number. Being eligible for federal aid makes a huge difference, and that is something undocumented do not have. Something that makes it additionally challenging is that there are a lot of stigmas when it comes to the topic of immigration, when it comes to the topic of being an undocumented immigrant in the U.S., many people are afraid to bring up undocumented immigrants in a conversation. This means that those undocumented students who might be looking and...

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Nature posts don't spread awareness on environmentalism

By Celeste Santarrosa
Staff Writer

Every year on April 22, our nation celebrates Earth Day in hopes to raise awareness of preserving and conserving our planet. However, in this day and age, Earth Day has become the excuse for people to jump on social media platforms and post aesthetically pleasing nature pictures in hopes of likes or follows rather than supporting environmental protection.

Former U.S. Democratic senator and governor of Wisconsin, Gaylord Nelson became concerned about the deteriorating environment in our nation. During the 1960's Nelson was witnessing many environmental crises take place and inspiration from the youth's Vietnam anti-war movements sparked the idea of environmental consciousness. Nelson shortly presented the idea of holding informative lectures, recruiting former republican congressman Pete McCloskey and youth activist Denis Hayes, to gain student participation they decided to choose April 22, a day that falls between final exam week and spring break to gain the highest student participation.

Santa Barbara 1969's massive oil spill, Cuyahoga River 1969's fires from oil pollution, and by 1970's the

automobiles and big industries polluting New York and Los Angeles city's air. These catastrophic events helped the public become aware of the environment's poor treatment. With the help of Nelson and others, Earth Day received a political alignment gaining support from both parties, and was then officially established in 1970.

Because of Earth Day, we now have laws set in stone such as the United States Environmental Education Act, Occupational Safety and Health Act, Clean Air Act, Clean Water Act, Federal Insecticide, Fungicide, and Rodenticide Act to protect not only the environment and wildlife extinction but also humans from early deaths or diseases.

However, how is Earth Day seen today? Is it still widely recognized as a day to spread awareness of environmentalism? Have we achieved any new accomplishments to help preserve or conserve our earth to better our planet and health? Nowadays social media has been seen to be a powerful tool to spread messages, but why hasn't it worked very successfully for Earth Day? It's because environmental issues such as climate change, global warming, deforestation, and water and air pollution seem to be controversial topics. That social media post prioritizes aesthetics, likes, or follows over real-world problems.

Esteban Salas-Sarmiento, a 20-year-old college student environmental activist, expressed how much the environment is intertwined with him by saying, "It is to a point I unfortunately often take it for granted and take its natural gifts as a given as I'm sure many of us do. Nature has become human nature."

We humans can be greedy, we take advantage of nature's kindness and destroy it for our gain. Because of our greed and bad habits, we lose respect for nature and wildlife, creating a negative impact on the environment.

"The impact goes far beyond what we do positively individually which is nearly canceled out by what we cannot avoid as a whole collectively," said Salas-Sarmiento. "For example car-dependent infrastructure, ease of trash and dumping, overpopulation in major cities and countries, natural human conflict, and much more."

As humans, it is our responsibility to stay up to date with the most important environmental concerns. These concerns seem to be a very controversial topic because many people don't believe these issues are real and aren't educated enough on the topic. Accepting that these environmental issues are real and wanting to bring a change in lifestyles isn't easy since we wouldn't see results quick enough so those who don't believe will probably find it

easier to deny that it is real and expect future generations to fix the problems.

"Nobody wants to believe they are a cause of global detriment and decay just for living how they have always lived or like to live," said Salas-Sarmiento. "Strict and massive regulation changes enacted to, for instance, fight climate change, could alter those very lives some like to live which could leave some feeling singled out or accused by their country and neighbors. It's easier to not only say, but easier on the self to just assign climate change to natural cyclical change."

As for Earth Day on social media, platforms such as Instagram and TikTok carry less of an activist or informative tone and more of a happy-go-lucky tone creating a trend to post your favorite nature photos and videos that have been sitting in your photos album.

"It has the quick effect of getting others to give for a day and pat them on the back without driving a majority to continual and more sustainable everyday activism since a nature post is no more than fluff," said Salas-Sarmiento. "Most don't even know it's Earth Day until they see a post from their friends, favorite influencer, brand, etc. with a trending hashtag in the caption to get the post viral."

The way people go about posting on social media for Earth Day is what causes an issue for some people. Posting

aesthetically pleasing plants, flowers, beaches, or mountains won't strike up a conversation for sustainable living practices such as using reusable alternatives, donating unused items, sustainable transportation, or protesting climate change, burning of fossil fuels, deforestation, water sanitation. This discussion isn't to demand you change your Instagram feed, but to remember the significance of what Earth Day is truly all about.

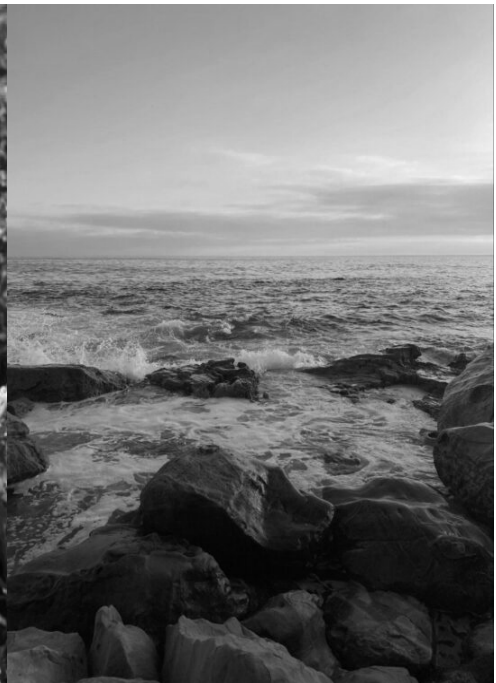
"People are not often swayed by a string of redundant posts full of pretty pictures of the outdoors. Instead, through continual, sustainable activism and genuine love and care for the world around you, one can pass this energy and transmit their ideas and lifestyles to others," said Salas-Sarmiento. "We don't pick up habits from doing anything once, we will not change from being told to once. Consistency is contagious. Share your consistency."

The environmental crises we once saw or heard of in 1970 are not back, but rather still present just with worsening damages to our planet. We can't refuse to take action anymore and must utilize our voices to demand a better future for our planet, the wildlife within it, and the safety of our future. We must recall the importance of our nation's Earth Day celebrations.

"Only through drastic causes can drastic effects take place," said Salas-Sarmiento.



Pleasing nature pictures don't equal a cause of action. Photo by Celeste Santarrosa



Saturation editing blue beaches hide pollution and contamination. Photo by Celeste Santarrosa

"The Gathering" Crafters Night Event Market now at Victoria Gardens



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

By Carlos Giron
Staff Writer

Crafter's night was a hit after numerous vendors, shoppers, and pups roamed the small, sectioned-off area of Monet Avenue in Victoria Gardens on Friday night, March 11th. The array of diverse types of small businesses there made the event worthwhile with live music playing and food to fill the empty stomachs of many shoppers. A sure hit for any type of person looking to shop locally in Rancho Cucamonga, California.

Victoria Gardens, an outdoor town center and mall located in Rancho Cucamonga, California, has hosted an event called "The Gathering" Crafter's Night Market over the past few months that highlights the incredible work of various vendors over Southern California, some vendors coming from regions of San Diego and Los Angeles. The description of the event

taken from the Victoria Gardens website states it is a way to "welcome the New Year, new products, and our new location." The event includes vendors of different crafts, vintage goods, jewelry, diverse types of apparel, prepared and packaged foods, body care, unique boutique trucks, and entertainment.

March 11th was another Friday night when the event would be hosting another Crafter's Night. It started before 4 p.m. but most vendors were still setting up their artwork, food, activities, and business cards underneath the white tents on their designated tables. There were approximately 15 different vendors in attendance lined up on both sides of the avenue awaiting customers. Live music is also played as well as music coming from a speaker. The smell of fresh popcorn also lingered as one vendor sold fresh popcorn in a foot and a half bag for 7 dollars. Vendors sold treats, artworks dedicated to Easter,

various types of tea flavors, handcrafted jewelry, activities to decorate cookies, homegrown plants, handmade crystals, body care, and clothing for women and children.

Keto Sweets was one of the food vendors that had set up their designated table and tent in front of Monet Avenue, making an incredible first impression. The treat company, based in Los Angeles, is owned by two sisters, one of whom was the vendor in attendance this past Friday night. Jessica and her sister came up with the idea to make keto treats after committing to a ketogenic diet, a diet where you are to eat low to no carb foods. They sold brownies, granola chunks, chocolate zucchini bread, and other keto treat at their stand with samples for those that wanted a try at keto sweets.

One of the shoppers that attended the event this past Friday night talked of how they saw the event on a social media platform in the past and decided

to attend this event. "I saw it on Instagram from a friend's story and wanted my mom and me to see the event for ourselves stated Alina and her mother, Brianna. Other shoppers giggled and laughed, as well as interacted with one another at this event. A mother and her son giggled as they strolled through the event and talked with a group of other shoppers. Another shopper talked about how they had no idea about the event until they walked past that afternoon. "I thought the event was for something else, but I'm glad I walked by this day and not another day" stated Chelsea, carrying what was a shopping bag from a department store. Dogs walking with their owners stole the show with their adorableness with shoppers stopping to pet them or to smile as they walked by. The community seemed to have been brought together for such a small, yet impactful event.

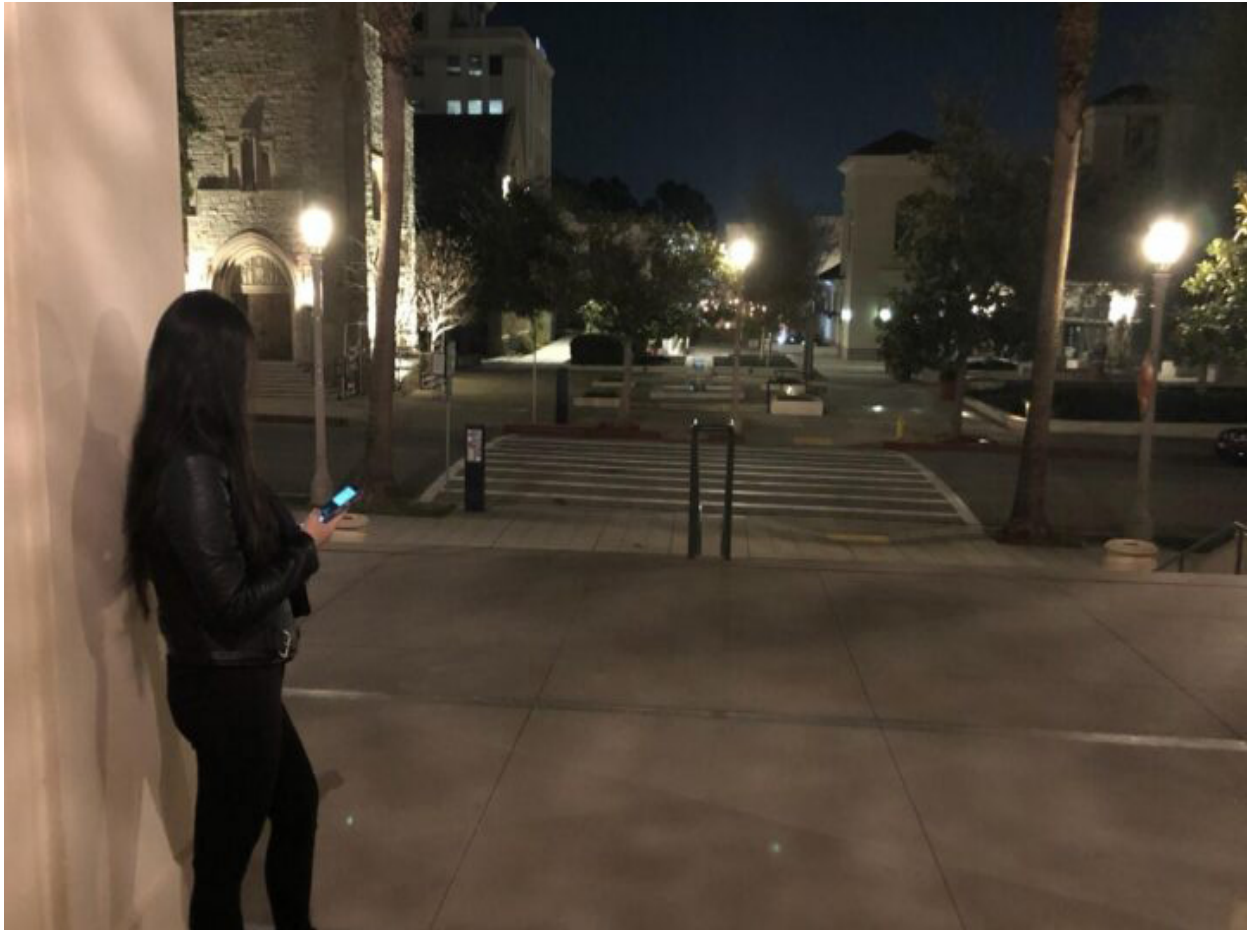
The event's purpose is appealing and gravitating toward

vendors and shoppers. The event has allowed diverse types of vendors to come together, and gain attraction, customers, and notoriety for their artwork, food, and creativity to be highlighted. Most vendors are not as close to Rancho Cucamonga, some coming from San Diego, over an hour drive, just to highlight their talents, making the event not only special for shoppers, but for vendors who have incredible talent. Bringing people together is always an enjoyable time when there is a good message and purpose that comes out of it and this event is one of them.

"The Gathering" Crafter's event will continue each Friday night from 4 p.m.-9 p.m. until Saturday, December 17th, on Monet Avenue in Victoria Gardens, Rancho Cucamonga. More information on how vendors can join the event to show their talent and artwork through the Crafter's Night information listed on the Victoria Gardens website.

Stop the spread of hate

Hate crimes have been a problem since the United States of America was founded. America was founded on discrimination of other ethnicities, religions, and other factors that identified individuals as minorities.



Asian-American Cathleen enjoying her free time in downtown Pasadena, CA without having any worries. Photo by John Malapitan.

By John Malapitan
Staff Writer

However, as we move into the present we sometimes forget about these negative crimes or turn a blind eye to it. Even though the 1992 Los Angeles riots for Rodney King and the 2020 George Floyd riots were 28 years apart, they still hold the same emotional weight behind them. Many of us even lived during both of these events and even some of the older generation remember Dr. Martin Luther King Jr.'s march at Washington on August 28, 1963. These are events that we must always remember and hold in our hearts to learn from and grow to be able to address the current hate crimes that are still happening today and will happen in the future.

These crimes happen daily, however with the advancement of technology and social media it has become a lot easier to record. We can receive multiple perspectives now with anyone

able to become a reporter with the click of a button on their phone and it has become harder for individuals to deny their crimes with evidence from multiple sources. With the advancement of technology too, we can let our opinions and voices be heard. Even something as simple as individuals posting hashtags on social media, for example, #stopasianhate, #blackouttuesday, and #blacklivesmatter are just a few to name. While we do not have to participate in peaceful protests and marches, we as individuals can spread our influence through our phones and still make a difference by addressing the problem.

The number of hate crimes has increased overall from previous years. From data on hate crime events gathered by Bias Motivation, the overall racial bias events increased by 67.3 percent from 2019 to 2020. Anti-black or African American bias rose by 87.7 percent, Anti-

Hispanic or Latino events rose by 38.2 percent, and Anti-Asian events rose by 48 percent. While this is the physical number reported, there are still numerous unreported numbers that may even exceed these and this is where it becomes our responsibility to report and speak up. The crimes in previous years were compiled from the FBI's Uniform Crime Reporting (UCR) Program.

In California, the amount of hate crime incidents reported was 1054 crimes against persons and 483 crimes against property. Out of all the motives behind these crimes, race/ethnicity had the highest at 882 crimes being committed because of this. This number drastically increased between 2018 being at 596 crimes committed because of race/ethnicity and the number continues to grow as we move throughout 2022. Hate crimes are not only limited to other citizens committing them but also can be from our justice

system from corrupt individuals or organizations. In recent incidents like George Floyd, the officers who committed these crimes were able to be convicted because of the unity of the people speaking and protesting along with all the evidence they were able to take from numerous sources.

Some cases reported from the Department of Justice Office of Public Affairs press releases stated that these reports. Most of these crimes consisted of individuals who were confronted because of their race, color, national origin, and religion. An example of this was that a California man attempted to cause injury to another person with a dangerous weapon because of that individual's perceived race or color on April 9, 2021. Another example a few weeks later in the Los Angeles area is that other men have been found guilty of attacking a Turkish family-owned restaurant and threatening to kill them and

stating that they were planning to go "hunting for Turks". This was reported on April 27, 2021, and they were convinced and now face the maximum penalty for hate crime charges and conspiracy. Hate crimes are not just isolated to one particular minority, however, they are any type of minority group suffering inequality whether it be through race, religion, gender, sexual orientation, and others.

While these are all numbers and events being stated to show an increase in the number of hate crimes committed in California alone, we must remember that this is something engraved into our nation's history and even after hundreds of years still exist. While it may be reasonable to have every single person coexist without any hate towards one another, we can address and bring these issues to light which in return may lower these numbers. With the efforts of everybody, together we can stop the spread of this hate.

Is San Bernardino County doing enough for the Afghan refugee crisis?

In August of 2021, the US Armed Forces pulled their troops from Afghanistan which led to the Taliban taking over the country. This led to hundreds of thousands of Afghans and their families trying to flee their home country mainly due to safety reasons. Southern California continues to welcome refugees, but are we doing enough for them?

By Zarin Rahime
Staff Writer

Refugees from Afghanistan continue to arrive in Southern California, but unaffordable rents are complicating the process of resettlement as they pursue a better life and hopefully join friends and family already here.

As stated on Ca.gov, "The State of California welcomes Afghan newcomers as they resettle and integrate into Californian communities. These resources are intended to help Afghan families build bridges to their new homes and communities across the state."

This statement was written in regards to the government programs and resources that are being provided to the incoming Afghan refugees. This includes assistance with translation, housing, legal assistance, federal benefits, etc. Although these resources are available, the government funding for

these programs falls short. The federal government gives refugee resettlement agencies a minimum one-time payment of \$1,025 to spend on each refugee, adult, or child. It is common for Afghan families to consist of several children that need multiple bedrooms, those funds are quickly eaten up by the first month's rent and a security deposit. Anything leftover is given to the refugees to spend on household essentials. Challenges lay ahead for these households, and this doesn't even include the Afghan evacuees who make it to the U.S. and seek asylum but will not have access to the same funds and programming as special visa holders.

Organizations like HIAS are one of many that seek to help Afghan refugees get settled in. HIAS is a nonpartisan, refugee protection organization that is helping to assist Afghan refugees through the Sponsor Circles program from the federal

government. After personally helping with translating for an Afghan family who had only been in the states for weeks, I learned that although this country indeed offers many resources to help these families, I can't help but wonder if they are being given enough budget for all their needs. The mother that I helped translate for was a 29-year-old mother of 3 young ones all under the age of 7. Her concerns were basic ones like needing the proper cookware to be able to cook traditional Afghan dishes. The family was given a budget that made it a little difficult to be able to pick out the proper cookware that was needed.

Another local refugee resettlement agency that received numerous Afghan families has placed them in hotels around Los Angeles County because it's been difficult to quickly find housing that falls within the tight budgets assigned to refugee households. Many landlords have

raised their rents to cover losses during the pandemic. Some landlords are also requiring proof of income and established credit history that refugees lack.

Many of these agencies are now asking the public to temporarily open their homes for free or at reduced rent if they live in Los Angeles, Orange, San Bernardino, or Riverside counties. This will buy time for staff to find long-term housing for the refugees. The International Rescue Committee in Los Angeles is also readying for refugees by seeking donations and volunteers. Los Angeles residents are being encouraged to offer temporary housing through Airbnb, which is offering to cover stays for 20,000 refugees around the country through contributions from its CEO and to its charities.

Irvine's mayor, and other elected leaders from Los Angeles and West Hollywood, have signed a letter calling on

President Joe Biden to give entry to 125,000 Afghan refugees.

Andrew Do, the Chairman and Vice-Chairman of the Orange County Board of Supervisors, took to Instagram and posted a picture of his letter to President Joe Biden, urging him and his administration to take immediate action to help support the safe resettlement of Afghan refugees.

Many sources show proof of mayors and leading officials of other counties being proactive about helping the Afghan refugees, but what about the mayor of San Bernardino county? Mayor John Valdivia has yet to make any type of decision or statement regarding the assistance of Afghan refugees. San Bernardino is the largest county in the United States. With a county that big I would assume that the mayor would take some type of initiative and proactive effort in assisting with the refugee crisis, but I have yet to see it.



Photo courtesy of Instagram page @ashyouth

CSUSB University Police encourages community effort

University police are always ensuring safety on campus, from responding to emergency calls to regular patrols, however, help from the community could go a long way for the department and campus wellbeing.



CSUSB University police bike patrol monitors around the campus where most police vehicles can't go through as they interact with community members. Photo courtesy of CSUSB Police Dept

By Ricardo Martinez
Contributing Writer

The first way the community can get involved in applying for the department's Citizen Volunteer Program which will greatly supplement officers. The university police state, "The Citizen Volunteer Program (CVP) personnel will strive to enhance campus safety and security through programs of crime prevention and education with active involvement in these efforts."

The goal of the program is to allow citizens to interact and aid officers in improving the quality of campus life and education. Some of the areas that

the volunteers will aid in will be report writing, fingerprinting, and campus patrol. The program has certain qualifications for volunteers to ensure the safety of the campus. Some of these include having a valid California Driver's License, not being convicted of a felony or serious misdemeanor, and must be able to volunteer at least eight hours per month to the program. Volunteers will not be sworn peace officers and can not act in an enforcement status but having the community be involved in the program will allow officers to have more time to focus on primary concerns. Applications can be found online or at the front counter of the University Police Department.

The next way the

community can get involved is by downloading the LiveSafe app, which is great for communicating your safety needs with UPD. LiveSafe is one of the top mobile safety communications platforms that helps users engage in working with on-campus officers. The app allows you to stay connected with on-campus alerts and report incidents or suspicious activities. Former CSUSB Police chief Nina Janen stated in an interview in 2018, "In using the LiveSafe app, our CSUSB family will be able to communicate quickly and, in some instances, discreetly, while at the same time the police department will be able to monitor and respond as needed in a timely manner. Remember, if you see something,

say something."

The app also provided students and faculty with great resources like campus maps and shuttle services. One unique feature that LiveSafe has is SafeWalk, a GPS that keeps track of where you are before arriving at your destination. In a time where cell phones are more prevalent than ever, LiveSafe is the essential app to notify officers of activities that can be missed. This allows the students to play a role in making a difference on campus with a touch of a button on their phones.

The last way the CSUSB community can get involved in understanding the use of the multiple crime prevention forms. These forms can be found online on the university's police

webpage, the goal of these forms are to educate the community on techniques to combat crime and encourage different approaches that can be taken. There are many different forms ranging from how to prevent identity theft to how to put a stop to hate crimes. It is very difficult to find the best way to react in tough situations since many may be experiencing these difficult circumstances for the first time. By taking time to read through these forms, one can get better informed and use their newfound knowledge to apply it to a situation or pass it on to others.

If these recommendations are taken and are exercised by the community it will help the on-campus police create a safer campus for everyone.

Lack of fair pay causes lack of workers

With the labor crisis happening, many people are making it known that if they aren't getting better pay they aren't going to look for jobs. After the pandemic, many people realized that they no longer can work in such low-paying jobs.

By Isabel Melero
Staff Writer

It's easy to criticize people for not wanting to work but looking at it from their perspective you understand where they are coming from. Many people work paycheck to paycheck and their paychecks aren't even enough to pay their rent. With this standstill in so many job openings available, it still hasn't been made clear to the corporate world that people are looking for more pay. Not more pay to make them "rich" but to have a livable wage where it makes sense to work and enjoy their lives. The pandemic had a

positive effect in revealing the cruel and unfair conditions of minimum wage and how hard people were working just to survive. Workers were being taken advantage of, overworked, underpaid and they have had enough.

While many main concerns are about pay there is also the worry of getting sick because COVID-19 is still around and has not gone away, many people have no choice but to go to work and risk getting sick. Jobs not being flexible and understanding of everyone's current situation is just another reason why there are so many job openings and no one is willing to risk their health for low pay. With low-paying jobs, you don't see the benefit of going to work and taking a risk for the

sake of your family, when the pay isn't good enough to provide for your family. Many families also have kids who sometimes can and cannot attend school depending on if schools are open or closed at the time. That puts their jobs in jeopardy as well because jobs aren't being flexible with people and their current situations.

"The Job Openings and Labor Turnover Survey showed that 4.35 million workers left in February, an increase of 94,000 from the previous month." There is not a problem with not having enough jobs for everyone but a problem in these jobs not paying enough or being livable wages. People are expected to stay at their jobs and not complain about anything but it

has clearly shown that they are not staying and quitting to find something better or find better opportunities. Many people are enjoying their break from work because they were not able to have vacations before, which shows that there's no rush to find work. That is showing how overworked they were with no time for themselves. This is also another problem with these jobs not just because of the low wages but because of how little they care for their workers.

Corporate companies only care about how much money they can make in a certain amount of time instead of caring for their employees. Jobs giving as little as possible to their employees while expecting to get the most amount of work from

them partially explains the labor crisis and why so many people are still unemployed. Businesses focusing only on profit and not on their employees have been uncovered with many people realizing that they are not cared for and should find better.

An unemployed woman in California, who wishes to remain anonymous, stated, "It's harder looking for jobs now than it was before because I now know that I need more pay than what I was getting paid before the start of the pandemic. I understand that many people have bills to pay and families to feed but there is no reason you should be breaking your back and have to struggle still to put food on the table when there is a lot of government help out there"



You may notice that there are a lot of hiring signs. This sign is posted in front of an insurance office. Picture by Isabel Melero

Food insecurity affects those closer to home than you think

By Sally Lloyd
Staff Writer

The COVID-19 pandemic has highlighted the effects of food insecurity in America, demonstrating that when resources are shut down in an emergency, people will struggle in many ways. With no access to groceries stores and restaurants and convenience stores minimizing hours, food insecurity becomes more prevalent. Although this issue of food insecurity is not new, it is a social injustice that a large amount of the population is struggling for enough food to provide a healthy lifestyle, while the other half has the privilege to pick and choose their diets based on how they are feeling at a certain point.

Food insecurity is an international, national, and local problem that affects 9% of the world population, which is approximately 697 million people. This may feel like a large, distant issue but food insecurity affects approximately 93,273 households in San Bernardino County. Food insecurity is defined as the lack of consistent access to enough



Photo courtesy of CSUSB Photos

food for an active, healthy life. An aspect of this issue is many of the families affected by food insecurity are also plagued with food deserts and food swamps. Food deserts are geographic areas that lack grocery stores within proximity to where people live, while food swamps are environments with a large number of fast-food restaurants and corner stores within the vicinity of where people live. With both food deserts and food swamps, this means that nutritious foods are harder to find, and are replaced with the consumption of highly processed foods and those high in sugar.

This diet of highly processed foods and high-sugar foods can result in an increase in headaches, lack of quality

sleep, acne, joint inflammation, heart disease, and weight gain. Processed foods are highly correlated with the obesity epidemic, specifically in the U.S. Prioritizing foods that are cheaper to produce rather than rich in nutrition is a gross injustice to citizens, especially when it may be their only option, whether that be because of accessibility or affordability.

It can be safely argued that those subjected to poverty are more likely to be food insecure. Those living in low-income households are more likely to live in neighborhoods that lack grocery stores or markets that carry fresh produce and healthier options. Therefore, access to fast food and convenience stores is much easier and more likely to

be utilized. Car ownership also correlates with the likelihood of food insecurity because it makes it easier to shop for groceries. Those with disabilities are highly susceptible to falling into food insecurity, especially if they are unable to attain a job. This may cause these people to fall below the poverty line as well. It is up to those who are food secure to help those who are not.

One way to help is by donating to organizations. There are many in our area that has food fridges or food banks, including one on the CSUSB main campus. According to the CSUSB website, 1 in 4 Cal State students is going hungry. Food insecurity is common among college students and can have negative impacts including increased difficulty in concentration and studying, which then results in low retention and graduation rates. Students that are hungry, burned-out, depressed, and preoccupied with issues like money are less likely to succeed academically, socially, and personally.

Another way to help is by starting a community garden or volunteering for one. The CSUSB community garden was first established in 2017 and, after a two-year hiatus following

the COVID-19 pandemic, it reopened on November 2nd, 2021, and continues to donate to the Food DEN on campus, inspiring students to eat healthier.

You can also provide education on healthy low-cost foods, which can be done by researching those foods and communicating with those in the community about your findings. Lastly, contact your elected officials about food policies and the harmful effects of food insecurity, and how it can damage those living in your community.

Food insecurity is prevalent across the world and in our community, but it does not have to be. You can make small changes in your community by following the steps stated above as well as finding your solutions. It may be argued that this is too overwhelming an issue, but in my opinion, starting small, like on the CSUSB campus is enough to make a difference for those that need assistance.

The Obershaw DEN is located at SMSU South 224. For more information on how you can help or utilize their services, contact the CSUSB Obershaw Food DEN, you can call (909) 537-3663 or email them at TheObershawDen@csusb.edu.

Looking at California's low air quality from a health and advocacy perspective

By Mayibei Ruiz
Staff Writer

California's air quality is ranked the lowest in the country because of the lack of policies protecting its residents from air pollutants, exposing residents to detrimental health risks. The air pollution in cities such as Los Angeles, Riverside, and San Bernardino is consistently ranked the lowest in the country because of warehouses and frequent trucking traffic.

A reason air pollution is a problem in these cities is the lack of local government support for these cities' residents. The city's local government officials do not take sufficient action to create restrictions on warehouses in the area that can improve air quality over time.

When comparing states, such as California, ranked with lousy air quality versus states, such as Hawaii, that have good air quality, you see population also plays an essential factor. Los Angeles, Riverside, and San Bernardino residents are exposed to daily air pollution due

to poor urban development and negligence in protecting their citizens from pollutants.

A significant contributor to the cause of worsening air pollution in Riverside and San Bernardino is the large number of warehouses found in both cities. Warehouses pollute the inland empire cities they reside in by increasing truck traffic in those cities. The increase in truck traffic leads to diesel pollutants in the air, posing a health risk to its residents and causing everything from lung-related health complications to heart health problems.

You can see an example of how harmful the air pollutants are rampant in the city of Riverside by simply going over to the city's public works website. Micron air pollutants are described as air pollutants causing health complications in its residents. The health risks are "respiratory system irritation, reduced lung function, aggravating asthma, the inflamed or damaged lung lining." The webpage even offers its residents extra resources about air pollution, such as websites and health reports. However,

residents know how bad the air quality is because most of us have experienced respiratory-related health issues since childhood due to many of our schools being right next to freeways and busy intersections.

Providing residents with information about the health risks air pollution causes is not helpful information to the residents of these communities. The majority of these cities' demographics are underrepresented individuals who need more help advocating for better air quality from

their local government. For example, Riverside and San Bernardino residents suffer the health consequences of surrounding warehouses in their neighborhoods. Still, they are often not advocated for by their city board members. Often residents understand that action needs to be taken regarding air quality. Still, because these residents are not educated on the steps they need to take to protect their communities, no steps are taken to improve air quality.

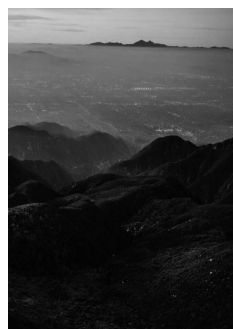
For example, since 2021, cities across the Inland Empire have voted into action Warehouse, Moratorium's, to establish restrictions for future warehouse buildings in their cities. In 2021 the City of San Bernardino was one of the few cities that voted against setting the 45-day warehouse moratorium in their city due to two board members failing to vote in favor of the restrictions. At the same time, cities such as Chino and Redlands have happily voted into effect the 45-day moratorium to improve air quality in their cities.

So why is Southern California missing the memo

on air pollution? After years of receiving failing scores for air quality, city officials would advocate for better policies to protect their residents from air pollution caused by business and traffic. Well, one factor that also contributes to air pollution is population size. In states such as Hawaii, with the cleanest air quality, a factor that keeps the air so pure in that state, aside from a lack of heavy industry, is their low population. The number of residents residing in a state affects air quality traffic flow. Could this be why California is pushing for making electric cars mandatory and banning diesel cars? When the population in a state reaches large numbers, the number of people on the road affects air quality.

"I have lived in Riverside my entire life, and I remember developing asthma in fourth grade; it was scary," said April Chavez, a Riverside city resident. "I remember I grew up surrounded by freeways. My elementary school was close to a busy freeway, and so was my..."

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Standing atop a hiking trail in the Inland Empire, you see the smog pollution that plagues the Inland Empire and its surrounding cities. Photo by Mayibei Ruiz

Abuse on men: A deadly struggle

By Andrea Smith
Staff Writer

It seems that Johnny Depp's case against Amber Heard has made some major waves in the world of Hollywood drama, and in the world of domestic abuse survivors. After the rise of the 'Me Too' movement, there has been a change in the fair treatment of male abuse victims. The topic of abuse of men has been coming to light more than ever recently. I believe that there needs to be a much larger focus on making sure abuse allegations are both true and legitimate, but also making sure abusers, no matter their sex, are brought to justice. The results of a study done by the domestic violence research organization show that "Men are more likely than women to be convicted and to be given harsher sentences and males were consistently treated more severely at every stage of the prosecution process, particularly regarding the decision to prosecute, even when controlling for other variables (e.g., the presence of physical injuries) and when examined under different conditions." It is

for these reasons that I believe there needs to be more of a focus on female violence against males, and the idea of men being abused by their female partners needs to be de-stigmatized.

Abuse of men is often overlooked, especially in the era of the 'Me Too' movement. The focus has been so exclusively on women being abused, that society has seemingly forgotten that they can also be the abusers. Although men are typically physically stronger than women that do not equate to an inability to be abused. In the case of Depp Vs. Heard, Johnny felt that as a man, he should not hit a woman, even in self-defense. So he endured Heard's physical abuse and let her take her rage out on him until he could safely remove himself from the situation.

While the 'Me Too' movement has been an extremely positive thing for many women to come out and expose their abusers it has also demonized men to the point where people will believe a woman who is lying through her teeth, and ignore a man who is crying for help. The fact that Johnny Depp has lost the opportunity to return to the screen in some

of his most iconic roles due to the accusations by Amber Heard is an excellent example of this. Meanwhile, although he also made allegations against Amber, and proof of her mental and physical abuse has been spread across the internet, Heard's movie roles and beauty company ambassadorships remain intact and unphased.



Photo by Andrea Smith

In many other aspects of everyday life men have a more than acceptable amount of focus placed on them, and often receive more concern and attention than is necessary. However, the concept of males being abused by their female spouses is one severely neglected area of conversation. And this neglect has put men in great danger in the modern-day. And many men are afraid to come forward due to the fear of not being taken seriously.

According to the Nation Coalition against Domestic Violence, 1 in 4 men have experienced physical violence from an intimate partner. This is more than comparable to the 1 in 3 women who experience the same abuse. So why are we not focusing on it?

There is a belief that men simply cannot be physically abused by women due to the common "understanding" that women are the weaker sex. This belief, on top of the wave of women coming forward and falsely accusing men just to ruin their lives, has given female abusers an edge.

A striking quote by Amber Heard was recently released...

used as evidence in court. The recording of Heard rang through the courtroom and rocked the jury as they heard the bold statement she threw at Johnny

"Tell the world, Johnny, tell them, Johnny Depp, I, Johnny Depp, a man, I'm a victim too of domestic violence," she said before she went on to say "see how many people believe or side with you"

While at the present moment the trial between Depp and Heard is still ongoing, I feel that all of us watching are beginning to realize just how hard it is for men, even wealthy A-list celebrities, to stand up against their female abusers. If it is that hard for a man with the best legal team money can buy, I hate to imagine what it must feel like for the millions of men of regular status who try to come forward and get the help they deserve.

Moving forward, we all need to take a look at ourselves and our biases and try to actively undo the negative stereotypes we have been raised to believe. Men can be abused just as harshly as women. If we allow ourselves to see this, I hope we can move toward a more just future for the victims of domestic abuse.

Is Coachella really all that inclusive?

There are now designated safe places for those that are a part of the LGBTQ+ community at Coachella. However, is this a step forward considering the owner of Coachella has previously donated to anti-LGBTQ+ organizations?

By Brooke Shepherd
Staff Writer

The Coachella music festival is very well known amongst a wide variety of people. It is so popular that many celebrities and influencers arrive and participate in it. Since the festival is given so much attention, it has an opportunity to spread a positive message for the LGBTQ+ community. The owner of Coachella is known for donating to many anti-LGBTQ+ organizations and is seen as the "enemy of equality." Many concertgoers were planning to boycott the festival as a way of spreading a message of awareness for the LGBTQ+ community. To prevent a boycott, the owner of Coachella decided to spread a message of acceptance as well as "safe spaces for LGBTQ+ attendees."

Coachella also headlined many artists that are a part of the LGBTQ+ community, such as Billie Eilish and Harry Styles. During Harry's performance, he was seen carrying a bi-sexual flag, but some fans were not happy. In their point of view, Harry Styles is still seen as supporting the anti-LGBTQ+ view that Coachella has by



Photo by Markus Spiske

choosing to perform there in the first place. Although there are many conflicting views about Coachella, some people think Coachella is taking a step in the right direction. Fans believe Coachella is starting to become more inclusive and is bringing awareness/representation to the LGBTQ+ community. To dive deeper, I collected perspectives from LGBTQ+ attendees.

Liz attended the Coachella music festival and said, "Truthfully, I had no clue that Coachella donated to any anti-LGBTQ+ organizations. Honestly, I felt that Coachella created a space that felt very pro-everything. There was one LGBTQ+ booth there called 'Headquarters' that housed many

resources for queer people.

While I was walking around the festival, I saw a lot of pride flags, rainbow bandanas, and visibly queer people. I felt that it was a very respectful space. Although I didn't feel a full representation of the LGBTQ+ community, I also didn't feel a lack of. Everyone just kind of existed and vibed with each other. I will say, as a non-binary person, the only thing that I felt could improve on was when the artist would say 'Ladies and gentlemen/ boys and girls.' However, this came down to individual artists and not the festival as a whole."

Taylor was another attendee and noted the safe environment. "I had so much fun at Coachella. I got to see a variety of artists

that I love and a lot of them are known for being a part of our community. I think it was really great that Coachella headlined those artists because they showed their support for us while performing on stage. I would say that the festival is slowly moving one step forward at a time. The designated safe places for people a part of the LGBTQ+ community were definitely appreciated and in use. However, I personally feel that everyone I came across was open to different people and just there to have a good time. I didn't witness any problematic situations and I would definitely come again!" said Taylor.

Ashley noted that Coachella has changed overall. "I remember when Coachella was mainly about the music," said Ashley, "When I was there, I noticed that it is mainly about fashion and who you might run into. Although it seemed like the majority of people dressed in the unspoken rule of y2k/western style, I actually think focusing on the fashion allowed queer people express themselves more. In my opinion, there were a lot of queer influencers, and queer people in general, that felt free to express themselves without worry. There was a crafts tent

where people could make their own bikini tops and I saw a lot of people, myself included, that chose rainbow colors for their design. Although the food was expensive, the experience was amazing. I feel totally drained and will be catching up on sleep for the next week!"

Although these attendees all had a great experience, it is not to say that Coachella is perfect. They all agreed that there could be more done to make it a safe and inclusive place. The attendees that are a part of the LGBTQ+ community also stated that although they had a great time, they cannot speak for everyone's experience. There was one person that I spoke to that still held strong feelings about Coachella despite the steps taken to make it more inclusive. They stated, "In my eyes, everyone that has attended Coachella, and is either queer or an ally, is simply unaware of Coachella supporting anti-LGBTQ+ or they just don't care. Personally, I will not be attending Coachella until there is further action taken by the owner himself."

Only time will tell if future music festivals will take notes to improve and become even more inclusive.

COVID-19 continues to impact student athletes as on campus classes and games resume

Student-athletes have had a delay in their success this past year due to the rise and impact of COVID-19 throughout the year causing lockdowns in certain cities and businesses shutting down to protect everyone's health.

By LeAndrew Knight
Staff Writer

Since the introduction of COVID-19, the majority of our local restaurants, schools, and businesses have been negatively affected. With the rapid rise in numbers of those being affected by COVID-19, the government limited the number of businesses and activities that the communities are allowed to participate in to protect our health.

One major downfall college athletes faced and are continuing to deal with this year is the decrease in access to gyms, events, and each other. This is affecting players everywhere because one may not have access to the things one may need to be successful in this upcoming season. The average college athlete should have at least one vigorous or regular workout a day throughout the week to maintain a healthy body composure. With the limited access, those have received to gyms and training facilities. It could be difficult to consistently endure doing the things they need to be doing to improve their skill and athletic ability.

In addition to having limited access to gyms and training facilities and its effect on student-athletes. Students and players should try their best to refrain from contact with big groups, and keep to themselves to avoid contracting COVID-19.

This could have a grand effect on a team's daily routine and could affect the way they synchronize and play as a team. In addition, schools do not have funds for COVID-19 testing to be able to provide for all student-athletes to get tested daily or every week. A lot of Cal State schools do not have the funds like the USC's and the UCLA's of the world, their budgets are a lot less than those big universities have. A big delay in why there was no season for the year 2020-21 because of the risk of the spread of COVID-19 and the school not being able to provide testing for all student-athletes. That extra money is used in other aspects to support athletics and could not cover those other aspects and help with getting all athletes COVID-19 tests taken care of daily or weekly. It was just simply too much for Cal State schools to be able to afford this each week.

From having busy schedules to having a lot of free time due to COVID-19, student athletes'

mental health has taken a toll especially without being able to play games or practice. Participation in organized sports has been linked to academic achievement and psychological benefits for most student-athletes, leading to increased happiness, stress alleviation, and a lower risk of depression and anxiety. Many student-athletes may feel deprived of this much-needed outlet. Which is a fundamental component of their personal and athletic identities, as a result of COVID-19 regulations eliminating intercollegiate athletics.

In addition to the direct effects of the COVID-19 pandemic on student-athletes, the loss of many good factors that come with participation in team sports may have an indirect impact on their emotional, social, and physical health. The four main negative impacts on the mental health of student-athletes were concerns about academic progress. Switching from in-person to all online classes. Financial problems as resources were limited due to the pandemic. Having worries about the virus and how long it will affect the student athlete's life. Lastly, lack of accessibility to play competitive sports.

For high-performing student-athletes, the COVID-19 pandemic is a difficult moment. During this time, the vast

majority of athletes have had crucial events or meets canceled or postponed. More than half of the players continue to receive virtual training from their club and trainers, despite having significantly reduced training hours. Isolation, worry, despair, and frustration are all common sentiments among student-athletes, while many have discovered successful ways to manage the pandemic. Concerns about losing fitness at this time and the influence of the COVID-19 pandemic on their following season were the most common worries among athletes. The bulk of the athletes, however, intend to resume training once social distancing rules are lifted, and they are certain that they will be able to return to their prior strength and technical level following the pandemic.

In the Fall of 2021 classes were online at CSUSB and there was a protocol to be able to come to practice and after. Players had to walk in and out of certain doors and wash their hands each time they left the arena and had to wear masks during practice along with sitting six feet apart during practice breaks along with weekly COVID-19 testing. Eventually, everyone was required to get the vaccine to be able to come back on campus for classes and to be able to play their sport. Getting into the

basketball season here at CSUSB at the beginning of the season in November and December players and coaches who were on the sidelines were required to wear masks at all times as a safety protocol. Along with that, there were no spectators allowed at games for certain teams in the CCAA conference for the safety of the teams. Throughout the basketball season, the team was very cautious about what they did and day out and the coaches reminded the players to keep their bubble-tight and not be around people they should not be around for safety.

Going into Spring 2022, as the basketball season continued, the men's basketball team had 10 games lined up against conference opponents both home and away games starting in January after Christmas break. However, after New Years the Yotes were set to face Cal Poly Pomona on January 2nd but found out that 10 of their players tested positive for COVID-19, causing the game to be labeled as a "No Contest."

In addition to that on January 8th, a home game against San Francisco State was canceled due to their team having multiple players test positive as well. This led to the CCAA having to just base who was in the first place of the best winning percentage instead of games played because

COVID-19 caused certain teams to be able to play each other twice as they normally do. Later in January, the game on the 20th was canceled against Cal State LA due to five of their players testing positive causing the Yotes to miss another game and have to wait to play. In just eight days another game was canceled for the Yotes for their contest at Cal State San Marcos due to their player testing positive as well to COVID-19.

In conclusion, it goes to show how COVID-19 has still impacted student-athletes today as we enter the third year of the pandemic. To be able to attend these games this season you had to have proof of vaccination and complete a daily health screen along with wearing a mask. Players had to be careful in everything from in the gym to their outside life just to keep the team safe and be able to play in all games. Luckily the Yotes had no COVID-19 problems of their own affecting them from playing but the cost of other teams made them lose games they wanted to play. However, the Yotes still finished the season 24-4 but the impact of COVID-19 was the biggest challenge they had to face all year because that virus could and would spread easily and could have cost some teams their seasons as it changed how the CCAA conference ranked teams for 2021-22 season.



Photo by CSUSB Athletics