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BSA to welcome transgender boys

By Brittanie Gutierrez
Staff Writer

The Boy Scouts of America (BSA) will now be accepting transgender boys. The organization released a statement informing people that after 100 years of using the biological sex indicated on a child’s birth certificate, they will now be accepting transgender boys.

Another homeless woman, Elle, who has been residing on Base-line with her friend Willie for over 15 years, said she wasn’t interested in going to shelters because they don’t provide the help she is looking for.

“I have a lot of problems going on right now. [...] I have a disability. They won’t give me any intentional care that I need [...] they just tell me that I need to get a copy of my birth certificate [...] to prove what’s my birth date?” Elle exclaimed.

She explained why the process of getting to stay inside a shelter is more difficult for her. Continued on Page 4

In efforts to help the county’s homeless population, different groups, organizations, and programs often come together to offer some type of help. However, controversies are continuing to be raised.

“I’ve stayed at a battered women’s shelter and only had to go there once. You don’t get much sleep in a shelter depending on who you are and what problems you face,” said Sierra, a woman living in and out of Seccombe Lake Park.

“A lot of times the people who come in [the shelters] take your stuff,” explained Sierra.

According to the BSA statement. Chief Scout Executive, Michael Sur-baugh released a video on YouTube explaining what the BSA stands for and how their new policy will allow them to serve the youth.

“The move toward trans-inclusion is a positive one and provides a good model,” said Gender and Sexuality Studies Program Director, Dr. Todd Jennings.

Jennings, a former boy scout, remembers the importance placed on standing up for fairness.

“So it’s disappointing that the BSA continues to follow rather than lead in helping boys to see, and experience, the links between inclusion and the character values the BSA works to instill,” continued Jennings.

In 2015, the BSA lifted a restriction on openly gay leaders and employees, and allowed leaders to be selected regardless of sexual orientation.

“It would have meant more had the BSA arrived at LGBTQ inclusion earlier and under their own volition rather than simply reacting to pressure [...] but at least they eventually got there and that is good

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An inside look at San Bernardino park residents

With or without shelter

Care & support of the community, or the lack thereof?

By Sierra Marrero
Asst. Community Editor

In a 2016 San Bernardino Survey Park residents of San Bernardino open up about issues of homelessness, prejudice, safety, job search and unusual appeals of living without a roof.

Seccombe Lake Park, for example, is echoed with murals, a place for families to explore, the community to come together for events, and sightseeing over the lake.

The park also has a homeless access center located at the northeast corner that was approved in June of 2015 and aided by the homeless support group, Mercy Hands.

In 2016 a San Bernardino Survey count, there are approximately 1,887 people without a home; 696 of them are sheltered. These residents also share their own perspective on why they are homeless and what it feels like.

‘Poppa’ Charles, a resident of Sec-combe Park, explained that he left his last place due to theft.

“They [former residents] were taking my stuff so I said, ‘I’m out of here.’ That was a few years ago,” said Charles.

It is not just the people that affect them but also the open environment with difficult weather conditions.

“I adapt when it gets here. You get in your tent and it’s raining—just lay in it

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College resources

Community assistance for college students.

Features

The N Word

Some words are better left unsaid.

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Freeze on Environmental Protection Agency

By Kassandra Garcia
Contributing Writer

Over 2,300 CSU and UC faculty members signed an open letter that addressed concerns regarding President Donald Trump’s freeze on the Environmental Protection Agency (EPA).

The letter was released to Trump and his cabinet after he and his administration ordered the EPA, created for the purpose of protecting human health and the environment, to remove the climate change page from their website.

Trump made it clear that the EPA is on a media blackout until Scott Pruitt, his nominee to lead the agency, is confirmed by Congress on Jan. 24.

From the start of his transition period into presidency, Trump and his administration have shared hostile views towards science. This has left scientists questioning whether or not the general populace is aware of what this will entail for the science community.

“I think it is crucial that our campus focuses on what is currently going on in the science community,” said student Daniella Castelo. “We as a community need to be environmentally aware in support of the scientists who do not have a voice because of current governmental restrictions.”

That raises the question about whether academic institutions such as CSUSB are doing enough to raise environmental awareness.

Currently, the Environmental Health Science Club (EHS) introduces and guides students through the diverse and dynamic field of environmental health at CSUSB.

According to the club’s webpage, the purpose of the EHS is to promote professional leadership and create awareness on local, national, and global environmental issues.

There are several ways in which the university promotes environmental awareness.

One example is the new water conservation, San Bernardino Valley Water Conservation Demonstration Garden, located near the Student Recreation and Fitness Center.

The conservation lists all the policies, strategies and activities to sustainably manage and protect water resources.

“I think we are making progress,” said Dr. Joan Fryxell, a geology professor at CSUSB.

These progressions can be viewed on PennEnvironment’s website, which is a statewide, citizen-based environmental advocacy organization.

“As with any progress, there are forward steps and setbacks, but progress is occurring, particularly in California which has taken a leadership role in showing how this can work,” added Fryxell.

In an effort to improve environmental awareness, CSUSB advocates clean energy usage, the campus has solar panels, promotes carpooling, offers free bus rides with student ID, as well as power producing gym equipment.

Further improvement, according to Fryxell, can be made by offering an “introduction to Environmental Studies” class and making it a graduation requirement for all students.

This is another way CSUSB can spark interest in environmental awareness.

“I appreciate everything our campus does in terms of promoting clean energy usage but I still don’t see it as enough,” said student Erin Gonzales.

PennEnvironment’s website also includes material on issues and an action page where you can help support causes by providing some of your information.

“We definitely need classes that keep us aware of what is currently going on with climate change and the scientific community because the lack of awareness is harmful to our health and environment,” asserted Gonzales.

CSUSB students can also dedicate time to get in contact with their elected officials to discuss the current EPA restrictions and environmental issues such as climate change.

“While many people think small things would be insignificant, they are all definitely significant and effective,” said Fryxell and brought the examples of conserving and reducing water consumption.

In order to raise awareness on such issues, Fryxell urges people to express their opinions to their elected representatives.

“I recommend that people write/talk to the leadership at the state level and in congress,” stressed Fryxell.

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A future where hope that inclusion is the norm rather than the exception, Dr. Todd Jennings

The Church of Jesus Christ of Latter-Day Saints (LDS) released a statement on Jan. 31 informing their followers that they are reviewing the policy made by the BSA.

“Boy Scouts has assured its religious chartering organizations that, as in the past, they will be able to organize their troops in a way fully consistent with their religious beliefs,” stated the Church of Jesus Christ of Latter-Day Saints.

LDS officials have released statements on LGBT issues in relation to the BSA in the past, which have further pushed LGBT advocates to lobby for change.

“Trans-boys will experience inclusion while non-trans boys will have inclusion modeled for them. Equally important, these boys will be part of a future where we hope that inclusion is the norm rather than the exception,” said Jennings.

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FREEZE ON ENVIRONMENTAL PROTECTION AGENCY

Solar panels on campus which help make the university more environment friendly and energy efficient.

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“Don’t run, we have a new president.”

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“[For instance] the Coke-A-Cola ad run during the Super Bowl... they had a lot of damaged people and they got a lot of backlash on that,” said Rodríguez.
Bullet proof stories & force for good

*L.A. Times* editor-in-chief Davan Maharaj discusses journalism

By Loydie Burmah

Editor-in-chief and publisher of the *Los Angeles Times*, Davan Maharaj, led a discussion on the importance of accuracy and fairness in journalism, utilizing storytelling to enact positive change, and accessing veritable information at CSUSB on Feb. 9.

“We want to help in the development of young storytellers like you,” said Maharaj.

He also mentioned that the *L.A. Times* intends on maintaining a relationship with CSUSB to share resources and services with not only student journalists but the San Bernardino community as well.

“We also want to make sure that we just don’t write about the community, we make an investment in the community,” continued Maharaj.

Kyle Finck, *L.A. Times* High School Insider Project Lead, was also participated in the discussion. Finck serves as a liaison between CSUSB and the Times.

“It is crucial for young journalists to always delve into the question of why something is happening, why someone is saying something, and why the world works the way it does,” stated Finck.

The discussion began with Maharaj recalling his first experience as a cub reporter for the *Trinidad Express* in his native country of Trinidad.

His first published piece influenced reformatory action for San Fernando wharf fishermen facing storage facility issues.

“By just reporting a story, and exposing a truth, I was able to get a positive action, for many of these fishermen,” said Maharaj.

If the story was never written, he believed that those fishermen would have never received the necessary assistance needed.

“Not only can you change people’s lives, and use words and facts as a force for good, but you can educate people,”

*Editor-in-chief, Davan Maharaj*

Maharaj noted that unlike other professions, journalism offers a “passport into people’s lives.”

Professional journalism requires storytellers interested in discerning truths, reality and deception with factual research and information to share with others in order to provoke reform.

“As an educated citizen I think your responsibility is to ascertain what is the truth [...] That should help form your opinion, your belief system, and then you decide what your actions will be based on that,” said Dr. Terry L. Ballman, Dean of College for Arts and Letters.

Audience members asked questions regarding how journalists should engage in credible, accurate reporting during the current political reformations occurring under President Donald Trump and his administration.

Questions were also asked about how readers can become more vigilant in finding truthful, factual information amidst “alternative facts” and “fake news.”

“I think it is really concerning that a lot of people [...] don’t know the difference between where they can find fake news, and where they can find real news,” commented Coyote Radio Director Lacey Kendall.

Kendall then asked Maharaj how the Times “retort to their public” amidst uncertainty and deception, ultimately ensuring them that the publication is indeed trustworthy.

“How do you as a newspaper, retort to your publics, and say, “we’re real?” asked Kendall.

Maharaj responded that it “takes all of us,” meaning academia, citizens, neighbors, friends and journalists to educate and provide each other with veritable sources for information. This challenge cannot be completed by solely journalists alone.

“This is a great time to be a journalist. Because if you believe in truth, if you believe in exposing lies, and if you believe in standing up for readers, there is no better time now, than this environment,” said Maharaj.

*Photos courtesy of Corinne McCurdy | CSUSB*
Continued from Page 1

By Stanisha Parker

Adapting to cold and wet weather conditions is one of the several challenges park residents face on a daily basis; another challenge is finding sufficient programs for employment.

Larry, another park resident shared his experience. "Some of them [support programs] are helpful, but I haven't checked into all of them, though. If you look, there's a lot, but I'm not trying too much," said Larry, after a long sigh. Larry believes that the most needed aid should come in the area of job training, "I would like job or training for a job [...]. No one's gonna deal with you—you know? Give you a chance [...]," he said.

As stated by the National Coalition for the Homeless, there is help for all Americans to prepare for the future. However, there are some barriers that limit the accessibility for the homeless. Barriers such as, but not limited to: no access to computers for job applications, reliable transportation, limited education levels, no job skills, chronic health issues, and a criminal background.

Experts suggest, criminalization of homeless people is one of the reasons that hinders their employment. In its No Safe Zone report, the National Law Center on Homelessness & Poverty explained how the homeless are criminalized for sleeping in public, in cars, or begging for food.

According to the report, nine percent of cities in the United States prohibit sharing food with the homeless—San Bernardino is not one of them. A case involving violence and criminalization towards a homeless man sparked national outrage in 2011. Kelly Thomas, a homeless man diagnosed with schizophrenia, was beaten to death by two former Fullerton California police officers during an arrest. Officers were called due to his alleged suspicious behavior.

Shelters often help alleviate issues related to the criminalization of the homeless—less it provides a sense of security and protection. For some, though, there can be alternative ways of creating a sense of safety. Through the "Temporary Assistance For Needy Families" program, Metu said that there is an effort to keep an income for clients. "We make sure you save 75% of that money in a deposit box for wherever you go," said Metu. "While you are here we try to connect you with other services [...], like for your electricity. We refer you to other partnerships to help you pay minor bills because these are things that will stop you getting into and apartment," she continued.

County Legal Services is another group that works independently to provide legal assistance to clients, with or without families, and donates over $30,000 each year to the Salvation Army. "Every 1st and 3rd Thursday of the month we have a paralegal come in and he helps with people that have legal issues that will automatically stop [them] from getting a job or getting into housing, like maybe child support issues pending, a divorce and you don't know what to do or [... all kinds of issues]," said Metu.

Furthermore, San Bernardino County School District helps the homeless youth by acting as liaisons to some of the family shelters. One person mentioned by Metu as a liaison is a woman she referred to as Mrs. Brenda, who helps with backpacks, uniforms, and school stationary.

"We even help college students come in who just need some food. It's more comprehensive than you know," said Metu. According to Metu, they also receive additional resources ranging from the Second Harvest Food Bank, San Bernardino Women’s Club, San Manuel Band of Mission Indians, to the Medical Student Outreach teams from Loma Linda University.

For men who are over the age of 18 seeking shelter, they have an option to go to The Central Lutheran Mission (CCLM), which provides emergency housing, along with meals, a hygiene kit, and help to get back to work with their financial needs, and even clothing.

The CCLM is the only emergency shelter located in San Bernardino, exclusively available for single men with children or women. In the past few years, there has been a push into opening another shelter for these homeless individuals.

In July of 2016 city council members discussed opening a shelter in San Bernardino for homeless men titled "Mary's Village," but Councilman Henry Nickel and Councilwoman Brenda Littlefield Richardson, among others, opposed the motion to move forward.

They believed that it would actually draw more homeless people to the city and undo the burden the westside.

Another council member, Henry Nickels, spoke against the plan stating, "Many residents have seen the city's generosity result in more homeless people here."

Comments made by the city officials do not correlate with the numbers presented from the 2015-2016 U.S. Census Count and Subpopulation, which revealed an overall decrease of over 203 homeless people within the city of San Bernardino.

The plans to continue with the construction of the homeless shelter, have since been denied, re-approved, and is currently in discussion.

A man living in downtown San Bernardino named "L" demands "some type of representation. "They don't get none [representation]." That's the issue. Representation is important because community is the people.

Sierra, on the other hand, said she doesn't care for representation. She explained that some shelters can be just as dangerous as prior living situations, because of those that steal, and those that try to exert dominance over others. Sierra said she feels most at home living in parks.

Sierra mentioned that she always finds new places to live because every so often that they will do a cordon and tell people residing in the park to leave.

Regardless, she adds that the park is her favorite place above all other places. "I'm at the top of the world where I'm at and don't want them to know nothing about me [...]. there are more people [...]. where in their homes that are unhappy. You have husbands unhappy with their wives, and their jobs, and are miserable. You don't know what happens behind closed doors," said Sierra. "It's something shelters can't fix."
Alpha Phi Philanthropy

By Noe Ramos
Staff Writer

Alpha Phi sorority raised over several thousand dollars for their fight against heart disease at their Red Dress Gala with the hopes of also spreading awareness, considering how the disease is relatively unnoticed in today's society.

“I chose CSUSB because compared to other schools, CSUSB is one of the most diverse campuses in California and CSUSB’s tuition is really cheap, although, many people think otherwise I feel really lucky to be a student at CSUSB.”

Gina Yeh

Another factor that attracts international students to attend this university is Test of English as a Foreign Language (TOEFL) preparation classes. TOEFL is a standardized test that measures the English language ability of non-English speakers pursuing enrollment in an English speaking university.

“The university offers an English language program in which if [any] international student passes a certain level, we can get the TOFEL waiver. And since I am an international student and do not receive financial aid, CSUSB was the best choice for me,” said international student Halice Lee.

CSUSB is also committed to providing services and programs that will aid and facilitate the transition of international students, along with their family members as well. International students are provided with a wide variety of degrees and programs, including international academic programs such as: Asian Studies, Arabic Studies, Latin American Studies and Global studies.

“I chose this university because I am really interested in the Latin American program here and I have heard it is a great and a very interesting program,” said international student Jorge Saucedo.

Being one of Southern California’s most diverse universities creates opportunities for students to form connections with one another.

CSUSB provides host families to the international students so as to make the international students more acclimated to the area.

The host families are encouraged to have the international students in “family activities in the evenings and weekends, enriching the students’ stay and giving them a true picture of American culture,” according to the College of Extended Learning.

Not only does CSUSB’s education rank in the top 4 percent of the nation, according to the Collegiate Learning Assessment, it also holds the most diverse student population in the Inland Empire.

“I am really glad that I am able to meet people from all over the world and be able to learn about their culture, it’s quite interesting you know back in my home country everyone is the same and here things are much different,” said Fahad Mohammad.

“I just love my life here because back in my home country everyone is the same and here things are much different,” said Fahad Mohammad.

Alpha Phi sorority raised over thousands of dollars for their fight against heart disease at their Red Dress Gala with the hopes of also spreading awareness, considering how the disease is relatively unnoticed in today's society.
Community

College benefits for veterans

Veterans receive financial benefits to pay for their education

By Kathleen Ramirez
Staff Writer

CSUSB veteran students provide first-hand insights into a variety of tuition benefits for members of the military on active duty or after its completion. While in service, active duty members receive tuition assistance which pays on a per class basis up to $4,500 a year.

“When you are in the military they pay for your tuition 100 percent, the only issue is if the military needs you at any point to go to a training exercise, that comes before school,” said Danny Sanchez, veteran master’s student in accounting.

This happened to Danny several times while going to school in the service. “I would miss assignments and have to play catch up. So I would recommend waiting until you are out of the service and then using your GI Bill to finish your education,” explained Sanchez.

The Post 9/11 Government Issued bill, or the GI Bill, may provide up to 4 years of education benefits to eligible service members and veterans who have served at least 90 days on active duty to use for college or any type of certificate program.

There is also the Montgomery GI Bill, which offers mainly the same benefits but with one stipulation being, a full-time student has to pay tuition, fees, books and other education-related expenses. Whereas those who have the post 9/11 benefits have those fees covered.

“I have been out of service for 4 years and am not sure what I want to major in yet, but knowing I have 6 years left to earn a degree definitely gives me incentive to decide soon because it is a privilege to have my education paid for,” said Joseph Patterson, student veteran, who served for 4 years in Afghanistan.

Once out of the service the clock starts ticking and military members have 10-15 years to use their GI bill.

If a member needs to take time off from school for any reason they can do so, and will still be able to reaply at a later date and be eligible to use the GI Bill as long as it is with in the 10-15 year time frame.

The Post-9/11 GI Bill pays in a couple ways, the major factors being the number of months served on active duty and the number of credits taken.

If a member of the military decides to attend a public school, the Post-9/11 GI Bill will pay tuition in full. Some say that the Montgomery GI Bill payment rates are a little more tricky because the biggest factor is based on credit load.

Under the Montgomery Bill, a full time student will receive $1,857, however if they are only a part time student they will get half that amount.

“I am a dependent and will be going into the Air Force after I earn my Bachelor in Business and Administration. And once I am in the Air Force I would like to do my Masters,” said Otis Douglas.

I have 6 years left to earn a degree definitely gives me incentive to decide soon because it is a privilege to have my education paid for.

Student and veteran, Joseph Patterson

Community assistance for college students

By Amber Childress
Staff Writer

College students seek helpful benefits, ranging from transportation to school supplies, and food.

Not all students have reliable access to transportation.

“For college students we offer free bus rides with their school IDs. When the school has a partnership with Omnitrans they agree to allow the students to ride for free,” said Omnitrans worker Kelly Williams.

Along with transportation, costs go up causing zero to students to struggle to get essential items.

“Helping Hand Pantry offers a College Student Food Assistance Program. This program helps college student who need help getting food,” stated Helping Hand Worker Wendy.

This organization is here to help college students who do not have access to food or cannot afford to purchase food.

“Being a college student is like a full time job and adding a part time job to it makes being a college student even harder. Helping Hands program provides ways for college students to get food on a college student budget,” stated student Jill Fanning.

Students who need help with finances can also get connected with Amazon Student.

With the Amazon Student membership students are able to get great deals on test prep materials, discounts on buying or renting textbooks, and for the first six months students are able to get two day shipping on select items.

“Amazon seeks to help support students as much as possible. From offering students the ability to access things needed for school along with things needed outside of school at a discounted rate,” said Michael Lopez, worker at Amazon.

Amazon Student is an easily accessible website just for students.

“As a student I love using these websites because they offer a lot of accessible discounts for me and textbooks are a lot cheaper on Amazon Student then in the bookstore at school,” said student Savannah Ordonez.

Those that do not live at home with family, or on campus may have many bills to pay which can become a struggle.

Community Action Partnership of San Bernardino County (CAPSBC), created an organization to help pay rent and utility bills.

CAPSBC provide up to 18 months of rent assistance.

“Between being a full time college student and going to work part time its getting harder to pay bills. Being offered a program that can help pay my bills while I continue school would be a great help,” said student Lizzy Perez.

The Student Advantage program is an organization that offers students the ability to access a multitude of discounts on food, clothing, and entertainment.

“We offer access to many different online shopping locations, free email on the latest deals and coupons, a convenient way to get your items, and the best part is you save money on every purchase,” said Student Advantage worker Sandra Gomez.
Even with the protection of free speech, there are certain words that are still not spoken due to the history and power they may hold. "The 'N' Word," event hosted at the Santos Manuel Student Union, was an informative discussion about the meaning of the 'n' word. Attendees had an opportunity to voice their opinions about the 'n' word. Discussions occurred regarding the word's meaning, origin and whether or not it is considered acceptable to use.

The event was hosted by students Kameron Thomas, Prince Ogidikpe, and the Cross Culture Center. Thomas, a senior, has been hosting this event for four years now. Due to the great response received from staff and students here on campus, Thomas hopes it continues.

At the event, Thomas and Ogidikpe asked questions to encourage audience participation. A soft foam microphone was tossed around so that participants could share their thoughts. They started with discussing the meaning of the 'n' word and where it originated from. "It is an ethnic slur, usually directed at black people. The word originated as a neutral term referring to people with black skin, as a variation of the Spanish and Portuguese noun Negro, a descendant of the Latin word "Niger" which means 'black,'" said Ogidikpe.

"It was often used derogatorily, and by the mid-twentieth century, particularly in the United States, it became a racist insult," continued Ogidikpe.

Thomas, however, shared a different perspective. "The research I've personally done [...] it derived from the word Negus, which meant king and it kind of got bastardized as time went on. And when slavery happened, instead of calling the black men and women kings, the slave owners changed it to "nigger," to make it derogatory," said Thomas.

The discussion also addressed two forms of the 'n' word, one being "nigger" and the other "nigga." The word "nigger" is a racial slur towards black people, and the audience seemed to agree that it should be scratched out from everyone's vocabulary.

Overall, it makes everyone feel uncomfortable. As for the word "nigga," some students see it as a term of endearment, they use it to call a friend, and in other social settings. Student Charlotte Mahone expressed that she is fine with using the word "nigga.

“My nigga, my person, someone that I love,” said student Mahone.

Adam Desta disagreed, “I don’t think it should be said by anyone, but since no one is going to abide by that I don’t think non-black people should say it.”

While there are vast amount of alternatives for replacing "nigga," it is still viewed as an unnecessary part of any person's vocabulary. Ogidikpe offered some alternatives for the word "nigga.

"[...] Bro, man, good sir, friend,etc," said Ogidikpe.

Some agreed that the 'n' word should only be used by people in the black community, if it were to be used at all—otherwise it is considered really offensive.

“The n-word represents a struggle and suffering that our ancestors put through for years. It is offensive to me when it is used by people who are not black," said Ogidikpe.

Regardless, the word is still used. One may even here it used on campus. It is heard on television programs, music—it is a part of today’s pop culture. Guest speaker Chris Coulter, shared his perspective regarding how hip-hop and pop culture have spread and encouraged use of the 'n' word for audiences of all types.

Thomas and Ogidikpe asked audience members how they felt when other ethnic groups used the 'n' word. "I don’t think it’s okay to use the ‘n’ word, why? Because it’s a bad word. I was taught that you shouldn’t say bad words, no matter what the word is," said Omar Elhanafy, student and MSA Vice President.

Elhanafy continued, “The ‘n’ word to me is a word that was used for oppression against black people. The ‘n’ word makes me feel uncomfortable.”

Thomas and Ogidikpe hoped the event would provoke awareness and understanding regarding the origins of the ‘n’ word, and why it should not be used. “At the end of the day, words don’t have power unless you give them power," said Thomas.
Features

ANOTHER YEAR ALONE
A world renowned holiday that further establishes just how lonely some of us are

By Clairissa Gonzalez
Staff Writer

Every year the world is reminded to share their love with their significant others on a specified date, proving their love with gifts, food, or some quality time spent together.

However, with all the candy hearts and teddy bears it is easy to forget how many others either spend this day alone or would rather just forget about it entirely.


According to a study on Fundivo, in 2016 it was estimated that Americans in total spent over $19.7 billion on all things Valentine’s day, making the average individual spend closer to $147.

Not purchasing the right gift can cause issues, some seemingly irreparable.

“My ex-boyfriend told me I didn’t appreciate him so that made that day just a big [fustercluck] of confusion,” said an interviewee who preferred to remain nameless.

“We ended up breaking up a month later anyway,” they continued.

Despite Valentine’s Day being considered as a day of love and companionship, it can also be considered one of the most popular days for breakups.

Many breakups occur due to pressures on a relationship. The symbols of love plastered everywhere in media or in stores promoting love via materialism, it may have cause strain within a relationship.

According to a study on A Plus entitled “The Science of Breakups,” Valentine’s Day is the third most popular holiday for break ups, following the seasons of spring break and winter break.

On the day that’s meant to celebrate their relationship, some couples decide to end it instead.

Relationships are tricky to navigate. They become trickier when considering that there is a universally recognized holiday for romance, sometimes it’s easier to forget the day even happened.

“My worst Valentine’s Day was last year,” began student Bo Navarro.

“I was asked out on a triple date because the guy’s first option cancelled on him. Everyone was having a great time and then there was me, stuck with a boy who kept making fart jokes all through the movie we went to see. It was overrated,” continued Navarro.

A different way of celebrating is by participating in a bar crawl, which is done across America on Valentine’s Day.

Bar crawls include prizes, contests, musical entertainment, and the opportunity to end your night with someone. Some people celebrate Valentine’s Day by buying chocolate and flowers, and other times by simply acknowledging their love for that special someone.

Supposedly, the origin of Valentine’s Day begins with a man named Valentine in the third century Rome. Emperor Claudius II deemed it unacceptable for soldiers to have families due to his belief that single men were better soldiers.

Outraged, to say the least, Valentine began performing weddings for soldiers in secret, up until his actions were discovered by Claudius and he was ordered to be put to death.

Regardless of anyone’s personal feelings about Valentine’s Day, we can all count on that discount priced chocolate the next day, and that’s something to look forward to.

By Genely Barajas
Staff Writer

With Valentine’s Day just around the corner it can be stressful to find the perfect gift for that special someone in your life—so what better way to show you care than cute and affordable DIY gifts.

Making someone a present is a fun and sweet way to express gratitude towards them, all while saving money and time.

It also allows the freedom to personalize and tailor the present so that it targets your significant other, unlike all the other basic store bought items.

“I prefer something creative and self made but if you have to be convenient then that is fine too. You can always take 5 seconds out of your day to call the person you love to say Happy Valentine’s day, it’s the thought that counts,” said student Brian Moore.

Valentine’s Day is the perfect opportunity to step outside your comfort zone and get cheesy with your emotions. Inspiration can be found just about anywhere and on almost anything with the tools out there; such as Pinterest, Etsy, and other social media applications.

A homemade “scratch-off-hearts” poster is a quick and easy-to-make gift that you can give to a lover, a parent or anybody who deserves some V-Day love.

All the materials needed are things you might even have laying around the house: stock paper or poster board paper, some colorful pens or markers, acrylic paint, dish soap and a white crayon.

“If you’re a student making it hard to be able to spend on Valentine’s day because we live on a very limited budget,” expressed student Yessy Teran, so using materials you already have at home is a huge money saver.

The poster will resemble a scratch off lottery ticket but instead of trying to win money, your significant other will be scratching off the hearts to reveal reasons why you love them or gifts they can redeem.

Some of the gifts could be a foot rub, a homemade meal, or anything else you want to spoil them with.

For this example, I will be doing a “10 things I love about you” poster with 10 hearts revealing romantic reasons, you can either find a template online to have perfect symmetrical hearts or get creative and do something original.

“I’d rather get a homemade gift, because it means way more to me than something store bought [...] knowing they put effort into making something they think I would like is heart warming,” shared student Celeste Bailon.

With homemade gifts like this you will no doubt melt your valentine’s heart.

“I have always been such a big fan of Valentine’s Day. I’m just one of those girls who loves love so I try to make it a big deal with my boyfriend because I’m cheesy like that,” said student Patricia Ramirez.

Even if being artsy-crafty is not your specialty, a gift considered imperfect just adds to the personality of it and will make your valentine smile each time they look at it.

“I admire the people who come up with great homemade gift ideas and it’s usually stuff they thought of on their own. I always want to make my boyfriend something he’d love but I can never think of anything,” confessed Ramirez.

Putting your time and effort into something homemade rather than going out and buying the typical hearts and chocolates will not only save you time and money, but will also bring you closer.

D.I.Y. Valentine’s Day

Step 1: Write out a cute message.
For example, “10 reasons why I love you” or “Are you lucky in love? Scratch to find out!”

Step 2: Draw out multiple hearts where you can write cute messages inside or “gifts” they can redeem.

Step 3: Using the white crayon, heavily color inside the hearts.

Step 4: In a bowl mix together 2 parts acrylic paint with 1 part dish washing soap and paint the inside of the hearts, you may need to do multiple coats.

Step 5: Let the paint dry and give to your special someone.

Saving for your honey

By Genely Barajas
Staff Writer

With Valentine’s Day just around the corner it can be stressful to find the perfect gift for that special someone in your life—so what better way to show you care than cute and affordable DIY gifts.

Making someone a present is a fun and sweet way to express gratitude towards them, all while saving money and time.

It also allows the freedom to personalize and tailor the present so that it targets your significant other, unlike all the other basic store bought items.

“I prefer something creative and self made but if you have to be convenient then that is fine too. You can always take 5 seconds out of your day to call the person you love to say Happy Valentine’s day, it’s the thought that counts,” said student Brian Moore.

Valentine’s Day is the perfect opportunity to step outside your comfort zone and get cheesy with your emotions. Inspiration can be found just about anywhere and on almost anything with the tools out there; such as Pinterest, Etsy, and other social media applications.

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Baguette Express

By Monica Rosales
Contributing Writer

Baguette Express is your one-stop-shop for some of your favorite Vietnamese food in San Bernardino. Since 2008, this restaurant has been just around the corner of campus providing locals and students alike a chance at homemade tasting Vietnamese food. This quiet little spot looks has a lot to offer. From the moment one enters the restaurant, there is a home-like atmosphere.

The workers are very kind, and interested in sharing the variety of things they have to offer. “This place looked like a hole in the wall, and I always find the best food in those type of places,” said student James Cortes. “I was not wrong, I tried one of their baguette sandwiches and since then I constantly crave them!”

Baguette Express provides delicious food, even down to their freshly baked baguettes which are prepared every morning and served all day long. They make sure all their food is prepared with the best ingredients. Alongside their popular baguette sandwiches, which are prepared both Vietnamese and American style, they have pho, spring rolls, rice platters, and many other tasty sides.

It is the perfect place for anyone searching for a hearty meal, or a small dish to nibble on. For the on-the-go person, they also allow customers to order what they want to go. “On these cold days, I always want some Pho and did not realize how close it was to school. I don’t live nearby so I am excited I can finally get it somewhere very close to school,” said student Maria Zamora. They do not just stop there; they also have a variety of drinks for customers to try including some Vietnamese favorites that they strongly suggest.

The have a variety of 25 different smoothies which can include everyone’s favorite, boba or lychee. They also have variety of iced coffees to choose from. “The first time I walked in, I had no idea what this place was. I was just hungry and wanted to try something new,” said San Bernardino local, Linda Castro.

The workers went over the entire menu with me and recommended me their favorite sandwiches and I did not regret it. I haven’t stopped coming back,” continued Castro.

Besides the food, the atmosphere alone makes you feel like you should sit down and just enjoy a good conversation. With their open seating available, it even provides a spot for students to relax and study.

“It’s different then your typical Starbucks, it gives you a different experience,” said student Matthew Morales. One should not miss a chance at trying a place like this. Try out something new and tasty next time you need a study break.

Photos courtesy of Sofia Vega

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WORKING THE WAVES

By Manuel Sandoval
Contributing Writer

Careers within the radio industry can be highly stressful and deteriorating. However, there are advantages of being an on-air talent. Besides meeting and interviewing artists for station broadcasts and events, radio has its occupational flaws, which include: no job security, low pay and working on holidays. Many people even question if radio will become obsolete in the near future.

“Radio is an element of media everyone has access to. I think people feel connected to their community when they listen to radio,” said Kevin ‘Gouda’ Schatz, on-air talent for 97.1 AMP Radio.

“There’s something special about listening to a station, knowing that anyone around you could be listening to the same thing. Radio creates a connection that a lot of other forms of media do not obtain,” continued Schatz.

The radio industry is a form of mass media that is constantly shifting to keep up with the digital era by connecting with their audiences through social media platforms and applications so people can listen on the go.

“There’s nothing quite as intimate as listening to radio, and that’s the reason why radio plays such an important role within mass communication,” said Schatz.

“One aspect that has definitely changed is that we are going in a more digital direction, it’s now our responsibility to publish content on the website, which we tease on air,” said Anthony Frogatelli, on-air talent for CBS Radio-KFROG.

Also, on-air talent are often given behind the scenes work that the public doesn’t necessarily get to hear or see — work typically completed before or after on-air shifts. For example, broadcasters do not usually have staff writers, instead they are the ones who submit articles via their website. With extra job duties and deadlines placed upon one person, working as an on-air talent can be stressful.

“We typically write the stories in between songs or during commercials; along with hosting contests, taking calls, running commercials and broadcasting traffic info,” continued Frogatelli.

Just like any other business, radio stations often face budget cuts, which involves cutting out employees and various positions.

“The face of radio is different then it used to be, with mergers and positions being eliminated, voice tracking etc. It can be stressful at times; especially when you’re faced with having to do the work of two, sometimes three people,” said Christy McLeap, on-air talent for CBS Radio-KFROG.

Depending on the position, it may be a medium to low stressful job. Managers will have a different stress level than a person that is on-air talent. Sacrifice and everlasting dedication are all attributes that come along with working in the radio industry and if you work hard you can find great advantages.

“I’m salary based, but my hard work has also paid off with making money outside of my salary by doing radio remotes and endorsements that I get paid separate for. The more of those you have the better off you are! The more popular you are on-air, the more of those you typically get,” said McLeap.

Radio broadcasting can be a very rewarding career because one is able to connect with listeners, interview artists, attend events and debut new music. The rewards one can receive within this career outweigh the flaws.

“This is something that I love doing. I’m not dreading driving to work, I get to play some of my favorite music. I get to make peoples day by giving always tickets [...]” said Frogatelli.

After hearing about critical aspects within the radio industry, if you are still interested in a career as an on-air talent, maybe this field of work is for you. “The advice I would give to someone seeking a career within the radio industry would be, don’t pretend to be someone you aren’t,” said Danielle Perry, mid-morning show host on Kerrang! Radio.
Old VHS curse goes viral

By Robert Klimper
Staff Writer

Moviegoers will once again fear the ring of a phone with the third new movie “Rings,” now playing in theaters.

The newest addition to “The Ring” series of movies, despite being apart of the franchise, one does not need to worry about seeing the previous films to understand the premise.

“Rings” does have aspects of the story from the previous two movies, but explains it well enough for new audience.

According to the storyline, after one watches a cursed VHS tape, they have seven days left to live until the ghost girl Samara comes and takes their life.

The only way to avoid the fate of the seven day time limit is to make a copy of the film and show it to someone else, moving the curse and freeing the original viewer.

It would not be unreasonable to think that in this digital age, the cursed VHS tape would be an outdated way to spread a supernatural death sentence.

Yet, until a college professor decides to perform experiments on the cursed footage, it has been confined to an outdated form of media.

The film delves more into the background of the ghost Samara and why she kills, as well as looking into her family history.

“Rings” uses similar film techniques that were present in the first film, primarily the use of a blue and green color scheme, in this case it comes into effect when Julia (actress Matilda Lutz) is given the curse.

The blue and green color scheme is meant to represent a feeling of melancholy and desperation, something that was present in Samara’s life.

Director F. Javier Gutiérrez has it so that each scene that Julia is in for the most of the film is saturated with hues of dark blue and green, giving a dreary feeling to most scenes.

For scenes that take place before the curse is placed on Julia, the colors become warm and bright.

The tone is changed when the focus switches from someone who is cursed to someone who is not.

“Rings,” like the previous films in the franchise, makes heavy use of foreshadowing. Sometimes an image that was shown for a split second will eventually unfold a moment later in the film.

To make sure the effect is not lost on the viewer, heavy cuts to shots from the cursed VHS are shown whenever Julia views an area that they represent.

The sound of the film follows the way that many horror movies have been following. When a terrifying moment is set to happen, the soundtrack quietens down and the normal sounds of breathing and walking are enhanced.

This style of sound mixing is something that shines in this movie, the sudden drop of any musical score leads to heighten sense of dread, as you start to take in the surroundings more and know that something scary is going to happen.

“Rings” is a movie that has moments of tension, but to anyone looking for scares or a deep plot may find the film to be lacking.

Watch for new artist Sampha

By Nylles Vernon
Asst. Online Editor

South London singer, composer and songwriter Sampha has recently released his debut LP “Process” on Feb. 2nd.

Chances are that you may not have seen Sampha before, but you have definitely heard his voice on some of your favorite songs from Solange, Beyoncé, Drake, Frank Ocean and more in the last few years. The highly anticipated debut album comes off of Sampha’s EP “Dual,” which was released back in 2010 and is mix of electronic soul and future sounds.

“Process” is a very honest, emotional and spiritual journey that seems to be a presenting of personal burdens that have been weighing on the singer for quite some time.

On the chord driven “(No One Knows Me) Like The Piano,” Sampha tells that he ended up gravitating toward the piano when he moved back home to take care of his mother when she was dying of cancer.

The first single from the album, “Timmy’s Prayer,” does an amazing job at paralleling the similarities of being in the graces of someone special that makes you feel like you’re a prisoner in heaven.

The album is incredibly whimsical at times, playing around with what sounds like various forms of Indian and African musical influences through the entire project.

“Kora Sings” is a song that does just that, sounding like you’re dancing in a circle in the middle of a Renaissance fair, which is also a dedication to his late mother.

Sampha sings “You’ve been with me since the cradle/ You’ve been with me, you’re my angel/ Please don’t you disappear,” as the track ends with angelic harmonizing until it fades.

Those that are familiar of the London native might also be fans of his work with the UK indie pop electronic group SBTRKT, whom he honed his singing, songwriting and production abilities with.

Listeners will notice that this album is a complete 180 degrees from what they have seen previously in his work with other artists.

The short but sweet interlude “Take Me Inside” plays its way into the second part of the album that holds some of the albums most standout records.

One of those records is “Reverse Faults,” a somber introspective look into how Sampha ended up blaming his partner for his own wrong doings.

“Tooke the brake pads out the car, and I flew/ Smashed this window in my heart, and I blamed you,” croons Sampha on the chorus.

There’s a whole lot of pain within this album, but it is not a somber album, more of a look back on how much Sampha has been through his 28 years of living.

The album closer, “What Shouldn’t I Be?” is a reminder that no matter who or what we are, we should always keep family close and that we can always come home at the end of the day.

The album does really well at expressing and sharing personal experiences that resonate with listeners and ends up hitting home throughout.

In all, the 10 track album sits at just over 40 minutes long, leaving you wanting more but it is actually just enough for the soul.

Sampha’s debut album proves that there is a process for everything, life, death, relationships and even greatness.

His expertise and influence in music might be just starting, but it’s apparent that he plans on sticking around for many many years to come.
Weekly Open Mic night brought together young art enthusiasts in a Riverside coffee shop on Feb. 6.

Every Monday night at 9 p.m., art enthusiasts explore their community through inspirational entertainment.

There are various talents of performers such as singers, poets, rappers, writers and more.

The Open Mic is located in downtown Riverside in the basement of the coffee shop.

“I’ve been back to the grind before, I kind of knew what the ambiance was but I’ve never been to the open mic before,” explained Jerry, a performer.

“I still dig it, I’ll come back,” continued Jerry.

On a usual day, Back to the Grind, coffee shop is just a cozy place with a relaxing vibe where people study with friends or order drinks from the barista.

However, on Open Mic nights, headling to the back and strolling down the stairs, people enter a new world of talent.

The event displays the talented people of the community, with a positive sense of support from the audience.

Attendees are welcoming and kind to all new guests and support any local talents.

That moment in the spotlight, is a way of expressing themselves for many performers such as Mikea.

“For me it’s a way of releasing things out,” shared Mikea.

“It’s more like therapeutic. Even though it’s scary, it’s good for me,” she added.

Mika shared with the audience a beautiful poem that she wrote in a journal that she kept going back to.

For the past three years Mikea has attended the event.

After she graduated college with her degree in creative writing, she needed something to keep her motivated and the Open Mic did that for her.

“I needed something to keep pushing me and that’s when I started coming more regularly and it’s been really cool, It’s been like a great teacher, getting over my people anxiety,” said Mikea.

She believes that the new attendees will be blown away from how different this event is from others.

“People are very supportive of you and what you are trying to do, it’s totally eye opening, it’s cool to see people inspire each other like a nice little community or family,” said Mikea.

Poet and Writer, Mikea

Other audience members shared what they feel when they step into the event.

“It’s diverse, best way to describe it,” said audience member Brent.

For Jerry, it was his first time at the open mic and he shared his thoughts of his experience as a first timer.

“You gotta be opened minded to appreciate it, I think all of us are,” said Jerry.

Megan performed a delightful poem where as Brent and Jerry were there to support her and others.

All three discovered the coffee shop and what happens on Monday nights through form of communication.

“Mostly word of mouth,” Brent states as Megan and Jerry agreed.

Just like many attendees at the event, they would recommend the Open Mic to people who are open minded.

“There are particular styles, if you just want to explore a little bit more about our side, by all means, check it out,” Jerry recommended.

Anyone can get a cup of joe and enjoy open mic Monday nights at Back To The Grind.
The definition of classical music is, “serious music following long-established principles.” Only 3 percent of the population listens to classical music, according to Benjamin Zander. Zander is the conductor of The Boston Philharmonic Orchestra. Since classical music is not part of popular culture, there are more students who do not listen to it. “I don’t listen to classical music. It’s not that I don’t like it or that I choose not to, it’s just that I didn’t grow up around it,” said Natalie Ochon, a sociology major.

“I do not listen to classical music,” said student Soriya Fierro, a sociology major. “I don’t listen to classical music because it doesn’t grab my attention,” said student Julio Jauregui, a business major.

There are many students who do not listen to classical music; however, there are some students who do. For those who do not, there are different reasons as to why. Whatever the reason may be, the choice to listen to classical music comes with many benefits versus not listening. “I listen to classical music just when I have to do homework because it actually helps me to concentrate,” said student Alexis Gomez, a biology major.

Even though classical music is not part of popular culture, “[...] there is an universal element in classical music that can reach to human heart disregard background, experience, understanding,” said professor Huang.

There are many possibilities that one could find to motivate themselves to listen to this type of music. Because this type of music has been the foundation to most popular songs today. Also, these instruments and artists paved the way. In order to have what we listen to nowadays, someone had to start somewhere. That somewhere is classical music.

Famous composers such as Haydn, Mozart, Bach, and Beethoven, all worked hard to achieve their goals. Just as students are working hard to achieve their goals, a commonality can be found among college students and famous composers. Classical music is not part of popular culture today. However, in that era it was popular. These famous composers were once students who traveled to the best schools to further their knowledge in this specific area. Here one can acknowledge that there is a value in learning more about classical music or even just listening to it. “Go back to your roots and see or hear what used to be the norm,” said student Dominic Indolino, a communication major.

Knowing the history can add value to one’s experience of listening to classical music. The past lives of famous composers, such as Haydn, Bach, Mozart, and Beethoven, is an essential part of this type of music. Therefore, it can add value to one’s personal experience.

“It takes me closer to the world of the composers and the times they lived. I feel connected with the soul of the musicians, artists and their true emotions. I think artists represent and reflect the spirit of their time. So, in the way that I am connected with the society and culture of a particular time period in the history too,” said Huang.

By Destiny Guzman
Contributing Writer

Students of CSUSB, have opposing views about classical music, while professors share the importance of gaining an appreciation for this type of music.

Classical music provides the opportunity to enrich one’s life. It allows one to free their mind and clear their thoughts from the everyday busy life.

There are many benefits when one listens to classical music. Benefits of listening to classical music are: reduction in stress levels, improves productivity, relieves pain, boosts memory, and sparks to creativity. These are just a few of the benefits.

Professor Valentina Wen-Ting Huang has played the piano for over 40 years. She teaches Class Piano at CSUSB, as well as Pasadena City College.

“For me, personally, the benefit of listening to classical music can be summarized in a few key words: calming, uplift ing, bringing harmony to life, clearing up messy thoughts, and finding an emotional outlet,” said Professor Huang.

This type of music, “[...] doesn’t force you to feel a certain way. There are no messy thoughts, and finding an emotional outlet,” said Professor Huang.

“Honestly, [...] I see no point to get bored out of my mind,” said Robert Klimper, a 21-year-old junior at CSUSB who represents the growing younger demographic of binge-watchers. Netflix and Hulu have original series in which they release all of the episodes of a season, instead of the traditional weekly release of shows.

Since 2011, Netflix has risen in over sixty million subscribers while Hulu back in May of 2016 hit twelve million subscribers. In turn by the end of 2015 Netflix subscription, which he shares with a friend of his. “If more of the shows that I liked continued to get cancelled and then picked up on Netflix I will end my cable subscription,” said Mary Amara, a 69-year-old retiree.

Klimper, who has had a cable subscription for twenty years, is unlike most seniors in the 65-80 demographic thinking about actually cutting the cord. “Well, since I only watch shows on the weekends, I like to watch as much as can and want the whole season of the show to be there,” said Matthew Klimper, a 11th-grade high school student.

With binge watching there have been studies that report when someone binge watches a show, a feeling of depression can arise when they finish watching it. Klimper has never felt sadness when he finished a show, a feeling shared by Carls and Ahmad. Again, on the other hand did say, “Well when I get so invested in the streaming TV. “Honestly, [...] I see no point to get bored out of my mind,” said Alex Carls, a 21-year-old junior at CSUSB who represents the growing younger demographic of binge-watchers. Netflix and Hulu have original series in which they release all of the episodes of a season, instead of the traditional weekly release of shows.

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Traveling as an athlete

By Kieron Coleman
Staff Writer

Although all the teams at this university play against teams based in California, athletes sometimes will travel for three to four days at a time to play teams up north.

In season, all athletes tend to lose some percentage of their final grade, due to not being able to attend all the classes.

At the start of the season, athletes are required to share their schedule with professors to inform them about their inability to attend class due to competition.

As men’s soccer made the postseason this year in the last game, students were unable to speak with their professors in person.

Although athletes are representing their campus community, it’s known that missing classes is an issue when it comes to your final grade.

Playing away in games for athletes is something that has pros and cons.

“Playing away is always a good time, you’re around friends all the time and representing the university,” mentioned men’s soccer player Richard Caine.

“However, your routine completely changes, you don’t get to prepare as well as you can at home,” added Caine.

Athletes are given a schedule depending on the amount of time they are travelling, and many students rely on the stipend.

Athletes must maintain their school work while they are away, and prior to leaving, organize a deal with professors determining how they can catch up on what they missed.

Professors tend to accommodate as many athletes as much as they can, due to certain circumstances.

However, there isn’t always a solution.

Athletes tend to be even busier when they return, having to catch up on double the amount of work of what they missed.

This could also mean if they traveled up north twice on the same days on different weeks, they miss up to two weeks of their classes.

“I enjoyed the Chico trip as there was a big crowd for a big game that we ended up winning late,” said Nic Turkington of men’s soccer.

Traveling is just another requirement of being an athlete. Teams tend to travel at early times of the day in order to train before match days.

Compared to being at home there is some disadvantages of playing away, they don’t get to sleep in their own bed and they don’t get to eat the foods that prepare then before home games.

Away days are always tough when it comes to the actual game.

As mentioned you don’t have the best preparation, but you also play in front of fans who try to antagonize you to put you off your performance.

Travelling has its pros and cons, but no matter where athletes play, they will be representing CSUSB community for the good.

Academics vs. athletics

By Breeze Rivers
Staff Writer

Playing a sport in college can be the most rewarding, yet challenging experience for collegiate athletes who endeavor to effectively balance academics and athletics.

The National Collegiate Athletic Association (NCAA) requires student-athletes to earn a minimum grade-point average (GPA) of 2.0 in order to receive scholarships, train in practice sessions and participate in games.

“To keep my grades up I consistently check my BlackBoard account and email so that I stay up to date with my classes and assignments,” said Sarah Bradley, kinesiology major and Coyote women’s soccer player.

“I also go talk to my professors if I need help or clarification,” said Bradley.

Time management plays a key role in the lives of athletes.

“I keep a planner with me at school and I write down all the things I have to do for school and soccer in it,” said Bradley.

Study hall is a resource that athletes can utilize to help them succeed academically.

“Study hall is important because it provides a space for the athletes to focus on their academics and keep their GPA in an honorable place,” said Katie Rumfola, study hall program coordinator for women’s soccer.

However, some athletes are forced to complete study hall hours.

It is up to the head coach of each sport to set a rule for their players to participate in study hall.

Each sport varies for study hall requirements. For men and women’s soccer, if a player has a GPA below 3.0, they must complete six hours of study hall a week. For women’s basketball, if a player has a GPA above 3.5, they do not need study hall.

“I had study hall last quarter because I was a freshman and it was mandatory,” said Tawny Vanderlinden, a study hall participant.

As mentioned you don’t have the best preparation, but you also play in front of fans who try to antagonize you to put you off your performance.

The NCAA believes that managing a sport in college correlates with life and will better prepare students for the world.

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This could also mean if they traveled up north twice on the same days on different weeks, they miss up to two weeks of their classes.

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Traveling is just another requirement of being an athlete. Teams tend to travel at early times of the day in order to train before match days.

Compared to being at home there is some disadvantages of playing away, they don’t get to sleep in their own bed and they don’t get to eat the foods that prepare then before home games.

Away days are always tough when it comes to the actual game.

As mentioned you don’t have the best preparation, but you also play in front of fans who try to antagonize you to put you off your performance.

Travelling has its pros and cons, but no matter where athletes play, they will be representing CSUSB community for the good.

“I keep a planner with me at school and I write down all the things I have to do for school and soccer in it,” said Bradley.

Study hall is a resource that athletes can utilize to help them succeed academically.

“Study hall is important because it provides a space for the athletes to focus on their academics and keep their GPA in an honorable place,” said Katie Rumfola, study hall program coordinator for women’s soccer.

However, some athletes are forced to complete study hall hours.

It is up to the head coach of each sport to set a rule for their players to participate in study hall.

Each sport varies for study hall requirements. For men and women’s soccer, if a player has a GPA below 3.0, they must complete six hours of study hall a week. For women’s basketball, if a player has a GPA above 3.5, they do not need study hall.

“I had study hall last quarter because I was a freshman and it was mandatory,” said Tawny Vanderlinden, a study hall participant.

As mentioned you don’t have the best preparation, but you also play in front of fans who try to antagonize you to put you off your performance.

The NCAA believes that managing a sport in college correlates with life and will better prepare students for the world.

“As men’s soccer made the postseason this year in the last game, students were unable to speak with their professors in person.

Although athletes are representing their campus community, it’s known that missing classes is an issue when it comes to your final game.

Playing away in games for athletes is something that has pros and cons.

“Playing away is always a good time, you’re around friends all the time and representing the university,” mentioned men’s soccer player Richard Caine.

“However, your routine completely changes, you don’t get to prepare as well as you can at home,” added Caine.

Athletes are given a schedule depending on the amount of time they are travelling, and many students rely on the stipend.

Athletes must maintain their school work while they are away, and prior to leaving, organize a deal with professors determining how they can catch up on what they missed.

Professors tend to accommodate as many students-athletes as much as they can, due to certain circumstances.

However, there isn’t always a solution.

Athletes tend to be even busier when they return, having to catch up on double the amount of work of what they missed.

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**Sports**

**New Orleans gearing up for NBA All-Star Game**

By Tyler Vanderelst  
Staff Writer

With the NBA All-Star break coming up on Feb. 17, fans will be watching the best of the best go up against each other. Top players like LeBron James of the Cavaliers and Steph Curry of the Warriors headline the list of All-Star starters.

The NBA All-Star game is a showcase of all the best players from the Western and Eastern conferences.

The Eastern Conference includes players like: LeBron James and Kyrie Irving both from the Cavaliers and Demar Derozan from the Raptors who have again shown why they have been considered some of the best players in the East.

While the some of the most popular NBA teams have their All-Star players, some of the players who didn’t make the cut were like Kristaps Porzingis who plays for the New York Knicks.

Arguably, the best player in the NBA this year is Russell Westbrook. He did not make the starting team because he did not receive as many votes as the popular Curry.

Because the teams are chosen from fan votes, the implicit bias limits some players who deserve to make it. With the NBA being filled with talent, it is always a hard process on choosing how the All-Star’s are chosen. Cameron Theis thinks they should change how the All-Star teams get picked.

“I think the NBA should get rid of the fan vote or making less prioritized and let the players and coaches pick the best players so it is not a popularity contest,” said Theis.

Many players don’t make the cut because they are on a less popular team than some of the other players. With the top two teams being in the last two championships has made them a little more popular than the other teams. The reigning champions the Cleveland Cavaliers had three players selected to the All-Star game which is more than any other team on the East had.

While the most popular team in the NBA right now the Golden State Warriors had four players selected to the game which is three more than any other team had.

With the lineup set, it is looking to be another fun All-Star game with the NBA’s best talent playing for victory.

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**Winter and spring athletic facilities back in use**

By Yera Nanan  
Staff Writer

Though many of our winter and spring sports are outdoor sports and aren’t played on school grounds, the fields we use have a unique history of their own.

The baseball team uses Fiscalini Field for practice and home games.

The 3,500 capacity field is located only 15 minutes away from CSUSB, right off of East Highland Avenue.

Fiscalini Field was first built in 1934 and originally named after Fredrick Thomas Perris, who helped construct the early days of Fiscalini baseball.

The field was then renovated in 1993 and renamed after city native John Fiscalini, who found success playing for San Bernardino High School, Cal Berkeley and the Pittsburgh Pirates.

At Perris Hill Park, the field was used by the Pittsburgh Pirates and the St. Louis Browns for spring training from 1935 to 1933.

1935 is the year the Los Angeles Angels were founded and moved to New York City.

The 1988 film “Stealing Home” featured Fiscalini Field in the opening and closing scenes of the movie.

The minor league baseball team, the San Bernardino Spirit, were in season and using the field at the time it was featured in the film as well.

The track and field team, uses the track located right by the softball field.

The track and field prepares for their season on the track located in the outskirts of the main campus by the softball field.

With only limited spots available on the All-Star teams many players who believed they should have made the All-Star game got snubbed.

Some of the players who got snubbed were like Damian Lillard of the Trail Blazers, who is one of the top point guards in the NBA.

Another player who didn’t make the cut was Kristaps Porzingis who plays for the New York Knicks.

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With the lineup set, it is looking to be another fun All-Star game with the NBA’s best talent playing for victory.
Super Bowl LI makes history

Fans of the Patriots and the Falcons both had their share of excitement during the game, but Patriots fans got the last laugh in OT.

By Megan Vina
Staff Writer

Superbowl LI, the biggest sporting event of the year, was a roller coaster of emotions for both New England Patriots and Atlanta Falcons fans. Patriots rallied for 25 points and came back from a 28-3 Falcon lead.

Patriots went for 75 yards on eight plays, and it was a two yard touchdown run in overtime that earned them their fifth Superbowl title.

This has been a crazy year in sports comebacks. The Golden State Warriors let a 3-1 lead go to the Cavaliers in the NBA finals and the Cleveland Indians also blew a 3-1 lead to the Cubs in the World Series.

Superbowl LI was the first ever Superbowl game, out of 50 previous, to go into overtime.

The 34-28 win marks the fifth time the Vince Lombardi Trophy has been in the hands of the New England Patriots.

Atlanta dominated the entire first half. They were up 21-3 at halftime, and it looked like the Falcons were going to come away with the easy victory.

“T"I feel bad for the people who that stopped paying attention to the game,” stated Atlanta fan Zach Navarro.

“The game is never over until the final whistle,” added Navarro.

At halftime it was Lady Gaga’s turn to take the field. She performed her top hits and even jumped off the roof of NRG Stadium. There were hundreds of drones flying behind her, and they all came together and formed the American Flag in the sky.

When the game resumed, a Falcons fumble with just eight minutes left in the third quarter sparked the comeback for the Patriots.

The Patriots did not let this possession go to waste. They came back with a touchdown and completed a two point conversion to tighten the score, 28-20.

A spectacular catch by Falcon wide receiver Julio Jones, left the clock running and put the Falcons in good position to pull away yet again.

With just three minutes left in the game, the Falcons could not reach the end zone and were forced to punt because of an incomplete pass and a sack that put them out of field goal range.

Another spectacular layout catch, this time by the Patriots wide receiver, Julian Edelman, brought the Patriots closer to the end zone. They scored the touchdown and completed another two point conversion with under a minute left to tie the game at 28 and take it to overtime.

The Patriots had possession of the ball to start the sudden-death overtime period. They kept their momentum and Atlanta’s defense could not stop them.

It was New England running back James White’s two yard run that left Atlanta fans speechless.

“I knew Tom Brady would come through, he doesn’t go down without a fight,” stated Ariel Manzano.

With 42 out of 63 passes completed for 466 yards, Patriots quarterback Tom Brady was selected to be the Superbowl MVP.

Brady surpasses former San Francisco 49er Joe Montana with five super bowl wins over Montana’s four.