

THE POLY POST

2021-2022

# BRONCO GUIDE







## BEING A BRONCO WILL TAKE YOU FARTHER THAN YOU IMAGINED.

Foothill Transit and Cal Poly Pomona are working to make you the most connected students in Los Angeles County. Expect to hear about some exciting new projects when you return to campus -- a Bronco Class Pass, transit stops closer to campus, and fast trips to downtown Los Angeles.

We're so looking forward to seeing you all again! **Stay tuned!**



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# WORD FROM STAFF

**T**his edition of the Bronco Guide magazine was created under unusual circumstances with the entire staff working remotely. For the first time, the team tackled challenges collaborating with new members virtually to plan, develop and produce a full-scale magazine from home. Despite the difficulties, the Bronco Guide and The Poly Post staff continued producing captivating stories to engage with the campus community.

The past year has been a wild ride for Cal Poly Pomona students as they were forced to navigate courses online amid the global COVID-19 pandemic, but the university is finally reopening its doors to invite students back to in-person instruction. For both incoming and returning students, you're entering campus at a unique time in history where CPP is resuming after the longest shutdown since World War II.

As you reunite with your fellow peers and faculty members in classrooms, we encourage you to connect with one another and cherish those moments. Make the most out of your time on campus by joining clubs, exploring new interests, visiting professors' office hours and attending various campus events. Before you know it, you'll be walking across the stage in your cap and gown and leaving CPP with a degree.

In this university, you'll meet friends who will last a lifetime, mentors who will mold you into respectable professionals and educators who will prepare you for your future careers. For a successful college experience, we urge you to stay open-minded and accept all opportunities that head your way.

As you embark on your exciting college journey, we hope that the Bronco Guide magazine will serve as a valuable resource to help you navigate around campus and its surrounding communities. We aim to support and enhance your college experience with a wide range of stories, including those introducing local trendy cafes to informational pieces outlining campus resources. With this guide, we hope you conquer this new chapter of your life, and we wish you the best.

Congratulations and welcome to Cal Poly Pomona!

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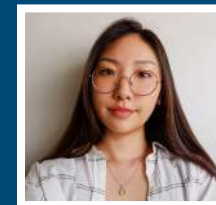
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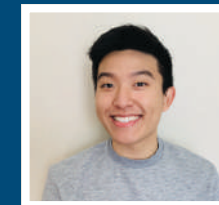
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# BRONCO GUIDE 2021

## Staff



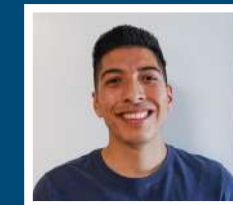
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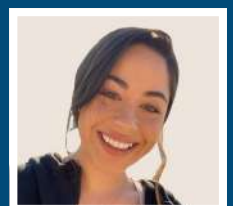
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# THE POLY POST

by SARAH HAN

**F**ounded in 1940, The Poly Post, Cal Poly Pomona's student-run newspaper, has been serving the campus and local community for 81 years by delivering timely, accurate news. With a goal to inform and engage the campus community, a team of student journalists is dedicated to publishing news every Tuesday.

The publication covers a range of topics with four main sections: news, arts and entertainment, sports and opinion. Valuing diverse coverage, the Post balances hard-hitting journalism with expressive storytelling to support and amplify student voices.

Aside from reporting on campus and local affairs, the student staff strives to feature fellow Broncos and alumni to celebrate their achievements and unique experiences. Along with articles, videos and podcast episodes are uploaded weekly through The Poly Post's website and mobile app.

The Post also serves as a news lab for journalism students as a PolyX course that aims to offer real-world experiences by stimulating a professional newsroom. The staff consists of students who immerse themselves into their roles as journalists and editors. The learning-induced publication is overseen by Communication Professor and Faculty Advisor Jason Turcotte, who has years of journalism experience in various print and digital media outlets.

As staff writers, students are exposed to all aspects of journalism — from reporting to broadcast to photojournalism. They also develop essential skills, including developing leadership, conducting interviews, collaborating as a team player and operating under deadlines, to better prepare themselves before launching their careers.

"The Poly Post is an immersive platform for future writers to explore Cal Poly Pomona and its surrounding community," said The Poly Post Editor-in-Chief Georgia Valdes, a fourth-year journalism student. "We have the unique opportunity to uplift student's voices and dig deep into the topics students have on their minds. Working with The Poly Post has granted me invaluable experience that I can confidently bring to any platform I write for in the future."

Students also receive opportunities to enter prestigious national and statewide journalism competitions using the writing clips or videos created at the Post. Last year, the publication earned numerous awards honoring a group of staff writers who exemplified excellence, including awards from the California College Media Association, Society of Professional Journalists and Associated Collegiate Press's national student journalism contest where The Poly Post placed 7th nationally among all colleges and universities entering the competition.

The Poly Post welcomes all students interested in joining to contribute as freelance writers regardless of academic standing and major.



## Get Connected, Stay Connected!



The Poly Post is a student-run publication, which provides employment for numerous students in a professional and educational environment. The Poly Post is self-supporting. All advertising revenue directly benefits the advancement of students studying for careers in journalism, photography, business marketing, videography and design.

### Editorial

The Poly Post newsroom is located in Building 1, room 210. Reach the editorial office at (909) 869-3530.

### Marketing

To advertise, contact the Advertising Department at (909)869-3528 or (909)869-3533 or by email at [advertise@thepolypost.com](mailto:advertise@thepolypost.com).

### Weekly Newspaper

Published every Tuesday across the CPP campus.

### E-Newsletter

Fresh News directly into your inbox every Tuesday.

### Our Website

Check out breaking news as it updates on our website at [thepolypost.com](http://thepolypost.com).

### Mobile App

Take us on the go by downloading The Poly Post APP. Available for both IOS and Androids.

### Social Media

Follow and engage with us on all our social media platforms: [@thepolypost](https://www.instagram.com/thepolypost) & [@polypostads](https://www.instagram.com/polypostads)



## A Letter From The President

Welcome to the Bronco family!

You join a legacy of world-class educational opportunities going back to 1938. At that time, our enrollment was a grand total of just 110 students. Now, 83 years later, with a vibrant community of nearly 30,000 learners, Cal Poly Pomona stands as a model for an inclusive polytechnic university.

There is something distinctive about Cal Poly Pomona. Underlying everything we do is something we call the “polytechnic advantage.”

What do we mean by this?

At Cal Poly Pomona, we learn by doing. Whether it's biochemistry, apparel merchandising, philosophy or art, our students engage with the subject matter and apply what they learn in our classrooms and labs in ways that other campuses just don't match.

Truly, you are about to start on an incredible adventure. Here, you will have the opportunity to explore new subjects, be challenged and gain knowledge in ways you have never done before. You will develop new interests and passions. And you will meet new friends — some who will become friends for life.

Of course, your Cal Poly Pomona journey begins at a unique time in the history of our campus, and even the world. The coronavirus pandemic has affected our lives in so many ways. But as we keep the health and safety of our campus community first, we also hold great optimism to be together on campus soon as a community of Broncos.

And while Cal Poly Pomona has so much to offer you, I can't wait to see what you will bring to Cal Poly Pomona. It is your unique talents, abilities and experiences that enliven our campus community and enrich the Cal Poly Pomona experience.

On behalf of the entire university, I thank you for choosing Cal Poly Pomona!

Regards,

Soraya M. Coley, Ph.D.  
President



## A Message from the ASI President

Hello, Broncos! Welcome to Cal Poly Pomona!

This is a place to grow, thrive and experience a new chapter in all of your lives. My name is Prabhat Jammalamadaka, and I'm your ASI President. I'm a third-year student majoring in political science with a minor in economics. Along with your ASI Vice President Derek Sween, a fourth-year political science student with a minor in history, we are thrilled to see you start your journey at Cal Poly Pomona and are honored to serve you this academic year.

My first year at Cal Poly Pomona consisted of in-person and remote learning. The one thing that helped me feel connected to the Bronco community was getting involved and making friends. Getting involved helped me meet new people which created a support system to carry me through uncertain times.

Key pieces of advice I would give you is to seek out special opportunities outside of the classroom, especially through ASI, clubs, organizations and societies while making yourself a well-rounded person.

Derek and I look forward to serving you as your ASI student government leaders along with our spirited board of directors and cabinet during the 2021-2022 academic year. As an organization, we want to focus on promoting transparency and civic engagement, advocating for higher rates of diversity and inclusion on campus and work toward ensuring students have access to the tools needed to succeed.

Due to us being remote, I encourage you to come to us with any questions, comments or concerns by attending our office hours, which can be found at our directory, or by sending us an email at [asipresident@cpp.edu](mailto:asipresident@cpp.edu) or [asivicepresident@cpp.edu](mailto:asivicepresident@cpp.edu). However, I hope in the future you can stop by the ASI office to say a simple hello and meet the other wonderful student leaders.

Again, welcome to the Bronco family!

Best,

Prabhat Jammalamadaka  
ASI President





# WELCOME BRONCOS!



## ON-CAMPUS DINING

**Campus Center Bldg. 97**

Carls Jr.  
Panda Express  
Jamba Juice  
Fresh Escape  
International Grounds  
Taco Bell

**Bronco Student Center Bldg. 35**

Poly Fresh Market  
Hibachi-San  
Saddles Cafe  
Round Table Pizza  
Qdoba Mexican Eats

**Los Olivos Bldg. 70**

Los Olivos Dining

**CBA Bldg. 164**

Einstein Bros. Bagels

**Pony Express**

Bldg. 7  
Bldg. 60  
Bldg. 70  
Bldg. 97  
Bldg. 98  
Bldg. 164

**Residential Suites Bldg. 52**

The Den  
Vista Market

**Kellogg West Bldg. 76**

Kellogg West Conference

**Collins College Bldg. 79B**

The Restaurant at Kellogg  
Ranch  
H Cafe

**Library Bldg. 15**

Starbucks

**The BRIC Bldg. 42**

Jamba Juice

**Farm Store Bldg. 211**

Farm Store

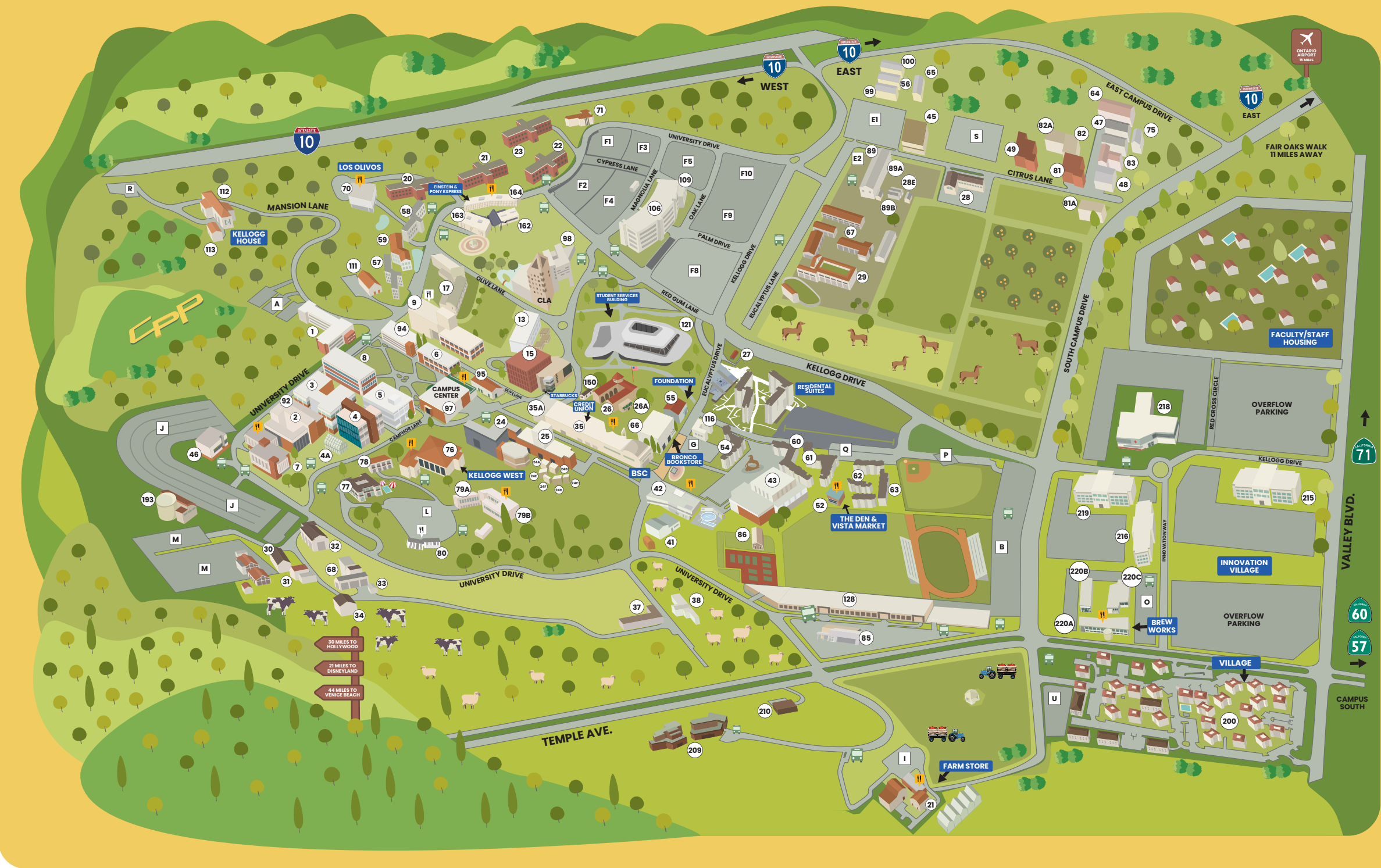
**Innovation Village**

Bldg. 220A  
Innovation Brew Works



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3	Science Laboratory	25	Drama/Theatre	41	Darlene May Gymnasium	61	Vista Del Sol Res. Suites	82A	Carpenter Shop	116	Child Care Center
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7	College of Environmental Design	29	W.K. Kellogg Arabian Horse Center	46	Student Health Services	66	Bronco Bookstore	89A	Classroom	193	Chilled Water Center Plant
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13	Art Dept/Engineering Annex	32	Beef Unit/Feed Sheed	49	Training Center	70	Los Olivos Dining	95	Cultural Centers	211	Farm Store/AgriScapes
15	Library	33	Feedmill	52	The Den & The Vista Market	71	Recreation/Maintenance	97	Campus Center/Career Center	213	Greenhouses
17	Engineering Laboratories	34	Meat Laboratory	54	Vista De La Estrellas Res. Suites	75	Procurement/Receiving	98	CLA	15	Southern California Edison
20	Encinitas Residence Hall	35	Bronco Student Center	55	CPP Foundation	76	Kellogg West Hotel & Conf. Ctr.	99	Storage Building	216	Southern California Edison
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# THE EIGHT COLLEGES

by JACKSON PHAM



**College of Business Administration**

The College of Business Administration strengthens skills and knowledge for future leaders to thrive in the world of global business. The college is well-recognized as an internationally accredited institution by the Association to Advance Collegiate School of Business, joining the ranks of less than 5% of business programs in the world. It offers seven undergraduate business emphases and three graduate programs. Through the college, students have the opportunity to pitch business ideas to a panel of judges through the annual Bronco Startup Challenge for a chance to win cash prizes.



**College of Engineering**

The College of Engineering follows the “make imagination real” motto while fostering future engineers to become proactive, collaborative and innovative through numerous hands-on experiences, including labs and training sessions outside of the classroom. The college is the largest engineering program in Southern California and the second largest in the Cal State University system. Along with seven graduate programs, the college offers 11 undergraduate programs, ranging from aerospace, chemical, civil, electrical, computer, industrial, manufacturing and mechanical engineering.



**College of Letters, Arts, & Social Sciences**

The College of Letters, Arts and Social Sciences—commonly known as CLASS—allows students to think creatively and critically through various degree programs in humanities, social sciences and performing arts. CLASS provides 17 undergraduate majors and six graduate programs, making it the college with the highest number of programs. The college promotes creative learning and offers opportunities for students to become performers, journalists, geologists and politicians.



**College of Science**

The College of Science fosters scientific discovery through engaging lectures and laboratories in the field of biological sciences, chemistry, physics, computer science, geological sciences, kinesiology, astronomy and mathematics. The college offers 15 undergraduate degrees and six graduate programs with a mission to cultivate students through scientific inquiry and hands-on learning. Presenting opportunities for challenges with creativity, the College of Science supports students in finding innovative solutions to make the world a better place.

The Don B. Huntley College of Agriculture provides students with a hands-on approach to work with on-campus livestock while utilizing more than 700-acres for agricultural studies. Undergraduates can choose from eight majors, ranging from industries in animal and veterinary science, agribusiness, agricultural science, nutrition and food science, apparel merchandising management and plant science. The college also manages the Farm Store at Kellogg Ranch, which offers campus-grown fruits and vegetables, as well as the W.K. Kellogg Arabian Horse Center that houses majestic Arabian horses.



**Don B. Huntley College of Agriculture**



**The Collins College of Hospitality Management**

The Collins College of Hospitality Management—the first and largest hospitality program in the West Coast—builds students’ industry skills in restaurant and hotel management, event planning and cuisine. Students interested in food and beverage have the ability to practice hands-on concepts by cooking and serving customers at the university’s Restaurant at Kellogg Ranch. The college also manages Kellogg West Conference Center and Hotel to provide a learn-by-doing approach for students interested in the lodging and event planning components of hospitality. Hospitality students gain real-world skills by completing the mandatory 800-hour work experience in hospitality-related jobs before graduating.



**College of Education & Integrative Studies**

The College of Education and Integrative Studies cultivates growing future educators through components of diversity, social justice and ethics. The college offers three undergraduate programs: liberal studies, early childhood studies as well as gender, ethnicity and multicultural studies. Students are able to obtain their teaching credentials, which prepares future teachers to thrive in a classroom environment. CEIS is the only college at Cal Poly Pomona that provides a doctoral program in education that can be obtained in three years.



**College of Environmental Design**

The College of Environmental Design prepares student artists and architects to succeed in their fields by showcasing their creative works while offering constructive feedback from experienced professors in their preferred industries. The college offers five undergraduate degree programs, ranging from architecture, landscape architecture, urban and regional planning, art history, regenerative studies and visual communication design. By the end of their college journeys, environmental design students will be career-ready with their portfolios filled with innovative projects from studio classes.



# BRONCO PRIDE

by BLANCA GONZALEZ

Cal Poly Pomona is a campus filled with green and gold pride, and there are multiple ways of showing it. From the prideful Billy the Bronco bumper stickers to the athletic events attracting crowds of cheering Broncos, the opportunities to showcase school spirit are plenty.

On-campus athletic events capture some of the most enthusiastic moments, where the Broncettes and the Bronco Pep band perform to ignite school pride.

Twirling in their green and gold uniforms, the Broncettes are always ready to demonstrate their school pride through their striking dance performances that range from jazz, pom, hip hop and contemporary routines during game days and other major campus events. The team also performs in the annual Los Angeles County Fair Parade where they spread their Bronco cheers within the local communities.

**“I think that we embody the whole spirit of the school, and we’re very good at showing the best representation of ourselves.”**

Broncettes President Chloe McTighe, a fourth-year animal science student

Alongside the Broncettes is the Bronco Pep Band, which brings rhythm and energy to the campus events and leaves the crowd cheering to the beat of their music. Similar to the Broncettes, the pep band often performs during major campus events, including athletic games and the annual Pumpkin Fest. The band also participates in the LA County Fair Parade and has been invited to play at the Disneyland California Adventures and Knott’s Berry Farm in previous years.

Isabella Raman, a high woodwinds section leader of the pep band and third-year psychology student, said, “Showing school pride through the pep band has changed how I feel connected to the campus and has added to the positive feelings that come up when I think of CPP.”

In addition to the dance and band teams, the CPP Rose Float crew boasts their Bronco pride every year as they showcase their student-built float at the annual Pasadena Rose Parade. From growing the decorative flowers on campus to designing and constructing the float, there are plenty of opportunities for students to get involved and participate. The Rose Float club welcomes students from all majors to join their collaborative effort in promoting and sharing the achievements of the university.

Cindy Dice, a fourth-year English student and president of the Rose Float team, said, “We actually follow the school’s motto of learn by doing. We don’t hand you a textbook on how to weld. We’ll demonstrate first and then you’ll give it a try and, to me, that is the ultimate Bronco pride.”





# GPP TRIVIA

by CARLA GHAFARI

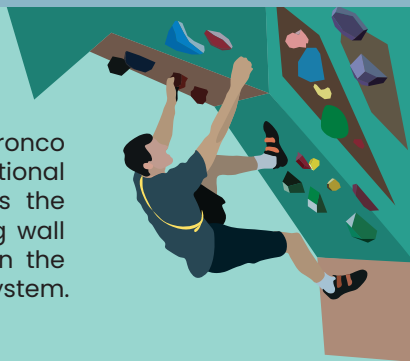
In the 1920s, Will Keith Kellogg, cereal mogul and founder of the Kellogg Company, built his ranch home and began breeding Arabian horses on the site that eventually became Cal Poly Pomona. With a passion for philanthropy, he later donated his horses and the property to the State of California.



CPP's alumni range from successful entrepreneurs to Hollywood actors to federal politicians. Some of the most notable alumni include former president of the Tribute Company Eddy Hartenstein, the Tollett brothers who are the founders of Coachella and Stagecoach and Academy Award-winning actor Forest Whitaker.



Standing at 51 feet, the Bronco Peak in the Bronco Recreational and Intramural Complex is the tallest indoor rock-climbing wall out of all the universities in the California State University system.



W.K. Kellogg proclaimed the number seven to be his lucky number as he was born on April 7 as the seventh child of his family. To honor his favorite number, the Kellogg House has seven windows, seven bedrooms and seven bathrooms.



At 1,438 acres, CPP is around three times the size of California's Disneyland and boasts its suburban beauty with hills and gardens for students to explore.



King John, an Arabian horse from the Kellogg Ranch that was popular for appearing in numerous movies in the 1930s, is buried in the Rose Garden.



## What I Wish I Knew Before Entering College

by ISABELLA CANO

Starting college life can be intimidating for those who have no idea what they are getting themselves into but, with guidance, anyone can have a successful college career. Here are some handy college preparation tips told by upperclassmen.

01

### Remember to breathe

It is crucial to know how to relax and unwind before embarking on the college journey. Without knowing how to release the stress and anxiety associated with the weight of university courses, everything can quickly become too much for a student to handle.

### Organize your life

If it wasn't clear before, managing strict deadlines is crucial for maintaining a successful academic year. Developing a functional and practical organization system that sorts the many responsibilities is one of the best things to do as an incoming university student.

02

03

### Expect the unexpected

While pursuing your degree, some things can and will go wrong. From registration issues to financial aid problems, there are countless things that can affect your academics and make a college career go astray. Being proactive and preparing for any circumstance are key in overcoming these obstacles.

### Hold off on the procrastination

Putting off a strenuous assignment to hang out with friends always seems legitimate at first. But once it's 3 a.m. and you're scribbling anything down just to submit the assignment by the morning deadline, the realization hits that maybe that wasn't the smartest move. The consequences of procrastinating college-level work are always going to be negative.

04

05

### Reach out

The world of higher education can be difficult to adjust to — even more so when entering it for the first time during a pandemic. Nonetheless, reaching out to professors and your peers is a reliable way to stay informed and updated on class material and school policies. Networking is a great skill that should be practiced in college as its importance increases during the job search process.

### Don't be discouraged

Not even the most intelligent people are able to maintain an utterly flawless record throughout their college careers. Each course, major and instructor pose a different level of difficulty, making every student's experience unique and full of learning curves. In short, failure is integral to the process of mastery and should be taken as a sign of progress rather than decline.

06

07

### Open up to change

While the higher education experience aids in educational and professional growth, the challenges and triumphs it brings also help build character. Throughout your college years, your mindset and opinions can change, and allowing yourself to accept these changes can lead to maturity and open up new opportunities.





## WELCOME, BRNCOS!

The Office of Student Success is excited to welcome you into the Bronco family. We serve all students from admission to graduation. Learn about the programs we offer below, and find more information at <http://bit.ly/osscpp>.

### BILLY CHAT

Connect with our AI text-messaging robot

### BRONCO ADVISING CENTER

Get general academic advising and much more

### BRONCO NAVIGATORS

Find a peer mentor to help you navigate CPP

### CALIFORNIA PROMISE

Join our Graduation Pledge program

### CENTER FOR COMMUNITY ENGAGEMENT

Explore opportunities to Learn By Doing Good

### CPP CONNECT AND PLANNER

Plan your path to graduation

### EARLY START AND BRONCO SCHOLARS

Learn about our summer prep program

### FIRST YEAR EXPERIENCE

Explore your major and get to know CPP

### I AM FIRST

Join our first-generation campus community

### KELLOGG HONORS COLLEGE

Join our inclusive community of scholars

### LEARN THROUGH DISCOVERY

Engage in a Signature Polytechnic Experience

### LEARNING RESOURCE CENTER

Find support at our university tutoring center

### NSF I-CORPS

Translate your research for the marketplace

### POLYTRANSFER

Join our transfer student community

### PROJECT CAMINOS

Learn about our prospective student program

### READING, ADVISING, AND MENTORING PROGRAM

Join our TRIO Student Support Services program

### STUDENT INNOVATION IDEA LABS

Foster creativity in our campus makerspaces

### TAKE 30

Plan for 30 units across the academic year

### UNDECLARED ADVISING

Learn about our first year major exploration program

### OFFICE OF UNDERGRADUATE RESEARCH

Apply knowledge outside of the classroom

## CPP CONNECT

# READY TO PLAN YOUR CPP DEGREE?



Visit <http://bit.ly/cpp-planner>  
to learn how!

# CPP

I KNOW HOW TO ACCESS  
CPP RESOURCES!

I KNOW WHERE TO  
ASK QUESTIONS!

I KNOW WHERE TO FIND  
IMPORTANT DATES!

I GET REMINDERS  
ABOUT CAMPUS EVENTS!




BILLY CHAT

## NAVIGATE YOUR FIRST YEAR AT CPP WITH BILLY CHAT!


[WWW.CPP.EDU/STUDENTSUCCESS](http://WWW.CPP.EDU/STUDENTSUCCESS)





# Instagrammable SPOTS ON CAMPUS

by CONNY CHAVEZ




## CLA BUILDING

Unique to Cal Poly Pomona, the CLA building serves as a memorable landmark that also made an appearance in the 1997 film, Gattaca. Recognized for its unmatched architectural detail, such as the pointed triangular end and visionary edge, its unique beauty amplifies any Instagrammable moment.



## UNIVERSITY PLAZA

The University Plaza, formerly known as the Old Stables, shelters a dazzling water fountain in the heart of the location that's ideal for a lively photoshoot. The plaza also sits on top of a massive hill that overlooks several striking vistas.

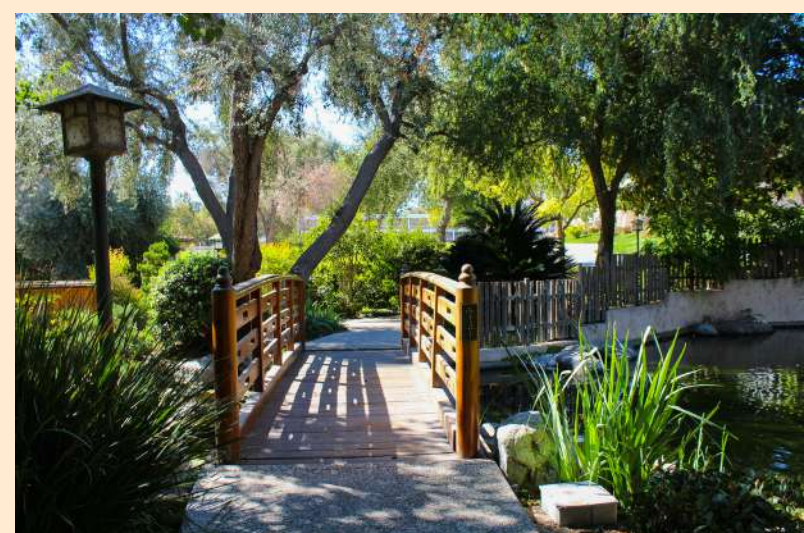
## W.K. KELLOGG ROSE GARDEN

The Rose Garden, one of the most aesthetically pleasing locations on campus, is adorned with hundreds of flowers surrounding a stunning white gazebo. Originally gifted to Kellogg's wife, the Rose Garden is perfect for capturing landscape images or portraits.



## GEORGE & SAKAYE ARATANI JAPANESE GARDEN

The Aratani Japanese Garden is an extraordinary location for photography with its beautiful scenery that's decorated with elegant greenery and pond. The garden homes a charming bridge that overlooks the scenery, which is one of the most popular spots for graduation photos.



## BRONCO STATUE

Located across the Kellogg Gym, the Bronco Statue is ideal for amusing portraits. As a bonus, the statue perfectly showcases the school spirit and sets the stage for an entertaining view.





# THE HISTORY OF POMONA

by NOEMI VARGAS



Named after the Roman goddess of fruits, Pomona was officially established as a city in 1888. Pomona became known as the “urban garden” for its rich agriculture and soon became an economic leader in citrus. Vineyards also became a staple, giving Pomona a reputation in the wine industry.

In 1911, Pomona was officially recognized as a part of Los Angeles County and quickly became an industrial, tourist attraction after the establishment of Fairplex and the popular electric rail car network called Red Car. The city’s established involvement in the citrus and wine industries came in handy when World War II began as it became a resource for military personnel by supplying food and shelter.

With the military temporarily occupying Pomona, residents gave up land and property for military training and housing. Although this resulted in Pomona’s success within the citrus industry to decline, it allowed for a growth in population.

By the end of World War II, the city’s economy suffered, which was reflected by the loss of jobs. Residents began leaving due to the lack of employment and a new group of people occupied the city. Originally, the majority of the population consisted of Caucasians, but after the recession, more minority groups, like the Latinx community, moved into Pomona and became one of the most diverse cities.

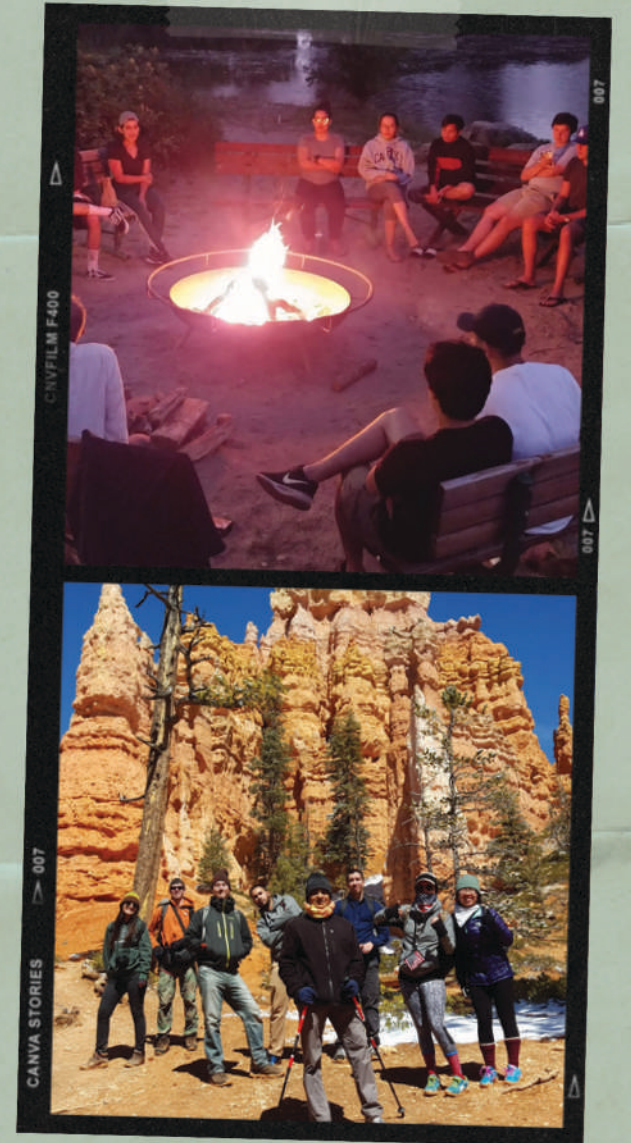
Jeremiah Urista, a second-year psychology student, shared that diversity is what he values about the city. “What I like most about the city is the population,” Urista said. “Being a Mexican, I feel connected to the city and community. My barbershop in downtown Pomona, for example, is my favorite place because it’s a place where you meet people from all over the community.”

**“WHAT I LIKE MOST ABOUT THE CITY IS THE POPULATION.”**

When training areas and military housing were no longer needed, the land was used toward new developments and constructions, allowing the city to revamp and cater to modern designs. However, the transition to recover Pomona led to the loss of fertile land that once was abundant.

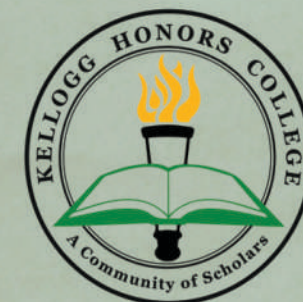
Today, the City of Pomona continues to be one of the most thriving cities in LA County. With over 151,000 residents, it boasts numerous monumental locations like the Fairplex, Pomona Raceway, Fox Theater Pomona and our beloved Cal Poly Pomona. The city also allows for community growth through business opportunities, a strong workforce, recreational establishments and real estate offering. Pomona is a fruitful home you do not want to miss out on.

Join the Kellogg Honors College!



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www.cpp.edu/honorscollege

Community, Diversity



& Enriched Learning



# W.K. KELLOGG HORSE CENTER

by CONNY CHAVEZ

From Hollywood to the U.S. Army and even national championships, the reputation of Cal Poly Pomona's W.K. Kellogg Arabian Horse Center rides on its remarkable history.

According to horse center Administrative Analyst Kelly Pina, CPP holds the oldest Arabian breeding farm in the United States. "We have such a great history with our horse center," Pina said. "It has shaped us to who we are. It makes us unique, like no other CSU."

In 1925, Will Keith Kellogg, the founder of the university and Kellogg Company, purchased 377 acres in Pomona, California, realizing his lifetime dream of establishing a breeding program of the finest Arabian horse bloodlines.

Famous 1920s Hollywood stars, including Rudolph Valentino, frequently visited the ranch and even used Kellogg's horses for several films.

During World War II, the ranch transformed into the Pomona Quartermaster Depot in which the U.S. Army used the ranch as a breeding facility for war horses. After the war, the ranch was handed to the U.S. Department of Agriculture.

By 1972, CPP was established as a new California State University, and Kellogg's horse programs continued to prosper. Students receive hands-on training through various programs managed by the College of Agriculture, like volunteer opportunities and the Horsemanship Club.

"It's really important and really unique for students to receive hands-on training with the horses," said Hannah Esqueda, a first-year animal science student. "We get to see the birth of new horses every year and watch them grow up. It's really unique."

Since the mid-1920s, the center hosts Sunday Horse Shows on the first Sunday of every month from October through May. Horses are presented in exhibitions and participate in games like the egg-and-spoon race while showcasing the beauty and intelligence of the Arabian horses. The shows are an hour-long demonstration of various tricks and obstacle riding. The weekly shows are open to the public for \$4 for adults, \$3 for seniors and children and free for the CPP community.

Avalon Anderson, a first-year animal science student, shared that she chose to attend CPP because of the W.K. Kellogg Horse Center's reputation. "I definitely get to do more than with other facilities. It's an experience like nowhere else," Anderson said.

Kellogg's legacy thrives in the hands of campus staff and students as the horse center opens doors to the public to adore and learn about the Arabian horses.



**Horse Center Hours:**  
Open seven days a week  
from 8 a.m. to 4 p.m.  
(excluding major holidays)

**Office Contact:**  
Phone: (909) 869-4988  
Email: arabianhorse@cpp.edu

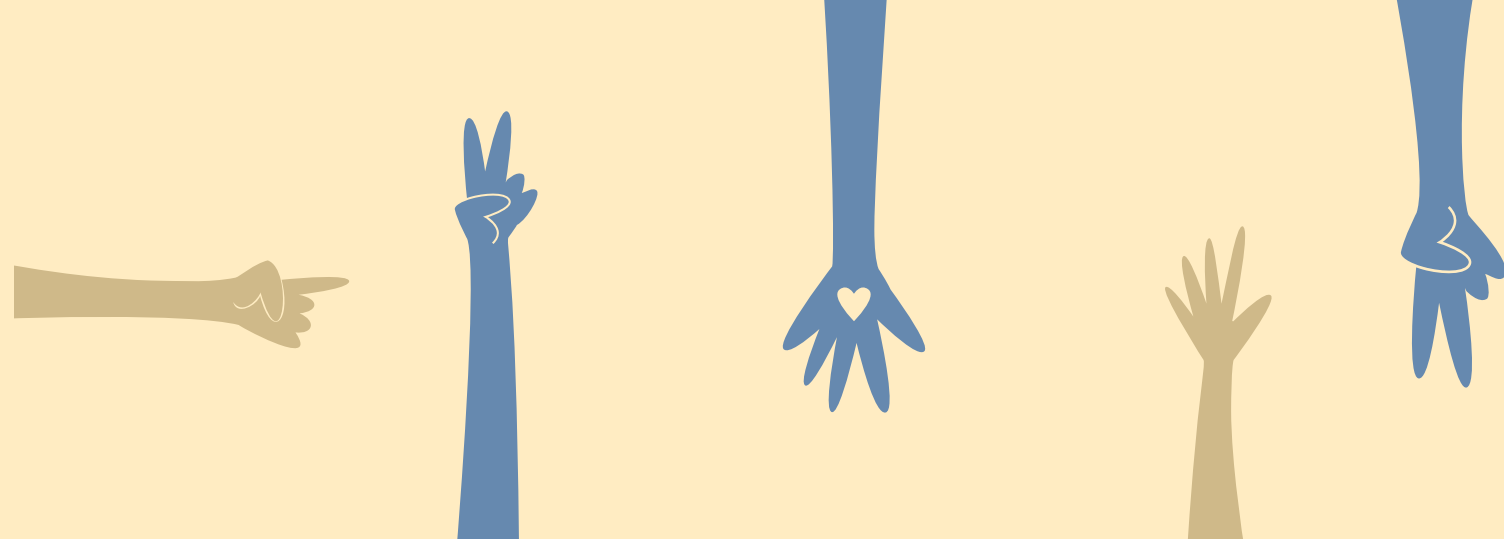
**CPP Horsemanship Club:**  
cpphorsemanshipclub@gmail.com



# MEET THE CULTURAL CENTERS

by NOEMI VARGAS

Cal Poly Pomona established its first cultural center in 1995 to create a safe haven for the diverse student body on campus while assisting them in feeling more connected to their roots. The campus community is welcome to join these centers by participating in various cultural programs.



## AFRICAN AMERICAN STUDENT CENTER

The African American Student Center supports and celebrates the Black community with resources that allow for self-development and cultural learning. Aside from opportunities to connect with other like-minded students, AASC offers programs that assist in academic excellence and entrepreneurship skills. The center focuses on educating students on various social justice issues surrounding the Black community.

Instagram: @aasc\_cpp



## ASIAN & PACIFIC ISLANDER STUDENT CENTER

Swing by the Asian & Pacific Islander Student Center for opportunities to engage with cultures through newfound relationships and social events. This center is a great outlet for students to attend interactive events, including the annual Lunar New Year celebration and community chats. It also offers a peer mentorship program and volunteering opportunities to give back to the community while building leadership skills from professionals that come from similar backgrounds.

Instagram: @cppapisc



## CESAR E. CHAVEZ CENTER FOR HIGHER EDUCATION

As representatives of the Chicanxs and Latinxs community at CPP, the Cesar E. Chavez Center for Higher Education takes pride in supporting students with academic resources and cultural education. The campus community is welcome to join clubs associated with the center, including Hermanos Unidos, which serves as an outlet for community outreach. Students will also be invited to join its Social Justice Week which aims to promote student activism within and outside of campus.

Instagram: @cesarechavezctr

## NATIVE AMERICAN STUDENT CENTER

With a mission to empower Native American students, the Native American Student Center promotes traditional culture through unique professional and wellness events that serve as a pathway to academic and personal success. Prioritizing mental health, the center hosts a series of events, including the Indigenous Mxn's Talking Circles and Native Womxn's Wellness Circle, for students to receive counseling and practice self-care.

Instagram: @cpp\_nasc



## PRIDE CENTER

The Pride Center focuses on creating an open and safe space for students to freely express themselves and find empowerment through the LGBTQ+ and ally community. The center participates in programs like the Trans Lifeline and the Gay Straight Alliance Network for professional counseling opportunities. Various events are also held throughout the year that allow students to engage in open conversations regarding gender identity, sexual orientation, relationships or any personal concerns.

Instagram: @cpp.pridecenter



## WOMXN'S RESOURCE CENTER

The Womxn's Resource Center advocates for gender equity and strives to empower women through numerous opportunities for personal growth. The center aims to help female-identifying students to feel confident while succeeding academically during their time at CPP. Members are welcomed to discuss social issues, such as dealing with sexual harassment, reproductive rights and sex education. Students also receive the opportunity to network with successful women and learn from their experiences.

Instagram: @cppwrc







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by JASMINE SMITH

From movies to television series, there's one thing that never fails to paint college life to be exciting and adventurous, and that's joining Greek life. Through Greek organizations, students receive opportunities to participate in philanthropic activities while building long-lasting friendships and connections to aid throughout their personal and professional lives.

"It has taught me about loyalty through my brothers, how to mix fun with my professional life, fighting for a more significant cause, leadership skills, knowing when to work hard and when to let myself relax and being myself unapologetically," said Pi Kappa Phi member Aaron Thielemann, a third-year chemical engineering and biochemistry student.

Greek life is categorized into four sub-councils. National Panhellenic Council consists of five women-centered sororities, while the InterFraternity Council includes eight male-centric fraternities. On the other hand, Multicultural Greek Council and Panhellenic Council offer a combination of sororities and fraternities with cultural foundations.



Each organization is characterized by a unique set of values and philanthropy missions that differentiates them from the rest of the pack. Throughout the academic year, all organizations dedicate philanthropy weeks to host various fundraisers to raise money and awareness for their charitable project, such as breast cancer awareness.



"We have different events each day like bake sales or buying puzzle pieces and sticking them on our letters, and the organization that raises the most money wins," said Alpha Xi Delta member Alexandra Reyes, a fourth-year public relations student. "Then, we also participate in the Autism Speaks walk in Orange County."

Before joining an organization, there is a recruitment process for students to participate in to find the brothers and sisters that they can truly bond with. Although each sub-council has its own recruitment procedure during rush week, all applicants receive the opportunity to engage with and learn more about the desired organizations they hope to join.

**"TRUST THE PROCESS  
BECAUSE, IN THE END,  
YOU WILL BE WHERE YOU  
ARE SUPPOSED TO BE."**

After finding the perfect organization that makes students feel like they belong, they can now enjoy the full college experience with the people who will guide and mentor them throughout the years. From community events to spontaneous trips to group study sessions, there are plenty of adventures to anticipate as an active member.

"Trust the process because, in the end, you will be where you are supposed to be," said Alpha Xi Delta member Emma Marie, a first-year biology student. "I'm happy; I knew they were home, especially since we chose each other."



## CAMPUS ORGANIZATIONS

### Interfraternity Council

Nu Alpha Kappa  
Phi Kappa Tau  
Pi Kappa Alpha  
Pi Kappa Phi  
Sigma Alpha Epsilon  
Sigma Chi  
Sigma Phi Epsilon  
Tau Kappa Epsilon  
Triangle

### National Panhellenic Conference

Alpha Xi Delta  
Chi Omega  
Kappa Delta  
Sigma Kappa  
Zeta Tau Alpha

### Multicultural Greek Council

Alpha Phi Gamma  
Alpha Pi Sigma  
Chi Rho Omicron  
Gamma Zeta Alpha  
Lambda Theta Alpha  
Lambda Theta Phi  
Sigma Delta Alpha  
Sigma Lambda Beta

### National Pan-hellenic Council

Alpha Kappa Alpha  
Delta Sigma Theta  
Sigm Gamma Rho



# LGBTQ+

by THE POLY POST

Cal Poly Pomona prides itself on being an all-inclusive campus by providing opportunities to amplify and promote all student voices. The university also featured in and was recognized by "The Advocate College Guide for LGBT Students" as one of the nation's best campuses for LGBTQ students. Here are some campus clubs and organizations for LGBTQ students and allies to connect and find community.

## oSTEM

Out in Science, Technology, Engineering, and Mathematics — also known as oSTEM — is a national LGBTQ-affirming organization that aims to provide academic guidance and networking opportunities for STEM students. Broncos, however, do not have to be associated with the STEM departments to become a member. As one of the most active LGBTQ clubs on campus, oSTEM strives to create an accepting and thriving community for queer students by providing a safe space on campus with rich culture. Beyond the numerous social events, the club also hosts networking panels with alumni and the university's annual Pride Fest.

Instagram: @cppostem

## Pride Center

CPP was the first campus in the California State University system to establish a Pride Center facilitated by a full staff team to provide support for LGBTQ students and the campus community. Exploring issues of sexual and gender diversity, the center advocates for liberation and equity for the LGBTQ community. Located in Building 26 across from the Bronco Student Center, it's the perfect place to engage with other LGBTQ Broncos and show off gay pride. All students are welcomed to join its monthly Queer Chats and community events.

Instagram: @cpp.pridecenter

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ASIAN & PACIFIC ISLANDER STUDENT CENTER

César E. Chávez Center



For Higher Education



NATIVE AMERICAN STUDENT CENTER



myBAR



Cal Poly Pomona



AFRICAN AMERICAN STUDENT CENTER



wrc

WOMEN'S RESOURCE CENTER



Pride Center



GREEK LIFE



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INVOLVEMENT

PHILANTHROPY

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AWARENESS

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Historic Stables (Across the lawn from the Bronco Student Center) <http://www.cpp.edu/~oslcc/>

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# GET INVOLVED WITH CLUBS

by NOEMI VARGAS

College is the best place to broaden your interests, and there is no better way to explore the many options than joining campus clubs. Not only would clubs enrich your college experience, but they can also help you socialize and build friendships with like-minded students.



## Horsemanship Club

Students of all majors have the opportunity to volunteer at the W.K. Kellogg Arabian Horse Center through the Horsemanship Club. Members participate in riding lessons while learning how to care for horses intimately and professionally. Every month, they also assist in Sunday Horse Shows to showcase the beautiful Arabian breed and demonstrate riding techniques. Although the shows temporarily paused due to the COVID-19 pandemic, students can still gain experience through educational online modules on horseback riding showcased through Zoom and Discord.

**Instagram:** @cpphorsemanshipclub



## Hermanas Unidas

The Hermanas Unidas Club celebrates Chicana and Latina women by promoting its motto, "Poder a la Mujer," which can be translated to "Power to the Women." Its goal is to give women a home away from home and build strength by providing support through informational workshops and networking opportunities. The club is focused on supporting members in personal growth through academic assistance, including group study sessions, and community service events to develop skills that would benefit their college years and beyond. Since Hermanas Unidas is established in many schools all over California, members also have the opportunity to attend conferences and connect with chapter members from other universities.

**Instagram:** @haudecpp



## Poly Lens

Poly Lens is the ideal club for aspiring or practicing photographers to gain more experience in photography. Open to all skill levels, the club offers insights on various camera equipment and techniques to improve photo quality. Members are welcome to display their work and share critiques with another, and they also receive opportunities to collaborate with other campus organizations and clubs for photography gigs. Club members also bond over photography trips, contests and workshops.

**Instagram:** @polylens

## Fashion Society

Back in 2009, a group of apparel merchandising and management students founded Fashion Society at Cal Poly Pomona. The club soon became an outlet for students to connect through their love for fashion. It provides members the opportunity to grow creatively and learn from individuals working in the fashion industry through guest speaker events and company tours. All students are invited to join and share style inspirations, indulge in do-it-yourself projects and participate in its annual runway shows. Fashion Society hosts weekly meetings and encourages students interested in joining to visit its Instagram to access exclusive information regarding upcoming events and periodic giveaways.

**Instagram:** @fashionsocietycpp

## CPP Salsa Club

The CPP Salsa Club offers opportunities for members to learn beginner and intermediate salsa lessons, introducing Latin dance to the campus community while uniting students with a passion for dancing. To accompany the salsa dancing, the club also provides various video demonstrations showcasing bachata and other Latin dances for those dancing solo or with partners through its Instagram and YouTube channels. Whether you have experience or not, all students are welcome to improve their flexibility and rhythmic movements. If you're looking to wind down before a big exam, consider visiting the CPP Salsa Club to shake your stress away.

**Instagram:** @cppsalsaclub





# MOST INTERESTING COURSES

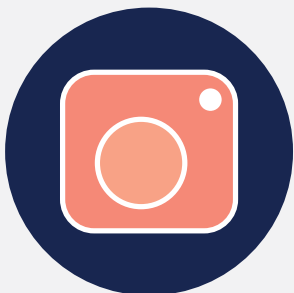
by GUSTAVO CASTILLO

Yearning to branch out and become experimental with various career fields during college years is expected, and there are many ways to explore those curiosities creatively. Here are eight unique courses that may capture Broncos' interests.



## AHS 1129: Handling, Restraint and Nursing Care of Domestic Animals (3)

If you love wild and domestic animals and want to learn how to handle them, this is the perfect class for you. This class provides tips on how to handle animals with care by discussing good practices during restraints and rope work.



## IBM 3282: Social Media Marketing (3)

Living in a digital world, students are more likely to spend time on social media platforms. If this sounds like you, this class is your chance to improve your social media game by learning about current trends and strategies on targetting your audience amid the rapid-paced online environment.



## IGE 3600: UFOs, Illuminati and Other Conspiracy Theories (3)

Questioning conspiracy theories can be interesting yet mind-boggling, but this class explores these topics with a close examination of historical context. Students can indulge in countless conspiracy-ridden discussions, including moon landings, the John F. Kennedy assassination and the Illuminati.

## ECE 5200: Network Security (3)

Casually surfing the web comes easy to the average user, but not everyone knows how to protect themselves from online scammers. This course introduces students to cryptography, encryption and hacking to help enhance their network security.



## VCD 2370: Visual Thinking (3)

From the moment you wake up to the second you go to bed, you are exposed to communication design. From clothes to cars to currency, everything is speaking to you, but you might not realize it yet. This class helps you put on your visual glasses by examining and interpreting various visual concepts in daily life.



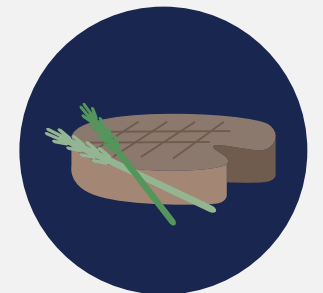
## KIN 1565A: Weight Training Activity (1)

For those launching their workout journeys, gym equipment can feel overwhelming and overly complicated. Led by campus trainers, this credited gym class builds your confidence by strengthening your knowledge on muscle development and weights with hands-on learning.



## HRT 3830: Food and Beverage Operations (3)

If you're aiming to dive into the restaurant business, this class is for you. Learning key practices and principles while operating, managing and cooking at a full-service restaurant, this signature polytechnic course will chop up your culinary challenges and season you up for success.



## AMM 2140: Basic Patternmaking and Apparel Construction (3)

Have you ever lingered around the clothing aisle with garments that are way over your budget, but you couldn't get yourself to walk away? Through this course, you may be able to recreate those outfits by learning how to draft basic pattern blocks with the understanding of construction techniques and materials.





# extend your schoolcation WITH on-campus HOUSING

by MARIA FLORES

A great way to connect with the Cal Poly Pomona community is through on-campus residency. The University Housing offers a commodious lifestyle to help students transition to independence, familiarize themselves with campus facilities and meet diverse groups of students.

## JOHN T. LYLE CENTER

While few students are aware of the housing center at the John T. Lyle Center for Regenerative Studies, it is perfect for upper-division and graduate students who enjoy a peaceful environment. Surrounded by gardens and rivers, the two dormitories house up to 20 students and offer numerous facilities, including a laundry room, mailroom, recreation room, study areas and community kitchenettes.

## RESIDENTIAL SUITES

Students also have the option to reside in one of five suites, located alongside Secoya and Sicomoro. Mimicking apartment-style living, suites offer large study rooms, personalized balconies and communal laundry rooms with fully furnished bedrooms. Similar to residential halls, students can choose from a variety of meal plan options that fit their needs.

“You will meet some of your best friends through housing,” said residential advisor Hazar Eldick, a third-year liberal studies student. “It’s a great bridge between being independent and living at home because you’re not fully on your own yet and you have a great support system.”

## UNIVERSITY VILLAGE

For students desiring a private and serene atmosphere, the village is the way to go. It offers the same resources as the residential suites with the addition of a community center, public swimming pool, BBQ grills, basketball courts, a 24-hour computer lab and a guaranteed parking space. Though it is within walking distance to campus, there are shuttle stops located in front of the village for students’ convenience.



“I enjoyed living there,” said Ariana Gonzalez, a fourth-year psychology student. “It was really close to campus and the shuttle was accessible. It would take you from the village to a building on campus, so you wouldn’t have to walk at all.”

## RESIDENCE HALLS

First-year students are welcomed to stay in one of the classic brick-red dormitories: Alamitos, Aliso, Encinitas or Montecito. Sharing a room with one or two roommates, students are placed in a room offering basic furniture, such as closets, dressers, desks and beds. There is one residential advisor stationed in each floor to help support and mentor residing students.

To the south end of campus lies the modern residential halls known as Secoya and Sicomoro. These eight-story dormitories are located near the BRIC, Centerpointe Dining Commons and Vista Market.

All residence halls include laundry rooms, communal restrooms, study rooms, lounge areas and kitchenettes. Students can also select meal plans that are redeemable at all dining halls and campus eateries.



# Gold Line Construction Underway (thru 2025)



Pomona Gold Line Station



Foothill Gold Line

The Foothill Gold Line light rail project will extend the Metro Gold Line (L Line) to the cities of Glendora, San Dimas, La Verne, **Pomona**, Claremont and Montclair - and may be built in phases. The project segment from Glendora to Pomona is fully funded by LA County’s Measure M and state funds (including SB1), and major construction has begun. Funding is being sought to complete the project to Claremont and Montclair.

Construction Questions: Call/text (626) 513-5788  
Stay ahead of construction, sign up for alerts: [foothillgoldline.org](http://foothillgoldline.org)





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# DORM DÉCOR 101

by JESSICA CUEVAS

Moving away from home and finding independence in your new dorm can be exciting for both freshmen and returning students. Surrounded by friends and classmates, Cal Poly Pomona will be your new home away from home, so it's important to make yourself feel comfortable by making it your own. Here are three tips to consider when decorating your dorm room.

## DETERMINE YOUR BUDGET

Especially for college students with a tight budget, knowing how and where to shop for affordable items is essential. Thrift stores, yard sales and flea markets are great locations to find unique furniture and decorations for your dorm without breaking the bank. There are plenty of affordable shops nearby, including Eco Thrift and Vineland Swap Meet, for a quick adventurous trip. Finding the right time to shop may also be helpful for students working with a budget. Targeting sale seasons and using coupons can significantly reduce your spending.



## DISCOVER YOUR STYLE

Room decorations can be a form of self-expression, so don't be afraid to unleash your creativity. There are countless options to recreate the perfect room to fit your interests and aesthetic preferences. For instance, pop culture followers may plaster their walls with movie posters and album covers with their favorite action figures displayed by the desk. On the other hand, plant lovers may arrange an assortment of flowers or succulents by the window; hanging plants may also add a charming touch. You can even show off Bronco pride in your room by adding CPP banners on the walls. Be sure to use command strips or push pins to hang your decorations to prevent damaging your dorm rooms. If you're not sure where to begin, browse through our handy best friend, Pinterest, to spark ideas for dorm decoration themes and color schemes.

## COLLABORATE WITH YOUR ROOMMATE

After exploring the many dorm decoration styles, make sure to discuss and collaborate with your roommate before decorating the shared space. Students can begin by sharing their interests and decoration ideas and reach compromises if necessary. You can even consider dividing the living space in half if you and your roommate desire to separate the decorations. Throughout the process, openly communicating with your roommate is key, especially since you'll be spending the entire school year with them in the dorm. But most importantly, be sure to have fun and make yourself feel comfortable in your new home.



# guide to roommate search

by AMANDA COSCARELLI

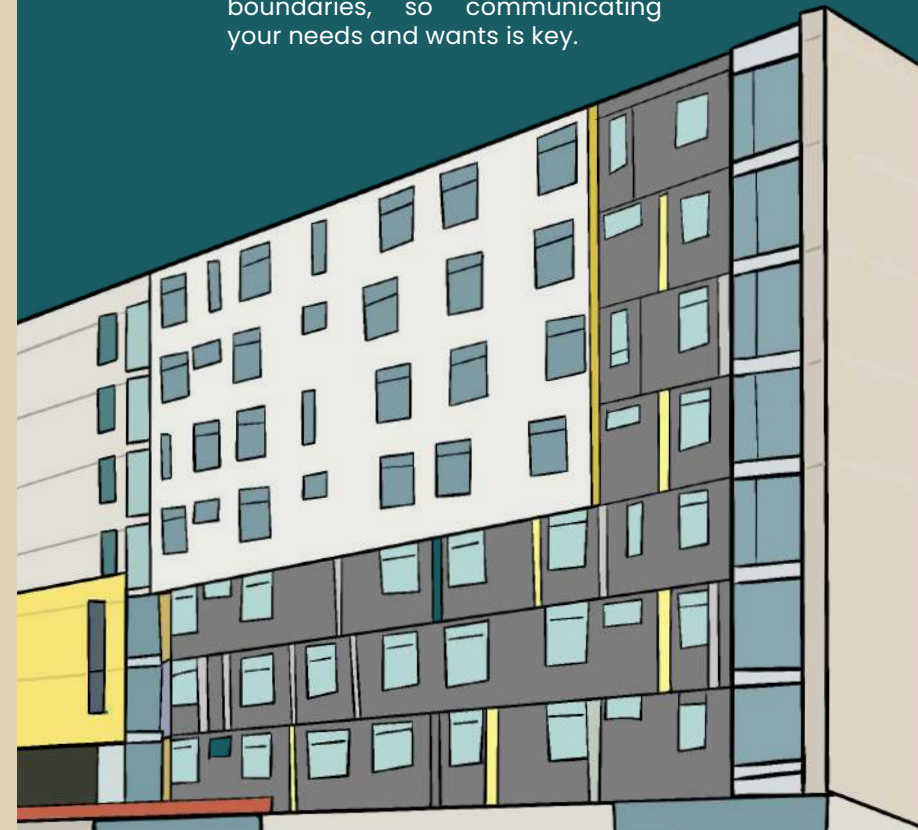
Whether you shared a room your whole life or grew up with your own space, finding a stranger to share your personal living space with can be daunting. It's important to find someone with similar ideas about their college experience so that you don't end up cramming for a test in the hallway while waiting for your roommate to take the sock off of the doorknob.

When finding the ideal roommate, you'll first need to engage with students who plan on staying at a dorm at Cal Poly Pomona before you start your search. Spending time at on-campus events and talking to other visitors on campus tours are great ways to start connecting with other students who might be looking for roommates.

After connecting with students, it's important to keep an open mind. There are many things you'll need to figure out and agree on with your new roommate, including things like sleeping schedules and chores, but don't write off a candidate for liking death metal or anime. You don't necessarily need to have common interests; that's what your friends are for. Some of the most successful roommates aren't best friends but those who can simply get along. Even if you do form a tight bond with your roommate, you'll need your individual space and boundaries, so communicating your needs and wants is key.

Just like with any relationship, communication is a must when finding and building a relationship with a roommate. Whether you're close with your roommate or not, they must be able to communicate with you comfortably regarding personal space and time. Think about what you absolutely can't live with — whether it be pizza crumbs in the carpet or their friends always stopping by — and communicate those things in a friendly way. Frequent and effective communication can prevent frustrations and arguments.

The good news is, if you don't vibe with your roommate during your first semester, you can change roommates in the following semester. Online resources, such as Reddit and Facebook, are helpful with specific pages dedicated to roommate search efforts. These platforms also allow students to filter candidates by sharing their interests and the range of their budgets. For more information on requesting a specific individual as a roommate, visit the university's housing website.







# HOW TO MAKE FRIENDS IN COLLEGE

## SOCIAL DISTANCING EDITION

by RACHEL LY

Although in-person interactions are still limited due to the pandemic, that should not stop you from forming friendships with other students. New relationships and bonds make the college experience worthwhile, and with these tips, discovering new friendships will be easier than ever.

### EMAIL YOUR CLASSMATES

Everybody is lonely in a pandemic. Most students, if they aren't employed, are deprived from human interaction. Send a mass email to your classmates reaching out for academic help or to gather for study session together. On Blackboard, there is an option to send mass emails to classmates with a click of a button, so feel free to take advantage of it.

### FOLLOW CAMPUS ORGANIZATIONS ON SOCIAL MEDIA

Most clubs are hosting online meetings and events via Zoom. Hop into one of their open events and mingle with your peers. Everybody in the room has a common interest. Although it can be scary, turning on your camera and participating is one of the best ways to make friends. Depending on how comfortable the event is, exchange personal social media accounts with other Broncos and let the friendship flourish from there.

### JOIN CPP'S REDDIT PAGE

There are more than 13,000 users on the university's subreddit page. Discussion posts can cover various campus-related topics, including sharing memes, ranting or simply introducing yourself. Through these engaging posts, peers are likely to reach out.



Survivor Advocacy Services (SAS) is available to students, staff, faculty, and alumni who have been impacted by sexual violence. This includes sexual assault, intimate partner violence, dating violence, sexual harassment, and stalking.

The survivor advocate provides confidential emotional support and a non-judgmental space to discuss concerns and options with individuals who are in crisis. When a person decides to meet with the survivor advocate, this does not initiate any formal reporting, investigation, or complaint process.

Confidential advocacy are one-on-one settings that provide a safe starting process with a trauma-informed and culturally responsive lens for students, staff, faculty, and alumni affected by these issues.

Speaking with a survivor advocate provides guidance to an individual in finding resources to connect to by assisting the survivor in making informed decisions by developing an action plan so that the individual can choose which plan best supports one's needs in moving forward.

### Ways to connect with SAS and get involved:

SAS Peer Educator, Graphic Designer, and ongoing campus wide prevention education programs

**If you or someone you care about have been impacted by sexual violence and would like to speak to someone confidentially, please contact SAS at (909) 869-3102.**



HOURS: Monday-Friday: 8am - 5pm EMAIL: [survivoradvocacy@cpp.edu](mailto:survivoradvocacy@cpp.edu) @cppsurvivoradvocacy @CPPSAS





# Online Dating Tips: From One Hopeless Romantic To Another

by JASMINE SMITH

Even with all of the technology at your fingertips, finding “the one” can be a strenuous mission. After four years of college and a couple of failed relationships, here are some tips that might come in handy for your own journey to find your match.

## PAY ATTENTION TO PROFILE PICTURES

Usually, it's best if you don't judge a book by its cover; however, when looking for a match online, it's important to scour through the individual's profile picture and think hard. Avoid those who only have only one photo because it'll be difficult to confirm their identities. Additionally, the images should not be overly blurred to avoid getting catfished on the first date.

## KNOW YOUR WORTH

Feeling a connection with the person you're talking to is crucial, but what's more important is that you're receiving the same energy you're projecting. If your potential partner is taking hours or even days to get back to your texts without any explanation, drop them. Though they may plead that they've been busy, it's clear that they don't see you as a priority.

## READ THE BIO

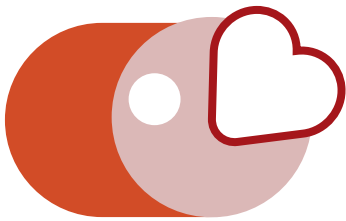
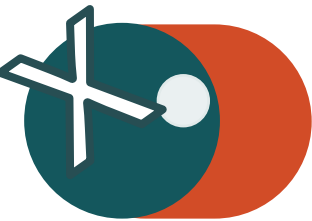
Reading bios can filter those who are not serious, which can determine whether to swipe left or right. Bios that include phrases like “good vibes only” or “looking for fun” usually indicate that the person is not ready to commit to a relationship. For Broncos looking for something serious, steer clear from these profiles.

## VALUE COMMUNICATION

After matching with a potential partner, there are a couple of ways to proceed. If you want to break the ice, you can ask your match a question — whether it relates to a topic on their bio or something completely random. The ball is now in their court, and their response will help you figure out if they're the right fit. If the response is dry, your match is not making an effort to connect with you, so it's fair to move on.

## CONNECT IN REAL LIFE

Finally, you found someone who seems like a catch. The person matches your energy, they make you laugh and you message them all day. The issue is every time you attempt to make plans to meet in real life, they're always busy. If this sounds like your situation, your red flag radar should be flashing brightly. Avoiding real-life connections can mean a few things: either the person doesn't match their profile, is in a relationship or is not ready for a relationship. Regardless, make sure to video call your match and let a friend know about your whereabouts before going on a date to ensure safety.



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# THINGS YOU NEED TO DO BEFORE GRADUATING

by APRILLE GOZDECKI

While pursuing their degrees, many students often forget to enjoy their time in college. Aside from attending classes, there are many ways to make college life more memorable. Here are five things you need to try before graduating from Cal Poly Pomona.



## SWING BY INNOVATION BREW WORKS FOR PIZZA AND BEER

Innovation Brew Works is a café and brewery located at Innovation Village on Temple Avenue. The brewery is known for its 15 different craft beers along with their delicious, customizable pizzas. Unlike most breweries, the Brew Works offers a diverse menu — from sandwiches to wings to desserts — which makes it the ideal spot to catch up with friends after class. To order an alcoholic beverage, students must be at least 21 years old.



## ATTEND THE ANNUAL PUMPKIN FEST

Every fall, CPP hosts an exciting pumpkin festival filled with food trucks, corn mazes and farm animals. This family-friendly event provides students the opportunity to enjoy various fall activities with their friends and family. Whether you need a break from your studies or you're looking to purchase local-grown pumpkins in time for Halloween, the festival has it all. It's also been a popular location for a fall photo shoot, so don't forget to take your picture-perfect Instagram photos by the pumpkins.

## CONQUER CSU'S TALLEST ROCK-CLIMBING WALL

Visit the BRIC to climb the tallest indoor rock-climbing wall within the Cal State University system. When you reach the peak, you will be 51 feet into the air; in other words, that's three stories high. This wall is fully equipped with 15 top-rope anchors and trained staff to keep you safe as you make your way to the top. Even if you don't have any rock-climbing experience, the BRIC offers a 2-hour climbing orientation and lessons demonstrating two routes for climbing the wall.



## DINE AT THE RESTAURANT AT KELLOGG RANCH

From the staff to the management, the Kellogg Ranch restaurant is completely run by fellow Broncos in the hospitality and management program. Located by the Collins College, students can enjoy their full course meals while overlooking the rolling hills surrounding CPP. This restaurant is the perfect destination for either a relaxing lunch between classes or a romantic date night. Meal points and Bronco Bucks are accepted as a form of payment.



## HIKE TO THE CPP LETTERS

If you love hiking or ever wondered how to get a better view of the brightly painted CPP letters on the hills, there is a secret hiking trail that leads you directly to them. As one of the campus landmarks, it's almost a disservice to not hike the trail before graduating. The entrance to the trail is located behind the Student Health Services building by Parking Lot J. When reaching the top, you'll also be able to overlook the campus and see it all from a new perspective. Be sure to hike with appropriate attire and with a friend as safety precautionary measures.





# Best Kept Secrets to Acing Your Exam!

by LAUREN MUTTRAM

**Mario Guerrero**  
Chair and Associate Professor of Political Science



A B C D

"Students should talk to the professor. Attending office hours is a get way to get engaged in the course, but it is also a one-on-one perspective about the important themes of the class. Taking organized, purposeful notes is also important. It's easier said than done but developing a system for organizing and thinking through written notes is important."

**Amy Dao**  
Assistant Professor of Geography and Anthropology



A B C D

"The secret to acing the exam is to read, create your own study guide following learning objectives and work with friends you trust to discuss course concepts."

**Mehdi Haghighi**  
Professor of Political Science



A B C D

"Follow the instruction for each exam and assignment carefully. You would be surprised to hear that even some of my smartest students sometimes perform poorly in a test or a research paper because they did not pay attention to the instruction for the given course work. In addition, students should think about each class as a marathon. They should not get discouraged if they did not perform well in one or two course assignments. Instead, they should try to figure out what went wrong and move on."

**Lauren Furey**  
Assistant Professor of Communication



A B C D

"Doing well on exams starts long before you even begin studying. The best practice for success is taking thorough notes on lectures as well as homework readings. I also always encourage my students to pay close attention, not just on important terms, but examples provided because you never know when those might show up as application, short-answer or essay questions on exams."

TEST RESULTS:

100%

**Amy Gimino**  
Professor of Education



A B C D

"Make meaningful connections with the content. Create graphic organizers, visuals or drawings to organize and represent what you know. Come up with your own examples, illustrations, problems, analogies, mnemonics, songs and ways to remember. And avoid rote learning strategies, such as using flashcards and rereading notes, which result in short-term learning and forgetting. Better strategies lead to better long-term learning so the investment is worth your time and effort."

**Francis Flores**  
Professor Emeritus of Chemistry

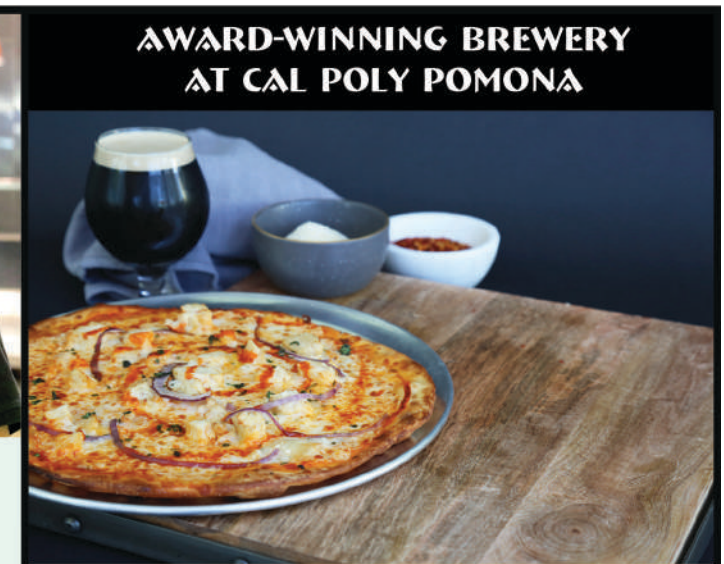


A B C D

"Learn to think outside of the proverbial box and remember that faculty are people too. Get to know us and together, we can help you navigate your way through college. College is your opportunity to learn new things and gain new perspectives on the world in which we live. They can be four to five of the most rewarding years of your life."



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WELCOME

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\*[BRONCOBOOKSTORE.COM/SUPPORT](http://BRONCOBOOKSTORE.COM/SUPPORT)

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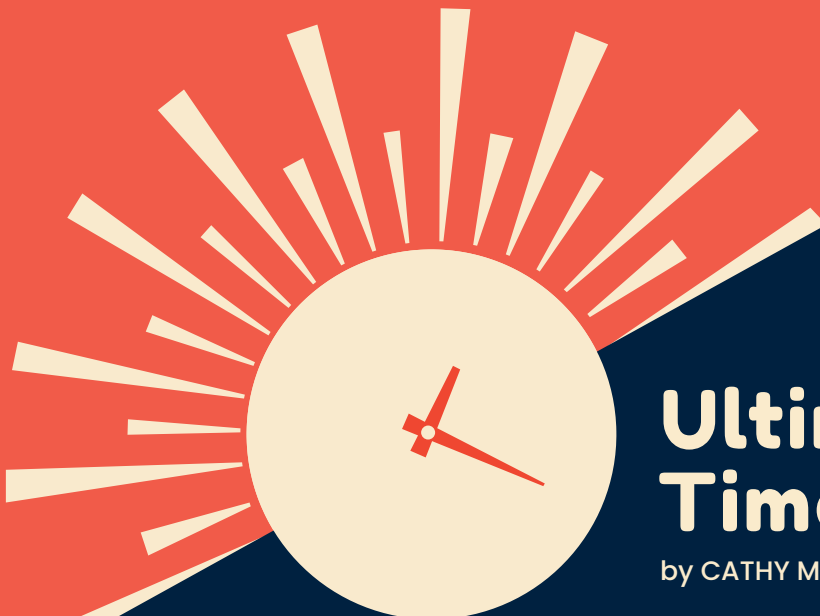
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INSERT THIS DIRECTION





# Ultimate Guide to Time Management

by CATHY MYERS

## BE INTENTIONAL

You'd be surprised how much a scheduler can help you tackle your daily challenges and assignments. Consider including study time, break time, class time, eating, sleeping, exercising and pleasurable activities in the daily schedules. "One of the best things you can do is to maintain a routine — so that means taking a shower, getting ready in the morning, listening to music or whatever it is that helps you to feel motivated," said Rhona Harrison, a clinical psychologist at the Counseling and Psychological Services.

## BE STRUCTURED

When setting time aside for an activity, creating specific goals and sticking to the schedule is crucial. However, it's also important to squeeze in a couple of breaks in between your studying sessions to have a productive day, so consider including breaks in between two hours of studying. As a source of motivation, you may determine a reward ahead of time for maintaining the schedule, but make sure to accept the reward only after accomplishing all tasks.

## BE FOCUSED

If possible, plan your study time during the period of the day when you are most alert. Some people are more alert at night, whereas others are more focused during the morning. Use the time when you are tired on easier tasks.

## BE SELF-AWARE

Create an environment that is favorable for studying, such as having a destined workspace that is comfortable yet organized. Minimize disturbances and distractions by choosing a quiet place, putting your cell phone on silent and listening to music conducive to concentration.

## KNOW YOUR PRIORITIES

When keeping track of your deadlines, list the assignments in the order of importance and when they are due. Being aware of the estimated time an assignment can take to complete will also help students plan their schedules in advance. While school may be the foremost thought for many students, make sure to also prioritize hobbies outside of class that makes you happy during your leisure time.

# TIPS FOR STUDYING AT HOME

by CARLA GHAFARI



*Although studying at home can have many perks — from time flexibility to comfort — it can certainly have its disadvantages with many distractions that may prevent you from completing your assignments. Here are a few tips to help you stay on track while studying at home, so grab your favorite coffee and let's study!*

## ELIMINATE DISTRACTIONS

Being at home can be more difficult to concentrate compared to when you're in class; however, it can help to mimic the classroom environment to limit distractions, such as setting your phone aside and taking notes during lectures. When working from your computer, minimize distractions by closing irrelevant web tabs and silencing notifications if possible.

Faisal Farzana, a third-year computer engineering student, utilizes his study time at home effectively by creating a work-friendly environment to maximize his concentration. "I like to work on my desk, and I put my phone away somewhere like my bed or nightstand so it's harder for me to reach it," Farzana said. "I like to have something calm playing in the background while studying, like music or a podcast to help me focus."

## STAY ORGANIZED

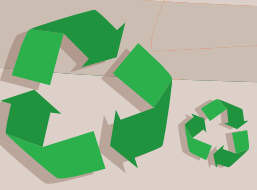
It's easy to lose track of deadlines during virtual learning but staying organized and planning ahead can contribute to academic success. Mark all your due dates on a calendar or academic planner to avoid missing deadlines.

Consider planning out your daily schedule while creating a list of specific tasks you want to complete for the day to ensure productivity. Using a timer to keep track of time can also help you stay focused and manage your time more effectively. Amid your busy schedule, don't forget to take time to eat proper meals to keep your body and brain fueled.

## STUDY AT THE RIGHT TIME

Every student has different daily routines that work for their schedules. Some students enjoy studying at night, while others work best during the day. Nonetheless, discovering the time of day when you are most alert can help you plan out when you should be studying. Establishing a good sleeping schedule with at least eight hours of sleep will help you stay more alert and focused throughout the day.





# Introduction to a Sustainable Lifestyle

by MAYA ACEYTUNO

Adopting a sustainable lifestyle can not only minimize your environmental footprint, but it can also help college students save time and money. Luckily, for Broncos, there are plenty of opportunities to launch their journeys into sustainability while contributing to Cal Poly Pomona's commitment to making the campus eco-friendlier.

## UTILIZE REUSABLE UTENSILS

Investing in reusable utensils, including water bottles and food containers, effectively reduces plastic usage. Try making this switch a routine by leaving a few essential reusable utensils in your car or backpack to have them handy for your lunch dates with your friends after class. Even if you cannot go completely waste-free, the continuous effort in making small changes can make a big impact.

## SHOP SMART & LOCAL

Whether you're shopping for groceries or stocking up on dorm room essentials, purchasing from local farmers and vendors reduces your carbon footprint and ensures that the products being purchased are ethically sourced. For maximum convenience, Broncos can visit CPP's very own farm store located by the pumpkin patch.

## CONSERVE ENERGY

To eliminate wasted electricity, unplug any chargers when they are not being used. You can also swap out for more energy-efficient appliances and lights, such as LED or compact fluorescent lights. Using the eco setting on dishwashers or even air-drying your clothes can further help.

## PRIORITIZE SECONDHAND SHOPPING

Even if students are not able to visit thrift stores in person, there are many alternative online platforms — like Depop, Poshmark and eBay — for students to buy secondhand items in great or new conditions at a significantly lower price. Thrift stores are also the perfect place to find used furniture to revamp your dorm or apartment.

## STAY INFORMED AND INVOLVED

It's never too late to learn about how to adopt a sustainable lifestyle to improve your personal and community surroundings. Students are encouraged to get involved with local organizations to raise awareness of the ongoing environmental impacts. At CPP, the Office of Sustainability seeks to educate and engage with the campus community to integrate sustainable practices. To stay updated on its efforts, visit its Instagram @sustainabilitycpp.



# JOIN THE ORGANIC WASTE RECYCLING PROGRAM



According to CalRecycle, organic waste accounts for about 40 percent of the material disposed in landfills annually. California State Assembly Bill 1826 aims to reduce the amount of organic waste in landfills by requiring businesses to implement food diversion programs. A new local initiative introduced last year, aims at recovering organics from restaurants to be processed through the Puente Hills waste to energy facility. This type of program was made possible through collaboration, addressing barriers to action, and to move towards a more sustainable community.

The City of Diamond Bar, in partnership with its commercial waste hauler Valley Vista Services, offers local businesses a convenient and cost-effective way to divert organic material from the landfill.

A food scrap collection program demonstrates how businesses can separate their food scraps at the point of collection including: kitchens, lunch and food preparation areas. To incentivize participation, the City is offering complimentary indoor organic recycling bins, paired with free expert consultation and training to help design a recycling program that best meets the needs of Diamond Bar based businesses.

Contact the City of Diamond Bar for technical assistance at 909-839-7015, or via email at: [greendb@diamondbarca.gov](mailto:greendb@diamondbarca.gov).



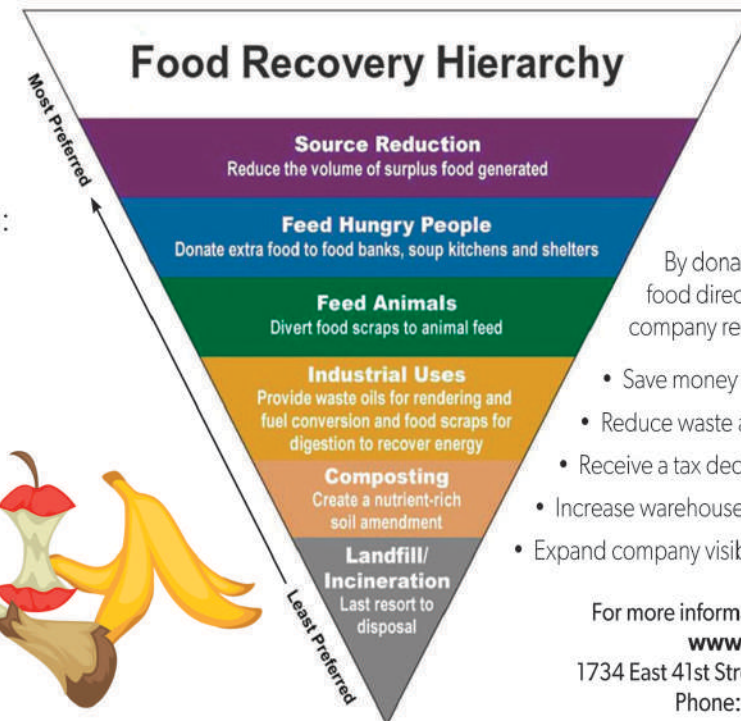
## ACCEPTABLE MATERIALS

All Food Scraps including:

- ✓ Fruits, vegetables, peels and pits
- ✓ Meat, poultry, fish, seafood and bones
- ✓ All dairy products, eggs
- ✓ Bread, grain, pasta and nuts
- ✓ Tea bags, coffee grounds



## Food Recovery Hierarchy



By donating your unsalable, surplus, or distressed food directly to Los Angeles Food Bank, your company receives many benefits:

- Save money on dumping and disposal fees
- Reduce waste and increase sustainability
- Receive a tax deduction (consult with your tax advisor)
- Increase warehouse space or save on storage charges
- Expand company visibility through partnership opportunities

For more information about this program, visit [www.lafoodbank.org](http://www.lafoodbank.org)  
1734 East 41st Street, Los Angeles, CA 90058  
Phone: 323-234-3030

For more information on business recycling and waste reduction, please contact:



City of Diamond Bar  
909-839-7015  
[greendb@diamondbarca.gov](mailto:greendb@diamondbarca.gov)



Valley Vista Services  
800-442-6454  
[www.valleyvistaservices.com](http://www.valleyvistaservices.com)



CalRecycle  
[www.calrecycle.ca.gov/recycle/commercial/organics](http://www.calrecycle.ca.gov/recycle/commercial/organics)



# 7 HYGIENIC TIPS YOU SHOULD KNOW

by THE POLY POST

**1** Do not touch your face without washing your hands.



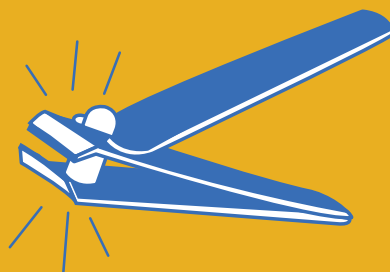
**2** Sanitize your mask.



**3** Cough or sneeze into your elbow.



**5** Cut fingernails and toenails.



**7** Shower daily.



**4** Wash your hands more often.



**6** Cleanse your face.



## STUDENT HEALTH SERVICES

### ABOUT US

Student Health Services provides students with affordable, accessible, and high-quality health care. Most services are covered by the mandatory student health fee already included in tuition.

### NO-COST SERVICES

- Unlimited appointments
- Minor surgical procedures (removal of warts, cysts, moles; suturing; repair of ingrown toenail, etc.)
- Well-Womxn Exams
- Flu Vaccinations
- Tetanus booster
- Digital X-Rays
- Travel consultations
- Tuberculosis screening
- Generic Tylenol
- Laboratory tests done on-site
- Testing for Gonorrhea, Syphilis, Chlamydia
- Acute Illness

### LOW-COST SERVICES

- Laboratory tests sent to an outside lab
- Birth Control (including Emergency Contraception)
- Prescription medications filled on-site. By request, prescriptions can filled off site.
- Wraps, braces, slings, crutches, etc.
- Vaccinations except Tetanus booster and flu vaccinations
- Cervical Cancer Screening (Pap Test)
- Common over the counter items
- Biopsies
- HIV Testing
- Copies of medical records

### MAKING AN APPOINTMENT

Please call to make an appointment at (909) 869-4000.

### QUICK TIP: PROOF OF VACCINATIONS

The California State University (CSU) Immunization Policy requires students to obtain the vaccinations and screening recommended for colleges and universities by the California Department of Public Health (CDPH) for those diseases that can be passed on to others by respiratory transmission. Visit MyHealthPortal for information on your immunization requirements for this academic year.

## BRONCO WELLNESS CENTER

### ABOUT US

Health Educators and Peer Health Educators (students just like you!) provide free health education so that you can make educated choices that impact your health and wellbeing. The Bronco Wellness Center is a safe, confidential, judgement-free zone for you to learn about and discuss your wellness needs.

### HEALTH TOPICS WE COVER

- Nutrition
- Safer Sex
- Physical Activity
- Sleep
- Stress Management
- Time Management
- Birth Control Options
- Unplanned Pregnancy
- Smoking, Vaping, Cannabis Use
- Alcohol Use
- Meditation

& MORE!

### CONTACT INFORMATION

**EMAIL**  
wellnessctr@cpp.edu  
**WEBSITE**  
<https://www.cpp.edu/health/bronco-wellness-services.shtml>  
**PHONE NUMBER**  
(909) 869-5272

**FOLLOW US:** @cpphealth @calpolyhealth

### VIRTUAL WELLNESS SERVICES

- Virtual Wellness Workshops
- Meet one-on-one with a health educator to discuss a health topic of your choice
- Wellness Card Assessments
- Safer Sex Express: get safer sex supplies (a variety of condoms and lube) delivered to you discreetly.
- Cold and Flu Kits
- Wellness Giveaways
- Virtual programs for your class, student organization or residence hall on a variety of health topics.

Subscribe to our Weekly Wellness Newsletter to get wellness tips and updates delivered to your inbox!



# ACTIVITIES TO IMPROVE MENTAL HEALTH

by CARLA GHAFARI

Juggling college courses and personal responsibilities can get overwhelming, which is why it's crucial for students to maintain their mental health. Here are a few easy activities anyone can do at home to boost their mental health.



## YOGA AND MEDITATION

Practicing yoga and meditation are known to have numerous health benefits, including managing stress and relaxing the mind. Not only does yoga promote positive energy, but it can also help students stay in shape by improving strength and posture. After a yoga session, consider winding down with a few minutes of meditation using free mobile apps like Calm and Aura.



## READING

Reading consistently is known to decrease depressive symptoms while improving the brain activity. Among the many literary genres, fiction is indicated to be most beneficial for stimulating the brain, especially for those craving an escape from reality.



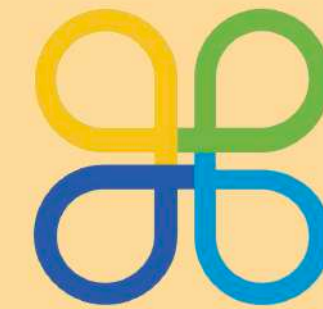
## WARM BATH

Studies show that taking a 30-minute bath decreases signs of depression and stress hormones. Using bath bombs or essential oils with lavender and rose scents can also serve as a form of aromatherapy. It's important to practice self-care within a busy day to prevent work burnouts.



## COOKING

Learning a new skill is a great way to stay active, and you can start by learning how to cook. This entertaining activity not only helps avoid negative thinking, but it also builds self-esteem while soothing stress. Now is the time to grab your favorite cookbook and get cooking!



**COUNSELING  
& PSYCHOLOGICAL  
SERVICES (CAPS)**

## WHO WE ARE...

The team at Counseling and Psychological Services (CAPS) is here for you to support your mental wellbeing during your time as a student, whether you are struggling with anxiety, depression, isolation, relationships, identity, self-esteem, or another personal or mental health concern. **We warmly invite you to reach out if you have any concerns at all about your mental health so we can help you heal, grow, and thrive.**

We are working remotely to protect your health and our community, but rest assured; all our services are fully available. Once our return to campus for face-to-face services has been determined, we can still be reached in the same way via phone, email, or social media.

Reach out to let us know when you are free and one of our therapists will call you back to help you get things started.

## OUR SERVICES (all included in your tuition)

- Case management and assistance accessing additional resources
- Crisis assistance if you are in need of urgent mental health care
- Psychotherapy groups
- Brief individual therapy
- Wellbeing coaching
- Mental health workshops



**Office Hours:** Monday to Friday 8am – 5pm

**After-Hours Crisis Calls:** (909) 869-3220 and press "2"

**For Medical or Physical Emergencies:**  
Dial 911 or Campus Police (909) 869-3070

- [www.cpp.edu/caps](http://www.cpp.edu/caps)
- @cppcaps
- @cppcaps
- CPP Counseling & Psychological Services
- [caps@cpp.edu](mailto:caps@cpp.edu)
- (909) 869-3220



# MEDICAL RESOURCES ON CAMPUS

by NICHOLAS TALAMANTE

After a full year of fighting the COVID-19 pandemic, social distancing at home has unfortunately increased the potential for our physical and mental health to decline. Now more than ever, it is critical that Broncos understand and utilize the myriad of health resources that Cal Poly Pomona offers. The best part, however, is that students can access these valuable resources and services without spending a dime.

## PHYSICAL HEALTH

The Student Health Center and the Bronco Wellness Center offers various professional health services on-campus and through virtual formats. The Student Health Center offers a wide breadth of medical resources — including medical exams, a full pharmacy for over-the-counter medications and prescription refills, STD/STI testing, immunizations and x-rays. The center also provides cervical cancer screenings, an on-site laboratory and even travel consultations.

The Bronco Wellness Center supports students with health education to prevent the development of chronic conditions. Its programs are dedicated to promoting health in various areas that range from nutrition, sexual health, stress management and more. For students interested in meeting with a health educator, visit the Bronco Wellness Center's website for more information in requesting a one-on-one educational session.

Even though the campus is closed, students can still schedule an appointment and visit the center to receive care Monday through Friday from 8 a.m. to 5 p.m. Please note, however, that students must schedule an appointment in order to visit the health center as walk-ins are not available for safety precautions. Any visitors that accompany the patient will be asked to wait outside.



**Student Health Center**  
(909) 869 – 4000

**Bronco Wellness Center**  
(909) 869 – 5272



## MENTAL HEALTH

Maintaining your mental health is just as important as physical fitness, and the two best mental health resources on campus are the Counseling and Psychological Services and the Survivor Advocacy Services. For students seeking to improve their mental wellbeing, CAPS offers a wide variety of services to support students with individual and group therapies, crisis support and health workshops.

“Although we are not able to offer in-person services on campus due to social distancing guidelines, we are happy to continue supporting all eligible CPP students with Telebehavioral Health services over Zoom and phone,” said CAPS Associate Director and clinical psychologist Daniel Martinez.

Another useful mental health service is the Survivor Advocacy Services, a confidential resource on campus for individuals who have been impacted by sexual violence — including sexual assault, intimate partner violence, domestic violence and stalking.

SAS offers a multitude of resources ranging from emotional and crisis support, assistance in reporting assaults, safety escort services and obtaining rape kits. This division aims to raise awareness of sexual harassment by offering year-round programs on prevention education and alternative Title IX training for students that may be triggered by the content. Similar to other health services, SAS remains committed to maintaining a connection with students by providing its resources and services remotely.

**Counseling and Psychological Services**  
(909) 869 – 3220

**Survivor Advocacy Services**  
(909) 869 – 2196

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(510) 592-9688  
[admissions@npu.edu](mailto:admissions@npu.edu)



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# Financial Aid and Scholarships

by ISABELLA CANO

From tuition to housing fees to mandatory class materials, the costs of attending a university can quickly pile up and result in financial strain. To limit financial burdens, many resources are available to students to receive financial aid, including additional support as part of COVID-19 relief.

## REQUEST COVID-19 AID

Through the Bronco Care Basic Needs Program, Cal Poly Pomona is offering emergency grants of up to \$500 for students experiencing unexpected financial difficulties in light of the pandemic. Students who wish to request funding must be enrolled in the current academic year and will need to verify their financial needs with the necessary documentation.

## GET FEDERAL AND STATE GRANTS

The Free Application for Federal Student Aid, or commonly known as FAFSA, offers numerous funding options based on family contribution and household size. Students who qualify will receive federal and state aids which includes Pell Grants and Cal Grants A and B. Undocumented students, however, must submit a Dream Act Application to receive state grants, university grants and scholarships.

## TAKE OUT LOANS

There are two types of federal loans that are available to students who qualify for FAFSA: direct subsidized loans and direct unsubsidized loans. Subsidized loans do not accrue interest until six months post-graduation; thus, students are not expected to pay for them while in school. On the other hand, unsubsidized loans include a fixed interest rate of 2.7% yearly until they have been fully paid off.

## JOIN WORK-STUDY PROGRAM

The FAFSA provides an option to apply for the Federal Work-Study Program, which gives undergraduate and graduate students an opportunity to land part-time job positions on campus. These jobs may include tutors, assistants and community leaders, giving students the perfect opportunity to earn money to meet their needs while building professional experience.

## APPLY FOR SCHOLARSHIPS

All students — regardless of their economic status, major and academic year — have access to countless scholarship opportunities throughout the year through the Bronco Scholarship Portal. Each scholarship provides different amounts of awards, guidelines and deadlines, so make sure to keep track of each specific requirement. The applicant's merit and community-service involvement are also taken into consideration.



## DISABILITY RESOURCE CENTER

STUDENT HEALTH & WELLBEING  
Division of Student Affairs

The Disability Resource Center (DRC) provides accommodations and services to student with disabilities to ensure access and opportunity to all campus programs, services, and activities.

**REGISTER ONLINE**

  
cpp.edu/drc

**CONTACT US**  
909.869.3333  
drc@cpp.edu | cpp.edu/drc

**LOCATION**  
Building 9, Room 103

**OFFICE HOURS**  
Monday - Thursday • 7am-6pm  
Friday • 7am-5pm



## STEM (Science, Technology, Engineering, & Mathematics)

MATHEMATICS 

BIOLOGY 

CHEMISTRY 

GEOSCIENCES 

PHYSICS 

**INTERESTED IN BECOMING A TEACHER?**  
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Multiple Subject (Elementary Teacher), Single Subject (Middle School and High School),  
and Education Specialist (Special Education Teacher).



Credential Services | (909) 869-2301 |  
[www.cpp.edu/ceis/credential-program/index.shtml](http://www.cpp.edu/ceis/credential-program/index.shtml)



# CAREER CENTER

by MOUSTAFA ELHADARY

From job-hunting to the application process, the preparations for launching a career can be overwhelming for many students, but the Career Center is here to help with free resources and support programs. With guidance from numerous career specialists and counselors, students can explore their career options to accomplish their professional goals.

The Career Center aims to support students in their professional and personal developments with various resources, including preparing for mock interviews, offering career advice and finalizing resumes and cover letters. Workshops are also offered to educate on networking, job searching, internships and even interview tips to reduce anxiety.

With over 30 years of career advising experience, Career Center Director Tom Munnerlyn shared that the free resources offered at the center can benefit students in discovering their aspirations and plans after graduation. Broncos are also encouraged to engage with Handshake, an online job posting platform that assists in finding job opportunities on and off-campus.

Students also have the opportunity to receive free professional attire for job interviews or career fairs through the center's Clothes Closet program, where they will be offered clothing tips and styling services to cater to each individual's preferences. "We are doing it virtually, and students can request a styling appointment to find the proper attire for their upcoming interview," Munnerlyn said. As an extension to the virtual program, Broncos can now apply for a stipend to be rewarded with a \$50 gift card to buy professional clothing.

Through the Career Center, students can also attend any of the seven career fairs hosted throughout the academic year which are designed to connect students with potential future employers. "Employers have been very receptive to these career fairs and are always looking for students to hire," said Cherrie Peters, career counselor and career fair host.

While drop-in advising is available from Monday to Friday in limited hours for simple assessments, appointments are recommended for counseling. Additional information on booking appointments and resources can be found on the Cal Poly Pomona Career Center's website.

**CONTACT:**  
909-869-2342  
career@cpp.edu

**LOCATION:**  
The Career Center is located in Building 97,  
underneath the marketplace and across  
the cultural centers.

**HOURS:**  
Monday -Friday 8 a.m. - 5 p.m.

## Exploring Graduate Education in 21'-22'



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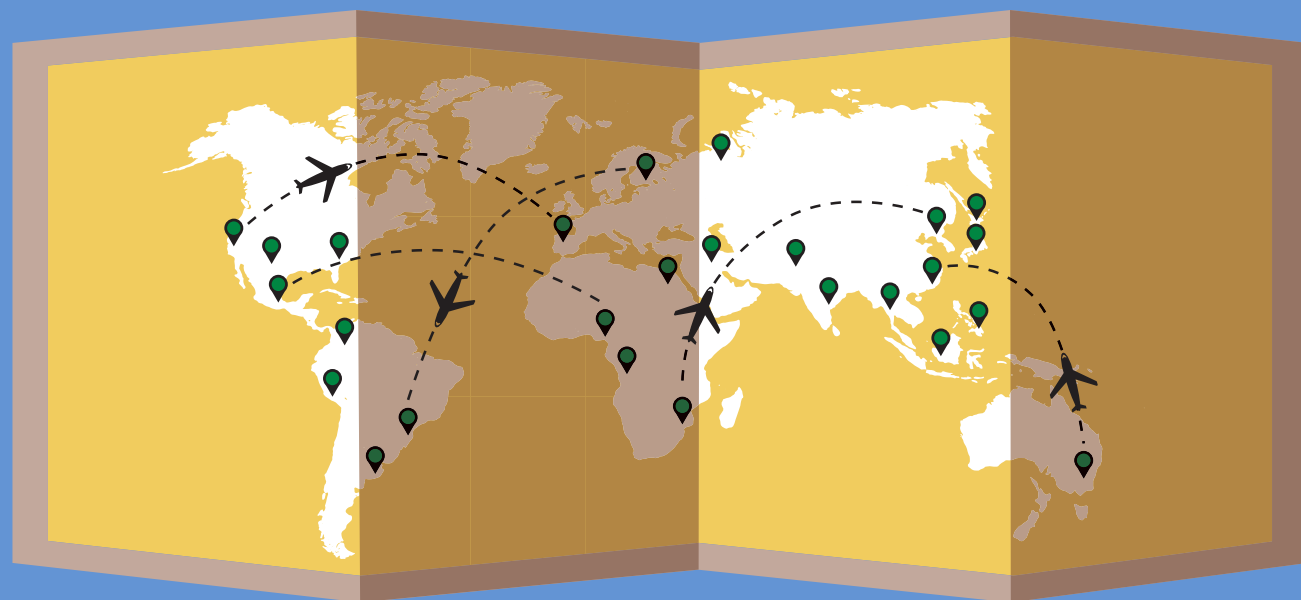
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# International Center

by JOSE HERRERA

**A**re you stuck halfway across the globe and need advice? Whether you're inquiring about studying abroad or you're an international student wondering about your status in the U.S., Cal Poly Pomona's International Center is committed to guiding students on their academic endeavors.

Study Abroad Advisor Grace Olguin serves as the first point of contact for students interested in strolling through the streets of Paris while heading to class.

"Our mission is to ensure that all students at CPP — irrespective of demographic, background, academic discipline or financial need — can participate in a meaningful global learning experience that advances their cultural awareness and understanding," Olguin said.

The center offers four programs: an exchange student program, a faculty-led program, the California State University International Program and an independent program.

The exchange student program, lasting for a semester or the entire year depending on students' preferences, allows Broncos to study abroad while paying their regular tuition while receiving course credit. Similarly, the faculty-led program offers course credit and is the most affordable program at the center. However, the trips are shorter, lasting from a few weeks up to a couple of months.

The CSU International Program is a year-long program with various courses to study in 15 different countries.

Prices vary depending on the course and the country students select.

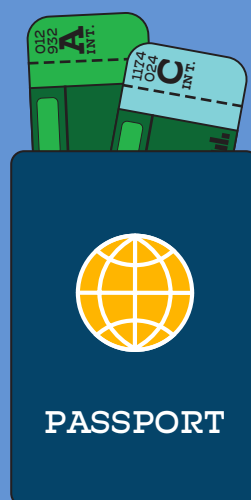
Unlike the rest, the independent program is administered through the university's affiliated partners. It's an ideal option for students interested in destinations that are not offered at CPP's International Center.

The center is beyond a place for advising and resources with some students considering it home, like Mrunal Pawade, a third-year electromechanical systems and engineering student.

When India was closing its borders in March 2020, Pawade had to vacate her dorm room, and the International Center was quick to guide her through the process of returning to her home country in the middle of the semester. She credits the center for being responsive and giving her a sense of direction during the challenging time.

"Being an international student and being away from home is hard enough," Pawade said. "The International Center takes off a huge burden of understanding regulations the U.S. requires. It's easier for us to navigate through courses and focus on our studies."

The International Center is located on the first floor of Building 1 and is open from Monday to Friday from 8 a.m. to 5 p.m. All advising appointments can be made by contacting the center's front desk. Informational study abroad sessions are also hosted during U-hour on Tuesdays and Thursdays.



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★ ★ ★ ★

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**CAL POLY POMONA**

**INTERNATIONAL CENTER**  
 Building 1, Room 104

/cppstudyabroad    [www.cpp.edu/studyabroad](http://www.cpp.edu/studyabroad)



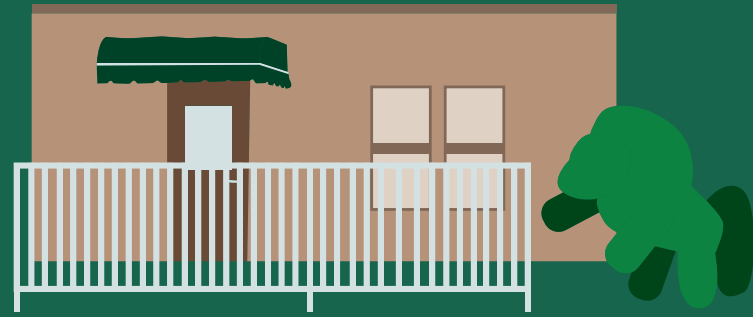
# Student Parent Support

by MAYA ACEYTUNO

Support for student parents on campus grew tremendously over the past few years. From the Children's Center to the Student Parent Support Group to a Family Friendly Campus Team, the university is continuously working to offer resources to parenting students.

As the Parent Student Liaison and the interim Enrollment Coordinator at the Children's Center, Ishia Barajas is the point person for creating holistic support for all parenting students. Barajas works to serve the diverse population of student parents by tailoring resources and campus projects to better serve their needs.

"As of right now, we are partnering with different people on campus such as CAPS or the Womxn's Resource Center — not fund new projects but to tweak those projects to serve parenting students," said Barajas. "It is thinking in that lens and adding in that extra bit of information to be able to say this program is geared toward parenting students."



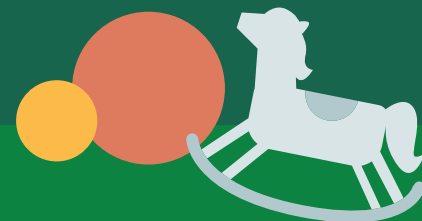
The Student Parent Support Group was created through a collaboration between the Womxn's Resource Center and Counseling and Psychological Services, facilitated by campus psychologist Andrea Bailey. This support group offers weekly community discussions regarding the struggles of student parents.

"It has been a place for student parents to connect with one another and to share some of the experiences they are struggling with, whether that is regarding the pragmatically managing time with kids around or figuring out which professors are supportive of student parents and which ones aren't," Bailey said. "They even discuss how they can advocate for themselves in classes with professors who are unsupportive of their needs. It is amazing to me the way they show up for one another and creatively advocate for one another."

In addition to support groups, the Children's Center is expanding its services to cater to the larger campus community. Although there may be a waitlist to get children into the center, parenting students will be given priority and spots will be offered according to income. If childcare is not available at the center, student parents will be recommended to outside resources that best align with their needs.

"Because of the age my daughter is, the Children's Center was a really great resource once I got in," said Ally Orea, a fifth-year hospitality management student. "They worked with both the time I was at school and the time I was at work. They even considered study time I would need for my classes. That is something I really like because most places forget that you need at least two hours of studying for each class."

Instagram: @cpp\_parentingstudents



## CPP BASIC NEEDS BRONCOS CARE



In January 2018, the California State University Office of the Chancellor released the Study of Student Basic Needs indicating that 41.6% of CSU students reported food insecurity and 10.9% of CSU students reported being homeless in the last 12 months.

### EMERGENCY SUPPORT RESOURCES

Emergency Grant Program  
Referrals to campus and community support



### HOLISTIC SUPPORT & CASE MANAGEMENT

Care Services Coordinator provides students with support during their unexpected emergency or crisis situation by meeting regularly as needed and providing linkage to services.



### HOUSING SECURITY RESOURCES



Emergency Housing  
Connection to community resources  
Case management support



### FOOD SECURITY RESOURCES

CalFresh Outreach Program  
Poly Pantry  
Meal Assistance Program  
EBT Access on Campus

### Basic Needs Initiative: Broncos Care Basic Needs Program

The Cal Poly Pomona Broncos Care Basic Needs Program is a comprehensive program that serves students experiencing housing instability, food insecurity and other emergencies or crisis situations. This program seeks to provide holistic support to students by connecting them with the resources and services to support student success.

Email [basicneeds@cpp.edu](mailto:basicneeds@cpp.edu)  
Phone (909) 869-2763  
Website [www.cpp.edu/basicneeds](http://www.cpp.edu/basicneeds)



@cppbasicneeds



# DOWNTOWN

by LESLY VELASCO GUERRA

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2

3

## The dA Center for the Arts

252 Main St # D,  
Pomona, CA 91766

Founded in 1979, this studio space aims to educate and engage with community members through various art programs. With the mission to “enhance the quality of life for the greater Pomona community,” the dA unites the residents through the shared love for art and creative work. Throughout the years, art exhibits were held for local artists to showcase their talents and passion. The studio also offers a variety of classes in studio art, music, theater and dance. All the classes are categorized by age groups and are open to the public.



## The 13th Room

2109 3rd St,  
Pomona, CA 91766

The 13th Room, a local escape room, is the best place to indulge in fun and mystery. The escape room has four themed rooms: The Invisible Man, The Vanishing of Emily Meyers, The Killing Moon and The Silence. Each team can invite up to six members to complete one of the four 60-minute rooms filled with puzzles and riddles. Whether you're a beginner or a puzzle fanatic, this escape-room experience is perfect for a spine-chilling night out with your roommates, so prepare for the creepy adventure filled with laughter and scares.



## Café Con Libros Press

280 2nd St,  
Pomona, CA 91766

Café Con Libros is a non-profit organization, bookstore and lending library that focuses on arts, literature and culture. The organization was founded by two young Latina educators, Adelaida Bautista and Patricia DeRobles, to capture the multicultural community of Southern California. It hosts community events, such as monthly book drives and guest speaker discussions, year-round and accepts volunteers to support the community. Café Con Libros may also be a go-to location for students as it offers a variety of books to purchase or borrow, including novels, history books and even select college textbooks.



# POMONA

4

5

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## The Stage Global

1632nd St,  
Pomona, CA 91766

The Stage Global is a cirque fitness and dance platform that aspires to provide unique opportunities for performers for creative expression and personal empowerment. The Stage offers a wide range of classes — from cirque fitness to pole and aerial to hoop dance to roller skating — for individuals pursuing to become dancers, performers or athletes. Classes can be taken through in-person and online formats, whether it be individual lessons or group sessions. One-on-one coaching and semi-private classes are also offered and range from \$40 to \$100.



## Homage Brewing

281 Thomas St #101,  
Pomona, CA 91766

If you are in the mood for a cold beer and a chill atmosphere, check out Homage Brewing. The brewery's menu includes a variety of on draft options including hoppy, lager, barrel-aged saisons, dark and mild beer that can be taken in to-go cans and bottles with beverage prices ranging between \$7 to \$16. Cold brew coffee is also available for those who prefer a non-alcoholic drink. When you're looking to wind down from your stress-induced college days, make a trip down to Homage Brewery to enjoy a couple of drinks surrounded by positive vibes and upbeat music.



## Caps & Drips

101 E 3rd St,  
Pomona, CA 91766

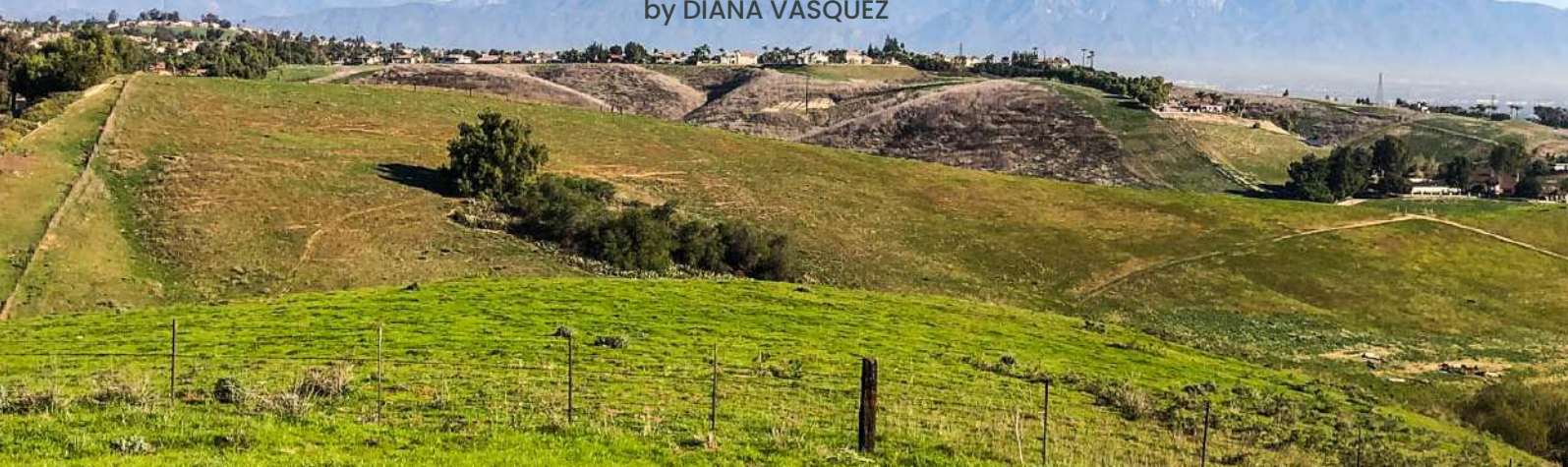
Established in 2020, Caps & Drips is a small coffee shop located inside O'Donovan's Pub where coworkers Paolo Montalvo and Leo Valenzuela began serving coffee from a cart after being laid off due to the COVID-19 pandemic. Caps & Drips offers two different roasters: Reverse Orangutan and Unity. Although they carry a bare-bones menu with espresso, brewed coffee, cappuccino and espresso and tonic, the café owners are currently working on creating new drinks. Besides coffee, it sells scrumptious homemade pastries made by Ashley Ezell, Valenzuela's wife. The shop has a very welcoming environment, so make sure to stop by for a caffeine run.





# LOCAL HIKING

by DIANA VASQUEZ



Nestled in the heart of Southern California alongside vibrant districts and suburban hillsides, Cal Poly Pomona neighbors diverse communities and wilderness waiting to be explored. With abundant wildlife surrounding us, there are plenty of trails near campus worth visiting. Especially for Broncos yearning for a spontaneous trip after a stressful academic week, here are some popular locations to visit to unwind and reconnect with the environment.

## BEFORE YOUR HIKE:



BRING THE RIGHT GEAR



CHECK THE WEATHER



PACK THE ESSENTIALS

## MICHAEL D. ANTONOVICH TRAIL

3.86 miles, Out and Back Trail

Located in the heart of San Dimas, this trail can be seen from the southbound 57 Freeway toward CPP and is great for those who enjoy stream crossings and shaded dirt paths. The trail allows for social distancing with an average width of 7 feet and offers various entrance locations to start the hike. Free parking can be found on both ends of the trail, but Valley Center Staging Area has the most available spots. This local hike is the perfect location to explore the wildlife that gives hikers the feeling of strolling through the woods.



## HELEN MCCOY LOOP

3.3 miles, Loop Trail

Student hikers will reminisce about being on campus from this trail's many hills, horse sightings and sounds of mooing cows. The trail starts at the Chino Hills Community Park and loops around the city's hills, allowing hikers to enjoy the scenic views of the mountains. There are several other trails that merge with the loop, so be sure to check out the trailhead map and keep an eye out for the arrow signs that'll guide you throughout the hike. At the end of the trail, there is a collection of brightly painted rocks where hikers can leave their mark, so feel free to leave yours!

## BONNIE COVE WEST AND EAST TRAIL

3.1 miles, Loop Trail

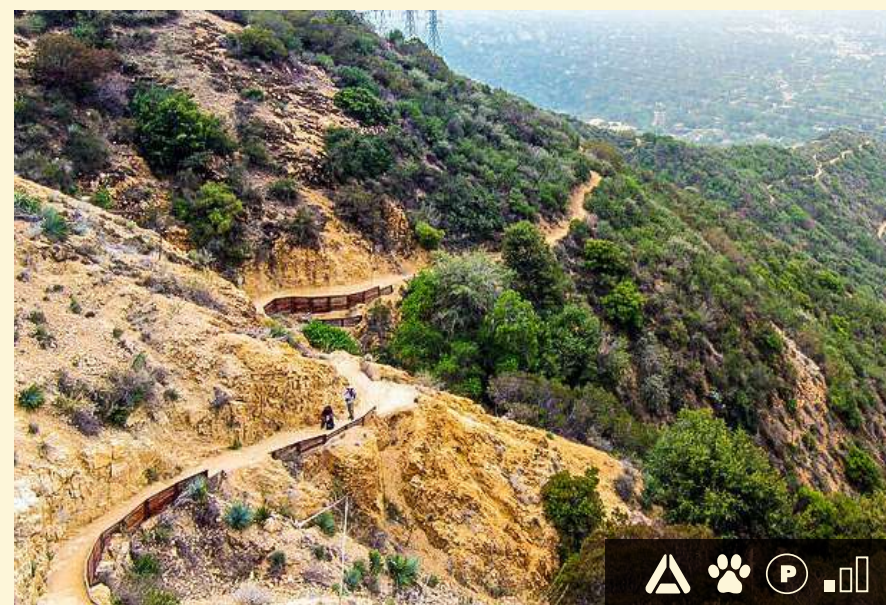
The South Hills Wilderness Area in Glendora stretches from 2,200 acres with 15 hiking and multi-use trails, which are rated as moderate in difficulty. While exploring these trails, hikers can overlook the cities of Glendora and Covina. With its steep hills, the hike may be suitable for beginners hoping to practice or get in shape for harder hikes. There is limited shade, so be sure to take a hat and keep yourself hydrated.



## ECHO MOUNTAIN VIA SAM MERRILL TRAIL

5.4 miles, Out and Back Trail

Echo Mountain's Sam Merrill Trail can be found behind the historical Cobb Estate, also known as the Haunted Forest. This challenging hike, with a steep and narrow trail with little to no shade, is perfect for hikers looking to break a sweat or even those interested in hunting for ghosts. According to previous landowners, there were sightings of strange lights and noises in the area, but the only way to know if this is true is to explore for yourself! Hikers will know they reached the destination when they see the remains of ruins of the Mount Lowe railway and a former hotel at the location. This trail is very popular and will surely be packed on weekends. To avoid crowds, plan your visit at the earliest hour of sunlight.



DIFFICULTY



DOG FRIENDLY



PARKING



PHONE SIGNAL



# TRENDY CAFES NEAR CAMPUS

by YZZY ARIAS



## RAD COFFEE

232 N. 2nd Ave., Upland, CA 91786

Decorated with an Instagram-worthy interior, Rad Coffee is a must go for any punk rock fans, skaters and horror lovers. The shop offers a variety of cold brew coffees and blended specialties that interchange every month, but it is best known for the Monster Mash, a line of crafted drinks based on classic horror movie monsters.



## MI CAFECITO COFFEE

101 S. Main St., Pomona, CA 91766

Mi Cafecito Coffee is not your typical, classic café. It offers handcrafted Mexican-style beverages — including horchata lattes, hot chocolate Mexicana and tres leche iced coffee. Their mouthwatering pastries and quick bites include guava and cheese pastries, pan dulce and empanadas. Located in downtown Pomona, the cafe is beautifully accessorized with Mexican-themes decorations.



## MANTRA COFFEE COMPANY

615 N. San Gabriel Ave., Azusa, CA 91702

Contrary to the typical café, Mantra Coffee Company operates in a house. This artisanal coffee company promotes sustainability by initiating a free reusable glass program. Mantra caters to the Azusa community by supporting local artists and small businesses. They currently offer online or takeaway orders with outdoor patio seating available.

## CAFE 86

4110 Edison Ave. #109, Chino, CA 91710

Cafe 86 is an independent tea and coffee company that works with local vendors to provide fresh, high-quality products. It serves a wide variety of ube-flavored items, giving a nutty, vanilla-infused flavor in its coffee, tea and desserts. The café's interior follows a retro and minimalistic style, and it also participates in the Little Free Library, a free book exchange program.



## CACTUS COFFEE

2232 D St #102, La Verne, CA 91750

Cactus Coffee is a charming, student-friendly cafe located in downtown La Verne with a quiet and calming atmosphere. Aside from a variety of teas and coffees, it offers a selection of pastries and brunch menus. Its patio seating is decorated with various plants, making it a plant lover's dream and the ideal location for an exciting photo shoot.



# Must-Try Eateries Nearby

by GEORGIA VALDES

Whether you're a freshman attending college for the first time or a senior exhausted after completing a long exam, there's one thing all students want in common: delicious food. Here are six must-try eateries to explore near campus.

## GUASALMEX \$\$

150 W Holt Ave, Pomona, CA

For students who cannot decide which Latin food to get for dinner, Guasalmex comes to the rescue. This location offers the one-of-a-kind opportunity to eat Guatemalan, Salvadorian and Mexican foods all at once. With numerous lunch specials to choose from, students can guiltlessly pile their plates with pupusas, birria and yucca frita with a cup of horchata de elote on the side.

**Options:** Vegan, Vegetarian



## PHO HAI \$

1263 N Grand Ave, Walnut, CA

Less than 10 minutes from campus, Pho Hai Vietnamese restaurant is a reliable staple to any students' diet. The herbal aroma of the southern pho with Thai basil, Thai chilis and lime will welcome you the moment you are in the door. Pho Hai is the perfect spot to stop by for a quick meal between classes as the dishes never take long to reach the table.

**Options:** Vegan, Vegetarian

## G's ETHIOPIAN \$\$

1068 N Citrus Ave, Covina, CA

It's hard not to fall in love with G's Ethiopian, a small mom and pop eatery that serves authentic dishes in a sharable, serve-yourself fashion. Every plate is served with injera, a west African flatbread with a texture that absorbs flavor and compliments anything it is served with. Your right hand and the bread are the main utensils, as you break off pieces of the injera to grasp the veggies or meats.

**Options:** Vegan, Vegetarian



## THE BOWL \$

2087 Foothill Blvd, La Verne, CA

Formally known as Bowl of Heaven, The Bowl is dedicated to providing power snacking through acai bowls and freshly made juices and smoothies. By including superfoods like goji, pitaya and spirulina, this quick meal does wonders for the brain and body's wellbeing. Along with its refreshing acai bowls, it also offers locally sourced to-go bites, such as health bars. Whether you want something light before a workout at the BRIC or something sweet to munch on in the game room, The Bowl has it all.

**Options:** Vegan, Vegetarian



## POMONA FISH MARKET \$

295 S Park Ave, Pomona, CA

Broncos no longer have to drive to Santa Monica or Laguna for a seafood meal with the Pomona Fish Market providing quality seafood steps away from downtown. Centered on the southern Louisiana style, the menu features an array of fried combinations with fish, shrimp, oysters and crab paired with gumbo or red beans. A side order of its special Cajun seasoning is recommended for an extra kick.

**Options:** Vegetarian



## KOGI BBQ TACO TRUCK \$

various locations

Kogi BBQ founder and Chef Roy Choi is a leading global innovator that blends traditional Korean flavors into a Mexican-style street food. Kogi BBQ trucks are a gem to find as they offer five-star cuisine packed with punching flavors to the neighborhoods of LA and Orange County. The menu has rotating options, so no two visits will be the same. Broncos should track truck number two, named "Verde," as it traverses from South Bay to the San Gabriel Valley.

**Options:** Vegan, Vegetarian





# Simple MEAL RECIPES

by JULISSA SANCHEZ

## On a College Budget



**F**or students living on campus, you might understand the nostalgia of eating homemade meals without having to rely on dining halls and fast food. With these quick and easy meal recipes, you can now cook three delicious meals any time of the day in less than 15 minutes while also saving a couple of dollars.

### APPLE CINNAMON BREAD (5 MINUTES)

**Ingredients:** ½ honey crisp red apple, 2 tablespoons butter, 2 tablespoons brown sugar, 1 teaspoon cinnamon powder, 1 can (8 ounces) biscuits, 2 tablespoons powdered sugar, water and vanilla extract (optional)

**Recipe:** In a microwave-safe bowl, mix the butter, brown sugar and cinnamon powder and heat up for 40 seconds. Cut the biscuits into about 8 pieces and dice a quarter of the apple. Once warmed up, combine all the ingredients and cook in the microwave for another 2 minutes and 30 seconds. While that cooks, in a separate cup, add the powdered sugar, a dash of vanilla extract and just enough water to make a creamy glaze. Pour the glaze over the freshly made cinnamon bread and enjoy it before attending your morning courses.

### MAC-N-CHEESE (15 MINUTES)

**Ingredients:** ½ cup macaroni, ¾ cup water, heavy cream or half & half, Velveeta cheese, shredded cheddar cheese, salt and pepper

**Recipe:** In a microwave-safe bowl, add your macaroni and water, making sure that the pasta is completely submerged. Next, cook the pasta in the microwave for 10 minutes, and stir during the half-point mark to ensure even cooking. When finished, carefully drain the water and add your cheese, a splash of heavy cream or half & half — depending on what is more accessible — and a pinch of salt and pepper to taste. Mix well and heat up in the microwave for an additional minute to complete the creamy, no stove mac-n-cheese that's perfect as a simple, cozy meal.



### BLACK BEAN QUESADILLAS (10 MINUTES)

**Ingredients:** 1 (15 ounce) can black beans, 1 cup corn, ½ cup onion, 1 clove garlic, 2 cups cheddar cheese, tortillas, taco seasoning

**Recipe:** Prepare your ingredients by finely dicing the onion and garlic. Combine the chopped onion, garlic, drained black beans, corn and cheese in a bowl. Add the taco seasoning and stir until evenly coated. Place some of the fillings on one side of the tortilla and fold. Cook the quesadilla on a skillet or pan on both sides until slightly brown or until the cheese fully melts. Feel free to store the leftover quesadillas in the freezer and reheat them for a savory go-to meal during busy weekdays.



### SAUSAGE TOMATO PASTA (15 MINUTES)

**Ingredients:** 1 cup penne, 1 pre-cooked sausage, tomato sauce, shredded cheese

**Recipe:** Place your penne in a large microwave-safe bowl and add 2 cups of water. Microwave the pasta for three minutes longer than instructed on the box label. After draining the water, mix your cooked pasta with the sausage, tomato sauce and cheese. Cook for another minute or until the cheese melts. Enjoy this easy, budget-friendly meal that is not only delicious but also filling.



### VEGGIE ROLLS (10 MINUTES)

**Ingredients:** 1 instant white rice, 1 cucumber, 1 avocado, 1 sheet nori, rice vinegar (optional)

**Recipe:** Cook the instant rice using a microwave according to the instructions on the label, usually ranging from 1 to 5 minutes. While that cooks, slice the avocado and cucumber into thin strips. Once the rice is cooked, add a tablespoon of rice vinegar if desired and mix. Next, place a plastic wrap on the workspace to make the rolling process easier. Place the shiny side of the nori facing downward and spread the rice evenly on top, leaving about ½ inch of empty space at the bottom for rolling. Add your cucumber and avocado strips in the center of the rice and slowly lift the wrap and proceed to roll while pressing down to ensure that the roll remains tight. Using a sharp knife, slice the roll or enjoy it as a sushi burrito.



# WORK OUT WHILE YOU STAY IN

by NICHOLAS TALAMANTE

Due to the COVID-19 pandemic, more students have been struggling to stay active, especially after spending a full year with virtual instruction. Here are four workouts to help you stay healthy, build strength and fight off the “Quarantine-15” from home.

## 1 SPIDERMAN PUSH-UPS



Ever noticed how lean, mean and ripped Spider-Man is? That's partly due to the superpowers, but it's mainly from the wall-crawler essentially doing this push-up variant whenever he's scaling a building.

First, prepare yourself in a plank position with both hands laid flat and placed slightly wider than shoulder length apart. From this position, lift one leg with your knee pointing outward. As you raise your knee, bring it forward and touch your elbow as you bend your elbows and lower your chest as you would for a normal push-up. This variant targets your chest, shoulders and triceps muscles while focusing on the abdominals.

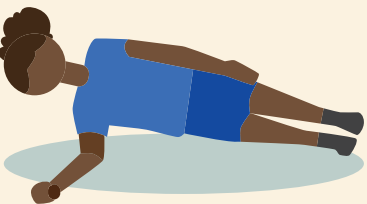
## 2 BODY WEIGHT SQUAT



Just as fundamental as push-ups, squats are a cornerstone of any workout. This exercise targets your quads, hamstrings, glutes, abs and calves.

Begin with your feet pointed forward and stationed slightly wider than hip-width apart with your back standing straight and knees slightly bent. While keeping your back straight, tighten your core for stabilization and begin to lower yourself as you squat down and push your hips downward behind you. Continue to lower yourself until your thighs are almost parallel to the floor. Your feet should always remain firmly flat on the ground. Come back up slowly and return to the starting position.

## 3 SIDE PLANK



Many people think about crunches for core ab workouts, but one of the most beneficial variants is the side plank. Like crunches, this workout targets your abdominals but also focuses on your abdominal obliques and glutes, which normal crunches do not.

Lie on your side with your legs extended. The elbow of the arm you're balancing on should be directly under your shoulder with your other arm aligned alongside your body. Contract and squeeze your core while raising your hips until your body is in a straight line from head to toe. Hold this position for a few seconds before returning to the starting position.

## 4 BURPEES



The final workout is a full-body exercise that engages multiple muscle groups at once, including your deltoids, triceps, glutes, hamstrings and quads. It's been the bane of athletes for generations, and it's not just a punishment inflicted by angry coaches. It's also one of the best workouts to do at home if you're looking for something intense.

Start by bending down with your hands placed on the ground in a squatting position with your feet shoulder-width apart. Kick your legs back until you are in a plank position and complete a push-up. As you raise yourself back up, quickly bring your legs back inward to your starting position. Finish by jumping upward with your arms over your head. As you land, drop back down and repeat.

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# Bronco Esports

by JOSE HERRERA

At Cal Poly Pomona, Bronco Esports has seen an increase in popularity and members over the course of its nine-year history. The club went from averaging 20 members a year when it began in 2011 to currently sitting at 200 members. The increase in its popularity can be credited to its inclusive realm of gamers, extravagant events and a tight-knit community that serves as a hangout for gamer-students.

CPP's Esports Club also serves purpose to the aspiring pro-gamers by allowing them to be on the Collegiate Star League once they pass the JV and the Gold and Below levels. These tiers are used to appropriately place players by their skill level and compete on level grounds against other schools.

Perhaps one of the most exciting features of the Esports club is its large-scale events, fulfilling any gamer's fantasy. From events that hold multiple gaming tournaments to full-on expositions with computer companies showcasing demos and hosting giveaways, the club does not come short in fulfilling gamers with a convention experience.

One of the club's biggest event is Frag Fest and occurs each semester at the College of Business Administration, according to Club President Christian Jung. The past event was held virtually to comply with COVID-19 safety precautionary measures and attracted around 300 students.

"Frag Fest usually holds about 500 attendees. We'll have a bunch of gaming tournaments and sponsors would come by showing off their computer demos," Jung said.

Thriving amid the pandemic, the club boasts the strong connection proudly built within CPP's gaming community.

Jason Kison, a second-year chemical engineering major, has been a member since his freshmen year in 2019. Kison praises Bronco Esports for allowing a judge-free zone.

"I truly love how inclusive the club is in and out of the campus, room or even server," Kison said. "Regardless of where you come from or the game you mostly play, no one judges you or shames you."

Aside from competitions and events, the club is familiar communicating online via Discord. In its' Discord channel, students can follow event announcements and share knowledge on PC building and everything gaming related. Whether it's pertaining directly to the club or a simple question regarding what gaming chair works best, one of the 500 members on the club's Discord group will be there to assist. The club thrives on an open-door policy as they welcome anyone to join their Discord server.

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# UNITED AS ONE





# TOP 5 MOMENTS: BRONCO ATHLETICS HISTORY

by ALEXANDRA WILDER

Sporting numerous All-American athletes, countless conference championships and national titles, CPP is one of the top institutions for Division II sports. The Bronco Athletics Department not only prides itself on its winning culture, but it also boasts the determination of its staff, coaches and athletes in tackling academics. While there are numerous memorable moments and accolades, here are the top five in Bronco athletics history.



## MOST NATIONAL CHAMPIONS IN THE CALIFORNIA COLLEGIATE ATHLETIC ASSOCIATION

Each year, CPP's sports teams seek success in their conferences with hopes of reaching their goals of winning national championships, allowing the staff and student-athletes to imprint their marks in school history while leaving their legacy. Boasting over 230 All-Americans and 60 CCAA championships, CPP builds programs to contend for national championships.

"We have (more) National Championships than anyone else in the CCAA with 14," said Director of Intercollegiate Athletics Brian Swanson. "I believe women's basketball with five is tied with North Dakota State, who is now Division I, for the most championships in NCAA Division II history."

CPP's baseball team won three national titles in 1976, 1980 and 1983 all under College Baseball Hall of Fame coach John Scolinos. Women's tennis won two in 1980 and 1981 as members of the Association for Intercollegiate Athletics for Women and two more in 1991 and 1992 as part of the CCAA. Women's basketball secured five titles in 1982, 1985, 1986, 2001 and 2002. Men's cross country has one from 1983. The most recent championship came in 2010 from current Head Coach Greg Kamansky and the 2010 men's basketball team.



## MEN'S BASKETBALL NATIONAL TITLE IN 2010

Under the leadership of Head Coach Kamansky, the 2010 men's basketball team made history by becoming the first and only team to win a national championship in program history. Kamansky took a team that lost in the national championship the previous year and led them to victory in 2010.

"To win it all was not only huge for our program but for our school," Kamansky said. "It's hard to win a national title. I think we will all remember it for the rest of our lives. To do it with such a quality team with good people and guys that had each other's back was just amazing."

Before he took over the program in 2000, the men's basketball team was not close to being the powerhouse it is today. However, Kamansky, the winningest coach in CPP men's basketball history, credits the success to his supportive assistant coaches that help him along the way.

"What you do is appreciate all the people that helped you get there," Kamansky said. "It wasn't a one-man show. It was a whole team effort. From the coaches to the parents to the administrators that were supportive, we did a pretty good job on who we surrounded ourselves with."



## VIOLET PALMER, FIRST-EVER FEMALE NBA REFEREE

Alumna Violet Palmer (recreation administration, '88), a former member of the women's basketball team from 1982 to 1986, became the first female referee for the NBA in 2006.

Palmer, a pioneer for women in sports, was the starting point guard under legendary Head Coach Darlene May. She helped CPP win two out of five national championships and was inducted into the university's Athletics Hall of Fame in 2020.

Palmer's career as an NBA referee spanned 16 years, officiating superstars like LeBron James and Kobe Bryant. She also was a referee for the 2014 NBA All-Star Game.

Not only did Palmer officiate for the NBA, but she also officiated college women's basketball games and the inaugural season of the Women's National Basketball Association in 1997. As an official, Palmer was awarded Naismith Award for Official of the Year in 1999, the highest award an official can receive in the collegiate game.





EXTENSIVE FACILITY UPGRADES

Ever since Swanson took the reigns at CPP in 2005, knowing how hard the athletes work on the field, court and in the classroom, he was motivated to bring state of the art facilities that the student-athletes could train and perform on.

In 2015, a 16-by-9 inch Daktronics Jumbotron was added. The following year, phase one of the Scolinos Field renovation, which came out to about \$1.1 million, was completed with the installation of new lights for the first time in 56 years as well as a new scoreboard. Four years later, phase two of the Scolinos Field multi-phased modernization project was finished with the installation of a new concrete backstop, safety and pro-style setting system, new internal fencing and a branded field turf halo.

In 2016, the Broncos Performance Center completed a transformation into a modern strength and conditioning facility. Along with the Bronco Performance Center, Kellogg Arena was renovated with new floors, seating, lighting, air conditioning and sound system. Additionally, a new Tifway 419 natural grass playing surface was installed in both the infield and outfield in 2019. In the same year, the Kellogg Stadium got a fresh look with the addition of the Bandera Bermuda natural grass.



ACADEMIC SUCCESS



In the 2019-2020 academic year, the CCAA welcomed 80 Broncos into its All-Academic Team. This marked the eighth year in a row that 40 or more CPP student-athletes were recognized. Despite the turbulence that the COVID-19 pandemic thrust upon student-athletes, Broncos managed to present a groundbreaking academic performance. The 225 student-athletes earned a collective grade point average of 3.37. In addition, 173 student-athletes obtained a 3.0 or higher and 92 athletes were listed on the Dean’s List. Eight out of the 10 teams earned their highest GPA, and all teams saw improvements from fall to spring.

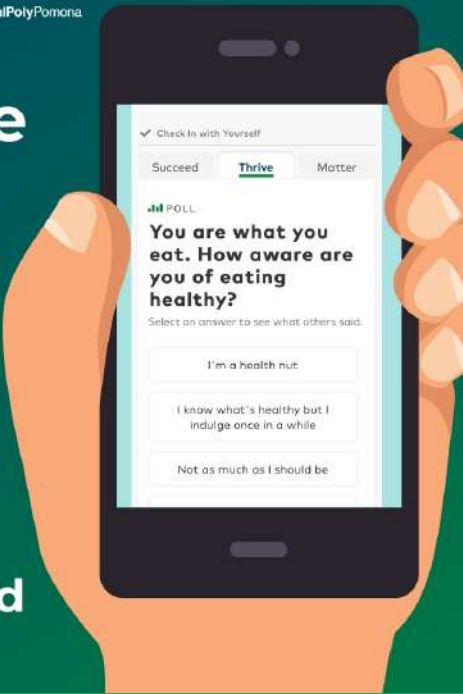
A significant reason for the Broncos’ success in their academics is the support from Assistant Athletics Director for Student Services Scott Tsuji, who works with athletes to keep them on track to graduate and assists with anything regarding academics.

“These results reflect the unwavering commitment that our student-athletes, coaches and staff have to academic success at Cal Poly Pomona,” Tsuji said. “It also takes a tremendous collaborative effort with campus support services to achieve these results. We are very proud of our student-athletes, especially in these unprecedented and challenging times.”

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