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Student Workers Cry Foul Over Exploitation!

They plan to go on strike in demand for better pay

By Coyote Chronicle Staff

About 98% of University of California Graduate students have endorsed a multi-unit strike by voting 'Yes' to the motion. A total of 36,558 total votes were cast at the UC Academic Workers' Strike, thus making it the largest and most decisive strike authorization vote ever taken by Academic Workers in the US. The strike comprising the bargaining units represented by teaching assistants, postdoctoral scholars, fellows, graduate student researcher, and tutors, is set to picket at all 10 campuses under the University of California umbrella. In their statement, the student workers union are demanding equal or fair pay in retaliation to what many have termed as exploitation. Accordingly, many student workers have indicated that they work for long hours despite the fact that their stipends cannot pay for their accommodation and daily ration. A union survey found that 40% of graduate student workers spend more than half their pay on rent and 92% of them spend more than 30%, said Rafael Jaime, a UCLA doctoral candidate and president of UAW 2865, which represents 19,000 teaching assistants, tutors and readers. Additionally, the students have called for a consideration for childcare subsidies, enhanced healthcare for dependents and longer family leaves; public transit passes; lower tuition costs for international scholars and better accessibility for workers with disabilities. "UC universities are the most prestigious in the

world...they owe us recognition for the work we put in to enhance the name...We teach, grade, and perform the cutting-edge research that has earned UC its reputation as the best public university in the world and the global leader. At least they could reciprocate with our simple demand—taking care of us", the unions said in a statement.

that campus rents are 20% to 25% below market rates. Nonetheless, many graduate students say those reduced campus rates are still too high to afford. The growing frustrations over years of bargaining, but with no tangible results have been the trigger the so-called "wildcat strike". The reputation comes from the lack of

// The University has failed to meet its obligations by:

- Unilaterally implementing changes regarding compensation, appointments, transit, bullying protections, and more.
- Bypassing the bargaining process by announcing changes and instituting policies outside of bargaining
- Refusing to provide necessary and relevant information regarding bargaining topics and bargaining unit members
- Directly surveying bargaining unit members about bargaining topics

The graduate students are demanding \$54,000 annually, a wage increase that would more than double their average current pay of about \$24,000. The University of California is, on the other hand, offering a salary scale increase of 7% the first year and 3% in each subsequent year. The university says that affordable housing is a problem for Californians overall, including many UC faculty, students and staff, and

backing of the union that represents the university's graduate student academic employees at campuses across the state. Overall research suggest that more than 90% of graduate student workers live below the low-income datum line and are rent burdened. This is inconsistent with UC Chancellors and others in the administrative staff who continue to receive pay increases. In addition, the University of California has been accused of breaching the conduct by ignoring requests for information from

the union bargaining teams and bypassing the union to institute new policies outside of bargaining. As a result, the three unions have repeatedly filed charges with the California Public Employment Relations Board (PERB) against the conduct of the UC, but the union teams have not yet been met with fair bargaining practices. Against the backdrop, the UAW Local 5810 has charged the University of California with the following statement : The UAW and the University have been bargaining since Spring of 2021. Over the course of negotiations with each four bargaining units, the University has taken a wide range of unlawful actions. Under the Higher Education Employer-Employee Relations Act (HEERA), employers must meet a variety of legal obligations when bargaining with unions. The University has failed to meet its obligations by: Unilaterally implementing changes regarding compensation, appointments, transit, bullying protections, and more. Bypassing the bargaining process by announcing changes and instituting policies outside of bargaining Refusing to provide necessary and relevant information regarding bargaining topics and bargaining unit members Directly surveying bargaining unit members about bargaining topics We have responded through a legal process adjudicated by the Public Employment Relations Board (PERB). Under the law, a Union files a charge with PERB describing the unlawful behavior and the employer has a right to respond. If PERB finds enough facts to suggest that a ULP may have been committed, they issue a "complaint."



Photo Credit: Liam Windstead: The Triton

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Campus Police on Active Shootings

CSUSB Police Chief speaks



CSUSB police Chief accounts for how they are using the map in their active shooter programPhoto Credit Ashley Hayner

School shootings happening on campus isn’t a topic most want to discuss, but on average, in the state of California, a mass shooting has occurred every 8.3 days between 2013 and 2021. What would we do if a school shooter entered Cal State San Bernardino halls?

By Ashley Hayner
Staff Writer

My interview with the CSUSB Chief of police Chief Godown gives us a sense of security on what exactly students and faculty should do in case of an active shooter on campus. With multiple resources already in place, such as campus security, we also have our LiveSafe app. The Livesafe app, co-founded by Kristina Anderson, a survivor of the Virginia Tech 2007 shooting, allows students to have constant access to police, campus maps, consistent notifications about what’s going on, on campus, and more, all at their fingertips.

Chief Godown, with over 42 years of experience in the police force, worked alongside individuals such as the California Governor and his former boss, Gaven Newsom, and former district attorney Kamala Harris to help consistently provide the utmost safety measures to keep communities safe. Chief Godown is currently working on an Active Shooter program, training equipped with real-life scenarios of what happens when in contact with an active shooter. Chief Godown’s real-time training pinpoints specific survival techniques to help keep you and others safe and thinking clearly, whether on campus, in a restaurant, or at the mall in the presence of an active shooter.



Photo Credit Ashley Hayner

Q: Our school campus is quite open, and the public is always welcome to come on campus. Because of this, why haven’t we thought of metal detectors or scanning ids? How do we keep students safe while allowing anyone to go on campus?

A: Well, to be honest here with you, you can come on this campus and protest if you want to. It’s state property. We don’t want to lock the school down and make it a prison. Some want to use ID; Some want to use metal detectors. It depends on where you are in this country and who’s asking for what. The other issue is, can we put an armed policeman in every school in this country? The answer is no. It would be too expensive. I’m not an advocate of having uniformed officers walking up and down the school halls disciplining kids for not doing their work.

Q: Can we predict when an active shooter will come onto campus?

A: What it boils down to is see something, say something. Every one of these active shooter incidents may end badly the most recent one. If you looked at the student, you’d see the last one left a note that said he was depressed. He had no friends, he had no girl. There’s always, when you backward map

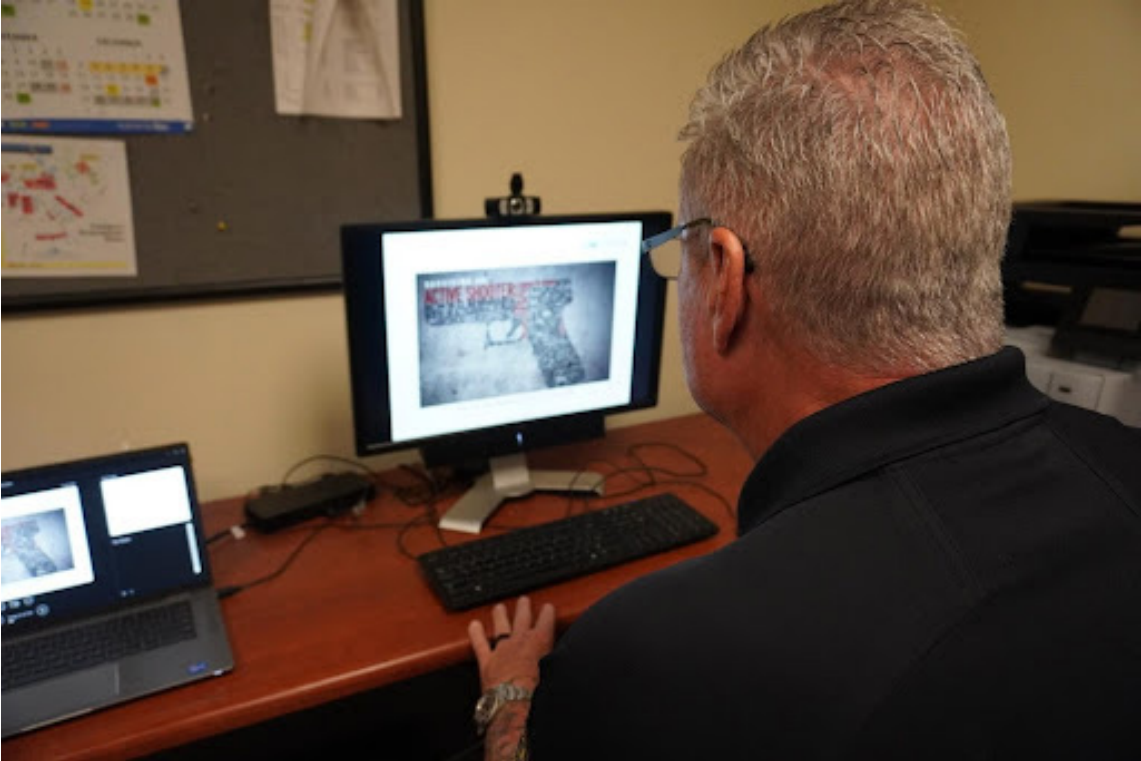
these shootings, see that the suspect involved left some kind of trail of information, be it an online posting or something that somebody should have seen that would've alleviated the incident from occurring

We have what is called a tat unit threat assessment team here, and when we get issues with students or staff or there are threats, we look into that. So for me, it is about, yeah, the security is important, we can lock down all the doors, we can do the ID checks, but the reality is, is really to look forward to determining if that student's had social behavior issues.

Q: How do we carefully monitor our visitors on campus?

A: You can come on here between seven and eleven o'clock. If you go down to the main walkway there by the library, I'm sure you've been down there. You've seen the people with the clipboard signing people. Right. They are allowed to walk down there. We have a lot of officers out there that are watching and a lot of officers who patrol, but the campus is

accessible and tailored, so there isn't a lot we can do to prohibit somebody from coming on campus.



Chief Godown working on active shooter program

Photo Credit Ashley Hayner

We have a lot of cameras outside and cameras inside. We have access to those cameras, and we monitor

those all the time. Sometimes the dispatchers that work here, the 911 center, will see things in the

camera that they'll give us a call. But I'll tell you we've got a great environment. The community people will pick up the phone

and call us even if they say "Ah, I'm not sure if this is an issue."

Q: In your training, you address ways of "how to act" when in the presence of an active shooter because it is also a mental

thing to survive. How should you act amid a school shooter?

A: Active shooter killings are a tragic, unpredictable reality that has become more common since 2006. The US has averaged an active shooter event with four or more every 2.9 months. Even though the number of dynamic shooter events has been increasing, your odds of involvement are still very high, but just like fire drills and earthquake preparedness, making a plan in advance can make all the difference.

Chief Godowns' training shows distinct methods on how to position yourself when getting away from an active shooter, how to hide, and what noticeable signs to look for when possibly dealing with an active shooter before things get deadly. Over 29 departments have completed this helpful training that will be available to students shortly. For more updates on crime and what's happening on campus by the hour visit: <https://csupd.crimographics.com/2013/default.asp>

Health Center at CSUSB Vs. Illnesses

The CSUSB campus offers many resources to its students. This year has presented us with numerous illnesses such as the flu, viruses, and of course, COVID-19. The Health Center offers several different resources for students to utilize. Today, I had the opportunity to speak with Melissa Acuna - the senior Health Educator on campus.



Melisa Acuna Senior Health Educator at CSUSB

By Aleina De La Cruz
Staff Writer

Q: What health-related resources are free for students attending CSUSB?

A: "When it comes to health and wellness services, all students pay a health services fee. It includes the Student Health Center and counseling and psychological services. For the Student Health Center side, it allows students to see any one of our medical providers or use our clinic. We have doctors, nurses, and psychiatric pharmacists. You can get blood work done here as well. We are like a full clinic; however, students don't have to pay a copay here to see a doctor.

It's great for people who need a convenient way to be seen by a doctor, especially if they're also looking to keep it private. A majority of students that have insurance, may want to maintain some of those services private from their parents. Especially when it comes to mental and reproductive health and kind of being that safety net for students and even for students who don't have insurance. We contribute a lot to that because again, seeking medical care outside when you don't have insurance, or maybe not even the greatest insurance, can get costly very quickly. If we can try to remove those barriers, that's what we're here for. The other things that students can get are kind of already included because not everything's free. We offer free flu vaccines, free condoms,

and free pregnancy tests. Health educators like myself or Elizabeth hold one-on-one appointments to discuss nutrition & reproduction as well. If there's anything that students need such as physicals, lab work, or prescriptions, again, we try to offer it as low a cost as possible too. We can also try to work with your insurance.

Q: What would be some resources that you would recommend for students to utilize on campus that many do not know about or don't utilize?

A: I think what's beneficial for a lot of students is access to reproductive healthcare, especially since most of our population is female. For example, we provide information about birth control and family planning. Maybe you need a gynecological exam, and you're kind of scared, or maybe you need your first pap smear. Those are all things that we can discreetly cover. I think because our providers consistently work with students and we know that this is their first experience, we go slow and we'll explain everything. We're going to take our time because again, we want to empower you to know what's going on with your health. Another thing that I

want to emphasize is the onsite pharmacy that we have. It can be utilized for prescriptions or over-the-counter things. For example, we offer plan B for \$20 and it's pretty quick and convenient to get and it's completely confidential.

Q: Over the past year, can you estimate how many students have used the resources given?

A: The pandemic slowed things down a little bit. With that, we were able to start offering telehealth visits. And again, we were emphasizing to the students that they're paying for this service and to take advantage of it. This year's been better than the previous year. But of course, we're always striving to do better. We're always trying to educate students.

Q: Do you think that the rise of COVID-19 impacted the number of students who visited the Health Center?

A: Definitely. When we were virtual for those couple of years, it did. We were still trying to reach students. We were letting them know that they could still come in for telehealth appointments, but seeing that the pandemic sent everybody home at the time, it lowered our service

count. We try to make it accessible for students because we know that not everything can get fixed or seen through a telehealth visit. We knew students did need those in-person services again, so when it was safe and when we could, we did try to bring those back up again.

Q: A majority of people have heard that the flu is going to increase the number of infected people this year, and there's a possibility that COVID-19 will slowly go down. Why do you think that is?

A: Well, with the flu, there's always just been different ways. Some years are stronger than others. I think ever since the pandemic happened, people have been a little bit wearier about vaccines and exactly what's in them. There is a lot of stigma around people getting vaccinated. There was a big push on campus to get students vaccinated so we wouldn't have such large outbreaks on campus. So as far as the flu season goes, we're always trying to educate people about the flu vaccines and how effective they are in preventing it. In terms of COVID, I know there have been some waves that have been popping up throughout these past couple of months, especially as we get into the colder months.

Inside the Undocumented Student Success Center



CSUSB President Morales with Undocumented Student Success Center personnel

While students return to campus, many underrepresented groups are still unaware of the resources available to them. The new update for DACA has been released, and many undocumented students are unsure of where to find help.

Andy Garcia, a student assistant who has worked with the Undocumented Student Success Center since the summer of 2020, gives us insight into how the center has changed throughout the school year along with its resources and shares his thoughts on how undocumented students can be better catered to at CSUSB.

By Lizbeth Lopez
Staff Writer

Q: What are your daily tasks at the center?

A: Some of the things I would do is, I would stay at the front desk, so I would mostly greet the students. One of the major tasks that I would do was help the students with their California Dream Act and answer any questions they had regarding the campus or the center and its resources. There were times when I worked as a peer mentor, so I would help students out with their classes, sign up for classes, and create an academic plan for them. I would also help brainstorm for events and facilitate them.

Q: Since you have been working there for a really long time, you were there working under Maria and then Jairo, who was titled director. How do you think the center has changed with the change in directors?

A: So Maria was part of the group that opened up the center and created it and was advocating for it before it even existed. So she played a big role in creating it. And so a lot of students built a really deep connection with Maria. So,

when she left, it was almost as if you were losing a family member to a lot of students. So I feel like it was a very big change in atmosphere, and it was like the center felt brand new to a lot of students with the new director, Jairo. But I think Jairo has been doing a good job with that transition and building that familiarity of the center as well as the welcoming atmosphere. He's been very big on welcoming students and catering around the students when it comes to events and planning them. He really wants to know what the students want.

Q: How would you guys go about reaching out to students to come and visit you guys at the center?

A: We've tried multiple methods. I know that we usually try with social media, so posting on our Instagram, Facebook, and TikTok, is kind of just promoting the center and promoting our events and letting students know that we exist. I think the best method so far has been through email, which is a hit or miss when it comes to emails because a lot of students don't check their emails for the campus because they are bombarded with, you know, a lot of emails every day from different programs, offices, and centers. So we try to limit it to that area but we do a newsletter

with all the information on our upcoming events and the user community resources on there.

Q: What kind of events do you guys hold for your students?

A: I kind of categorize it as two things. So, we have our major events and then we have our smaller more student-led events. So one of the major events that we have is the Undocu Graduation Ceremony. It's a ceremony to highlight the accomplishments of undocumented students and allies. One thing we recently incorporated into the Undocu graduation is allowing students to select who gets to sash them. The majority of students would choose their parents to sash them or some of them would ask to do it themselves. And I think it's a very special detail to have. And the other major event we have is the graduate school conference. I feel like navigating grad school is difficult. If navigating college is hard as an undergrad, I feel like it is even harder to navigate graduate school, especially if you're undocumented. We hold the conference and we invite speakers. Some of them talk about their experiences and give advice and some of them talk about financial aid and how they went about it. A lot of students really enjoy the event and it gives them

a sense of motivation. It also lets them know that there are resources and it is an opportunity to seek out.

Q: Could you give me a couple of resources that are readily available to students when they come into the office?

A: So a big resource we have is a legal team where students can seek legal guidance and counsel from an attorney that we have on campus. It's called Carecen where they can make an appointment. A lot of students seek office resources to renew their DACA as well. And it's completely free so the student would just email and let them know what resources or help they needed.

Q: What resources do you think should be added to the center for undocumented students?

A: I think a major resource we should have is, I actually don't know if it has been implemented yet, but I think having a counselor or therapist who is undocumented. Because the undocumented experience is a very sensitive topic for some students. And a lot of students wouldn't feel comfortable speaking with someone who isn't documented. They want someone who can relate to their struggles and experiences and you know, that way they can seek our mental guidance

and mental health resources. And CAPS does a lot for the students on campus, but I'm not sure if they do have an undocumented therapist already, and I feel like an undocumented therapist would be really helpful in our community.

Q: Is there anything else you would like to add, to this interview or anything else that you think students on campus should know?

A: I think students should know that the center still exists. We are currently offering services virtually. We're still trying our best to have events. Hopefully, by next semester we're able to be back on the ground for the students.

Since the flood at CSUSB during the fall semester, the Undocumented Student Success Center has closed its door in person and offered online services. Not only have they overcome the flood but also been through a variety of changes since the beginning of the school year, starting with the change in directors and the academic advising administration. Although they are still figuring out a location at CSUSB right now, they want students to know they are still here for them.

Upcoming Managing your Moods Workshop

Coyote PR
Contact: Ruben Velasquez

CSUSB's CAPS (Counseling & Psychological Services) will be hosting a Managing your Moods workshop focused on learning strategies to help manage overwhelming emotions such as stress, sadness, and anger. These emotions cannot be eliminated, but this workshop will help guide students in ways to help manage those strong valid emotions. This workshop will take place over Zoom on Friday, December 2nd from 12 pm to 1 pm. Registration for the workshop is available at the CAPS website at <https://www.csusb.edu/caps> or via the QR code in the flyer attached. The workshop will be presented by CAPS Therapists, initially announced as Stacie Pham, PsyD, student services professional, and Claire Craddick, AMFT (American Association for Marriage and Family Therapy), student services professional and CAPS Therapist. This will be the final planned workshop for the Fall 2022 semester.

For more information follow CAPS on Instagram @csusb.caps or the CAPS website. About CSUSB Counseling and Psychological Services CAPS, Counseling and Psychological Services, is a free service provided to students on campus. Services provided include wellness workshops, and individual & group counseling. The CAPS office is located in the health center office in HC 162. CSUSB upholds the university mission of academic success and social justice by promoting the mental well-being of CSUSB students, the campus community, and the surrounding region. This is achieved through mental health counseling, advocacy, and outreach and consultation in a safe, supportive, and culturally-informed environment. Group therapy sessions and other workshops are available throughout the year. For more information please visit the CAPS website.

Counseling & Psychological Services
Health & Wellness Workshop:

Managing your Moods

PRESENTERS: CAPS THERAPISTS

Are you feeling overwhelmed by your emotions? Are you finding it difficult to control feelings of stress, sadness, or anger? Feelings cannot be eliminated, but this workshop can help you learn strategies to manage overwhelming emotions.

Friday
12/2/22
12:00 - 1:00 P.m.

To Register :

\$25 equal opportunity drawing for student attendees!

<https://bit.ly/workshops-CAPS>
You must sign up with a CSUSB email address

YOU ARE NEEDED OF A DISABILITY-RELATED ACCOMMODATION TO PARTICIPATE, PLEASE CONTACT COUNSELING AND PSYCHOLOGICAL SERVICES THREE WORKING DAYS IN ADVANCE AT (909) 537-5040 OR psycounseling@csusb.edu

What's Next for Palm Desert Campus

CSUSB announced a \$79 million budget allocation granted by the state of California for the campus at Palm Desert. The Palm Desert Campus is a satellite campus that serves as an extension of the San Bernardino campus in order to provide courses and majors for students who live nearby.

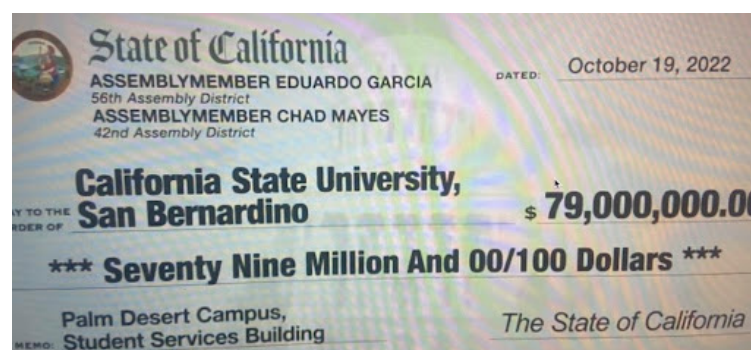


By Miguel Ayala
Staff Writer

Jake Zhu, Dean of the Palm Desert Campus, has been with CSUSB since 2002. He started as an Information Technology Systems professor, eventually taking a position as Department Chair, and now working as the Dean of the Palm Desert Campus. He has been Dean at the Palm Desert Campus for the past 4 years, where he has worked tirelessly to provide services for the students who attend this campus. Dean Zhu has shown endless support for the student body with support for clubs and organizations. Dean Zhu discussed the budget proposal and plans for the campus with the newly awarded state grant. This is the first time since 2017 that the Palm Desert Campus has been awarded state funding in an effort to increase services provided at the Palm Desert campus. This would be just the second time in the past five years that a budget passes through the state. Although the process was very lengthy, eventually it was passed with more funding being offered than what was being requested. This will be the first physical expansion since the Health Science building back in 2006. CSUSB Palm Desert proposed a master plan which was accepted by the CSU board of Trustees that demonstrates how the campus plans

to expand. With the building of the new Student Services building, we will complete phase one of the PDC Master Plan. Every building is already planned, it is only a matter of time before we get the funding from the state to build on this plan. This expansion is hoped to have it completed between four to five years from now. The hope is that as student demands continue to increase in the Coachella Valley, and the continued support from the community, the Palm Desert Campus will continue to expand to the East. How will the new student services building benefit students at the Palm Desert Campus? Over the years famous enrollment at PDC has increased and now stands at around 2,200 people for the four buildings the campus provides. Once the building is built, student services will also expand to offer tutoring centers, career centers, a library extension, and even a larger campus bookstore. It will also attempt to offer food services on campus for students

that attend. As a result of many of the student services that are already provided moving to the new building, Dean Zhu hopes the empty spaces will be filled with more classes in order to accommodate the ever-growing population of the campus. With the new student services building, Dean Zhu hopes that the student population grows from 2,200 to 4,000, which would be a great growth trajectory for the campus. Dean Zhu would like to thank Eduardo Garcia and Chad Mayes for their effort in fighting for school funding. Although the campus was initially awarded \$59 million, Chad Mayes and Eduardo Garcia fought for a revision that helped add \$79 million. He would also like to thank the community who works tirelessly to provide a place for higher education in the Coachella Valley, the City of Palm Desert with their support, and the CSU and university administration for making this all happen.



\$79 million dollar check for the student services building at PDC.

Our Scars Remind us of Where We Have Been

By Michelle Razo
Staff Writer

Walking the campus of CSUSB, we see an open ocean of diversity among the students. On the surface, that is what the beauty is about the campus. But in reality, it's more about the personal stories that some of these students have and can share with others.

with, “No, not at the time. I was really depressed. Leaving, that was like... like heartbreak.” She was in trouble for her opiate addiction. Lorraine took a sip of her water and then went on, “When I got back my parents just immediately put me into rehab. When I would complete it, I would go back to their houses. For the first couple of years.”

I went ahead and asked her if being in rehab at such a young age, against her wishes, helped her. She sighed and shook her head, “No, I think it made me worse because you're around people who have problems just as much, if not more than you do and it's just a whole bunch of people talking and romanticizing drugs and you know, how great this was and how great that

was. It didn't help that I wasn't ready to get clean yet, not of my own volition.” I nodded, silently understanding what she meant. I asked Lorraine what it was that actually made her get clean and better. “Yes, a big event. I had been buying my drugs from a certain person forever and one night I did some, and the last thing I remember was that I was standing

up, talking, and then the next thing I knew, I was on the floor with a whole bunch of paramedics to Narcan me. When I woke up, they told me what had happened. They first asked, ‘Have you heard of fentanyl?’ And I was just like ‘duh’. He's like, well, ‘that was definitely fentanyl’. And I was like, ‘No, no, no. My guys would never put Fentanyl in their stuff...’ And I know now that was really stupid thinking. But I think that's when I realized that was the last time and it was too risky to continue doing it and it's also not the kind of life I wanted to keep living. At that time I was 29 and I knew that I didn't want to turn 30 and still be an addict. Like either I had to stop then or I would never stop.” I went ahead afterward and asked her about her ambitions for school and when she decided to return.

“I wanted to get

clean first before attempting to go back to school. I had tried when I wasn't, and I didn't do well. So I would do things differently this time.” We then discussed her support system and what it was that truly helped to keep her on her path of sobriety. Lorraine said that in her personal experience, Narcotics Anonymous (NA) wasn't really a help for her. “People are talking about drugs and how it felt being on them. And they were just triggers for me. So family was the main support I had. It was important to surround myself with people who didn't have a drug problem. Because, in a sense, your friends do say a lot about you.” As a non-traditional college student myself, I went ahead and asked her, “What has your experience been like at CSUSB and what type of people do you feel you've been able to connect to since you started.?” Lorraine responded, “At first, I didn't like it. I felt that people weren't really interested in simply saying, ‘Hello’ to you. But after some time, I did make some good friends. Most of these friends are also non-traditional college students who have had some life experience under their belt, just as I have.” When asked what continues to motivate her to stay clean and how long has it been, Lorraine smiled and said, “my original motivating factor was my boyfriend - because I wanted to get clean and I wanted to have a healthy relationship. I knew that if I screwed up again and relapsed, it wasn't going to be good for me. So I just keep going and try to stay focused on my goals. And that's kinda what keeps me on the right path because I have promising goals now. I just want to live.”



SAMHSA's National Helpline

1-800-662-HELP (4357)

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A Master at Work

By Daniel Kircher
Staff Writer

To leap further into the realm of higher learning and acquire a Master’s or Doctorate takes mental and physical strength. It is not a walk in the park while enrolled full-time in a Master’s program. Especially one that requires hours and hours of on-the-job training as interns, learning firsthand the tools of the trade. I have the pleasure to introduce a CSUSB Alumni and current enrollee in a Master’s program for School Counseling at the Concordia University of Irvine.

Daniel: Hello, what is your name?

Yazmin: Hi, my name is Yazmin.

Daniel: Hello Yazmin. Where are you from?

Yazmin: I'm from San Bernardino, California.

Daniel: Oh, interesting. And what led you to further your education and attend college?

Yazmin: I wanted to pretty much just secure my future, make sure that I was financially stable, and go to school for something that I'm passionate about.

Daniel: What college or colleges have you attended or currently attending?

Yazmin: So, my first college, I went to San Bernardino Valley College. Graduated from there with my AA and transferred to Cal State University San Bernardino. I did my remaining two years there and got my Bachelor's. I'm currently a graduate student at Concordia University Irvine.

Daniel: Amazing! What degree do you have in progress at

Concordia Irvine?

Yazmin: My current degree that I'm working on, is my Master's which is in school counseling with a PPS credential.

Daniel: What compelled you to attend a Master's program in school counseling?

Yazmin: I wouldn't say compelled because I really didn't want to continue. However, in order for me to become a school counselor, it is required for me to hold that Master's degree and that PPS credential.

Daniel: How did you choose what institution to attend for your Master's program?

Yazmin: It was really all about comfortability and finances. I am not only a full-time student, but I work a full-time job as well. So, there were some things that I had to take into consideration when choosing where to. I was looking more for like an online program. I was looking for something that was at your own pace.

Daniel: It sounds like you did your research before you chose. What does your Master's program consist of? I know various programs have different requirements and expectations. What are your program's requirements and expectations?

Yazmin: So, for my program, we take classes every eight weeks, and we have no summer break, so it is more of an accelerated program. In every class that we have, we always have group projects, essays, and term papers. Currently, I'm in my last course, so I am writing my capstone. As far as like requirements to get into this program, it

was more just like a graduate application, references, and making sure that you had already your Bachelor's degree.

Daniel: What has been the easiest part of your Master’s program?

Yazmin: I would say the easiest part would probably be time management. Because it is a, at your own pace. I have a lot more time to feel maybe like not as stressed or rushed to complete maybe certain eight weeks for one class does not seem like a long time compared to maybe some other programs where you have like a whole semester or quarter, but it's been a lot easier for me, surprisingly, compared to my undergrad. So, I would say, time management has been the easiest for me, but if we're looking for an answer as far as assignment-wise, I would probably say the discussion. I still think it's crazy that we do discussion boards in a graduate program, but that would be the easiest compared to anything.

Daniel: What has been the hardest part of your Master’s program thus far?

Yazmin: I would say my capstone paper. This is my final paper. It has been very stressful to complete. It ultimately reflects everything that you've learned in your graduate program. So, it's that pressure of just making sure that I detail my knowledge and my experience. Also making sure that you meet the requirement of the pages, being that it's over 20 pages. Um, you know, that might be easy for some people, but when you're a full-time student, and a full-time employee and got other personal things going on that it can be a bit stressful.

Daniel: Would you advise other potential students to attend a Master's or Doctoral program?

Yazmin: Absolutely. I'm an advocate for higher education. I'm an advocate for anybody that wants to go to college, so absolutely. I do think it's always in your best interest to further your education. I think it's very beneficial. The only piece of advice I would give is to make sure that you're going for yourself. Make sure that you're going for what you're passionate about. It would be very unfortunate if you spent all that time and money working on a degree that you won't even use. So, I think that you should go at your own pace and take your time and figure out what it is that you want to do when you get older or whatever career you want to start.

Daniel: Wonderfully said, Yazmin. In your honest opinion, how would you describe your experience thus far as a Master's student?

Yazmin: As a Master’s student, I mean, I think my experience has been great. I would say it's not as stressful as I thought it was going to be before entering this graduate program. That doesn't mean that it's 100% easy. Of course, it has its ups and downs. However, I think that my experience so far has been worth it, and it's provided me with a lot of clarity and outlook.

Daniel: What has been the greatest reward that you have gotten from attending this Master’s program so far?

Yazmin: I would say my greatest reward is the experience that I've gained through fieldwork with this program, I am required to do fieldwork, so be an intern and apply what I've learned in person. I'm going to school and working with the students at the school, and I think that that is just rewarding, knowing that this is something that I'm working towards doing for the rest of my life as a career. It's rewarding just to see that what I've learned, I'm able to apply and help and change a student's life.

Daniel: That's admirable. And as being your fieldwork hours, how many of those hours do you have to accomplish during your Master’s program as a requirement for your degree?

Yazmin: Six Hundred

Daniel: With those 600 hours considered, how are you managing the workload that comes with such a prestigious degree while working full-time?

Yazmin: So, I don’t have a lot of free time that I would like to have. You know, I do work five out of seven days a week. Thankfully, I do have a job that is supportive of people getting their education. So, with this job, I can work around it and change my schedule to be able to complete those fieldwork hours.

Daniel: Do you have any advice for current college students that plan on attending a Master’s program?

Yazmin: I would just say take that leap of faith and do it. I was someone who was nervous. I was someone who after I got my Bachelor's degree, did take a break and there's nothing wrong with the break, right? I just needed a year off to kind of just figure out exactly what it is that I wanted to do. What it is that I needed to set myself up for. So, I took that time but, if you're ready to just jump into your graduate program right after your Bachelor's, please go for it. I would say that a graduate degree is not something to play around with.

Daniel: Thank you for your time and I appreciate you coming out for this interview.

Yazmin: Thank you for having me.

The pursuit of higher education beyond a typical four-year degree is a giant step for men and women. Those who choose to take that path may or may not know what to expect. Fears and the unknowns are set aside. We had the pleasure to learn firsthand how one manages their life while taking a deep dive into a Master’s program to achieve their goals and aspirations. From the words of a former Coyote and CSUSB Alumni, “Find your passion and pursue it, regardless of the obstacles you may face, It is worth taking the journey of struggle to get to the other side of success.”



From Dreams to Real Life in Real Estate

By Alexis Rios
Staff Writer

Orange County real estate agent and mortgage broker, Bobby Rios, details the sacrifices and skills it takes to break into the real estate business. Growing up without the resources to dip his toes into real estate, he still managed to find a way to make means to achieve his dreams. He eventually worked his way up to be able to afford the startup to create his own real estate company with his real estate license and broker’s license as First Place Home Loans. I was able to acquire an interview with him to learn more about the real estate business and starting your own business.

Q: Where did you grow up and at what age did you get into the real estate business?
A: I grew up in Salinas, California, and I started my business at the age of 22 so I’ve been in real estate for over 20 years.

Q: Okay and what was your educational background throughout growing up?
A: I completed high school at North Salinas High School. I attended Hartnell Community College for two years and went to San Jose State for one year. From that point forward, I came to Southern California to visit some of my closest friends and met up with the manager of a mortgage company and that’s how everything started.

Q: Was there a certain memory or something that made you want to do real estate initially or did you just see it like on a list of occupations and wanted to do that?
A: When attending community college, I worked at a local car wash and would detail some nice, expensive cars and would see business cards inside. All of these people were either in finance or real estate. This was intriguing to me because I wanted to have a life and a career to live in a nice location.

Q: Can you describe what your plan was for moving from Northern California to Southern California and transferring your whole life across the state?
A: Early on, I’ve always been about my money management. I learned to save 80% of my money and spend 20% on wants and needs. Thankfully, this set me up to move in with one of my friends who was already settled in Cerritos, California. I latched onto the eighth largest mortgage companies down here starting as a telemarketer and asked them to match my salary at the car wash for 90 days and just got to work as soon as possible.

Q: How many hours were you working a week when you started?
A: The regular shift was an 8-hour shift so 40 hours a week total but I would work sometimes up to 60 hours a week. Typically, I would work

11-12 hour days because they would allow us as telemarketers to make calls all day until 9:00 pm, so I really just tried to compete with myself and my co-workers by outworking everyone and I just kept my foot on the gas the whole time.

Q: Wow, so you climbed the corporate ladder at that company. How long did the telemarketer position last before you were promoted?
A: Well, the telemarketer position only lasted 30 days. They realized that I was ready for the next step early on. After that, I moved up to junior loan officer and stayed at that for about the next 3 months like 90 days. Then, it took me a year and a half to get promoted from senior loan officer to team leader because there were 280 employees at this company and only 5 top employees got to become the team leaders who were right underneath the CEO. It was a big accomplishment for me.

Q: At what point in your career did you decide to branch off on your own and start your own company?
A: When I was a team leader, I got close to the CEO and was able to see the behind-the-scenes analytical reports of revenue from the company and saw that I was responsible for about 25% of the revenue on my own. When I saw that, I felt confident in myself and was appreciative of the company and my boss. He was super supportive of my leaving and knew I would only have more success so he even gave me a list of clients to carry over in my future endeavors which was amazing.

Q: When you first started First Place Home Loans, what were your initial thoughts or concerns as a new business owner?
A: I was never nervous or scared to fail or lose customers but I switched my focus on the positives such as my little successes every day whether that were past, present, or future successes. Even though I am in finance and real estate, I try to treat work like a farmer would so I try to plant as many seeds, meaning the customers, and hope they will harvest and that we nurture them as much as possible.

Q: Can you explain what your company’s goals are?
A: Our number one goal at First Place Home Loans is to have a satisfied customer. We’ve learned over the years that a satisfied customer has a good experience in terms of top-notch open communication between employee and customer, a good follow-up to make them feel included throughout the process steps, and most importantly, providing the shortest time frame and lowest interest rate possible for the transaction because we all know no one likes to wait or pay more than they need to.

Q: What is some advice that you have for students and young adults who are struggling to figure out what they want to do or people trying to get into the industry?
A: First off, for people that are struggling, I would say some people have it completely figured out from day one on a career path and what they want to do and want to achieve. But, don’t let this discourage you from working on your ideas or exploring different avenues because who knows? It could lead you to the career path you were meant to be in. In conclusion, Rios attributes his success in the real estate business to hard work and learning his craft. He also praises discovering your passion and sticking to it while finding ways to make it happen. Regardless of your background, confidence and knowledge are rich. Don’t let doubt cloud your path to success.

Justin Valencia: “We are up-and-coming, and here to stay”

By Valerie Garcia
Staff Writer

The High Desert Esports community has been experiencing rapid development over the past few years. This group of people is known mainly by those who share a common interest in video games and specifically Esports. This community finds itself walking the line between

niche and still appealing to a mass audience of people who are motivated enough to travel and compete in tournaments. While Esports in the High Desert region has had gradual growth, recent current events and other factors have affected the establishment of this community.

Justin Valencia is one of the tournament organizers for the High Desert Esports community and transitioned from a competitor to a leadership position this past year. Valencia’s experiences with Esports have stemmed from his time as a competitor which spanned over 10 years.

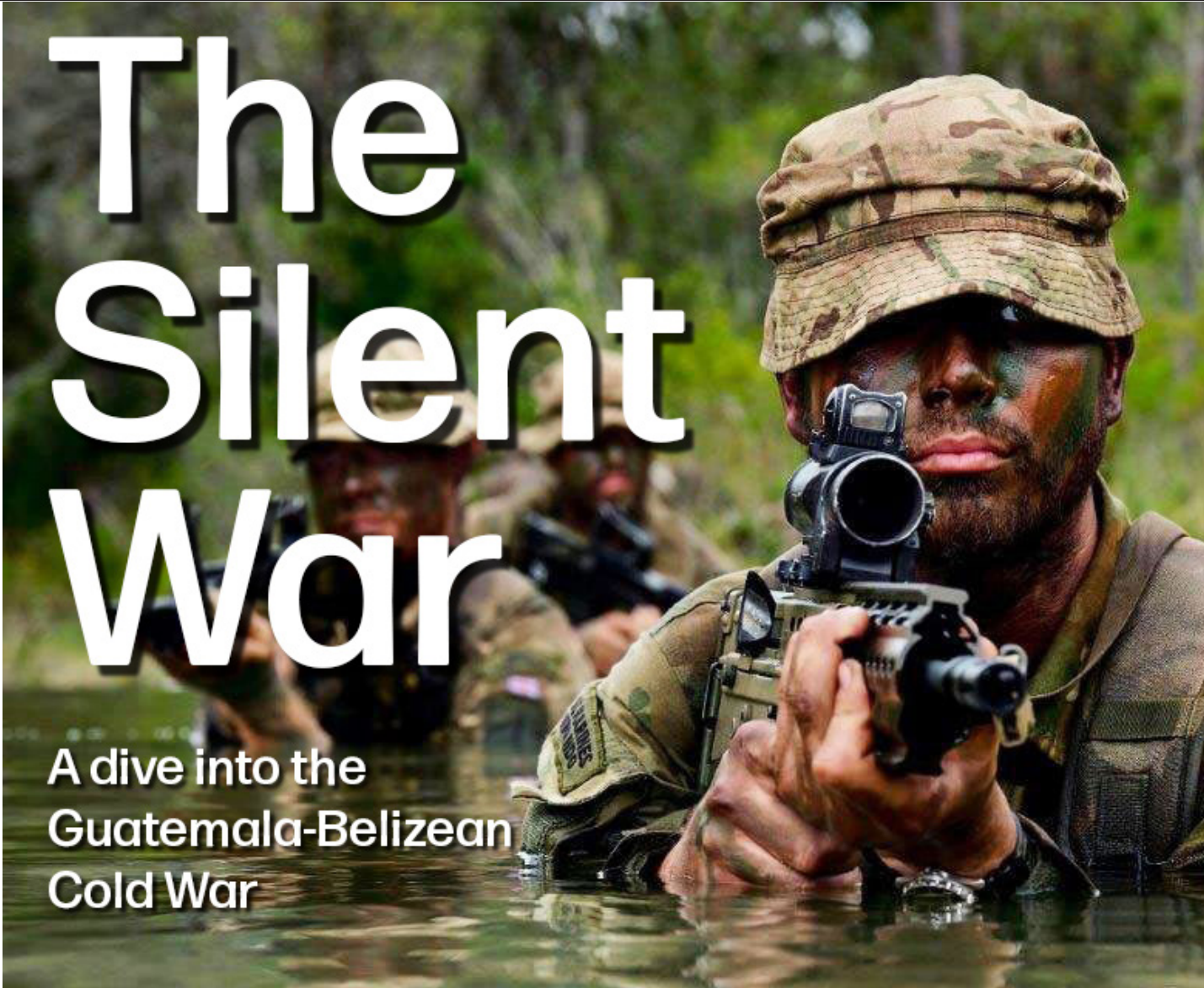
With a new role and shift in perspective, Valencia shares what he has learned from the involvement he has had within the community. He also reflects on what barriers the league faces, and what the future brings to the High Desert.

Q: How have the location and global current events affected the development of the Esports community in the High Desert?

A: Everything is located in the OC (Orange County), LB (Long Beach), and IE (Inland Empire) areas. Before the High Desert [League], there was nothing out here until we started taking on

the role. When I moved back up here, that’s when I started realizing that there were tournaments up here. That was when I was still a player, so that was around 2019. Then 2020 comes that’s when the pandemic hits, and there were no tournaments for a good year to a year and a half. Being in the High Desert, you begin seeing the same people. Players are constantly playing against the same competitors. Once we start growing, and once we start getting our name out there, we hopefully will start seeing players from farther regions.

Q: How would you compare your role as too (a tournament



By Warren Flowers
Staff Writer

Central America is the small strip of countries that combine North America and South America. It includes the countries of Guatemala, Belize, Honduras, El Salvador, Nicaragua, Costa Rica, Panama, and the most known Mexico. Two of these countries Belize and Guatemala which border each other have been in a cold war for over 40 years for land that they both believe is rightfully their own. I had the opportunity to sit down with a citizen of Belize and the United States, Mr. Alexander Smith, in order to get a better understanding of the issues at hand. Mr. Smith was an ex-military special force, and activist before coming to the United States. He currently lives between Belize and the United States

Q: Talk to me about your time as a police officer in Belize.

A: During my time as a police

officer, I was a part of the special task police force. At that time, the special task police force was considered the army as well. So, I was in the army in a way because that was the army at the time.

Q: Does Belize have any other

defense aside from the army?

A: Yes, Belize also has a Navy as well as a little coast guard. Belize always has British soldiers that are stationed there. If anything were to happen, they would immediately get involved, and send out forces if needed. The Belize army gets training from the British army as well as the US army.

Q: Earlier, you said soldiers are always there to keep Guatemala at bay – talk to me more about that. Why would

Q: How do you plan on making High Desert tournaments distinct from ones in other regions?

A: As far as being unique, not a lot of people know about us because we are so isolated. In time, I think we will gain more of an audience and more players. Our production should match that of a major tournament, especially considering our competitions are live-streamed. People should watch it, recognize its quality, and want to come out.

Q: What are the relationships like between the players in your

Guatemala need to be at bay?

A: Yes, this is an ongoing court battle now. Guatemala believes that a portion of Belize’s land and seaports are theirs. If the soldiers are not there, Guatemala will invade Belize. They are a much bigger country.

“Guatemala and Belize have been in a Cold war over a dispute about a land that both countries believe is rightfully theirs. Some feel this can eventually turn into a real war.”

Q: Is this just about land?

A: It is about the land they believe that most of Belize are rightfully theirs, and they want it back; but, it is also about the seaports. Belize has seaports that Guatemala believes are theirs. These seaports are how little counties like Belize make most of their money.

Q: How long has this issue been going on?

A: This issue has been an ongoing issue since the 1960s.

community?

A: Our current players will always welcome the new ones. We love to have new faces. The consensus is that we want new people. The relationships in our team work well. Everyone is here to have a good time.

Q: In your opinion, how do the players in your region compare to neighboring ones?

A: There is still room for improvement because we are so isolated. This typically leads to players facing the same opponents constantly. Other regions have so much access to other

They were right at our border in the 1960s looking to invade.

Q: Do you believe a war will happen over this issue?

A: I don’t know to be perfectly honest. I don’t think so, because

this has been going on for so long and no war yet – a lot like Russia and the United States. It’s almost like a cold war that’s been going on since the 1960s.

Q: You said this was in court already. What do you believe the court outcome will be?

A: I believe that Belize will remain independent and keep its land the same as Guatemala. Belize has already given Guatemala a part of the land and one seaport. That’s all I think Belize is going

cities and tournaments that there are always new people.

Q: How do you plan to improve the quality of your competition?

A: We are always looking to see what we can do better. This includes our venues. Especially if we want to host 100+ people. We can’t fit 100 people in a small area, so we have to scout for suitable venues. We also want to improve the incentives for participating in High Desert competitions, and see what we can offer.

Q: What are your goals for the future of your competitions and

to do, and that feels fair enough. Guatemala believes this is theirs and if the decision does not go their way, they may start a war.

Q: Do you see an end anytime soon?

A: No, I think if the court proceedings do not go their way, they will continue to push the border, and threaten to come across, if we have the backing of Britain, I truly do not think they will ever actually cross the lines of war, but I think this issue goes on a very long time.

Mr. Smith is very passionate about this issue at hand because he has lived it, and defended his land, so this is near and dear to him. Smith makes a great comparison between the United States and Russia, comparing their situation to one of a cold war. Mr. Smith and many other fellow Belizeans would like for Guatemala to go off the birders, and stay off, they believe that they have done their due diligence by providing land and a seaport, They do not want war, but will not shy away.

Esports in the High Desert?

A: We aim to reach a certain number of participants at each event. I definitely would like to see our numbers compare to other major tournaments. Being recognized as a region that is a threat to other leagues in the Esports community is one of our dreams. Our main goal right now is to establish our community and eventually branch out to become an organization that has the power to sponsor players, send them to different regions, and just become more well-known. We are up-and-coming, and here to stay.

organizer) to your experiences as a competitor?

A: I am still a player at heart, but I do love tournament organizing. It’s such a different atmosphere. Being a competitor is a whole different aspect [of the tournaments] than hosting in the sense of, as a TO (tournament organizer), you’re the one that is hosting. Whoever comes in is coming into your community and your space. As a TO, you have to make sure you’re calling matches, make sure the stream is running well, production team... it is everything else behind the scenes that is making the magic happen

CSUSB Participates in Largest Interactive Teaching Kitchen Through “Thank-Ful”

By Gail Hill
Yotie Eats Staff

California State University, San Bernardino, and its food service partner Yotie Eats, part of Chartwells Higher Education, today announced “Thank-Ful”, a nationwide event that is designed to celebrate community, show gratitude and give to those in need during the holiday season. Thank-Ful is the second of four signature events from Chartwells’ Joy-Ful campaign focused on celebrating joyful moments through food, and it will take place simultaneously across all 300 Chartwells campuses on November 16, 2022. Millions of students across the country are invited to partake in Thank-Ful’s interactive programming centered around food, appreciation, and community. Students at CSUSB can participate in a “Friendsgiving” meal with a customized menu that includes

Thankful Teaching Kitchen with our Executive Chef, Chef Ashley, featuring mini apple pie parfaits. “We strive to give students the opportunity to show thanks, support their local communities, and create meaningful memories centered around food and joy,” said Lisa McEuen, CEO of Chartwells Higher Education. “Thank-Ful is a warm welcome to holiday festivities and a great addition to our JoyFul campaign. We are looking forward to bringing a sense of togetherness and appreciation to the students, schools, and local communities we serve nationwide.” As part of Thank-Ful’s give-back component, CSUSB will be donating 20 meal vouchers along with hosting a food drive. In support of Hunger and Homeless Awareness, we will conduct a campus-wide canned food drive from November 1st - 18th. Anyone who brings 3 canned food items will be entered to win prizes from both Yotie Eats and the Basic Needs departments. On Friday, November 18th, 75 turkey baskets will be presented to the Basic Needs department to support those in need. Chartwells is the recognized



“At CSUSB, we are always looking for ways to interact with our greater campus community, and Thank-Ful is a great moment in time to express our gratitude to each other,” said Eric Stender, Yotie Eats General Manager, CSUSB. “Through Thank-Ful, students will have a unique opportunity to give thanks for what they have, celebrate their community, and share with those in need through food-focused give-back activities.”



traditional and alternative Thanksgiving offerings such as roasted maple-brined turkey breast, baked mac and cheese, and sweet potato pie. During Thank-Ful, students will also have the chance to take their culinary skills to the next level through the country’s largest interactive teaching kitchen, the Thankful Kitchen, which will be hosted at the Student Union North conference room on Monday, November 14th. Each student will be able to participate in the

leader in contract food service management, hospitality, and award-winning guest service within over 300 college and university dining environments throughout academic institutions across the U.S. Chartwells’ nutritious cuisine not only satisfies the unique appetites, lifestyles, and dietary needs of every guest dining on campus, but it also brings people together to promote the high-intensity relationships that will prepare students for the future.

THANK • FUL IS BACK!

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November 15th | 11am-2pm | Coyote Walk



Deontay Harris,
a chef at Rock and Brews,
poses for his headshot

The Truth about Chefs in America

The culinary field may seem exciting and like a fun world full of color, delicious food and smells however, it is often looked down upon as an actual career choice.

Why is this? If people all over the world love to eat, why is culinary not a more widely respected profession?

By Keiorra Nabonne
Staff Writer

Deontay Harris is a chef at the Rock and Brews restaurant located in Highland, CA. As a culinary professional, he has faced many challenges in his journey to becoming a chef. Here he talks about those challenges, his biggest inspiration, and provides advice for others who aspire to be apart of the culinary world as well.

Q: How long have you been cooking?

A: So, I've been cooking since like, oh, I'm 25 now, so I guess 20 years. That feels terrifying to say, 20 years. But when I was five years old I was pulling my little chair up to the stove at my grandma's house and making eggs for the first time and ever since then I've been in the kitchen.

Q: When did you know that cooking was your passion?

A: I guess I've always known. It was my way to express myself. You know, some kids color, some kids draw. I was making quiche.

Q: Who is your biggest culinary influence and why?

A: I guess I have to give that to my grandma. She influenced me a lot. She really got the ball rolling, and she also was not a traditional teacher. I never got anything written down. So, it was either memorizing it or it's gone and that helped me pick up my technique quickly.

Q: Was your family supportive of your dreams of becoming a chef?

A: No, because I was pre-med before this, so when I switched my career goal, my family did not approve at all. They thought I was making a very bad decision because cooking is so risky, but ultimately, I had to decide. People can't live your

life for you. I did it and proved them wrong and now they are on board.

Q: What was the hardest part about breaking into the culinary industry?

A: Getting recognition. You have to be good to get good. Everyone is going to want you to start off as a dishwasher and work your way up unless you can show them something different. You have to stand out from the crowd in order to really make it in this industry.

Q: Do you think cooking as a profession is valued enough compared to other professions?

A: In this country, if you're not making a lot of money, it's not as respected. Cooking is just as risky as being a ball player. Everyone can pretty much do it, but not everyone can be great. It takes a lot of skill and honestly, luck. In other countries around the world, cooking is far more respected and appreciated because it is a part of

years of tradition. In American history cooking was typically done by servants and slaves, so it is not as valued as a profession.

Q: What do you see yourself doing in the future?

A: I feel like cooking is going to be a part of my life forever, so my goal is to be a personal chef. I have hundreds of recipes just knocking around in my mind so I would also like to write them down, it could be as a cookbook or a blog, I don't know yet, but I do know that I want to keep cooking in my life. Teaching would also be cool. It's interesting to watch people discover new things, like "Oh my God, I made these flavors!" And it's like, yes, cooking is actually so simple and fun.

Q: What advice can you give to young people who are interested in the field of cooking?

A: Everybody makes mistakes.

It is okay. It's going to be hard and sometimes a little gross, but the key is to stick to it. The more you practice, the better you'll get, so don't get discouraged. Also, this is one of the few fields that is a necessity. People have to eat forever. Just like doctors. People are always going to be sick, and people are always going to have to eat. So, even though this field may be overlooked sometimes, it is also vital. In conclusion, even though being a chef may look like a very fun and easy job, it has its challenges just like any other profession. It takes a lot of hard work and dedication to make it in the culinary industry. As an undervalued field, being a chef is about more than just technique, it takes a lot of heart and passion and in the end, it can be a very rewarding career choice.

Overcoming Adversity with Alec Ingold

I had the opportunity to sit down with Alec Ingold, fullback of the Miami Dolphins, and discussed how he overcame adversity through his injury. We also discussed his role on and off the field and the journey that brought him to where he is today.

Alec Ingold faced plenty of challenges in his life – his biggest one being a torn ACL in his contract year that left him with a lot to think about. What would his future bring him as a result of this injury?

By Alec Garcia
Staff Writer

Q: Mr. Ingold, tell me a little about yourself. What do you do with the Dolphins?

A: Yeah man, I’m a fullback for the dolphins. I’m twenty-six years old and this is my fourth year in the League. I played for a few years with the Raiders. Now I’m over at the Dolphins and I’m kind of one of those guys you probably don’t see a lot of statistics on, but I definitely play a role on the team. I’m just trying to serve everybody else in the offense, just doing what I can to help out. That’s always something I’ve lived by on and off the field.

Q: How did you reach this place while being on the Dolphins through COVID?

A: I had an undrafted opportunity with the Raiders, which is something I’m super grateful for and I’m thankful for that

organization. They gave me a shot. I signed a three-year contract with them, so I played three years with them, gave them my all, did everything I could, made the playoffs last year, and then went into free agency this year. The new organization, new head coach, new general manager, everything was up in the air.

Q: Last November, you faced an ACL injury. How did that go for you?

A: Yeah, It’s almost a year ago to the day, I think, like a week away from a full year. That ACL injury was tough for me. It’s the

first time I’ve ever had a major injury or major surgery and had to learn a lot about myself to be able to heal. I’ve always been a football player. I’ve always been on the field competing. To be taken off that field for nine months, you go down to square one as an athlete. You have to build yourself back up and create a strong foundation and be able to run again and trust yourself on a football field again – mentally, spiritually, emotionally, and physically.

Q: How has your experience been a season after

your injury? How did that feel to just get back onto the field and the end zone?

A: I think with football and scoring a touchdown... man, that’s one of the few times you get to act like a little kid, and just be pure joy, pure ecstatic emotion. To be able to get back in that end zone meant a lot. It was my first career rushing touchdown. That was big time. It’s a culmination of a lot of hard work, a lot of emotion, a lot of sacrifices, and a lot of long hours that people don’t see.

Q: Was your nine-month process of rehab quick or a delayed process?

A: They say that with the ACL you don’t get fully cleared until you’re nine months up, and I was fully cleared with eight. Because of the resources that I have, the discipline that I took, and the ownership that I took of my situation, I was cleared a little sooner than the norm. I feel like it all played a part in it.

Q: What made you choose the dolphins?

A: I wanted to be a better fullback. I knew that I had the injury, and the team that was signing me knew I had a knee injury. So, they were taking a risk, but they had to trust me a little bit. So, overcoming all of those obstacles was huge. I wasn’t a hundred percent myself, but we were trying to sign a contract while expecting that I was going to be fully healthy by the time season started. To have a team and an organization that trusts you like that, that’s huge. At the end of the day, it was this team.

It was an ultra-fit. Alec Ingold never backed down regardless of the adversity he faced with his injury. It made him a stronger person and player on and off the field. His life is based on mentality. He always wants to create a better version of himself. This is a significant reason why as an NFL player, he’s known to be a leader. Despite his injury, it made him better because he knows that there’s unfinished business within himself. He wants everyone to know, there are always going to be bumps in the road. Try and be the best version of yourself.



Yotes Baseball Team is ready to dominate the Spring 2023 season!

By Micheal Wexler
Staff Writer

The CSUSB baseball team is preparing for the upcoming Spring 2023 season. The team looks to be at its best with new incoming transfers as well as last season’s veterans. Beginning in Spring 2023, games will be held at Fiscalini Field at 1135 E Highland Ave, San Bernardino, CA 92404. The team is thrilled for more CSUSB students and faculty to attend more games! “We have a lot of new players

to introduce this season and our returners are happy to be back,” said Nate Mendoza, relief pitcher for the team this year. The team is looking forward to Benny Olguin and Wyatt Doty playing this upcoming season. Olguin is a transfer from Pasadena City College and Doty is a freshman with a lot of promise. This year, CSUSB Baseball will use social media to interact with its fans. “Coach Nadeau is extremely happy with Instagram. We want people to watch us and have fun.” Nate continued. The team’s website has up-to-date information about

games, players, and coaches for anyone curious about the roster. Additionally, the website also includes statistics about each game with an exciting news section. The Yotes Baseball team wants to encourage students to show school spirit and increase attendance at the games once the season begins. Having an encouraging and cheerful crowd has its advantages in any field – especially our field. For more information about the Baseball team, contact Mike Nadeau (Head Coach) at michael.nadeau@csusb.edu (909)537-5021 or Jeff James (Assistant Coach) at jeff.james@

csusb.edu (909)537-5021 or Rene Leal (Assistant Coach) rene.leal@csusb.edu About the CSUSB Baseball Team The CSUSB Baseball team was established in 1984. For those interested in coming out to support the upcoming spring season, you are more than welcome to check out the homepage for the CSUSB baseball team as well as review the statistics from previous games dating back to 1993. We hope to see you at Fiscalini Field this spring! Baseball - California State University of San Bernardino Athletics (csusbathletics.com)