



Coyote Chronicle

Women's Leadership Conference

By Evelyn Carmona
Staff Writer

CSUSB hosted the first Women's Leadership Conference open to students, faculty and staff at the SMSU Event Center on Feb. 2.

The conference focused on empowering women to lead by example and to not let stereotypes diminish their success. Guest speakers Marianne Cooper and activist/author Diane Guerrero were part of the full day event with workshop sessions.

"It's exciting to see a conference that's about empowerment," said CSUSB President Tomas D. Morales.

About 50 percent of employees on campus are women making a great contribution to the campus. "They bring to the table extraordinary skill sets," said Morales, during his opening remarks.

Marianne Cooper, who earned her doctorate degree in sociology from UC Berkeley, is an expert and researcher on issues such as women's leadership and gender inequality.

"Women are outpacing men, earning more bachelor degrees, yet women remain in the minority," said Cooper. "There are 195 independent countries and only 11 are led by women."

Although more women attend universities, only a few end up at the top of company leadership.

"The lack of women at the top is socially created," said Cooper.

The conference promoted the idea that women should not let society determine their success, rather, women should determine their own success.



Evelyn Carmona | Chronicle Photos

Multiple people, like actress Diane Guerrero from "Orange is the New Black" and President Morales spoke at the conference.

"Success is about a growth mindset to improve your skills. A fixed mindset doesn't try, we need to foster a growth mindset," stated Cooper. "Women need to focus on networking in an effective way."

Society stereotypes women to be timid, less physical and less capable of being leaders.

"That is what we as a society expect and believe," Cooper explained.

Participants attended two different workshop sessions. One workshop was a presentation

focused on women being underestimated in the workplace.

Jamie Ayala, who was a newsprint reporter 15 years ago, explained how she was underestimated. She was the only female working for the Sun City newspaper and the only individual working on the weekends.

"They are all male; they don't have to work the weekends or the night desk," said Ayala, currently the Communication/Public Affairs Specialist. "I really wanted to cover higher education."

Speaker, activist, author and actress from the hit Netflix show, Orange is the New Black, Guerrero shared her struggles growing up. Her parents got deported, leaving her to grow up on her own.

"I know what it's like to have fearful parents and fearful families," said Guerrero.

Guerrero had a responsibility to share her story and empower others to not give up even in the most difficult times.

"I always I had a desire to do this type of work," said

Guerrero. "I had a responsibility to open doors for others."

Guerrero spoke about the importance of self-care, such as, reading a book, doing facials or helping the community.

She is inspired by her parents and by the individuals she encounters on the daily. Guerrero said, "anybody who is going outside their comfort zone to learn other individuals experiences."

It's important to educate oneself to understand and learn about other people's experiences, everyone has a story.

Inside This Issue

Chinese New Year
Pg. 5

Bike Share
Pg. 6

Super Bowl
Pg. 10

Valentines Day
Pg. 15

Grammy stage used for activism



Lauren Jennings | Chronicle Photos

By Lauren Jennings
Editor in Chief

The 60th Annual Grammy Awards ceremony not only celebrated musicians of all genres but also acted as the perfect platform to bring awareness to different

causes such as DREAMers and women's rights and suicide prevention.

All of these issues are important, but sometimes they do not get the exposure needed to make a difference because the people spreading the message do not have enough reach. However,

er, when those with influence, such as the artists at the Grammy Awards, use their voices on a televised platform, more people hear and see the pain, providing awareness and the start of a conversation for change.

Supporters of the #MeToo and #TimesUp campaigns used the Grammy stage and red carpet to stand together for women's rights and equality throughout all industries.

On the red carpet, attendees who support the movements carried or wore white roses as a symbol of peace and hope.

Kesha performed her hit song "Praying", surrounded by fellow female artists and members of the Resistance Revival Chorus.

The song was written about her experiences as she fought to escape her contract with her former producer amid allegations of abuse.

Janelle Monae also made a statement regarding the women's

rights campaigns before introducing Kesha and her fellow female artists, who all wore white along with the roses.

Camila Cabello performed with Kesha during the ballad, but also took the time to speak about her personal experiences of being a DREAMer and the importance of DACA.

Cabello's experience is relatable for thousands of young immigrants who are lawfully present, though not legal residents in the United States.

With her level of fame and popularity, she can get more conversations going and earn the support of those who are deciding factors in what happens to the DREAMers.

U2 also touched on immigration and how other countries and their cultures help build the American dream.

Continued online @
Coyotechronicle.net

Contributors

- Production Manager** Sean Maulding
- Editor In Chief** Lauren Jennings
- Managing Editor** Andrea Engelhorn
- Copy Editors** Crystal Harrell & Paul Nunez
- Multimedia Editor** Jason P. Samp
- Layout Editors** Robin Briggs & Gabriella Arana
- Sports Editor** Breeze Rivers
- Web Editor** Robert Hancock
- Photoreporter** Joshua Ocampo
- Cyber Security Consultants** Jacob Collins & Bailey Kasin
- Distribution Manager** Robin Briggs
- Faculty Advisor** Mariam Betlemidze
Mariam.Betlemidze@csusb.edu
- Guest Advisor for Socials, Promotions and Photography** Jessica Block Nerren
Jessica.BlockNerren@csusb.edu
- Advertising Manager** Linda Sand
LSand@csusb.edu

Staff Writers

Estelle Aporongao, Kimberly Ayon, Kyle Barry, Sonja Bookin, Avery Bracken, Evelyn Carmona, Shauna Christie, Kaitlyn Connelly, Kassandra Garcia, Bryan Garcia, Joshua Jacques, Manuel Macias, Matthew Martinez, Jasmin Novoa, Ricardo Orozco, Gloria Posada-Alvarado, Devin Renich, Bryan Romero, Emmanuel Tanopo, Ricardo Vega, Zhiying Xu

Promotions Staff

Taylor Renee' Adams, Aidee Lambaren, Dorian Butler, Briana K. Calderon, Shauna Christie, Sabrea Emani Coleman, Jonathan Cuevas, Alysha Darby, Michelle Duron, Michael Embry, Corinne Garcia, Genevieve Gonzalez I, Jasleen Gonzalez, Leslie Gutierrez, William Jackson, Kayako Kato, Jenna Collette Lefebvre, Paola Magaña, Kora Mahaffy, Nubia C Meza, Daniel Moreno, Kaitlyn Norris, Hector Nuno, Vanessa Quinones, Kathleen Jo Ramirez, Fatima Rivera-Ortiz, Jeniffer Saenz, Jeremy-Zalds Sandoval, Matthew Saribut, Aaron Valencia, Anissa Vasquez

Staff Writers are comprised of students enrolled in COMM243A Practicum: Print & Online Journalism taught by Professor Joel Harris.

- | | |
|-----------------------------|--|
| Contact Information | Mail |
| Office:(909)537-5289 | California State University,
San Bernardino |
| Advertising:(909)537-5815 | University Hall Room UH-037 |
| Email:sbchron@csusb.edu | 5500 University Parkway |
| Website:coyotechronicle.net | San Bernardino, CA 92407 |

The Coyote Chronicle is published every Tuesday for distribution on Wednesday during the academic session by the Communication department. The opinions expressed in the Chronicle are those of the student writers and editors and do not reflect the views of the university, its faculty, or any other person or institution unless expressly noted. The appearance of any advertisement in the chronicle does not represent an endorsement of the products or services advertised. The Chronicle reserves the right to edit or reject all materials submitted to the paper.

Students boycott SOTU



Public Domain

CSUSB students seem to not be engaged with the current presidential administration.

By Rodey E. Schmidt Contributing Writer

On Jan. 30, President Donald J. Trump delivered his first State of the Union address. Like any presidential address, it was delivered with rhetoric that would support the ruling party, in this case, the Republicans.

Many media outlets offered a rather generous response to Trump's speech, however, students at CSUSB did not offer the same response.

"I don't see any point in watching," said student Mathew Martinez. "It doesn't appeal to me. I knew it was on, but [I] didn't want to waste an hour of my life."

Martinez continued by expressing his distaste for the current political climate and referred to it as a "dictatorship in the works."

Several students on campus expressed a similar view.

According to the Public Policy Institute of California, the city of San Bernardino is 50-60 percent registered as Democrats, and, 3 out of 5 students at CSUSB spoke negatively about the administration and claimed their negativity contributed to their choice to not watch the address.

"He [Trump] doesn't speak to me," said student Julia Anderson. "I was supposed to watch it for political science, but it's too frustrating to watch."

Regardless of political party and ideology, some find value in the address that could potentially

affect their lives and the ones they love.

Assistant Professor of the Political Science Department, Meredith Conroy, thinks every address warrants attention from all political parties.

"I think any time students can witness the branches of government interact, even if superficially, it can help them better understand government," said Conroy.

According to Conroy, these addresses can and have contained pertinent information that has a direct impact on the American people. Some addresses still directly influence the people of this country.

During a State of the Union address in 1965, "Lyndon B. Johnson announced what would eventually be known as the Great Society, which created Medicaid and Medicare to combat poverty in America."

Medicaid offers health-care to low-income people and Medicare offers health care for those who are 65 years of age and older.

Conroy further stated: "In 2002 G. W. Bush mentioned the 'Axis of Evil' which would come to define his foreign policy agenda."

The "Axis of Evil" included three countries: Iran, Iraq and North Korea. All three, in the last 16 years, we have been at some kind of verbal or physical war with.

Following the address, Trump went to Twitter to boast about the viewership and how proud he was of the recognition.

However, many Democrats did the opposite.

In Fallbrook, Massachusetts, Democratic Representative Joe Kennedy III spoke to a crowd of students from Diman Regional Technical High School where he called the current administration divisive and destructive to the country's progress.

"This administration," Kennedy stated, "isn't just targeting the laws that protect us, they are targeting the very idea that we are all worthy of protection."

He went on to say that the current administration thinks that "dignity isn't something you're born with, but something you measure by your net worth, your celebrity... your crowd size." Kennedy's speech rang true to those who have noticed the recent influx of tension amongst culture diversity in the country.

According to a 2018 poll conducted by the Pew Research Center, there has been a huge shift in race relations in this country.

In 2016, 46 percent of people said Trump has made race relations worse. That is a large jump from the same poll that was held while President Obama was in office and 52 percent said he would make it better.

The same test held in 2017 shows that 60 percent of people said Trump has made race relations worse.

With race relations at a significant low and the expansion of hate-filled rhetoric being used as a common discourse in American politics, it is no wonder the students at CSUSB are not engaged.



Public Domain

Creative Panel Held by Career Center

By Manuel Macias
Staff Writer

The Creative Mind Panel hosted by the Career Center on Jan. 23 allowed students to get an insight of working for Live Nation and Insomniac.

The event was held in the San Manuel Student Union Theater with an audience of over one hundred students showing up to hear from three representatives from both Live Nation and Insomniac about their experience working in their field and how to apply for positions within the two entities.

The representatives from Live Nation included Shawn Matiossian, a CSUSB alumnus who is the Lead Talent Acquisition Manager, and Kimberly Chapman, a Loyola Marymount

University alumna who is a Talent Acquisition Coordinator for Live Nation. Sara Napolitano, a California State Polytechnic University, Pomona alumna, represented Insomniac as the Recruitment and Organization Development Specialist.

This event provided students the opportunity to learn more about the entertainment industry and learn more about the different opportunities they provide to students.

“At Insomniac we usually have ten internships available for students to apply for and they vary from marketing to human resources,” said Napolitano.

Internships give hands on experience at real events that can be used to get jobs in the same industry later on.

“When applying for either Insomniac, Live Nation, or any

internship I think it is really important for students to invest in their experience because they get what they give,” said Chapman.

During the panel the representatives were able to provide information on how to enhance their resume to make them more appealing to potential employers.

“When adding things to your resume, you should always try to put down identifying characteristics, this will help employers looking over your resume see the characteristics you have that can make you a more qualified candidate for the job,” said Matiossian.

After the panelists discussed their experiences, the question and answer portion of the panel began, and students asked questions about internship opportunities and advice. When asked about the opportunities available

for students, Napolitano informed students of the Ground Control position that could lead to further promotion within the company.

“Our Ground Control team is essentially making sure everyone in attendance at our events is healthy and hydrated. They are patrolling the event venue to make sure everyone is enjoying the experience. If an emergency occurs, they are usually the first responders, and they contact the medical team or police dispatch,” said Napolitano.

Internships with popular companies or those that work on big events can fill-up fast once people know about them.

“If interested, I would suggest applying now. This will help new hires get a glimpse of the job and then they will work one our biggest events Electric Daisy

Carnival which is happening in May 2018,” Napolitano said.

After the event students felt more informed about the field of entertainment and the opportunities that are out there for them to apply for.

“After this panel I am definitely applying for some of their internships. I feel more informed of the application process and what they are looking for,” said student Cristina Menchaca. “I am glad our school had this event because this is the field I want to work in post graduation and I learned a lot from this panel.”

The Career Center hosts various career panels and workshops throughout the school year.

For more information about these events their office is located in University Hall 329.

2018-2019 FAFSA Deadline

By Sonja Bookin
Staff Writer

As students approach the second half of the school year, most are buried in homework and not necessarily thinking about their financial aid for the next year.

This might cause some to miss out on funding to go to school.

The Free Application for Federal Student Aid (FAFSA) deadlines can be confusing to some students and applying can be a labyrinth of requirements and documents that makes you want to pull out your hair or toss your computer.

It's no wonder that many students make the mistake of waiting until right before the FAFSA deadline to start the daunting task.

The best advice is to stay on top of it to avoid any trouble with your application. Student, Annissa Fitch, has her application half finished and hopes to turn it in soon.

“I feel like right now it could potentially be a horror story because I am putting it off so if I keep prioritizing my school work and my employment here on campus first then that could possibly happen,” stated Fitch.

“March second is a priority deadline, so you don't necessarily have to make sure the application is completed by then, but it is more likely that you will be eligible for different kinds of grants if you were to get it in before that day,” said Elliott Guerrero, who is a student peer counselor at the Office of Financial Aid & Scholarships.

The Financial Aid office is located in University Hall and the attendants there are prepared to answer any questions that you might have during the filing period.

There are four types of financial aid programs available: grants, loans, scholarships and work study.

The money can be awarded as achievement-based aid, like scholarships, or need-based aid, which is determined by financial need.

According to the CSUSB website, financial aid will come in the form of a package consisting of a combination of the different types of aid available. The combination of aid offered depends on the availability of funds, your eligibility, the timeliness with which the application process is completed, and your year in school.

Once your FAFSA is complete, you will be sent a financial aid shopping sheet that can be viewed by logging into your MyCoyote account.

The shopping sheet is available when your financial aid package is offered and when an award is revised.

Elliott Guerrero offers students his best advice.

“The resources that we have are all the websites available, so if you have any questions, we can answer that online. Also, try to get the FAFSA in as soon as possible. If you have any questions please come by the office and we will be able to help you out,” stated Guerrero.

FAFSA filing started on Oct. 1, 2017 for the 2018-2019 academic year. It is highly recommended to file as close to

October as possible to maximize the amount of funds that are available to you.

Carefully managing all the requirements, documents, and deadlines is the key to success.

“I'm trying to complete my FAFSA this week or hopefully by the end of the month. In the past, I normally complete my application around this time, around the end of January or beginning of February because my mom says she wants to wait until she gets her taxes done because she helps me fill it out,” said student Kiara Perez.

For those with questions, the Financial Aid office also offers multiple workshops to provide guidance through the application process. All students are encouraged to sign up.

The next scheduled dates and locations are available online

and workshops run through Feb. 28. The best time to visit the financial aid office is after 4 p.m. to avoid the lines, the busiest is at noon.

Visit the official FAFSA website for more information and resources.

“Make sure you do it ahead of time, make sure that you are on top of it especially with the financial aid office because a lot of the things get delayed or a lot of things get mixed up, and always make sure you are checking your account, make sure your parents information connects with yours if you are filing with them” says student, Alondra Munoz.

Regardless of all the trouble you might go through to get your application in on time it will all be worth it in the end when you are rewarded with funding to go to school.

Oxford 2017

By Zhiying Xu
Staff Writer

The Oxford Dictionaries Word of the Year for 2017 is “youthquake.”

The Oxford Dictionaries Word of the Year is a word or expression that has attracted a great deal of interest over the last 12 months.

“Youthquake” is a blending of the words “youth” and “earthquake.”

According to the Oxford dictionary, youthquake is “a significant cultural, political, or social change arising from the actions or influence of young people.”

“Youthquake” was first coined in the 1960s by Vogue editor, Diana Vreeland, to describe changes in fashion and music caused by Britain's youth culture.

Oxford Dictionaries reported that the word increased fivefold since 2016, especially during June.

The reason why this word has been used more is because of the youth-driven general elections in the United Kingdom and New Zealand.

Previous Oxford Dictionaries Word of the Year winners within the past four years are “post-truth”, “face with tears of joy” emoji, “vape” and “selfie.”

Words not selected this year include “genderquake”, “bro-flake”, “newsjacking”, “normie”, “gorpcore” and “milkshake duck.”



Sonja Booker | Chronicle Photo

CSUSB staff is always there to help with any FASA problems.

Tomás Morales fights for DREAMers

By Lauren Jennings
Editor in Chief
and Andrea Engelhorn
Managing Editor

University President Tomás D. Morales issued an Op-Ed piece to three local newspapers to address his stance on Deferred Action for Childhood Arrivals (DACA) and DREAMers.

The DREAMers are undocumented youth who would have benefited from the Development, Relief, and Education for Alien Minors (DREAM) Act that would have put them on a pathway to citizenship.

With nearly 800 DREAMers at CSUSB, this topic hits close to home.

President Morales is one of 251 university presidents and chancellors throughout the country who have signed onto the Presidents' Alliance on Higher Education and Immigration.

The Presidents' Alliance was formed on Nov. 14, 2017, and it "brings together American college and university chancellors and presidents dedicated to increasing public understanding

of how immigration policies and practices impact our students, campuses and communities," according to the Presidents' Alliance website. "We support policies and practices that create a welcoming environment for immigrant, undocumented and international students on our campuses."

The debate over the fate of DACA and the DREAMers triggered a government shutdown on Jan. 19 when both parties failed to compromise on the issue.

The shutdown, which lasted for three days, ended when Congress passed short-term funding known as a continuing resolution.

The continuing resolution, which expires on Feb. 8, could mean the government will face another shutdown if Congress misses the deadline.

Though Congress has to reach a decision on DACA by March 5, the day of the program's rescission, President Morales will continue to support the hopes and dreams of the DREAMers as they are what makes America the country it is today.



Chronicle Photos

President Morales sent an email to the community about being proud to support DREAMers.

Vox Pop: How do you feel about CSUSB supporting students under DACA?



Max Bulgatz, Junior:

"I would say that I'm proud because diversity is important. I like the fact that this campus supports diversity and that we are inclusive in nature. Because of that it brings the community together. So yeah, I'm proud of the campus for it's support."



Pamela Llamas, Junior:

"I think they started DACA for a reason and taking it away all of a sudden isn't fair for students that started with it. They deserve equal opportunity. I think it shows how we want the best for the students no matter where they come from or the color of their skin."



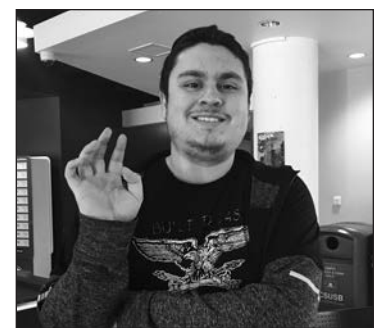
Abdoullah Kabbaj, Junior:

"I don't personally know any DACA students affected. I was proud when I got the email from President Morales about supporting DACA. It felt like I was proud to be a part of the CSUSB community. I would have really hated to have this school sending students away. It could've been me a few years ago."



Crystal Ruedas, Senior:

"I think it's empowering. There are a lot of people everywhere with such diversity. A lot of people fight for an education and it's not their fault that they came here without papers. The school supporting all of that is great and I really like it."



Joseph De La Torre, Junior:

"I find the fact that our school is protecting DACA students admirable. I am glad to be a part of a school that supports something bigger. It's hard to find people that will stand up for others in these times."

Government Shutdown over DREAMers

By Cassandra Garcia
Staff Writer

On Jan. 22, 2018 Congress brought an end to a three-day government shutdown after a 60-hour standoff in the Senate.

Democrats gave up their demands aimed at protecting roughly 690,000 undocu-

mented immigrants who were brought here as children (also known as DREAMers) and voted Monday to reopen the government, albeit with assurances that Senate Majority Leader Mitch McConnell will bring a separate immigration bill to the floor in early February.

"We will vote to reopen the government," said Senate

Minority Leader Chuck Schumer. "We will continue to fight for the DREAMers in the weeks ahead."

Although the government is no longer shutdown, the agreement is only a temporary fix and the new deadline is likely to lead to another partisan disagreement over immigration and the Deferred Action for Childhood Arrivals program (DACA).

It is still unclear whether DREAMers will have proper protection.

Back in September 2017, Schumer and House Minority Leader Nancy Pelosi believed they had a deal that would exchange protections for DREAMers for more border security, without funding President Trump's promised border wall.

The White House later released a list of 70 demands in exchange for protecting DREAMers, including the border wall.

Community Section of the Coyote Chronicle is made possible in part by a grant from the Los Angeles Times.

LA Times



2018 and The Chinese New Year

By Zhiying Xu
Staff Writer

The Chinese New Year of 2018 officially begins on Feb. 16, and the zodiac sign of the year is the dog.

One out of every five people in the world is Chinese. More than 20 percent of people celebrate Chinese New Year all over the world.

It is the most important festival for all Chinese people.

In China, people usually call it “chunjie” or the Spring Festival. It represents the end of those coldest days, and people welcome a new season of starting a new year.

It is also known as the Lunar New Year. Some Asian countries such as North Korea, South Korea and Vietnam celebrate it as well.

Many people might confuse why it begins in February because people always calculate the date within the solar (Gregorian) calendar. There is no set date for Chinese New Year. According to the lunar calendar, the day corresponding to Jan. 1 for 2018 is Feb. 16.

“It’s been nine years since I celebrated Chinese New year

with my family because I came to the U.S. in 2009. The winter break is totally different between China and the U.S. The Chinese New Year is always much later than winter break, and I have to [go] back to school before I can celebrate,” said student Yixiong Sun.

In Western countries, they have 12 different horoscopes and

one for each month. In China, they also have 12 Chinese zodiacs, but these 12 animals are one for each entire year.

According to the order, the 12 Chinese zodiacs are Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig. And the year 2018 is the year of the dog.

This year is the “benming

year” for those people born in the year 2018 or recurrent year in the twelve-year cycle. That means you are born in the year of the dog as well. If you were born in the year of the dog, your age should be 12, 24, 36, 48, 60, etc. in 2018.

It is believed that people born in the year of dog will be very unlucky this whole year.

One of the explanations for this in Chinese culture is that people think babies born in that year were easily taken by demons in ancient China.

“This year is my parents’ ‘benming year’. I really want to celebrate it with them, but I have class and I can’t go back to China,” said student Jingjing Yuan.

Chinese think if people want to avoid all the unlucky, the best way is to adorn themselves and their surroundings in red. People can decorate their home in red for protection, the typical way is to wear red clothes, including even red underwear.

People not only celebrate Chinese new year in China or other Asian countries.

The U.S., England and Australia observe it as well. Visitors can definitely get a feel for the event if they go to their local Chinatown.

In CSUSB, the Chinese Student Association hosts an annual event for celebrating Chinese New Year.

“We hope all CSUSB students can join us to celebrate this big event together and we wish all of them to have a happy new year,” said Junjie Wang, the President of CSUSB Chinese Student Association.



Sonja Booker | Chronicle Photo

Every New Year there is a celebration of love, life, and this year brings a new Chinese Zodiac.

COLLEGE OF
LIBERAL ARTS
AND SCIENCES

Engage Literary Culture from a Christian Perspective



EARN YOUR MASTER OF ARTS IN ENGLISH

PROGRAM HIGHLIGHTS

- Investigate the ways Christian faith enriches the creative process of writers, scholars, teachers, and literary artists.
- Benefit from a comprehensive curriculum that explores everything from literature to composition studies to literary criticism to creative writing.
- Enjoy a versatile graduate program, designed to enrich students’ lives, solidify their passions, and prepare them for career opportunities.

PROGRAM UNITS

30

AVERAGE COMPLETION TIME

1½–2 years

LOCATION

Azusa

APPLY BY DECEMBER 1 AND
START THIS SPRING!

apu.edu/english



AZUSA PACIFIC
UNIVERSITY

God First Since 1899

Place to hang at the Women's Resource Center

By Sonja Bookin
Staff Writer

The Women's Resource Center (WRC) offers helpful resources for students and a cozy place to hang out and gain support.

When you enter the Santos Manuel Student Union building, you will see the giant WRC in the window as you head upstairs to room 221.

The resource center is an inviting place to meet like minded people and offers students referrals for on-campus services and local community services.

Their mission statement reads, "Our purpose is to encourage women by providing services and programs which will enhance their college experience and help them actualize their fullest potential," according to the CSUSB website.

Recently, the spread of the #metoo campaign and others have brought with them heightened attention to the effects of sexism and discrimination and the challenges facing victims of abuse.

The WRC encourages everyone to stop in and learn about issues that affect women on campus and fosters an environment of collaboration and diversity.

There are many colorful flyers near the door that include an upcoming lecture on birth control and information on the Vagina Monologues auditions. Posters on the wall include reassuring sayings like, "We love that you feel comfortable here" and "Keep Calm & Smile- You're Beautiful" which add to the welcoming ambiance.

When you first enter the WRC, you are greeted by a large, well-organized resource library and plenty of tables and couches to lounge on and read.

The books are available to all visitors, and there will be a book club starting soon.

Plenty of computers with Internet and printing are available too.

There are many fascinating events hosted throughout the year by the WRC like the Annual Activism Conference, Self Defense Workshops and Violence Awareness Programs.

Also, the performance of Eve Ensler's Vaginal Monologues is on Feb. 16 and only \$5.00 for students.

The overall environment at the WRC is fun and inclusive, place to access information and ask questions.

Also, you can meet new people and find out more on activism or fun activities on campus.

Busy night student Ariana

Garcia says, "If I invested more time into understanding what is offered there and if it's something that I would be interested in then I would probably take a look in there. I could see myself going at least once, it could be very helpful."

Most students that were asked about the Women's Center had stopped in once or were planning on going in the future.

The WRC has created a really comfortable space that welcomes both male and female students.

Along with the Women's Resource Center, there are many other resource centers in the Santos Manuel Student Union building including the Pride Center, the Cross Cultural Center, Title IX and more.

Students know there are many resource centers on campus and it can be confusing to navigate but the WRC wants students to stop in and see if there is anything that would be of interest.

Whether you are looking for a quiet place to read, somewhere to eat your lunch or a place to collaborate and learn, you are sure to find something you are into at the Women's Resource Center.



Lauren Jennings | Chronicle Photos

The Women's Resource Center is in the Student Union.

CSUSB Provides Transportation with Zagster

By Yesica Gonzalez
Contributing Writer

On Jan. 7, the Health Center held a ribbon-cutting ceremony for CSUSB's new bicycle share program, Zagster.

The event was held early in the morning, in front of the Health Center where staff, faculty, and students participated to welcome the new bikes to campus.

ASI President Andrea Davalos, was also present since ASI, along with the Student Health Advisory Committee stewardship, provided the initial funding for the program making it possible to grant the 28 bicycles to the university.

Ashley Spencer, who works with the Student Health Center, shared more information on how to use one of the bikes.

"Students, staff and faculty can download the Zagster app, choose to pay by the hour (\$1 per hour) or pay an annual membership for \$15 and get up to one hour free per ride and \$1 for each additional hour. Once they choose a bike via the app, the bike unlocks and they can hop on and enjoy their ride," shared Spencer.

The program includes a 24/7 rider support that can be easily accessed online on the CSUSB Zagster site.

On campus, there are three

locations where the bicycles are stationed: The Student Health Center, Recreation and Wellness Center and the Social and Behavioral Sciences building.

The Student Recreation and Wellness Center (SRWC) also holds bicycle helmets that are available for free rental.

Dr. Grace Castillo Johnson,

Director of the Student Health Center, and Dr. Lynn Nester, Director of the Student Recreation and Wellness Center, spoke about the partnerships that made the program possible.

Dr. Nester also went into details about the helmets they have for the riders and the upcoming workshops that will be held to discuss bike maintenance.

Lastly, the ceremony ended with Rosamaria Lopez, who is the Lead Peer Health Educator and the one who cut the ribbon, saying a few words about how to download the app.

For those that are looking for a new exciting way to be more active, the bikes have arrived to fulfill it. Taking these bikes bring benefits to students and staff by increasing overall wellness, health and love for the CSUSB experience.

The bicycles also benefit the environment by helping diminish the carbon dioxide emissions that are polluting the planet.

"We want to create a bike friendly university, which means access to bikes, safe routes, secure storage, access to low-cost maintenance and repair, education, community building and most of all for people to have fun," shared Spencer.



Lauren Jennings | Chronicle Photos

With these new rental bicycles, students can stress less about being late to their next class.

200 West rocks the Inland Empire



Noah Caron plays the bass and sings for 200 West.



Kyle Barry | Chronicle Photos

The band plans to tour along the West Coast.



From left-right Caron, Galarze, Cordova, & Galarze.

By Kyle Barry
Staff Writer

For local band 200 West, the new year brings the celebration of a new album, a new formation, a new sound, and new opportunities.

I sat down with bass player/vocalist Noah Caron to gain insight to what 2018 has on tap for what Caron calls a “make or break” year.

In October 2017, 200 West released their third full length album, “Split Heads.” The album consists of ten songs including fan favorites “Silver,” “Split Heads,” “Within” and Caron’s personal showtime favorite “Budtender.”

Caron describes the 200 West sound as, “diverse music

influenced by funk, soul, rock, and reggae,” creating a pleasing “blending of different genres.”

Initially just a fan, Caron joined the band in 2015 midway through the recording process of the band’s previous album, “The Collective,” making him the fifth member. But shortly after the release of “Split Heads,” one member decided to part ways, leaving the band with their current formation of four.

Band members include brothers Chris Galarze (guitar/vocals) and Greg Galarze (guitar/vocalist), Adam Cordova (drums/percussion), and Caron (bass/vocals).

According to Caron, with the new foundation of four, the first goal of 2018 is to release new music as soon as possible.

The group currently has six

new songs written. With help from producer Mike Jimenez and their home base, Modern Fuzz Recording Studios (located just minutes from the Glass House and Fox Theater in Pomona, California), the band plans to record the new tracks and release them via singles or a new EP, Caron revealed.

Their most recent LP, “Split Heads,” was a year-long project that was recorded in under a week.

The dedication and passion for 200 West and Caron’s work was clear.

“I’m really proud of it actually,” said Caron. “This is kind of like my baby.”

To get the full experience, I headed to The Press Restaurant in Claremont, California to catch a live performance.

The place was buzzing. The crowd was full of friends and family, local college students, and naturally, die-hard fans.

“That’s what keeps our motivation going: true fans,” said Caron.

These die-hard fans are a crucial component for the future growth of the band.

“You only need a few of them. They bring people to shows, their friends come to shows, then they become die-hard fans,” added Caron.

But with the internet being the medium for most messages today, the band does have a social media presence. Check them out on Spotify (@200West), Instagram (@200West), and Apple Music (200 West).

Recently the band has been playing shows all over Southern

California, from Long Beach to Los Angeles, to the Inland Empire.

The group, who books and schedules their own shows, plans to expand their fan-base by hopefully booking a mini-tour up and down the West Coast.

In the meantime, 200 West has a concert set for March 2 at The Satellite. The venue is located at 1717 Silver Lake Blvd, Los Angeles, CA 90026. Showtime/Date subject to change.

200 West brings a refreshing sound, a fun performance, and occasional back and forth comedic banter to the stage.

If your idea of a fun night out consists of positive vibes, craft beer/cocktails, great music, and great entertainment, a 200 West show may be just the remedy for your weekday blues.

Local businesses & new-wave consumerism

By Estelle Aporongao
Staff Writer

Do the words organic, non-GMO, farm-raised, fair-trade and ethically-sourced ring a bell? These labels have seen a growth in usage over the last few years as food companies and small businesses jump on the new wave of food trends.

These labels have also become deciding factors in consumers’ daily choices, or so says the average millennial consumer.

The wave of ethical eating in production, manufacturing, and consumption has become paramount to consumers in this day and age—particularly for millennials, who are becoming a large target for marketing.

Big corporations and food chains are not the only institutions conforming to the ever-changing market. On the local level, small businesses are also beginning to cater to the demands of the new health and ethic-conscious consumers, even more so than corporations.

Local coffee shops, like Lift Coffee Roasters in Riverside,

or Parliament Chocolates in Redlands, and even vegetarian restaurants, like Oasis and Health’s Kitchen in Riverside, have been a part of the small collection of local shops around the Inland Empire that are now catering to the new wave of conscious consumerism.

For the average millennial consumer, product labels that include the familiar terms of organic, non-GMO and free-range have also become popular terms to gravitate towards when making decisions on what to eat. For local coffee businesses that have beans that are labeled as fair-trade or certified organic, it is all in the game of marketing.

“Coffee is coffee. Most, if not all, beans are inherently organic,” said Noah Castellano, a barista at Lift Coffee Roasters. “Companies who utilize these labels like ‘fair trade’ and ‘organic’ sometimes abuse these terms. It’s an abuse of marketing techniques. I got to see the ins and outs of direct sourcing, we have to pay \$1000 to label beans ‘fair-trade’ or ‘certified organic.’”

By companies throwing these labels around, it becomes

even more important to pay attention to the ingredients and even look into these companies.

“It’s important to do your research,” said Michael Dorn, also an employee at Lift. “Often times customers who come here ask me if I know any places around here that serve organic, non-GMO options. There’s a strong movement happening here.”

One of the easiest ways to ensure the product is as promised is to go directly to the source. Farmer’s markets are a good place to start as well as going to places that work with local farmers.

Parliament Chocolate is a small business that dedicates their work to the production of artisanal chocolates made of ethically-sourced cacao beans.

“People come into Parliament knowing that the ingredients are ethically-sourced and organic,” said Kacie Gravois, an employee at Parliament. “I personally go to the farmer’s market for my food and I’m also a part of the Redland’s CSA (Community Supported Agriculture) group. I’m meeting more people around the area who are vegan

and vegetarian, you know, more health-conscious too.”

In most cases, the pseudo-science that backs some of the claims that these labels often

propose has no conclusive evidence of true health benefits.

And yet, the new wave of consumerism continues to flourish.



Photo courtesy of Spencer Reifel

Parliament Chocolate uses organic ingredients to make treats.

Preparation for Dia Latino

By Crystal Harrell
Copy Editor

The annual Dia Latino celebration will be held on Feb. 8 from 3 p.m. to 5:30 p.m. in the Santos Manuel Student Union Event Center. With the first event organized ten years ago, Dia Latino is a collaborative effort among the Acto Latino and Los Amigos student clubs and the department of world languages and literatures.

The celebration will feature tables representing all of the Latin American countries with information on the native languages and dialects spoken, notable people, traditional cuisine, music, and holidays. There will be sample food items at each table and a variety of Latin music, such as bachata, banda, bossa nova, and flamenco.

Interactive activities that attendees can participate in during Dia Latino include “la loteria” and guessing games involving identifying different Latin countries on a map or matching them with their flags.

“Participating in Dia Latino is such a rewarding experience.



Photo courtesy of Valerie Salazar

Dia Latino attendees pose with CSUSB President Tomás D. Morales at a previous event.

Students and faculty all come together to celebrate and learn about the beautiful cultures of Latin America. Through this event, we are able to promote cultural awareness on our campus and share our experiences as proud Latinos,” stated Los Amigos President Gabriela Resendiz.

Putting on an event like Dia Latino takes months of preparation.

Acto Latino and Los Amigos encourage Spanish classes to participate by having them choose a country they want to represent

as a group. They also reach out to Latino-owned vendors such as Kultura Ink, MGCustomPrinting, and Folklore Accessories to promote their crafts at the celebration.

“Dia Latino is one of my favorite events. I enjoy seeing CSUSB students and faculty engage in this gathering that is intended to promote diversity and explore the traditions and cultures of Latin America. I encourage everyone to join,” said Acto Latino and Los Amigos member Melissa B. Osorio.

Not only does Acto Latino

have to prepare for the upcoming Dia Latino event, but the club will also perform plays at both the CSUSB campus and in Colombia.

On March 16, Acto Latino will be performing two plays in the SMSU Theater at 7 p.m.

“El Soldado Razo” is an adaptation of an original play by Luis Valdez while “El Cruce de los Suenos” is an original production inspired by the real-life experiences of Acto Latino students. Tickets for the performances will be priced at six dollars.

The club will also venture to Colombia to participate in the Alternative Theater Festival, FESTA, in Bogotá on March 20. At this festival, other theater groups such as Grupo Cultural Yuyachkani from Peru and Grupo Malayerba from Ecuador perform. This is not the first time that Acto Latino has traveled to Colombia, as they were first invited in 2016 to perform plays by Luis Valdez.

Acto Latino has also performed at local elementary and high schools in San Bernardino, along with universities in California such as Cal Poly Pomona, San Diego State, and Cal State Long Beach. The student organization most recently performed at the University of North Carolina at Pembroke.

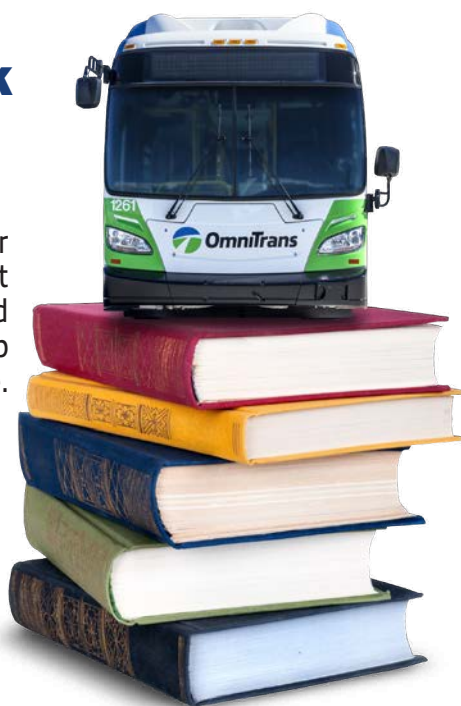
“I feel very fortunate to share my culture, traditions and language to other members of our campus community. As a proud Latina, I want people to see what we’re all about. This proves that we can all come together as a diverse community and learn more from our neighbor countries in Latin America,” stated Acto Latino President Leticia Hernandez.

Ride FREE with your CSUSB ID.

Plan your trip, track your bus, and more at Omnitrans.org.

Ride any route FREE with your CSUSB ID. Use our convenient online Trip Planner or download the Omnitrans app with NexTrip arrivals, Rider Alerts, and more. Go free. Go easy. GoSmart.

No application, special pass or sticker required, just a current valid ID. Offer good for the 2017-18 school year. Details at Omnitrans.org.



OMNITRANS.ORG • 1-800-9-OMNIBUS



NOW OPEN BOOK YOUR FIELD TODAY!



GOALS RANCHO

BRAND NEW STATE-OF-THE-ART SOCCER FACILITY

Eight 5 vs 5 & Two 7 vs 7
ProTurf fields with LED lighting

- Professional League Programs
- Tournaments
- Kids Coaching
- Bubble Soccer
- Goals Cafe
- Kids Birthday Parties
- Company / Team Events
- Function Room Rental

Phone: (909) 377-9044

E-mail: rancho@goals-soccer.com

Web: goals-soccer.com





HEY

The San Bernardino County Fair
runs **May 19th - 28th**
Come free, **Thursday May 24th**
with your  **ID!**

PRESENTED BY
AlaskaUSA
Federal Credit Union

WWW.SBCFAIR.COM



LEARN & EARN PROGRAM

- Want to know how you can earn your Commercial Pilot License (CPL) while attending CSUSB?
- Students train for 60 hours of In-Air & Simulator Flights and attend 50 hours of ground training
- Impressive Instructor-Student ratio of approximately 1:4
- Learn more about paid internship opportunities, free registration, flexible scheduling and special student offers: call (909) 382-0063 or visit www.worldwidewings.net



SAVE \$2,500

Eagles fly high, swooping Super Bowl LII

By Lauren Jennings
Editor In Chief

For the second year in a row, quarterback Tom Brady and the New England Patriots played in the Super Bowl. For the first time in 13 years, the Philadelphia Eagles were back in the Big Game.

In 2017, the Patriots took on the Atlanta Falcons, winning the game after a huge fourth-quarter comeback pushed the game to overtime.

The Eagles have not been in the Super Bowl since 2005, when they lost to the Patriots.

Before that, they had only made one other Super Bowl appearance in 1986, when they lost to the Oakland Raiders.

The members of the Chavez house chose to root for Philadelphia, with my personal choice stemming from my love of the Philadelphia Phillies.

Before the game even began, the tension was already building both in Minnesota and the Chavez house.

As the pre-game show went on, the announcers seemed more focused on the Patriots and Tom Brady than on anything else.



Photo Courtesy of Mr. Chavez

Eagles fan celebrates as LeGarrette Blount scores a 21 yard touchdown for Philadelphia.

Eyes rolled in the Chavez house and the TV was ignored until the starting lineups were announced.

Fans in attendance at U.S. Bank Stadium in Minnesota made it clear as the teams and lineups were announced that the majority in attendance were rooting for the Eagles.

The Eagles were welcomed with cheers as they headed out of the locker room. As the Patriots took the field, more boos seemed to be heard than cheers, even though the Eagles had just beaten the Minnesota Vikings in

the NFC Championship just two weeks before.

As the first quarter got underway, the food that was prepped all day was served up.

Paper plates were doubled up and filled with shrimp, pineapple chipotle chicken wings, eight-layer dip and chips. The feast lasted through the first quarter before everyone was comfortably stuffed. Lucky we finished when we did.

It is hard to cheer with a plate of food on your lap.

Both teams had traded field

goals earlier in the quarter, but with just under three minutes left, the Eagles scored a touchdown.

They missed the extra point and took a 9-3 lead into the second quarter. They scored again right around the nine-minute mark and attempted a two-point conversion.

It failed, but the touchdown gave them a 15-3 lead. The Patriots kicked a field goal and about four minutes later, intercepted the ball. They headed back down the field and scored a touchdown,

but missed the extra point.

Just before the end of the quarter, Philadelphia scored another touchdown, this time making the extra point and taking a 22-12 lead into halftime.

Justin Timberlake was the halftime performer, but I was not really watching the show as I was decorating a brownie I had made for dessert. Meanwhile, a Nerf football was being thrown around in the house, getting close to my brownie on a couple occasions.

New England scored a touchdown early in the third quarter, but still trailed 22-19. However, the Eagles took it right back on the next drive, making the score 29-19.

The Patriots' next drive got them right back into the game as they scored their second touchdown of the quarter, bringing the score to 29-26 with three and a half minutes left in the quarter.

Less than a minute into the fourth quarter, the Eagles scored a field goal to pad their lead, 32-26.

Continued online @ CoyoteChronicle.net

FEBRUARY 17, 2018
9:00 a.m. - 3:00 p.m.

Join the Office of Student Engagement as we teach attendees how to advocate for social justice through breakout sessions and special keynotes. #SJSCSUSB18

RSVP
 CSUSB Attendee <http://tiny.cc/ob4xpy>
 Non-CSUSB Attendee <http://tiny.cc/gb4xpy>

Featuring: Angela Rye
 CNN Political Commentator & NPR Political Analyst

Valid CSUSB Parking or SG Daily Parking Pass Required. Facebook: @osecsusb Twitter: @osecsusb Instagram: @osecsusb
 For disability accommodations, please contact 909-537-5234 or email oseinfo@csusb.edu within 72 hours.

Baseball swings back into season with new head coach

By **Joshua Jacques**
Staff Writer

With the CSUSB baseball season starting in two days, the team has been working hard to bounce back from 2017's disappointing season, which they ended with an overall record of 15-36 and 12-26 in league play.

New head coach Mike Nadeau and his coaching staff are working on instilling new philosophies.

"We are truly pushing our men to be great both on and off the field," said Nadeau. "We are focusing on excellence, character and accountability. Hopefully, that work can be seen in our performances."

Coming over to CSUSB from Division I Seattle University, where he served as the top assistant and won a WAC championship, Nadeau has the experience, composure and knowledge to turn this team around.

His playing career and resume speaks for itself, but Nadeau is focused on the here and now with this young Coyote team.

To get the season started, the Coyotes have away games against two tough opponents, Montana State Billings and Dixie State.

The coaching staff believes

that in order to become the best, you need to play the best teams.

"I can't wait to get started," said Nadeau. "I am looking forward to seeing how the guys react."

Although excited, 13 years of coaching experience has allowed Nadeau to learn the importance of patience.

Nadeau and his fellow coaches are treating this as a rebuilding year.

One returning player, pitcher Dylan Stablein, who opened up on why he believes this year will be different.

"This year everyone seems to be more focused," said Stablein.

"The coaches expect a lot more out of us and you could see it in the practices. Coach Nadeau and Selik bring a lot more professionalism and experience."

Crediting the change in coaching and culture, Stablein is excited to see how the differences from last year will turn out.

In baseball, team camaraderie, among other things, is important.

Nadeau also emphasized the importance of defense and solid, efficient offense.

"We want to limit our defensive errors to protect our pitchers," said Nadeau. "We also want to get on base and in scoring position to efficiently score runs.



Lauren Jennings | Chronicle Photo

The Coyotes are focused and ready to play ball as their new season opens up in just days.

We do not have the power and depth as some other teams, so we want to play smart and simple baseball."

Nadeau believes there is nothing wrong with simple baseball and that over time, the simplicity will turn into chemistry among the players and ultimately yield results.

Assistant coach Cameron Selik said they only have one expectation for the season: "Play hard every single game."

"Being a young team, our

only expectation is to compete hard every time we step out onto the field," said Selik. "The rest will take care of itself."

Incoming sophomore Anthony Ortega is looking forward to building team culture this upcoming season.

"Coach Nadeau and Selik are really emphasizing culture and the idea of buying into one another," said Ortega. "We want to be known for our defense and team chemistry."

With good vibes around

the team at practice, they look to enforce new team culture and produce a far better record than last year.

The players are fit, focused and excited to play and the new coach is eager to get the ball rolling.

"I am honored and excited to be CSUSB's head baseball coach," said Nadeau. "I believe that the necessary steps are in place here to make this a quality program with student-athletes who want to improve."

Thousands attend Dodgers FanFest

By **Kimberly Ayon**
Staff Writer

Over 30,000 fans filled Dodger Stadium on Jan. 27 in order to pump up their Boys in Blue for their upcoming spring training in the following weeks. The fan increase at the Dodgers annual FanFest has been insane after the Dodgers' stellar performance in the 2017 World Series.

The Dodgers kick off spring training with a game against the Chicago White Sox, but not before holding a free festival to show their fans their love and appreciation for their support in the previous and upcoming seasons.

Many even got the chance to have face-to-face meet and greets with star players such as Justin Turner, Clayton Kershaw, Enrique "Kike" Hernandez and many more.

Fans were pumped as they were able to openly explore Dodger Stadium and hear speeches from their favorite players, who pumped them up for opening day on March 29. Many



Photo Courtesy of Diana Ayon

Dodger Stadium overflowed with thousands of fans who are pumped for spring training.

players such as Turner spread what they call 'Fan Love' by going around Dodger Stadium and handing out signed baseball caps.

Fellow Coyote Andrew Aguirre worked FanFest and explained the event from a different perspective.

Q: How was it working Dodger FanFest?

A: Working the Dodger FanFest was such an amazing experience. Stressful but amazing seeing fans come from all over the United States and even out-

side of the country. I have never seen Dodger Stadium packed full on a regular Saturday other than the World Series.

Q: How intense was the number of fans that attended the event?

A: The number of fans that showed up was mind-blowing. They had lines going to the middle of the parking lot starting an hour prior to when doors open. It was really cool seeing the amount of love people really have for the Dodgers. For vendors, it was

a little scary because we didn't know how chaotic it would get or if there would be any fights. Luckily, everyone was respectful, and security had things moving smoothly.

Q: How pumped were Dodger fans to be there?

A: The Dodger fans were more than pumped to be there. It was a free event, so who wouldn't want to come and experience being on the field that their favorite players play on, not to mention getting their autographs. The

environment was one big happy Dodger family.

Q: What future do you see for the Dodgers in their upcoming season?

A: I see the Dodgers coming back stronger than they did last season. Their team chemistry last season was phenomenal and the comebacks they made were out of this world. Last year they were close, but I feel they learned what they needed to learn to make it to the World Series again.

Q: How was the set up for your booth?

A: Our booth setup was three tables and an EZ UP representing the Los Angeles Times. Normally at the games, we have one table but we knew the attendance for the fan fest would be tremendous, so we prepared to have long lines. We got exactly what was expected, and people were lined up at our booth from when the gates opened to when they closed.

Continued online @
Coyotechronicle.net

Best Sweet Potato Soup recipe

By Devin Renich
Staff Writer

About six years ago, I did one of the most exciting things an 18-year-old could do. I moved away from my parents' house and began my journey into college, or as I saw it, adulthood.

It was incredible. I didn't have a curfew, I went to class only two days a week, and I could finally go on dates without the embarrassing process of introducing them to my parents. I

was living the dream.

However, with adulthood comes great responsibility, like figuring out how to feed yourself, especially on a student budget. I must have spent two years living on Top Ramen and frozen pizza until I decided I needed to change my diet.

The process started simple, with "gourmet" Top Ramen.

I experimented by adding vegetables and inexpensive proteins like nuts, beans, and eggs to the 99-cent noodles. But eventually, I started getting creative and

with the knowledge I acquired through my mom, cookbooks, as well as dining and working in multiple restaurants, I was able to develop a series of healthy, cost-efficient, and tasty recipes, perfect for any college student looking to create a simple home-cooked meal.

This will be my first time sharing one of my recipes, so I hope it serves you well.

From one Coyote to another, I give to you, my original recipe for Two Bean, Sweet Potato Soup. Enjoy!

What you need:

- 1 32-ounce box vegetable broth
- 1 16-ounce can garbanzo beans
- 1 16-ounce can black beans
- 4 to 6 stalks washed celery
- 1 ½ cups sliced carrots
- 1 ½ cups pearl onions or 1 red onion
- 2 red or russet potatoes
- 1 large sweet potato
- 1 tablespoon black pepper
- 1 tablespoon garlic salt
- 1 tablespoon oregano

Directions:

Add entire box of broth to a large pot, along with 7 cups of water and place on the stove under medium heat.

Stir in all three seasonings, and let broth come to a boil.

While broth is heating, prepare the vegetables.

Begin with the potatoes and carrots.

Peel and wash each one, and after they are clean, cut them into bite-sized squares about half an inch small.

Once finished, add potatoes and carrots into broth.

After adding the carrots and potatoes, begin preparing the rest of the ingredients.

Wash and cut celery stalks (same process with a red onion) into same size pieces as potatoes and carrots.

Open both cans of beans and strain out the liquid.

Once the potatoes and carrots become tender in broth (usually about 20 minutes), add the beans, onions, and celery.

When all the ingredients are added cover pot, and let simmer on low heat for 15 minutes stirring occasionally.

Turn off heat, let cool a few minutes, serve in a bowl and enjoy.

You can garnish it with cheese, chopped green onions, sliced avocado or your favorite hot sauce.

For a heartier soup, try adding chicken, rice or mushrooms.



Devin Renich | Chronicle Photo

Although it might look like a load of veggies, all the flavor from the spices makes you forget that the meal is even vegan.

How to avoid the Freshman 15

By Shauna Christie
Staff Writer

Everyone has heard about the Freshman 15. But is this rumor that some students gain 15 pounds during their first year of college actually true?

The Journal of American College of Health reported that only half of college students gain weight during their first school year, and usually only 5-7 pounds is gained. Although the freshman 15 seems to be more rumor than fact, it is still something that students should be conscious of so that weight gain does not become a pattern and a health risk.

Weight gain may be triggered by a multitude of things.

Stress reactions due to a drastic change of environment and routine may be one of the most common factors. The transition from high school to college may be a stressful adjustment for some students,

and sometimes this adjustment may cause our bodies to react by gaining weight.

This new lifestyle usually comes with more freedom as well. The freedom to eat whatever you want, whenever you want, and not have anyone to hold you accountable for your eating habits.

Joey Allison, a former CSUSB student, shared his experience with weight gain during his time in college.

"I gained 10 pounds during my freshman year. I was always snacking while studying, eating fast food every day, not getting enough sleep and definitely drinking way too much beer," said Allison.

Getting into unhealthy habits of staying up late, snacking when you are not hungry, eating fast food, indulging in weekend parties and not exercising regularly can be habits that continue on throughout later years of college and potentially be problematic to your future health.

Creating beneficial habits while you are in college can set you up for success in not only overcoming the Freshman 15 but also maintaining a healthy lifestyle afterward.

Here's where to start:

Create healthy eating habits: Make sure that you are eating three healthy meals a day, with healthy snacks in between meals if needed. Eat foods that are full of fiber, protein and healthy fats so that you can feel full, energized and ready to take on the day. Also, make sure to drink a lot of water.

Be careful in the cafeterias:

The Student Union, the Commons and the snack bars on campus are full of unhealthy foods that most college students consider an easy go-to when they are in a hurry. Try your best to always go for the healthiest option, or think ahead and pre-pack your lunch with healthy food and snacks.

Get fit with friends:

Participate in healthy

activities with your friends as often as possible. Go on hikes, bike ride, runs or hit the gym together after class a couple days a week. Motivate each other and hold each other accountable for maintaining a healthy lifestyle. Plus, working out with a partner is way more fun than working out alone.

Don't drink your calories:

Avoid drinking too many energy drinks, mochas, frappuccinos and alcoholic beverages. Whether you are looking for a caffeine burst to help wake you up in the morning or indulging in one too many alcoholic drinks over the weekend, be careful with how much you are consuming because those calories add up fast.

Instead of resorting to the presweetened, high-calorie caffeinated drinks, stick to black coffee or tea for a caffeine boost. A small amount of milk or creamer can be added for flavor, but it is much healthier to control the amount of sugar you put in

your coffee or tea.

Freshmen should not be drinking alcohol in the first place, but sometimes it happens. Remember that alcohol is empty calories, and most cocktails add more empty calories from sugar too.

You are also more likely to indulge in not-so-healthy late-night snacks with alcohol in your system, so limit your intake or avoid it all together.

Stock up on healthy snacks:

It's easier to avoid snacking on junk food if you do not keep it within arm's reach. Rather than having bags of chips, candy and cookies next to you for late-night studying, replace those foods with healthy snacks like individually portioned packs of nuts, whole grain granola bars, fresh fruit, yogurt, veggies and hummus.

Avoiding the myth of the Freshman 15 is not hard. It is all about getting rest, watching what you eat and putting time aside to workout.

Conquering the Industry

By Matt Martinez
Staff Writer

From music to television shows to a clothing line, Tyler the Creator does not take his “creator” moniker lightly.

In the early years of his career, Tyler was known to be controversial and “out there” compared to the rest of his hip-hop colleagues.

He was known for posting viral tweets without any concern for consequence and had no problem trolling whomever he came into contact with. But for the last couple of years, unless he is blessing his fans with new releases, Tyler has been quiet on social media.

He did just that in July when his new album “Flower Boy” was released.

Following the release of “Flower Boy,” Tyler premiered his new show on Viceland, titled “Nuts + Bolts,” where he takes his interests and passions and showcases how they are created with professionals in their respective fields.

A mere two months after the “Nuts + Bolts” release, he premiered a second TV show, a cartoon series called “The Jellies.” He co-writes with one of his best friends, Lionel Boyce, for Cartoon Network.

The adult animated sitcom follows a family of jellyfish, specifically the son Cornell and how he finds himself throughout the show. Tyler also scored the entire show.

Less than a week after releasing “The Jellies,” it was time for Tyler’s fifth annual music festival and carnival held at Exposition Park in Los Angeles, Camp Flog Gnaw.

The two-day festival featured music acts from all different genres and magnitudes such as Lana Del Rey, Kid Cudi, Solange, A\$AP Rocky, Brockhampton, Steve Lacy, Trash Talk, Migos and of course, Tyler himself.

Along with the music, there are also carnival rides and a plethora of brands selling exclusive merch, which included Tyler’s clothing brand GOLF, which just opened up their flagship store on Fairfax Avenue in Los Angeles (the second store Tyler’s had on the block). And Golf le Fleur*, which is a new shoe line he has in collaboration with Converse.

Golf le Fleur* was announced in June of 2016 at Tyler’s first runway show for

his GOLF clothing brand and was finally made available for purchase in August of 2017, alongside the drop of “Flower Boy.” Since then, he has released seven colorways of the shoe, including a limited edition Flower Boy Converse One Star.

Who knows what avenue Tyler will go down next. He has said in the past he wants to score and direct movies, build parks and gardens and design furniture and cars.

But, after the “Flower Boy” tour is over, he will probably go back to not posting on social media for the next year or two, leaving his fans yearning for the next snippet of music to be leaked or a hint at when the next clothing drop will be.

If there is one thing we know for certain about Tyler, the Creator, he is going to make sure nobody kills his flowers. He is going to water his garden and stunt.



Photo courtesy of Flickr

This creative artist is always in the most positive mood.

The Tyler Tour Begins

It has been a wild six months for Tyler, the Creator. His fourth studio album “Flower Boy” was released at the tail end of last summer to critical acclaim and it has been a roller coaster of successful business ventures since.

The fourteen track, forty-seven minute album is a mixture of beautiful chords and ear-catching melodies (all of which Tyler produced himself), and sounds like the perfect soundtrack to have while on a bike ride or strolling aimlessly through a park.

Let us not forget that Tyler is a rapper too, and a good one at that. Those chords and melodies also come with hard-hitting drums and lyrics that sound so good over the instrumentals it would make any Tyler fan jump out of their seat.

The two years Tyler spent writing and recording “Flower Boy” did not come without recognition. The album charted at number two on the US Billboard 200 and earned a Grammy nomination for Best Rap Album of

2018.

“Flower Boy” also shows the maturation of Tyler.

This album sounds like he has finally found the trajectory he has wanted to take with his music compared to previous releases. He has matured not only sonically, but also with who he is as a human being.

He stated in a recent interview that he wanted to get personal on this album and talk about his life experiences. With his previous album “Cherry Bomb,” he just wanted to make songs that sounded good.

Releasing an album would not be complete without a tour to help promote it.

On Jan. 27, Tyler performed in Portland and was supported by opening acts, Vince Staples and DJ Taco. It was nothing short of how Tyler expects his shows to be.

The crowd was full of youthful joy as they watched the stage crew set up giant tree props and a scenic hillside backdrop that Tyler would stand in front

of while he performed tracks off “Flower Boy.”

Once he hit the stage, the energy in the room livened.

Concert-goers grooved to songs like “911/Mr. Lonely” and “See You Again.” And then went crazy, jumping off of anything they could find for songs like “Who Dat Boy” and “Tamale.”

But there was something different about this particular show.

Tyler’s confident body language and energy exuded far more when he first appeared on this particular stage, compared to performances in the past. This time, he knew he had made the album he always dreamt of making and had gotten the accolades and recognition he thought he deserved.

“Flower Boy” is his fourth studio album, and it is his first album to receive consistent commercial radio play.

With commercial radio comes a new, extremely larger audience. With a larger audience, come bigger and better endeavors.

Gucci Mane on Stage

By Kaitlyn Connelly
Staff Writer

Since his release from prison in May 2016, Radric Davis, also known as Gucci Mane, has been better than ever. When Gucci Mane was released from prison he had one mission in mind: to create a new reputation for himself and to make more money than he had ever before.

Before going into prison, Gucci Mane suffered from addiction to alcohol and lean, a mixture of codeine and promethazine-based cough syrup mixed with soda.

While in prison, he experienced withdrawals, which only encouraged him to create a better life for himself after his sentence. He made the decision to be completely sober after his release to ensure clarity and focus in all the endeavors he was about to pursue.

Within 24 hours of his discharge, he released “1st Day Out Tha Feds,” under his new deal with Atlantic Records. Although he was still releasing music during his incarceration, Gucci Mane wasted no time when it came to releasing more music after his release.

On July 22, 2016 he released his album “Everybody Looking.” Following the release, Gucci Mane did a collaboration with Rae Sremmurd for the song “Black Beatles,” which became Gucci Mane’s first number one single.

Gucci Mane has since released several albums including “Woptober,” “The Return of East Atlanta Santa,” “Drop Top Wop,” which featured MetroBoomin, Rick Ross, Offset, Young Dolph and 2Chainz, and “Mr. Davis.” His most recent album “El

Gato: The Human Glacier” was produced entirely by Southside, meaning there were no features by other artists.

Gucci Mane recently announced his next album “The Evil Genius,” which will be coming out this year.

In September of 2017, Davis released his book “The Autobiography of Gucci Mane” which was written during his incarceration. The book reveals Gucci Mane’s familial past, his time in East Atlanta, where he began selling drugs and owned weapons at an extremely young age, the start of his rap career and the encounters that would arise from the rap industry.

Gucci Mane would not be the man he is today without the beautiful Keyshia Ka’oir by his side throughout his incarceration and other hardships. He proposed to Keyshia after his performance at an Atlanta Hawks basketball game.

On Oct. 17, 2017, the two tied the knot at Miami’s Four Season Hotel. The all-white wedding aired live on BET, followed by a TV series, “The Mane Event,” which would include 10 episodes of the planning of their wedding.

With a past filled with struggles of sobriety, violence and lost relationships, Davis was able to get his life back on track with a mindset filled with determination.

The man has seen some of the darkest days but knew the grass was greener on the other side. To anyone who thinks they cannot get through whatever struggle they may be dealing with, let Gucci Mane be a reminder that anything is possible if you believe that you are capable of the change that comes with it.



Photo courtesy of Flickr

Rap artist Gucci Mane performing at 515 Alive in Des Moines.

Representation in Disney's "Coco"

By Cassandra Garcia
Staff Writer

Disney Pixar's animated film "Coco" is one of the few, if not the first, movies that aims to

accurately represent the Latino culture.

As a proud Latina, from the moment I heard about the making of "Coco", I was both ecstatic and skeptical about the final result.

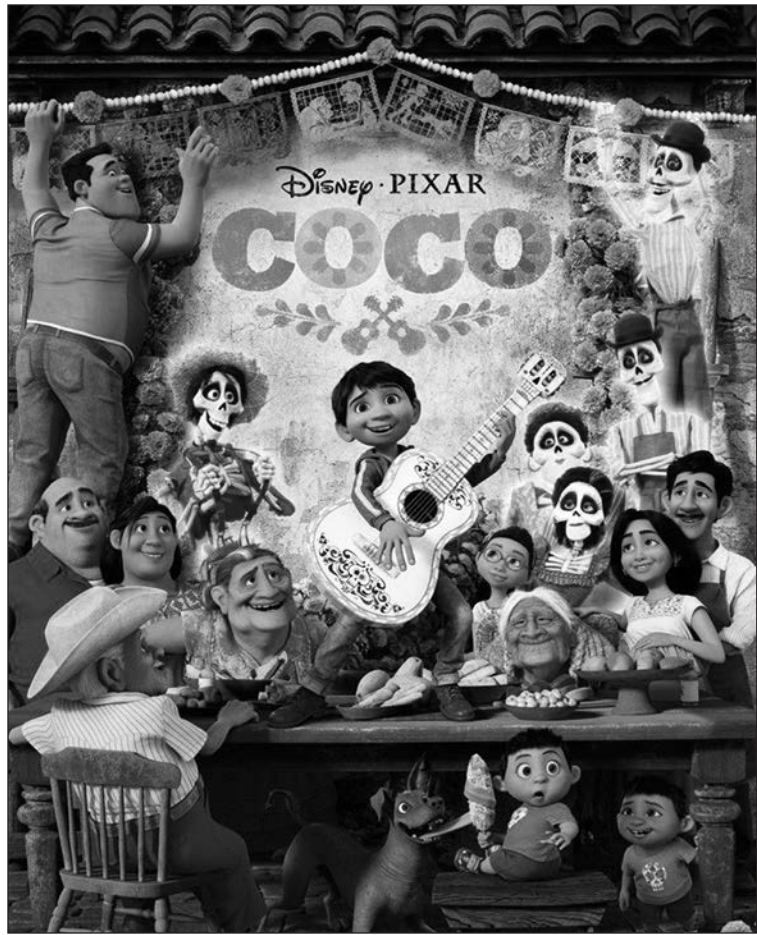


Photo Courtesy of Flickr

Proper representation of a culture, and Disney nailed it.

Seeing as the movie seemed to specifically center on Dia de Los Muertos, I worried whether Coco was going to be just another movie that appropriates Latino Culture.

So when the movie finally came out, I, along with my younger brother, headed straight to the theater with our fingers crossed hoping that my skepticism would be proven wrong.

Now I am not saying that "Coco" was the absolute perfect portrayal of Latinos since it specifically centered on Mexican culture, but as a Latina who is Mexican, I was filled with laughter and tears because there was finally a movie that paid homage to my people.

Throughout the remainder of that week, I tried understanding what it was exactly about "Coco" that made my younger brother and I leave the theater feeling completely proud of being Mexican.

I held onto that feeling and encouraged all my family and friends to watch it. I wanted to know their input and whether they resonated with "Coco" the way I did.

I also took my grandmother to watch one of the showings in Spanish, which made connecting with the film even more amazing. She, along with the rest of

my family, absolutely loved it. We laughed, cried, and whispered throughout the movie about how certain characters reminded us of certain family members.

From my seventeen-year-old brother to my seventy-eight-year-old grandmother, we were each able to identify with the characters on screen because "Coco" accurately and positively highlighted our culture. This is incredibly rare in the entertainment industry.

"It's not very often that we as Latinos or Mexicans are represented on screen in a way that celebrates the things that make us beautiful, confident and powerful," said Adrián Molina, co-director of "Coco."

Accurate portrayals of Latinos' realities are never shown and so to finally have a movie that focuses on just how beautiful our culture is left me, along with the rest of my family, overjoyed.

We are sadly accustomed to the negative portrayals of Latinos in mainstream television and film. In "Coco," there are no negative portrayals.

The characters are simply portrayed as everyday people who are for once not being judged by their ethnicity.

Personally, I view "Coco"

as being revolutionary in that it helps pave the way for Latinos to start demanding proper representation.

There is a place for Latinos within media and "Coco" proves just how important accurate representation is.

My brother laughed and got teary-eyed because for once he was able to see himself and his family through the characters within the movie.

My grandmother cried at the fact that she had never seen a movie, specifically an animation, that centered around our culture.

I, a twenty-two-year-old, cried at the fact that I finally got to see people just like me, regardless of animation, on the big screen being portrayed as we actually are.

We are family-oriented, loving and strong.

So to the non-Latino couple who sat next to my brother and me during the movie and gave us odd looks while we laughed and cried, you have to acknowledge that this movie spoke to us in ways that you do not understand because it has been long overdue.

"Coco" focuses on accurately representing Latinos, which is why it is a treasure and I encourage everyone to go watch it.

"The Post" uncovers the truth

By Avery Bracken
Staff Writer

When thinking about the importance of newspapers in today's world, three major events shaped the way newspapers went about spreading the truth. Those three are the Pentagon Papers, Watergate Papers and the Eric Snowden government leaks.

"The Post" focuses on the Pentagon Papers.

Katherine Graham was the owner of The Washington Post and Ben Bradlee was the executive editor. They took a major risk by making the decision to publish government secrets to the public.

It was not all smooth sailing trying to publish these documents. The film shows all the trials and tribulations that they had experienced in the progress of publishing.

"I did not know anything about this major event. The only story I've heard a little bit about was the Watergate scandal" said Timothy Green. "This film inspired me to be truthful at all times. The courage of Meryl Streep's character deciding to make the decision that can affect



Robin Briggs | Chronicle Photo

"The Post" focuses on newspapers spreading the truths that the government tried to hide.

her as well as all of her employees shows how much belief she had in the story."

"The Post" attracts people who are very familiar with the story of the Pentagon Papers to come out and see how accurate the film was to real life.

Jesse Maust, a high school English teacher who majored in journalism, watched the film and was fairly impressed.

"The film was fairly more accurate than I expected. The only thing I found that was inaccurate was the ban of the Washington Post at the White House by President Nixon," said Maust. "Having a film to be as accurate as possible on a true story is very hard to do and they managed to do it well."

"The Post" provides a message that the truth will set you free and that you should always go with what you think is right no matter what anybody else says. "The Post" also tackles how rare it was for a woman to own a big company at the time.

Although it does not draw a mass appeal, it can give people a history lesson on how important newspapers played a part in an important time period to spread news across the country.

Valentine's menu at Caprice

By Devin Renich
Staff Writer

Caprice Café is a restaurant in downtown Redlands that prides itself on quality food, wonderful service, and its elaborate wine list. This year the restaurant is celebrating the 30-year anniversary.

Leila and Camille Ayoub opened the restaurant on February 14, 1988 simply as a way to make a living. What began as a small Mediterranean style sandwich shop grew into a sophisticated dining experience unique to the Inland Empire. Now owned by Chris Pepino, the restaurant still thrives in historic downtown Redlands, offering a variety of items sure to please any taste.

The items on the menu range from seafood, to pasta, salads to steaks, and everything in between. Most of the items are organic, everything is fresh, and they even keep certain items in stock from other local businesses.

Sara Graham, seven-year Caprice employee, manager, and sommelier says, "First and fore-

most, talking about the food and what brings people here, it would be terrible if I didn't mention our Wagyu Burger."

Although Caprice offers an abundance of vegetarian options on their menu, they're known by locals to have the best burger around the city.

Graham continues, "I know that not only is it a personal favorite of mine, but I know that our guests come here specifically for it. Our food is fresh, and high quality, and made to order, and it really does stand out."

Along with the exquisite menu items the restaurant has to offer, they also provide an award-winning wine list which includes over 230 bottles of wine, and over 25 choices by the glass. The restaurant is dedicated to keeping competitive prices, educating staff on the products, as well as offering an impeccable selection guests can only find at Caprice. Graham says, "We have a phenomenal wine book, and not only that, we have access to wine vendors that other places don't have because we've established wonderful relationships."

Caprice has been known for years as one of the best restau-

rants in the Inland Empire, they have received multiples awards and have an ever-growing list of patrons who have been dining at the restaurant since it opened thirty years ago. The menu, wine list, staff, and elegant ambiance of the restaurant all play a tremendous role in contributing to the long running success of the business.

This Valentine's Day, Caprice is ecstatic to announce their 30th anniversary of running a successful and fulfilling business. In honor of the celebration, they are serving a special menu for the evening made of all items that cannot be found in the restaurant regularly. The menu is three courses, including a choice of one appetizer, one entrée, one desert, and wine pairings for each at an additional cost. It will also feature a few throwback items inspired by the original menu. With a beautiful ambiance, a delectable menu, and wine to match, the evening is sure to be a wonderful time for all who attend.

I think Graham says it perfectly when she states, "I really want everyone to know to how much I think that everyone



Devin Renich | Chronicle Photo

Caprice cafe is serving a special menu for Valentine's Day.

who works here cares about this place. Everyone who will be here wants to be here. I think we will give couples a very nice time

where they won't have to worry about anything. They can just enjoy each other and enjoy their food."

The signs this Valentine's Day

By Ash Casillas
Contributing Writer

the planning, you deserve to feel the love too.

♈ Aries: Indulging and passionate Aries, a spa day for you and a loved one is the perfect getaway. Going the extra mile and getting the full Valentine's Day package with rose themed treatments and a massage is the perfect pastime.

♎ Libra: Walks on the beach or in the park, paired with a cafe date are easy and inexpensive way for you to enjoy this Valentine's day with a close friend, relative, or partner. Don't be afraid to voice your appreciation for those in your life, they would love to hear from you.

♉ Taurus: Interesting yet practical gifts are a great idea for your devoted being, Taurus. Getting custom blankets with photos, an art canvas of a favorite moment together, or a framed star chart of a significant date are fun ideas to give to those who are important in your life.

♏ Scorpio: Mysterious water sign, sending gifts like flowers or chocolate covered strawberries directly to a loved ones house or place of work is a perfect plan for you since you are a master of keeping those who surround you anticipating your next move.

♊ Gemini: Expressive Gemini, you will easily find yourself using this holiday as an excuse to get yourself a gift. After all, you know more than anyone else, your biggest supporter and drive is your own personality. It is possible a lucky significant other may feel your generosity as well with a token of affection to acknowledge your investment to them.

♐ Sagittarius: Wanderlust filled Sagittarius, go out on a day trip and explore with someone you love. Share memories and food on a day of spontaneous activities, going where the wind takes you. Don't be afraid to be simple in your activities as those tend to spark a special closeness with others.

♋ Cancer: Emotionally driven Cancer, you are likely to be the definition of a classy Valentine. Hand written notes, a dozen red roses, and a simple yet elegant dinner can be your niche this year.

♑ Capricorn: A movie night in, speckled with tealights and soft blankets, topped with you and your significant others favorite snack foods is the perfect way to indulge this Valentine's Day dear cardinal Earth sign.

♌ Leo: Sparkle is the way to go this Valentines, fiery Leo. Buying a nice bracelet for mom, or necklace for her, maybe a watch for him. You have a good eye when choosing gifts like this for others, so let it shine.

♒ Aquarius: Charitable air sign, giving small gifts to each of those in your closest circle is a fitting idea for this years Valentines day. Little cards with reassuring words, single flowers, or even \$5 Starbucks gift cards are easy ways to give back.

♍ Virgo: Organized Earth sign, you are the planner this holiday. Your Valentine's day with a best friend or partner is likely to be a well-thought out and planned surprise. Don't forget to enjoy yourself past all

♓ Pisces: Gentle and caring, leaving gifts and text messages for others to wake up to is the perfect way for you to show others you care. If you're up to putting slightly more effort in, make finding gifts a small scavenger hunt for your loved ones.

APPLY NOW



WE ARE SCHEDULING INTERVIEWS for ...

✓ **TEACHERS & SUBSTITUTE TEACHERS**

Get on the list now for the 2018-2019 school years!

✓ **SPECIAL EDUCATION TEACHERS**

Now interviewing certified special educators to teach students with developmental and physical disabilities.

Signing Bonus!

Visit our website for all teaching positions available.



call: 760-255-6000
or apply online at:
www.barstow.k12.ca.us

Poems

Dear Girl I had a Crush On

By Anonymous
Contributing Writer

Dear Girl I Had A Crush On,

I know you may find this surprising.
But I don't.

I knew the moment I saw you that I felt something for you.

Not because of a "look" you gave me.

I'm sorry I came on too strong and made you feel uncomfortable.

I couldn't suppress myself anymore.

I couldn't not know what you thought about me.

What was going on in your head...

You did always say you would never say something to hurt me.

You were right.

You didn't need to say anything.

Your silence spoke louder than all of the words ever invented.

But don't worry about the pain you caused,

Because I will get over it.

I'm sorry that you couldn't handle me having a lesbian crush on you.

Sincerely,

A Girl Who Doesn't Care Anymore.

Hummingbird Heartbeat

By Crystal Harrell
Copy Editor

The speed of hummingbird wings

Mimics my frantic heartbeat

When you stand so close to me

Without noticing the change in scenery.

I gave into a dream one April night,

Where we scaled castle walls on ivy ladders;

You with bruised feet longing for the holy ground

And I with a wandering eye on my awaiting prize.

Thunder clapped and lightning screamed our praises,

But you cut me loose before the summit of my fears,

And branded me an offering to the chasm.

Nightshade and a sprig of clover

Pay their respects at Spring's late funeral.

A mourning song playing in my mind

Stops with the staccato of your approaching steps.

I indulge in pure imagination this golden morning,

Starting with a forest growing atop your head;

So that I might pick every flower I see

With a perfume sweeter than my own.

So that I might tie a promise around your wrist,

Taut, and strong, and miles long,

To keep you from getting lost in the brush.

Remember me in this moment as your life flies by;

Only then will the winds of change

Guide you to the place you are meant to be,

Without me.

Hovering over the same bud

When the well has run dry

And the nectar bitter

Is foolish if you have wings.

Addicted to Anger

By Jon-Erik Olson
Contributing Writer

Distorted by fate I've finally begun

To pick up the pieces left by someone.

Forgiving the reasons there was no good-bye

Attempting to cope and understand why.

Reeling in madness while hooked on a dream

Always reminded of what I had seen.

Standing alone I'm driven toward danger

Only to find out I'm addicted to anger.

Yelling in silence while screams amplified

Can't understand why harmony died.

Walking away so you would become

Something your not and decided to run.

Destroying my thoughts and killing my soul

Making this anger spin out of control.

Falling in madness and crashing each time

Learning life's lessons the hard way I find.

That nothing has chased my dreams away

I'm turning the page and finding today.

That all I can do is continue to dream

Cannot destroy the hope I have seen.

Leaving behind the monster inside

Not getting off of life's memorable ride.

Realizing the fears are attached to the pain

Killing the reasons, forgiving your blame.

Progressive resentment is finding a cause

To complicate things, pointing out flaws.

Escaping the past to discover what's real

Coming to terms with how this should feel.

Alone I have walked so far away

Until I had reached a place I could stay.

Next to the edge I'm flirting with danger

Realizing now, I'M ADDICTED TO ANGER...

CONNECT WITH US



@CSUSBChronicle



@CoyoteChronicle

Coyote
Chronicle

CoyoteChronicle.net



@CoyoteChronicle



CoyoteChronicle