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CSUSB

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Tony Ochoa is running unopposed for the presidency of Associated Students Incorporated (ASI) in hopes that he can help the student body get some school spirit back into CSUSB.

Attending CSUSB has exposed Ochoa to many different leadership experiences and says it’s his dream that he will be able to pass them on and help many other students with these same qualities.

“What originally sparked my interest was at SOAR when I met Aaron Jimenez,” said Ochoa. Jimenez influenced and motivated him to join the board of the Instructionally Related Programs (IRP) last year.

Ochoa already has experience with ASI having been a part of the group since his freshman year.

“One of the things that I really hope to increase is our student involvement on campus as well as our school spirit,” said Ochoa.

One way that he wants to improve school spirit is reigniting the fire that was the Bruise Crew.

The Bruise Crew is the engine of school spirit that you see at most major athletic events, championing for the black and blue. They are the group that cover themselves in our colors and helps bring the crowd motivation to cheer.

Not only do they show up at the games but they get the student body involved by way of megaphone, telling them that there is a basketball or volleyball game and giving out tickets to a select few.

Pending Ochoa’s election, he plans to restore school spirit and pride to campus.

“My main mission [is to] make more people aware of what ASI is, what we offer, and get more people involved.”

Kandyce Hall
Executive Vice President Candidate

“I want to be the voice of the students, I am not afraid to stand up and speak up for what I believe.”

Alfredo Barcenas
Executive Vice President Candidate

“I always feel obligated to help in any way that I can. The most important people on campus are the students.”

Jackie Aboud
Vice President of Finance Candidate

“My goal is to enhance student life, support the student social life and organizational life for all of these student events.”

Owen Odigie
Vice President of Finance Candidate

Vote and make your voice count!
Boston works to recover

By AIMEE VILLALPANDO
Staff Writer

President Barack Obama praised Bos- ton citizens for their contribution to the capture of the Boston Marathon Bombing suspect, as the city continues to recover following the April 15 tragedy.

After the first suspect was killed in a shootout between police officers on April 19, the federal government was determined to bring the second suspect into custody.

Shortly after the news, President Obama made a small speech addressing the matter.

“Tonight, our nation is in debt to the people of Boston […] this has been a tough week. But we have seen the character of our country once more,” said Obama in his address. Bostonians were praised by President Obama as “citizens and partners” in the investigation.

“It has been refreshing to see the gener- ous and at times heroic response to the Patriot’s Day violence,” noted Cardinal of Boston Sean O’Malley to ABC News.

Renowned as a hero by citizens from all over the country, David Henneberry is the man who tipped off officials of the sus- spect’s location.

ABC News recognized the efforts of many Americans to express their gratitude to Henneberry by mailing checks to help recover the damages to his boat.

“We have the courage, resilience, and spirit to overcome these challenges and to go forward as one nation, under God, in- divisible, with liberty and justice for all,” said Obama.

Watertown Chief of Police Edward Deveau told ABC News: “We got our guy and [are] very proud of it and we want Watertown back to normal; we want Boston to go back to normal.”

Unfortunately, there was a failed at- tempt to catch a suspect, who was falsely accused and later found dead.

The alleged suspect, Sunil Tripathi, was initially accused of being responsible for the Boston Bombing after speculations from Reddit surfaced.

Further investigation later revealed Tripathi’s wrongful death and the main suspects were soon after discovered.

Student Vanessa Sandoval commented on the matter. “It was a good thing that it allowed them to find who the real bombers were.”

Vanessa went on to say that because of the events that took place in Boston, it “makes other areas realize what precau- tions need to be taken.”

Cigarette butts impact the environment, not just lives.

“[The Student Health Center] gave participating students a paper bag and gloves, you could do it on your own or in pairs,” said Vega.

According to Tobacco Free CA, every 300 cigarettes produced consumes one tree; that is one tree for every one and a half cartons.

Vega and other students who partici- pated went to the front of the library by the plants, corners, and sides of the building, and picked up various littered cigarette butts.

According to Tobacco Free CA, to- bacco butts impact the environment, not just lives.

“Cigarette butts make up 34 percent of the total waste in California,” according to Tobacco Free CA.

Vega said she is impressed with CSUSB’s cleanliness; she did not find many cigarette butts as she thought.

“The [Boston] bombing was over- shadowed because the place that went off [exploded] was a fertilizer plant, as the bombing in Boston was seen as a terrorist attack,” said student Chris Olguin.

Olguin expressed how an incident connected with a terrorist attack would have more news coverage over a story that does not.

While the cause of the Boston bomb- ing has received some answers, the Texas incident is still undergoing investigation.

Boston slowly recovers from the recent bombing attack with the support of the president and the nation behind them.

Chronicle Page 2 Monday, April 29, 2013
Current ASI Vice President of Finance, Jackie Aboud, is putting forth a strong campaign for re-election, claiming CSUSB needs someone “willing to help the students and can help them in an effective way.”

Aboud is a second-year student at CSUSB, who hopes to be re-elected into ASI as Vice-President of Finance.

“I want to step up the ladder and grow as a person. I always feel obligated to help in any way that I can. The most important people on campus are the students,” claimed Aboud.

Aboud’s previous experience as Vice President of Finance is one of the most significant and noteworthy aspects of her campaign.

“The experience that I have, other than being the current ASI Vice-President of Finance, is being on the activities committee last year and serving on the board as a student and representative,” said Aboud.

Students want to know what changes are in store or what they can expect to stay the same.

Aboud reassured that “student-first leadership” is a top priority.

Aboud hopes to “help the students get involved but also learn to apply for their money.”

“I would like to make the policies and the process more efficient and easier for students to understand. Many students feel discouraged, or that there are too many rules against them,” stated Aboud.

Owen Osagi, Jackie Aboud

Challenger

Owen Osagi is challenging Jackie Aboud, the current Associated Students Incorporated (ASI) Vice President of Finance for her position.

“I can effectively reach out to the students [...] get more student clubs and activities out there and paid for,” said Osagi.

At 19-years-old, he has already put in some time at the Finance Club Allocation and Budget Committee and is also on the Board of Directors representing the College of Business and Public Administration.

“My goal is to enhance the student life, support the student social life and organizational life for all of these student events,” said Osagi.

It is his belief that the students should see more of the money they are paying in tuition that is allocated to ASI.

ASI was budgeted $16,000 dollars and so far, “only about 15 to 20 percent of that budget has been used,” said Owen.

He believes that the job of the Vice-President of Finance is to make sure that “the fall, winter, and spring quarters, you spend at least about 85 to 90 percent of the budget.”

Owen had this to say about his opponent, “Every quarter you are supposed to spend at least $33 and a half percent...and as you can see, this job is just not being fulfilled right now.”

Owen promises to bring change to the finances of ASI and the whole student body if he is elected into office.

Kandyce Hall

Challenger

Kandyce Hall is a second year Political Science major, and also first generation college student.

He is actively involved in many school committees and on committees that include: the ASI Board of Directors, the debate team, serves as a program coordinator for Associations of College Students Internationals, SOAR, member of the Sigma Chi fraternity and a residential assistant.

If elected, Barcenas said he wants to provide students with more awareness about what CSUSB has to offer, and to give them a voice by having more student leaders on committees.

“I want to make a stronger connection between students and their government,” said Barcenas.

He says plans to use his past experience as a member of the Board of Directors for ASI financial committee and coordinator for ACUI to help fulfill his ideas.

“Running for executive vice-president is a stepping stone at being one step closer to the top,” said Barcenas.

Barcenas said he has future plans to collaborate with other CSUs on the issue of immigration reforms.

As a Hispanic, Barcenas feels connected with the issue and wants to educate undocumented students on how to get an education.

Barcenas wishes to grow in student leadership alongside CSUSB students.
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Opinions

Quarter system supporters fight CSU semester switch

By ERIN LEACH
Staff Writer

One quarter, ten weeks: simple, short, and sweet, but this familiar system may be subject for change.

CSUs are being forced into the semester system despite the fact many students prefer the quarter system.

Student Janika Kelly likes the fact that quarters are so quick.

“Semesters are way too long, students are going to have a tough time making that transition. They may be setting us up for failure,” she said.

CSUSB is one of the six remaining CSU campuses where quarters are intact, but not for long.

If there is continued pressure from the Chancellor of the CSU Timothy White, those schools are more likely to face a change even sooner than expected.

Quarters surpass semesters in student popularity for a variety of reasons.

“I receive exposure to a variety of classes, I am afforded the opportunity to take a whole set of additional classes a year and if for whatever reason I don’t like them, I only have to tough it out for 10 weeks,” said student Jack Abbott.

The CSU argues that there needs to be standardization and cohesion among the schools and that the long term benefits include revenue saving.

However, students seem to remain pretty attached to our current system and so am I.

Student Pablo Cruz said that he likes quarters even though they are the same price as semesters, because they are more convenient.

Once a students gets used to the pace of quarter systems they can be advantageous for many reasons.

In addition, quarter systems provide students with the opportunity to get their feet wet without jumping in.

Students can experiment with classes, they may be considering, for their major or concentration without committing half the year to it.

Quarter systems also provides the opportunity to meet more people.

An extra quarter gives students a brand new pool of people to network with and form relationships.

Networking is arguably one of the most important opportunities in the collegiate experience.

CSUSB and its cohorts are also given the entire Summer away from the stresses of school.

Although not an executive order, it is a strong recommendation from the office of the chancellor and the change will most likely take effect within the next couple of years.

It seems to me that the Chancellor’s Office is looking out only for what is best for the system, and not for the students within it.

Cal Poly San Luis Obispo will be the first to begin the transition and the chancellor’s office is already experiencing backlash from their campus.

The Mustang Daily school newspaper for Cal Poly reports that the potential changes are a result of the urge to standardize the CSU, and that in the long run the change will make things more cost efficient.

Students are resistant to the change, as some of the other six campuses have been.

Cal Poly recently polled students and over 80 percent of their campus preferred the quarter system.

The quarter system at CSUSB makes us unique and provides students with something that will likely be rare in the coming years.

So what can we do to make a change?

Chancellor White is coming to campus May 9, our university is organizing an open forum at 1:30 p.m.

I say we should show him how much we care.

This forum will provide students with the perfect opportunity to inquire about the pressures coming from him and his office, as well as fight to keep our quarters.

Students should remain rigid regarding the change because ultimately the system serves its students and should have their best interest in mind.

Continued on Pg. 6

Students are in and out of every quarter with ease.
Provided students with experience in dealing with a fast pace environment.
Provides students exposure to a vast array of subjects and curriculums.

Students are forced to stay in classes longer, attention and focus is lost.
Students will lose the ability to take a huge variety of classes.
Commuters will suffer 18 weeks of driving for one course.

Students speak out on quarter change

“[I’ve] been to both semester and quarter schools and I prefer the quarter by far. Semester are so drawn out and by the end, I’m exhausted with the class, which is disheartening.”
- Kayla VanderKamp

“I would be annoyed if they transitioned, I’ve done semesters before and would much rather be at a quarter institute.”
- Taran Lent

“[I’ve] been to both semester and quarter schools and I prefer the quarter by far. Semester are so drawn out and by the end, I’m exhausted with the class, which is disheartening.”
- Cal Poly San Luis Obispo

“[I would be legittmately worried about how the units would work, I would need to know that it’s not going to make my time in college longer].”
- Christian Garrett

20-something CSUSB senior Julia Natuloushans answers your probing questions about love, life, and anything else that’s on your mind.

I started talking to this guy that is considered a “player”, how can I make it clear to him that I want him to date only me without sounding demanding or clingy?

- The Good Girl

Dear Good Girl,
One of the tricks to relationships is maintaining your power and setting up boundaries quickly.

There are of course exceptions to this way of dating, but I have found this method to be the most useful.

If you ever start to waver in your power it is to act like you have it already. Don’t text first, don’t call him, and most of all make sure he knows you the one being chased.

Here’s one simple rule I follow: If he calls and asks for “same day” date you say you’re busy even if you’re really not.

Do something for yourself that night like mani/pedi or a movie night with friends. This sends him the message you don’t need him to have fun and that you could do with or without him. They hate that and at the same time love that you are independent. Men are weird that way.

There are of course exceptions to this way of dating, but I have found this method to be the most useful.

If you ever start to waver in your power role just remember the classic message in the book by Greg Behrendt He’s Just Not That Into You. (It was a book long before the movie and has a lot more useful information too).

He basically says, if he’s not calling, or actively trying to nab you, then he’s just not into you and not worth your time. There’s a lot of fish in the sea and you don’t want to waste your precious youth on someone whose not willing to go the distance.

Try some of these tactics on your “player” and see what happens. If he doesn’t fall into the role you want, I say kick him to the curb.

Learn from my Mistakes
An advice column
Opinions

Financial Aid needs to step it up

Inflation has increased consistently ever year, and financial aid hasn’t, leaving many students worried

By LYNN POST
Staff Writer

Every time the cost of tuition increases the amount of money awarded to students should as well, because inflation is apparent in both sides of the equation.

If it does not it will cause fewer students to be able to attend college at a time when having an education is crucial for survival.

Not allowing students enough money to afford college fees and personal expenses is a detriment to their health and well-being.

It leaves less time for academics; due to worry on where their next meal will come from and how many extra hours they need to work to afford gas and other expenses.

According to the US inflation calculator, inflation in 2012 increased by 1.7 percent, and already in 2013 inflation increased by 1.5 percent.

Financial aid awards have not yet been changed by the Federal Government to reflect the 2013 change in tuition costs.

Financial Aid Associate Director, Beverly Green said, “The government did respond when we went into a recession in 2007. [The change] has to be catastrophic for them to adjust their support.”

According to the student financial services website, an undergraduate student taking 6.1 units plus, their cost of attendance is $2,157 in 2011.

The cost changed to $2,189 in the fall.

That is a difference of $32, but for a student who also has other expenses that can reflect the difference of possessing all your books for class or missing one or two.

The cost of everyday necessities has increased in August 2011 the price of a 12- pack of water was $2.63, and by September 2013 it increased a nickel.

A five cent difference may not seem like a lot, but water is not the only thing to increase and with each item the total just gets higher.

As a student who is graduating in June, I am feeling the pressure of graduation costs looming after my loan award has run dry.

With the need to use outside money to help pay for the cost, my lifestyle has certainly been affected in a negative way.

Most graduates face these challenges.

Current freshman are already anticipating how their future will be effected as well.

Elizabeth Arciga said, “If you’re going to raise the price you might as well give me more money for school. I’m a freshman, so I haven’t really seen the difference yet.”

Some students have been denied financial aid, because they are not entitled to any more.

Student Jessica Hoffman is in that situation.

She said, “I can be here, but attending classes can be difficult [because of financial lack], after life [happened] I decided to come back […] I’ve been in school for too long, but they lied to me.”

She claims the financial aid department told her, that by starting classes at a University her financial aid awards would replenish. Even though she had reached her award limit at her community college.

Ultimately the waiting and game of catch up, by the federal government, must end and students must become a priority.

Continued from Pg. 5

Because you shouldn’t have to have the “we’re exclusive” talk if he’s really into you, he’ll do that

I don’t know what to do. I’m trying to buy hot dogs, but they come in packages of ten and the buns come in packages of eight. Do I buy more buns, or take out two of the hot dogs? Please help, aug!!!

-Wiener Lover

Dear Wiener Lover,

This is a classic dilemma for summer BBQers everywhere.

You could just throw a big party. You’d have to buy 4 packages of hot dogs (40 total) and 3 packages of buns (total of 40) to avoid any lost wiener.

If you’re worried about cost try putting a jar out by the food that says “tip the cook” and hopefully if everyone throws a dollar in for each dog you’ll break even.

Or you could get a dog. Dogs love leftovers, especially meaty ones.

Happy eating to you!

I like this person in class but I’m shy and afraid that they will reject me if I approach them. What’s a clever ice breaker to start talking to my crush?

- Shy Girl

Dear Shy Girl,

Oh how I enjoy the classroom romance!

A good tactic is to just befriend them. Just like the regular conversations that we have with our classmates on the daily.

I would recommend also asking other people around him too, so you don’t look like your targeting him specifically. We don’t want him getting anxious.

Then, after you’ve built up a generic friendship wait until the end of the quarter and ask if he’d like to go get some coffee, or lunch, or whatever you think would be most appropriate.

By waiting until the end of the quarter you can avoid that awkwardness if he happens to say no.

And smile! Smile a lot. Guys like happy girls. Actually, everyone likes a happy girl.

Don’t worry about it either! If you’re stressed it’ll come off that way. Just fake it til you make it. The more you tell yourself how happy and confident you are the more you, and everyone else, will believe it.

Get it girl!

E-mail your questions to CoyoteChronicleAdvice@gmail.com

Ms. Matulionis is not a trained psychologist or physician. For matters of great circumstance please contact a professional.

The Weekly Chuckle

George W. Bush had a presidential library named after him on a Texas college campus April 25. Marking the day, and the event came lots of protesters.

Over 50 people gathered out front with signs reading, “Does America have a conscience?” and a woman in an orange jumpsuit with a sign that read, “Close Guantanamo,” according to The Huffington Post.

Former President Bush has been scrutinized for his decision to enter into war with Iraq.
CRIME MAP REVEALS DANGER ZONES

By PHIL RUDDLE
Staff Writer

How safe do you feel when walking around campus at night? Do you often get that feeling that someone is following you? Or that the worst imaginable is about to happen?

If so, are you aware that there have been multiple instances of crime at our campus every single month?

And these are just crimes that were reported.

There is an interesting feature on our campus website that perhaps not all students know about.

There you can find that the campus police have a map of the campus titled Crime Map which designates all of the different crimes that took place throughout the month.

It allows you to look at every single month from April 2013 back to March 2008.

The map contains a key that depicts instances of crime as low as a traffic collision to as high as rape, assault and homicide.

It sorts these labels by using different shapes and colors.

In addition, it specifically marks on the campus map where and exactly what crime took place there.

Most recently in this month, April 2013, only four crimes were reported. This is relatively low, but if you navigate back one month, the crime doubles to eight.

These eight crimes entailed two accounts of simple assaults in Serrano Village (SV) and a reported six larcenies spread throughout classrooms.

None of these crimes seem too serious, but in October 2012 a homicide was reported in yet again at Serrano Village.

Right next to SV, a rape was reported in Arrowhead Village housing (AV).

In this same month there were two grand theft autos and three vehicle burglaries in parking lots B, C, and D.

In addition, four larcenies, one burglary and three traffic collisions were also reported in October 2012.

All of these crimes occurred in the same month and shows exactly where on the map.

Does your feelings regarding your safety now change that you have learned this information?

Twenty-year-old student Kaitlyn Randell sounded off on the issue.

Randell continued to explain that she will now be checking the website more often because it makes her more aware of what is going on around her in which she will be more cautious in the areas she knows to be more crime hostile.

As you navigate through this map you start to see a pattern, the most hostile crimes all keep occurring in the same areas, such as parking lots and campus housing/apartments in SV and AV.

The most interesting findings on the crime map was back in 2008 where multiple violent crimes were reported in months succession in the same exact area.

It starts in April 2008 where a reported 26 crimes occurred on that month alone. Specifically, in the on-campus apartments University Village, seven reports of vehicle burglary were reported.

One month later, May 2008, an aggregated assault and larceny was reported in UV the same area as the vehicle thefts.

Skip to the next month, June 2008, a rape and larceny were reported in the same exact spot yet again.

The following month, July 2008, surprisingly reported zero crime in the whole perimeter of UV.

But in August 2008, two months later since the previous rape, another rape was documented in UV the same exact area. A simple assault was also reported.

This comes up to the question of what happened during these months because multiple serious violent crimes occurred in the same exact spot in consecutive months.

After viewing the crime map it looks as if crime has died down a lot at our campus since 2008, or at least the crime that has been reported has gone down.

Next week the Chronicle will talk to CSUSB police and detective units to find out more about the most recent and serious crimes reported.

“I didn’t even know that the crime map website even existed.”

Kaitlyn Randell
Student

Crime map informs students of reported CSUSB campus crimes.
New nails New YOU!
By DANIELLE WORKMAN
Staff Writer

New spring trends are inspiring students to design their fingernails.

Nail design gives us the ability to run wild and transform our nails to an artistic canvas.

Whether you paint them yourself, or you relax with a manicure, it is something we do regularly.

Nail polish colors and trends continuously change, like the weather. Within the past year, a few trends have painted their polish to stay for good.

Gel polish, art design and neutral colors are among the few that are the ultimate at the moment.

A gel polish manicure lasts for about two weeks, without chipping or cracking and stays shiny the entire time.

Although it is very popular and trendy at the moment, many women do not know all the risks involved with receiving a gel manicure.

In order for gel nail polish to work, you have to place your hands under a UV lamp at various times during the manicure, for up to eight minutes.

“The lengthy dose of UV light used to dry the gel is known to damage skin cells much in the same way as tanning beds,” states Dr. Chris Adigun of NYU Langone Medical Center.

“I know there are risks with gel manicures, but I like them better because they last longer than regular polish,” explains student Kirsten Ukkestad.

In the spring season, I love to show off a fit bod at the beach, soaking in more than just sunrays and all those dreamy stares from beach babes.

If you want to look FAB for those outings then make sure you save some time for yourself to get your body back in shape and achieve a stunning silhouette. Regardless of how much weight a woman wants to shake off, everybody needs adjustment here and there, be it the waist, buttocks or thigh area.

“My advice is to eat clean. Also, come to reality. Start working out six months before summer because results don’t just happen in a month,” said student Dayna Tatt.

“I wish I had someone to guide me through the duration of your workout,” said student and Rec Center employee Kwabs Atuahene.

With training it is a great idea to vary and mix cardio exercises every week or on a regular basis.

The best way to move all of your muscles is to work different areas on track.

First, when in doubt, just take the next small step. There will come times where you feel as if you have no direction in your life.

The question often accompanied by this feeling will most likely be, “What am I doing with my life?”

After meeting student Luke Guasti, I asked him if he was familiar with this feeling of “no direction.”

“Yes, I have felt like that before, but then I think about what I really want in the long term. I remember why I am going to school, and I work hard to maintain progress in attaining my short term goals that will keep me along the path to achieving my long term goals,” shared Guasti.

The best thing to do is to press on and follow your goals, no matter what change of mindset you experience. Another piece of advice is to get rid of those habits.

I know, its easier said than done, right? I have to admit I am the ‘pro’ of procrastination, but we must work hard to overcome this stressful habit. It will kill you in the long run. Trust me.

I had the pleasure of asking Guasti if he was a procrastinator himself. “He was a procrastinator himself. ‘Hell yeah I am! I do my best work at 2 a.m. ’” he replied.

Third, no matter how you feel, just remember to get up, dress up and show up. One small step after the other, and soon you will be receiving your diploma, asking yourself how the heck you

Continued on Pg. 9
Students express their stories of domestic violence by decorating T-shirts and The Clothesline Project brings students together as they create a shirt to tell their story. “It’s one of the best ways to communicate your troubles,” said student John Shipley. “The whole process of creating that sort of art piece is just complete fun, it’s very relaxing especially if you’re doing it with a group.” By taking advantage of this opportunity to come together, students are able to rid their feelings of loneliness and solidarity concerning domestic violence. Students may also become more aware of the problems that exist within society. As a student with a job, homework and other life events, it is hard to become an active voice for an issue you care so strongly about. “[As] the Women’s Resource Center, it’s our duty to bring these issues to the students,” said Davalos. “It’s so easy for us to just walk by and not think of what people go through.” One shirt hanging on display in the Santos Manuel Student Union said, “I am Ironwoman.” Drawn with the Ironman symbol, according to its creator, the shirt aims to say that women are just as strong and independent as men. This feeling of strength is just what this project aims to give these victims and those who know them. “Since [the shirts are] anonymous, they don’t have to face anybody or actually tell anybody what happened. They can just reflect it in a T-shirt,” said Davalos.

Sometimes all a person needs is a friend to be able to express their deepest secrets to and with this project students can allow their feelings to be shared with the public without people knowing who they actually are. Artistic expression, even through a T-shirt, can allow victims to feel closure. “I think in some cases it does [give them closure] because some of them might have never had the opportunity to put it in writing or let anybody know,” Davalos said. “So as they’re walking through [the SMSU] and they see their shirt, other people are seeing it too.” By providing women and others the chance to make people aware of domestic violence, the WRC is living up to their mission of providing programs to “enhance [women’s] college experience and actualize their fullest potential.”

“Clothesline project becomes outlet for victims”

By RYAN LIBBY
Staff Writer

Nearly 25 percent of women have experienced domestic violence in their lifetime. And nearly 74 percent of Americans personally know or have known someone who has been a victim of domestic violence, according to the Domestic Violence Resource Center.

The Women’s Resource Center gives those who have been a casualty of domestic violence an outlet to anonymously portray their feelings.

“I think it’s important that students have any sort of outlet for expressing their grief,” said student Angelica Davalos. Having the ability to share one’s feelings through art can give some students a sense of therapy. A release of energy and thoughts that might not have been shared.

“We want to give women who are survivors of domestic violence a space to express themselves and share their stories with others who have experienced or witnessed domestic violence,” said Santos Manuel Student Union president Sandra Santos. “The Women’s Resource Center is one of the support services that students can utilize.

The Clothesline Project serves as a visual representation of women who have been a casualty of domestic violence. In the project,’s theme, “Say It Out loud! Never be silent,” is used to show students that they are not alone and can begin to heal through this process.

Nearly 25 percent of women have experienced domestic violence in their lifetime. And nearly 74 percent of Americans personally know or have known someone who has been a victim of domestic violence, according to the Domestic Violence Resource Center.

By providing women and others the chance to make people aware of domestic violence, the WRC is living up to their mission of providing programs to “enhance [women’s] college experience and actualize their fullest potential.”

Student college survival guide

Continued from Pg. 8

earned it. Then quickly accepting it and retaining the information better. Concerning presentations, think about every question that can be asked and be able to answer each and every one of them. Study every concept before a test and then some more. Lastly, it is best to over-prepare and then go with the flow. If something should go wrong, where you experience an awkwardly embarrassing moment, just ask yourself, “Will this matter in five years?” Learn from your mistakes and grow from them because that which does not kill you really does make you stronger.

Unless you pee your pants or something, then in that case leave the class immediately and transfer schools as soon as possible.

“I work hard to maintain progress in attaining my short term goals that will keep me along the path to achieving my long term goals.”

Luke Guesti
Student

“Will this matter in five years?”

Yoga is my form of fitness. I enjoy it even more outdoors with my mom,” said student Jordan Munoz.

Motivation is all over media images and a social media trend right now are the use of hashtags such as #fitspiration or #fitspo for short.

“Instagram is one of my motivations for posting pictures of working out and using hashtags like #fitspo,” said student Tomas Solis.

“Tspe for short.

“I think it’s important that students have any sort of outlet for expressing their grief.”

Angelica Davalos
Student

Students keep motivated to show off their beach body

Continued from Pg. 8

different muscle groups every day.

“Yoga is my form of fitness. I enjoy it even more outdoors with my mom,” said student Jordan Munoz.

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Fitpos are commonly recipes, inspirational stories, exercise plans or photos of fit men or women for the purpose of motivating like-minded people.

“Cardio is the best. I am motivated to workout four to five times per week,” said student Anthony Ramirez.

Incorporating any type of workout routine and healthy eating can lead to a healthier lifestyle and have you pulling off your favorite summer outfits and showing off your summer bod with confidence.
Competing with weekend two of Coachella, Desert Daze had their own arts and music festival in Mecca on April 20.

Though there were not as many attendees at Desert Daze, eventgoers were still treated to one memorable festival.

As some set up their tents to camp others put on their dancing shoes, sandals or sneakers.

The venue had three different stages; The Lounge, Block Stage, and Moon Stage.

The largest stage was definitely the Block Stage, also known as the Red Bull stage which was actually a tour bus split in half with the stage attached to it.

Inside the bus there was water and Red Bull to keep the performers hydrated.

Headlining Desert Daze was “soul rebels” Tinariwen who originated from Kidal, Mali over at the Southern Sahara Desert.

Tinariwen was founded by Ibrahim Ag Alhabib, who went through a tough childhood as he witnessed his father’s execution at the young age of four.
Coyote Watch: What do you have to say?

By LUPE DURAN
Staff Writer

Four students shared their stance on Earth Day and showed there’s many ways to do your part, reminding us that we should remember to take care of the Earth not just on this one day, but every day.

Marie Kirsch

“I spent this Earth Day at home with my family. It’s important to take care of our Earth like it takes care of us. It’s a beautiful place with beautiful life and it’s important for all of us to be conscious of what we do to it. I’d definitely like to plant some trees next Earth Day - it’s one of my favorite activities.”

Tiffany Gatson

“This Earth Day, I attempted to decrease the amount of energy I used. I tuned my television off, and other electrical appliances. I also used the stairs instead of taking the elevator.”

Charles Burgess

“We shouldn’t just clean-up and care about the Earth on this holiday but it should be an everyday routine. I believe it’s important to take care of this planet now because if we don’t we’re going to regret it in the future when we’ve destroyed its beauty.”

Jesse Baeza

“On Earth Day I watched a few programs on the Discovery channel about the changes we’ve made on our planet and realized the more we pollute and damage it, the more danger we put ourselves in. We need to think about being more energy efficient and work to protect our wildlife that we so easily forget is also affected.”

Desert Daze takes over the city of Mecca

Continued from Pg. 10

In the late 70s Alhabib joined a rebellion with other musicians exploring a type of protest music. Tinariwen spread some Blues Rock through the Desert leaving the Dazers satisfied.

Playing on The Lounge Stage, from Los Angeles, soulful Blues artist Runson Willis awoke concertgoers’ spirits as if by magic. He sung “Wake My Soul” as the audience reacted by dancing along to his voice.

Although the bands were amazing, some of the food was sub par leaving festivalgoers with little options to choose from.

One of the food vendors that got much attention was Snow Panda, which sold ice cream and Banh Mi a type of Vietnamese sandwiches that usually consist of radish, carrot, cucumber, lettuce, cilantro leaves, desired meat, and other spices. The Banh Mi that they were selling was literally just bread and meat. Not to mention it was a little dry.

However, many were pleased with their selection of ice cream, considering it was hot in the desert with the sun beating down. Those who were not buying ice cream from Snow Panda enjoyed their free Ben & Jerry’s ice cream.

Another band who got many positive responses from the crowd was the Cosmonauts who played on the Block Stage. The band’s beachy vibe had many people ready to jump into the lake mirroring the festival.

Frontman Jeffertitti Nile had girls hula hooping over at the Moon Stage. While the boys were jumping and bobbing their heads to the beat.

Alternative rock girl band, Warpaint had many Desert Dazers pumped up to hear hits from their debut album The Fool.

“I am super stoked for Warpaint to play. It is impressive to have an all girl band being one of the headliners,” said concert attendee Catalina Mum.

This event had both art and music to enjoy including vendors selling their own art pieces and creations.

At the entrance next to the Moon Stage, was The Wax Children, artists who drew random attendees as they arrived to the festival.

The first time Desert Dazer described this event as “a fun, relaxing event full of sweet people.”

“I would recommend others to go to Desert Daze next year,” she continued.

More good vibes, good music, and good people, if you were one of the few people who missed out on going to Desert Daze there is always next year.
By SHANNON LUSTER  
Staff Writer

The local theaters and venues in San Bernardino and Riverside offer highly anticipated live entertainment ranging from plays to music festivals and performances.

The Fox Theater is well known for historically being the first theater to present the classic movie “Gone with the Wind,” starring Vivien Leigh and Clark Gable back in 1939.

The Masters of Harmony returned to the venue with a performance called “Pulling Out the Stops,” on April 28. The choir, directed by Justin Miller, sings different types of songs such as: jazz, Broadway, classical and more, according to the Fox Theater’s official website. The theater is also looking for volunteers to help out, according to the Fox Theater’s official website. This could be an opportunity to check out the latest events and even take part in them.

The Masters of Illusion Live will also be performing at CSUSB’s Coussoulis Arena on June 1 to watch and test your own reality. The show consists of performers offset with flames, fireworks and more, according to a promotion video on the official website of the “Masters of Illusion Live.”

The California Theater of the Arts, located in downtown San Bernardino, will present, “Ray the Musical Tribute,” centered around rock/soul singer, Ray Charles. Charles, a musician in the 1950s, is well known for songs like “Georgia on My Mind,” “Hallelujah I Love Her So,” and other hits. Join the tribute honoring Charles and check it out on May 25.

The Off Broadway Play Series presents, “How to Succeed in Business Without Really Trying: The Musical Comedy,” at the Landis Performing Arts Center in Riverside. Actor Daniel Radcliffe portrayed Finch in the latest version of this musical at Al Hirschfeld Theater on Broadway in New York. You have the opportunity to watch this anticipated play at Landis Performing Arts Center in Riverside – (minus Radcliffe.) Performances are scheduled for June 7-9 and 14-16. Grab your wallets, race to the nearest theater near you, and enjoy everything that live theater can offer you.
With four successful albums behind them, French band Phoenix takes a chance with their newly released album *Bankrupt!*, creating a surprisingly different sound.

Prior to the release of their fourth album Phoenix was just an underground band desperately trying to make it big, despite their long, but dedicated run in the music industry.

In an interview with Jason LipSchultz for BillboardBiz, guitarist/keyboardist Laurent Brauncowitz said "our strategy was to always try and keep the same direction throughout all those years, and at some point, the wheel of fortune stopped at this position."

Although not typically mainstream music, Phoenix won over fans with their recent performance headlining at Coachella this year, singing songs from old albums, along with all new tracks "Entertainment" and "The Real Thing" from *Bankrupt!*

"I loved seeing them at Coachella, I didn't know they had a new album out so getting to hear a couple of their new songs was super cool," said student Chris Ortiz.

The band’s first single "Entertainment" is by far the best song on the album, hitting keyboard melodies that opens listeners up to an 80s pop feel with a hint of disco influence, instead of the usual alternative-pop guitar strums they’re so famously known for.

Student Ondrina said she has always been a Phoenix fan after hearing one of their hits while at work. When word of a new album was out, it was no question to her that this album would potentially be the best one yet.

"When I first heard their single 'Entertainment' I was kind of surprised to hear such a change in direction compared to songs on the other albums, at first I couldn't tell if I liked it or not, but hearing it in full, I really loved it."

"Headline from this day on Why you keep pretending that you wanna let go? Do. Do you wanna let go? Loud volume turn to low low low low low low."

Another highlight of the album is the R&B inspired "Chloroform," a refreshing new spin on Phoenix’s usual alt-indie style.

Among their new album, the almost seven minute long track and album title "Bankrupt" could be the most questionable song, and overstays its welcome with an endless musical ending.

Listening to only instrumentals for almost the first minute of the song almost becomes boring until lead singer Thomas Mars chimes in with his strong, smooth vocals, and the interest is regained. Although the music itself is great, an amazing vocalist like Mars could be used a lot sooner in the song.

So, could this album be the start of an even longer, more successful career? Well aware of their recent stardom at Coachella, the truth in fact is that Phoenix is the best kept secret in music.

Phoenix is set to hit the U.S. with tour dates to promote the new album in the next upcoming months.

By BRITNEY VARGAS
Staff Writer
Coyotes pierced by San Diego Tritons

Women’s water polo devastated with a 4-15 loss in their last CCAA tournament appearance

By SHANE BURRELL
Staff Writer

The woman’s water polo team had their last game at the La Jolla aquatic center against UC San Diego finishing with a score of 4-15.

“We lost but we always leave feeling like winners as long as we know we gave it our best,” said player Heather Bertram.

This year’s team is having to train harder, longer and more intense than ever.

“[They] bring one hundred percent in every single practice so that they can bring it to the game,” said head coach Sarah Reneker.

Despite being one of the smaller teams in the division, the girls are showing how powerful they really are and that they’re able to handle whatever may come their way.

According to Reneker it is comforting to know that even with a small team the lady Yotes can compete at a higher caliber level.

However, having a smaller team doesn’t discourage players Misty Vu and Heather Bertram, as their statistics show that they are a force to be reckoned with.

Vu is leading with a total of 87 goals and Bertram with a shooting average of 40 percent according to statistic reports.

According to statistics, practicing harder and longer is really paying off for each of the players on the team.

“The best moment was giving them a run for their money in a couple of the quarters. Every year it’s our goal to be the underdogs that upset the UCSD coach so he stands up out of his chair,” said Bertram.

According to Reneker, the team is helping each other improve on their skills by working hard as a team during practice.

However, the team is not only helping each other but they are also competing against one another for a spot on the starting lineup.

According to Reneker, by doing this, each player has an equal opportunity to showcase their talents in each match.

Giving the team some time to be able to get use to each other and be able to work together and see how each other plays, gives Reneker more hope of a stronger and more deadly team for each match.

“We have finally found how to work with one another and chemistry has come alive,” said Reneker.

Bertram added, “We are a tight knit group because of it and it makes us step up and take initiative.”

Even though the odds are against them, they are still there for each other giving them the support that each other needs.

Growing together as a team is not only giving Reneker hope but the improvement within the matches are clearly seen.

“The scores have been more competitive since the beginning of the season,” said Reneker.

Reneker states that seeing the girls blossom into their potential and seeing them grow is the most fulfilling part of working with the team.

Students also have an affect on the water polo’s team performance by spectating the matches and giving support to their fellow student athletes.

The team has been able to over come all of the challenges that face them, playing each team as hard as they can and being able to represent our school as best they can.
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Amanda Mendoza Staff Writer

It was a 2-2 series tie for the Coyote’s baseball team against the San Francisco State Gators on April 19-21. The Coyotes gave the Gators a proper welcome greeting by winning game one.

Junior pitcher Ken Kissell, delivered a complete game on Friday with a final score of 8-2.

Kissell’s arm was on fire completing nine innings and only giving up nine hits and two runs. He felt great after throwing a second complete game of the season.

“My team played really good behind me. I usually do well when my team plays good defense,” said Kissell.

According to Kissell, Curtis Cassise is one of the players that he can rely on to have his back while he stands on the mound.

“He made a couple of really good plays for me,” said Kissell. Even with the help of Kissell’s strong pitching, it takes teamwork to stay on top.

Aaron Beckley led the Coyotes with their first run, when he delivered a single to the corner bringing in Cassise to score. The Gators tied the game in the top of the sixth by hitting a home run out to left center.

However, the Coyotes pushed forward in the sixth inning bringing in five more runs.

Trevor McMaster reached second base off of an error by the Gators center field, bringing home Michael Castello, Jake Pilkerton, and Beckley. Still on top and ready for more, Christian Gomes singled to left field bringing McMaster home.

The Coyotes weren’t done yet, at the bottom of the sixth, Cassise singled through the left field, allowing Steven Chagolla to stomp on home plate scoring a point for the Yotes.

Last but not least, McMaster singled to third base, which lead to Remington Miller reaching home.

The Coyotes unfortunately failed to show any signs of life until the fifth inning.

Chagolla stepped up to the plate and singled to right field bringing in McMaster and Billy Hamilton.

However they were unable to keep up with the Gators and lost the game 4-8.

Furthermore, the Coyotes went on to lose game two on Saturday with a final score of 5-10.

In the top of the third, Colin Johnson made it on base due to a error made by the Gator’s pitcher, bringing in Castello to score the first point of the game.

Later, at the bottom of the third, Chagolla and Johnson were both tagged out at first and second, while Miller scored for the Yotes.

Despite their previous losses the Yotes came back and won game four on Sunday.

Down 5-4 in the bottom of the 10th, the Yotes came back winning 6-5.

Miller singled to left field advancing Cassise to third which then brought home Josh Herrera.

Furthermore, Andrew Harrison hit a grounder between the legs of Gators shortstop Miguel Flores, which brought in Cassise to score the game-winning run for the Coyotes.

As Kissell puts it, “keep pushing through the tough times and maybe the good times will start coming.”

The Coyotes are scheduled to take on CSU Stanislaus this Friday at Fiscalini field in San Bernardino.

Softball falters in four game series against SFSU

By Devan Lee Staff Writer

It was a roller coaster ride for Coyote women’s softball the weekend of April 19 against the SFSU Gators.

The Lady Yotes would go on to win just one of the four games in their series against the Gators.

“As a team we went into this weekend thinking we were going to play for each other,” said senior infielder Alyssa Flores. According to Flores dealing with the losses was difficult to bear after coming off of a four game winning streak.

“It was tough to deal with those losses, because I know we are a much better team than what we showed,” said Flores.

In game one freshman pitcher Kacey Cota started the game on the mound for the Coyotes.

This freshman, whose athleticism was arguably a factor to their victories against Chico State, gave up two runs in the first inning and three runs in the fourth.

However, the offensive production displayed by the Coyotes was not their best performance.

Throughout the entire game the Coyotes only had two singles hit by senior outfielder Jamie Leffingswell and junior outfielder Darian Manuz.

The Coyotes were shut out in game one, losing 5-0.

Game two seemed to take a turn for the better as Flores and senior infielder Monica Ferguson each hit RBIs and gave the Lady Yotes a three nothing lead in the third.

Although the Gators tied the game in the same inning, freshman infielder Melissa Roberts would come in to pinch hit for freshman outfielder Na’Tavia Lee in the fourth.

Lee stepped up to the plate and hit an RBI to score sophomore outfielder Victoria Lievanos.

The Gators would come back against to score an unearned fourth run to tie the game in the sixth.

The game would go into an extra 8th inning and, unfortunately for the Coyotes, be the only inning SFSU would need to seal the deal.

The Lady Yotes lost 5-4 by games end.

Manuz was aggressive offensively with a base hit in the third inning and reached third off of ground out and a sacrifice bunt.

Senior infielder Monica Ferguson would then hit a two run homer, bringing home Manuz giving them the lead.

Cota stepped it up on the mound, allowing only one unearned run in the sixth.

The Coyotes would defeat the Gators 2-1.

“We pulled together and won this game for one another,” said Flores.

The Coyotes would lose game four of the series, allowing three runs to score in the first three innings.

Although Flores would bring home sophomore outfielder Charlotte Galzote and Manuz on a two run triple in the fifth, their efforts were not enough.

The Gators answered back with three runs in the sixth and shut out the Coyotes the rest of the game.

The final score of game four was 6-2, SFSU.