CPP FASHION
How Broncos use the campus as their runway

MAKING CENTS
4 ways to cash in on financial aid

RISE AND SHINE
The best breakfasts in town
Gain Units for Less!

Transferable GE Classes Are Just $46 a Unit
At Mt. SAC

When I first came to Cal Poly Pomona, I immediately wanted to transfer out. In my inexperience, I thought, as a commuter campus, the university was nothing like the lively, bustling campuses in movies. Regardless, I soon began to weave myself into the tapestry of university life, and my perception of CPP quickly changed. I embraced more campus experiences and made incredible friendships. I invite you, the reader, to do the same and discover the charm of this campus.

Now, as a senior, I know I will miss all the great things that come with being a Bronco. Even in my last month here, I’m still trying to cross experiences off my own CPP bucket list: exploring the Arabian Horse Center, enjoying a recital from the jazz band, hiking up to the Lover’s Bench at the CPP letters, to name a few.

In this 2022-2023 issue of the Bronco Guide, you’ll find quintessential how-tos and detailed profiles that honor and showcase the everyday life of a CPP Bronco. Throughout the course of the academic year, our staff of student journalists and designers worked hard to reflect the authentic heart of our community.

As we slowly make our way back from two years of confusion and societal curveballs, you can learn how to balance academics with social life and make your impact in your world. We’re glad you’re here...now sit back, relax, and come explore your new home-away-from-home with us!

Congratulations and welcome to Cal Poly Pomona!

Amber Li
Bronco Guide Editor-in-Chief

@thepolypost
@polypostads
@broncoguide

The Poly Post

@polypostads
@thepolypost

@thepolypost
@polypostads

Scan here to see our linktree
01 CAMPUS LIFE
03 Meet The Presidents
05 Campus Map
07 The 8 Colleges
09 Campus Safety
11 Commuting 101
13 Navigating Campus Parking
15 Learn By Doing
17 Cal Poly Pomona History
19 Rose Float
21 Gender Neutral Bathrooms
23 Mastering The Dorm

02 STUDENT LIFE
25 Work-Life Balance
27 Bric
29 Greek Life
31 Cultural Centers
35 Farm Store
37 Student Housing
39 Student Clubs
41 Sustainability 101: Consumption

03 RESOURCES
42 How To Make Cents Of Financial Aid
43 Ready To Declare Your Major?
45 Book It To: The University Library
47 The Fear of Enrollment
48 How To Get Good Grades
49 Career Center
51 Transfer Students

04 LEISURE
53 Pomona Night Life
55 Best Views
57 Best Nap Spots on Campus
59 Filling Time
61 Small Bronco Businesses
63 Bronco Fitspo

05 SPORTS
65 Sports Spotlight
69 Intramural And Club Sports
71 Dining On Campus
73 5 Meal Prep
75 Breakfast Guide On A Budget

06 FOOD

EDITORS
AMBER LI
OLIVIA GEISER
KATELYN WONG
PATRICIA BABIA

GRAPHIC DESIGNERS
SHARON WU
TRINITY FRAIRE
JUSTIN OO
SELIN DUONG

MARKETING

WRITERS
Amber Li
Anais Hernandez
Andrew Foreman
Anel Ceballos-Caldera
Ashley Cruz
Cecilia Leyva
Christian Ulrich
Cole Allen
Cynthia Haro
Daniel Tapia
Elizabeth Casillas
Emily Frisan
Hannah Smith
Isabel Rodriguez
Isabella Cano
Jackson Pham
Jessica Lavaras
Katelyn Wong
Kevin Corella
Leidy Velasco Guerra
Matthew DeForest
Morgan Patterson
Nadia Urbina Villacorta
Nick Vasquez
Olivia Geiser
Patricia Babia
Ricky Guandique
Sanjana Rajagopal
Shannon Hernandez
Sophia Franz
Yemarelci Maya
Zacharias Strohecker
Zachary Chen

PHOTOGRAPHERS
Sharon Wu
Jackson Pham
Justin Oo
Trinity Fraise

CONTRIBUTORS

EDITORIAL ADVISORS
Lauren Furey
Jason Turcotte

MARKETING & CREATIVE DIRECTOR
Linda Perez
The Poly Post, Cal Poly Pomona’s independent, student-run newspaper, began in 1940 to provide coverage of the campus and local community to a student body of over 27,000, with about 2,400 faculty and staff members. The Poly Post is housed within the Communication Department and overseen by a business manager and faculty adviser. A staff of student journalists and designers provides content to the campus community through print and the web every Tuesday, as well as through a mobile app accessible on Android and Apple devices.

The Poly Post prides itself in its diverse student media newsroom. The editorial staff works along with graphic designers and approximately 40 staff writers to connect the community on news, arts and culture, sports and student opinion. In addition to serving as a valuable resource for the university, The Poly Post is a PolyX lab following the learn by doing philosophy for students studying print journalism, photojournalism and multimedia journalism.

“We serve as a mouthpiece for students on campus. We’re a newspaper run by students, for the students,” said Michael Yu, editor-in-chief of The Poly Post and journalism student. “Being on staff gave me the opportunity to work with so many amazing people and become more outgoing. We’re a community where you can get together and work together toward a common goal of publishing the paper each week.”

In this past 2021-2022 academic year, The Poly Post earned over 25 awards in diverse categories, including news coverage, design and broadcast journalism. Our work has been honored and awarded by reputable organizations such as the California College Media Association, Society of Professional Journalists, Associated Collegiate Press and the California News Publishers Association.

The Poly Post welcomes freelance and contributing writers of all academic standings from all majors. Letters to the editor and prospective contributing writers must speak to the editor-in-chief.

by AMBER LI

OVER 80 YEARS OF STUDENT JOURNALISM
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, 84 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.

Underlying everything we do is a commitment to your success. Our guiding principle is: “One Team. One Goal. Student Success.”

From the first day you become a Cal Poly Pomona Bronco, we are focused on helping you succeed here and long after you leave our campus. This means combining a world-class education with a wealth of career readiness and community engagement opportunities.

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. You will meet new friends — some who will become friends for life.

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

Hello Broncos! Welcome to the Bronco family!

I am so excited to serve you during this chapter of your life! My name is Aliza Ortega and I am your ASI President. I am a fourth-year student studying communication with a minor in regenerative studies. Serving alongside me as your ASI Vice President is Daniel Foncello, a fifth-year student studying economics with a minor in political science. Daniel and I are eager to begin serving our fellow Broncos this academic year!

My journey at Cal Poly Pomona was different than most since I transferred to CPP during a global pandemic; however, being engaged and active on campus made me feel connected even in a virtual setting. This year will be the first in-person experience for incoming students at CPP since Fall 2019, so it is a perfect time to get involved at CPP! Being active on campus will not only allow you to network, but also enjoy being here at Cal Poly Pomona. Your mental health would also appreciate the social aspect!

As the academic term begins, it is important to be informed about the resources available to every student on campus. There are multiple resources allocated for basic needs, which are available at https://www.cpp.edu/basicneeds/.

We look forward to being your Student Government Leaders during the 2022-2023 academic year. Daniel and I are thrilled to work with our Board of Directors and Cabinet members to strive for representation for all bodies of students, a more sustainable campus, and increasing civic engagement. I know we will do our best to advocate on the behalf of all students and create bridges to push student success.

I would love to meet all of you, so please feel free to stop by the Student Government office! It is located on the first floor of the Bronco Student Center (Bldg. 35, Rm. 1339), directly across from Round Table Pizza.

You can also catch us via Instagram @asicpp or email me at asipresident@cpp.edu.

Again, welcome to Cal Poly Pomona!

Aliza Ortega
ASI President
THE 8 COLLEGES
by OLIVIA GEISER

Don B. Huntley College of Agriculture
The Don B. Huntley College of Agriculture offers one of Cal Poly Pomona’s leading lean-by-doing experiences. The college provides the opportunity to engage in agricultural science, animal science and nutrition programs, choosing among the college’s eight majors and 15 minors. Students use the latest technology in CPP’s fields, facilities and greenhouses to learn about food production from start to finish and engage in the hands-on practice of selling agricultural products at the Farm Store.

College of Letters, Arts and Social Science
The College of Letters, Arts and Social Sciences creates a path for pursuing humanities, social sciences and performing arts. The college promotes creative and critical thinking among diversity, improving the human condition and bettering the world through its 11 departments, 16 majors and over 30 clubs. CLASS departments include political science, English and modern languages, history, philosophy, psychology, music and theatre, communication, economics and more.

The various academic groups reflect the diversity of CLASS students, as the program offers options ranging from CLASS Council to Model United Nations and honor societies.

College of Engineering
The College of Engineering is the largest of its kind in Southern California, offering study opportunities in 11 undergraduate disciplines and seven graduate programs. These options range from aerospace engineering to computer engineering and mechanical engineering and rank among the nation’s best public university engineering programs.

Students have the opportunity to join an engineering honor society according to their discipline and many graduate to work in top engineering firms and companies such as NASA, JPL and ExxonMobil.

College of Education and Integrative Studies
The College of Education and Integrative Studies is comprised of the undergraduate departments of education, educational leadership, early childhood studies, liberal studies, ethnic and women’s studies and interdisciplinary general education.

The program is dedicated to equity, interdisciplinary and student-centered education and community engagement and is best known for providing students with a facilitated path to earning a teaching credential. The International Polytechnic High School (I-Poly), located by CPP, offers a direct experience for university students to gain the necessary hands-on classroom teaching training.

College of Business Administration
The College of Business Administration provides eight undergraduate programs for nearly one-fifth of CPP’s student body, offering the study of accounting, computer information systems, e-business, finance, real estate and law, international business, management and human resources, marketing management and technology and operations management.

The college also offers graduate business programs for students looking to complete their MBA, MS5, MS15 and more.

These programs promote creativity, leadership and team-building to give students the knowledge they need to succeed in any business field and gain the experience to become global leaders.

College of Science
The College of Science promotes discovery through research and provides students with opportunities to present their findings to the scientific community through symposiums and co-author work published in peer-reviewed journals.

The college’s seven departments include biological sciences, chemistry and biochemistry, computer science, geological sciences, kinesiology and health promotion, physics and astronomy as well as mathematics and statistics.

Students use state-of-the-art equipment in intimately-sized classes that offer one-on-one interaction with professors and colleagues, gaining the skills they need to begin their careers.

College of Environmental Design
The College of Environmental Design offers degrees in visual communication design, art history and regenerative studies. Broncos have the opportunity to take courses at the 16-acre John T. Lyle Center for Regenerative Studies, where students look beyond the textbook to test ideas on some of today’s most prominent topics such as solar energy, wind energy and agriculture.

The college manages CPP’s two professional galleries, the W. Keith & Janet Kellogg University Art Gallery and the Don B. Huntley Gallery, as well as the designated National Historic Landmark Neutra VDL House in Los Angeles.

College of Hospitality Management
The Collins College of Hospitality Management partners with the Don B. Huntley College of Agriculture to produce Horsehill Vineyards wine, made from grapes grown on campus. The college is consistently ranked among the leading hospitality colleges globally and continues to grow in infrastructure, reputation and quality of education.

Collins College of Hospitality Management
The Collins College of Hospitality Management allows students to choose an emphasis among food and beverage, lodging and events. With four undergraduate degree programs, the college offers students exposure to their respective future fields.

Students experience the polytechnic advantage by operating the Restaurant at Kellogg Ranch, where they manage the facility and serve both lunch and dinner to help meet the requirement of 800 hours of work in hospitality-related occupations.

The Collins College of Hospitality Management partners with the Don B. Huntley College of Agriculture to produce Horsehill Vineyards wine, made from grapes grown on campus. The college is consistently ranked among the leading hospitality colleges globally and continues to grow in infrastructure, reputation and quality of education.
Here at Cal Poly Pomona, the university focuses heavily on campus safety, so the students can focus their attention on their schoolwork.

“I generally feel comfortable with my safety while being on campus,” said visual communication student Ruben Cortez. “I’ve never had to interact with our university’s police, but they seem to be doing a good job from my perspective.”

Emergency plans, first aid kits and plenty of other safety measures are available in every building on campus. There are also campus-wide safety procedure drills each semester to simulate what measures should be taken in different, dangerous scenarios.

“Just before the pandemic started, we had an active-shooter drill that was hosted by Mt. San Antonio College,” said CPP Police Department Training and Operations Specialist Amanda Elias. “They invited all the local police departments to send officers for this mock after-shooter drill, and they set up an instant command center and went through multiple scenarios.”

When it comes to safety on campus parking lots, students can expect to see plenty of lampposts and blue emergency phones used to contact emergency services.

“We are aware of the catalytic converter thefts that took place during the Fall 2021 term,” said Mike Yu, director of parking and transportation services at CPP. “We have increased patrols in all of our parking lots and are assessing future installations of security cameras to combat the thefts.”

University Police offers escort services for students who don’t feel comfortable walking around campus alone. They also provide vehicular assistance for students encountering issues, such as needing a jumpstart or locking their keys inside the car.

All services offered by the university’s police department may be requested by calling the station’s phone number. They will meet you at your on-campus location, ready to assist you.

You can visit the University Police’s homepage for more information and services the department offers.

The automated voice will notify you to hang up and dial 911 if you’re experiencing a life-threatening emergency. However, officers will be able to reach you quicker if you are on campus and will call emergency services for you if necessary.

CPP University Police can be contacted at: (909) 869-3070

For life-threatening emergencies, dial 911.
Waking up early for your commute to class just to run into standstill traffic on Temple Avenue is not the ideal way to start your first day of college. At Cal Poly Pomona, it is estimated nearly 90% of all attending students regularly commute to campus.

Since most Broncos drive to campus, traffic conditions generally follow uniform patterns throughout the week. Common routes that see the most traffic are streets like Temple Avenue for those coming off the 57 Freeway and Kellogg Drive for those who come from the 10 Freeway. Temple Avenue can be especially notorious for traffic because the street shares a common entry and exit point with Mt. San Antonio College Community College. Both routes typically see heavy traffic on Mondays through Thursdays, with incoming traffic between 8 a.m. and 10 a.m. and outbound traffic between 3 p.m. and 5 p.m.

Carpooling rideshare options are available via the Rideshare Office for students. CPP’s rideshare program offers incentives to passengers which include being given Bronco Bucks and priority parking in lots such as Parking Structure 2, Lot F9 and Lot J. Students can obtain a daily rideshare pass from the Student Rideshare Booth if they carry more than one passenger in their car.

As a student, commuting is one of the bigger factors when planning your schedule for the upcoming semester because it determines how you can navigate your day.

As a commuter, it’s more difficult to attend classes that are further apart from each other,” said Derrick Khousavath, an international business and marketing student. “Let’s say you have an 8 a.m. class but your next class isn’t until 7 p.m. My advice to any commuter is to try to find classes that are closer to each other. That way, you can have classes back-to-back, so you don’t have to worry about wasting your time trying to fill in that gap period.”

There are various transportation programs available for students without access to a personal vehicle.

One of the new alternatives recently released is the Class Pass pilot program, a free bus pass offered by Foothill Transit that allows CPP students to ride for free on all their buses. Students coming from cities west of campus can ideally use the class pass to take the Silver Streak Route, passing through cities like Los Angeles, El Monte, and Hacienda Heights, to name a few. The Class Pass can be picked up at the Games Room in the Bronco Student Center.

“We know that a lot of people are new to public transit and are not aware of the different options that they have,” said Executive Director of Campus Planning and Transportation Danny Wu. “It doesn’t have to be driving to campus and having to fight for parking. That is not the only thing available out there. We want to aggressively encourage people to take other modes of transportation.”

Faculty, staff and students can also ride the Metrolink Connect shuttle to campus. The shuttle stop is located at the new Student Services Building in the circular drop-off area. This service is free and available Monday through Friday, Transfers to the bus or shuttle are free with a valid Metrolink ticket on lines from the Pomona North Metrolink Station, Pomona Downtown Station and Claremont Station.

CPP also provides programs and assistance for on-campus cyclists. Students can enroll in a bike program through the Rideshare Office, allowing them to safely store their bicycles in a bike cage located in Parking Structure 5. There are also numerous bicycle racks located throughout campus. The Rideshare Office also offers repair kits and a tire pump for students if they run into any issues with their personal bikes.

For more information on the available commuting and transportation services on campus, the Rideshare/Parking and Transportation Services office is open Monday-Friday from 8 a.m. to 4:30 p.m., located inside the Police Services in Building 109. Additional information can also be found on the CPP Transportation website.
With the return of in-person classes at full capacity also comes the return of one of the most stressful aspects of school: finding a parking space. To prevent “rage quits,” parking lot arguments and racing to empty spots with reverse lights on, here are some tips to help pull the brakes on parking stress at CPP.

1. PARK FOR YOUR MAJOR
Knowing where your classes are located is key to planning when parking on campus. Take a look at your schedule and determine where each class is and the best route to get there. Planning is essential to making sure you aren’t missing out on a good spot near your classes.

It’s stressful enough looking for parking, but it’s a whole other thing to race across the entire campus and pretend you aren’t sweating and breathing heavily when you finally get to class. It makes all the difference cruising in a little early to roll into an open spot because another class just ended.

2. PARK FOR THE TIME
The beginning of each semester is most difficult, as waitlisted students arrive on campus trying to secure a place in their class.

The busiest times to find parking include 8 a.m. to 10 a.m. and at 1 p.m. As the year continues, finding parking becomes routine and students park more efficiently once they know when and where there is likely to be an opening. One rule of thumb is to understand how long it takes to get to campus and allow an hour to look for parking if traffic is expected.

The more competitive parking spots include all lots closest to the center of campus, like Parking Structure 1 or Lot J. These lots usually fill up quickly. Farther parking lots are less competitive, like Parking Structure 2, F Lot, V Lot or N Lot. These spots are great to resort to when you need to park quickly and don’t mind a lengthier walk to class. Overall, there are 9,371 parking spaces available to CPP students.

3. PARK FOR THE SHUTTLE
If you park relatively far from class and don’t feel like walking, CPP offers the Bronco Express shuttle to transport students all around the campus community. The shuttle runs from 7:30 a.m. to 11 p.m. Monday through Thursday and from 7:30 a.m. to 6 p.m. Friday.

Shuttle stops are set on a loop around campus. These include the Student Services Building, the University Village, University Drive near Building 94, Parking Structure 1, Lot E2 near Building 89 and many more.

You can use the CPP app to know when each shuttle arrives, however, the timing on the app may not always be accurate. It’s best to assume the shuttle’s arrival to be about five minutes sooner than displayed on the app.

4. KNOW YOUR PAYMENT OPTIONS
There’s nothing worse than overspending on a parking pass or racking up tickets for parking in the wrong places. Luckily, to help prevent these situations, CPP provides plenty of parking payment options.

One option is to buy a parking permit for the semester. Full permits cost $231 a semester. The daily rate is $8 and the hourly rate is $2 for all lots. Students can now use the PayByPhone app to pay for parking without stopping at a ticket kiosk available at the parking lots. The app uses your license plate number to register your vehicle with parking services.

In addition, parking services now offer the Flexible Fall permit, which allows students to purchase permits for half of the week at half of the price. The permit can be purchased for Monday, Wednesday and Friday or Tuesday, Thursday and Friday.

Commuters can also check out the rideshare program, which incentivizes carpooling among students. Compared to driving alone, this option saves money and carbon emissions while allowing students to connect with one another.

Passing classes and juggling academic responsibilities are hard enough. Finding parking on campus shouldn’t have to stress you out more. With the help of this article and utilizing different parking resources to your advantage, you’ll no longer have to pull your hair out trying to find a parking space.
Students majoring in animal sciences can participate in the Clinical Anatomy and Physiology Lab. Students work with campus animals and follow a systems approach to familiarize themselves with clinically significant anatomical features.

The participatory practice introduces students to required skills and career-building knowledge of animal health services.

**AHS2202L**
**CLINICAL ANATOMY & PHYSIOLOGY**

In this class, students go through the development process of creating a line of apparel products. The laboratory is the first part of the Apparel Merchandising and Management Senior Capstone course, where students perform market research and contact vendors for supplies to create their apparel line.

Students go into fabric testing, 3D virtual fittings and present their final line to the Bronco Bookstore at the end of the semester. If all goes well, the Bronco Bookstore selects which products will go into production the next semester in the AMM 4920L Apparel Production Simulation Laboratory.

**AMM4140L**
**APPAREL PRODUCT DEVELOPMENT SIMULATION LABORATORY**

Students use hands-on cooking, tasting and evaluating approaches to learn professional cooking techniques. This class focuses on understanding how ingredients and cooking techniques affect product outcome.

Students dress in full chef uniforms and work in the industrial-sized kitchen at the Collins College of Hospitality. According to Wright, the professor would line up all the dishes, critique their appearance and taste them one by one.

“It was a fast-paced environment to train us what it would actually be like working in a kitchen,” said Brooke Wright, a hospitality management student.

**HRT2810L**
**PROFESSIONAL COOKING LABORATORY**

The Lyle Center is 16 acres of a living laboratory, perfect for students interested in learning about sustainability and regenerative theories. This course explores the practice of art-making in local neighborhoods and how it can facilitate deeper connection to these locations. Students learn about a wide range of artists, look at examples of site-specific and site-based work, land art, performance, mapping, signage art and relational aesthetics.

The course focuses on exploration, observation and response-based projects such as drawing, writing and photography. Students of all majors are encouraged to take this class since an interdisciplinary range of backgrounds and thinking can further benefit each class.

**RS4990-3**
**PLACEMAKING THROUGH ART**

This three-hour laboratory introduces the bee’s care, management and their value to agriculture. Students learn about the practical application of principles for effective establishment and maintenance of apiaries, recognition and control of bee diseases and the importance of native, commercial and introduced plants as nectar and pollen sources.

Students and the instructor suit up in beekeeper uniforms and manage bees during the course. Class activities include making lip balm from beeswax, interactive class lectures and guided management practices.

**PLT3360L**
**BEE SCIENCE LABORATORY**
# CAL POLY POMONA HISTORY

**by OLIVIA GEISER**

**1926**
- W.K. Kellogg’s Rose Garden is designed and built.

**1938**
- Cal Poly Pomona is established as Cal Poly San Luis Obispo’s southern campus, known as Cal Poly Kellogg-Voorhis.

**1940**
- CPP’s student-run newspaper, The Poly Post, is established.

**1947**
- CPP students vote Billy Bronco as the university’s mascot.

**1949**
- Cal Poly Universities’ first rose float is entered in the annual Pasadena Rose Parade.

**1949**
- W.K. Kellogg donates property and horses to what is now CPP.

**1957**
- CPP holds its first on-campus graduation located in the Rose Garden.

**1961**
- Both Cal Poly campuses join the California State University system.

**1961**
- CPP transitions from an all-male campus to allow women to enroll for the first time.

**1972**
- CPP attains university status and adopts its current-day name: California State Polytechnic University, Pomona.

**1982**
- W.K. Kellogg’s Arabian Horse Library is established.

**1993**
- The famous CLA building, designed by Antoine Predock, is opened.

**2004**
- The landmark CPP hill letters are completed. A second “P” is added to the original 1959 “CP” letters.

**2014**
- The Bronco Peak, the tallest climbing wall in the CSU system, is built.

**2015**
- President Soraya M. Coley is appointed as the sixth president of CPP, becoming the first woman to serve in the role.

**2019**
- The new student services building opens, becoming the first campus facility to earn Leadership in Energy and Environmental Design (LEED) Platinum certification.

**2020**
- Classes and exams at CPP transition to virtual learning due to the COVID-19 pandemic and California’s shelter-in-place state mandate.

**2021**
- CPP partners with Kaiser Permanente to launch a mass vaccination hub on campus, administering over 300,000 COVID-19 vaccinations within three months.

**2022**
- Classes and exams return to in-person instruction for the 2022 spring semester. The CLA demolition process begins.
An Outstanding Legacy: A Glimpse into 2022 Cal Poly

ROSE FLOAT

by ISABEL RODRIGUEZ

Cal Poly Pomona and Cal Poly San Luis Obispo have continued their tradition of a student-built Rose Float for Pasadena’s 2022 Tournament of Roses Association’s 133rd Rose Parade.

Since 1949, Cal Poly students from Pomona and San Luis Obispo campuses have come together to build, finance and design a float to enter the Rose Parade. In the parade’s history, the Cal Poly floats have been the only entries built and constructed entirely by students year-round from two campuses.

In line with the 2022 Rose Parade theme “Dream. Believe. Achieve,” the Cal Poly float, titled “Stargazers,” deconstructed the nursery rhyme “Hey Diddle Diddle” with a polytechnic twist. The float rendering painted the story of the cat, the little dog, the dish and the spoon as well as a cow on a jetpack, flying over the moon.

“I think it’s incredible some people get paid to do this professionally, and we’re still college-level students doing this with the same amount of skill as people who have been doing this for years,” said Katherine Garica, decorations chair on the CPP Rose Float Team.

The Cal Poly Rose Floats have been a pioneer for new technology in the parade and continues to build a legacy of award-winning floats. Since the first entry, the floats have won more than 60 awards and is credited for being the first to incorporate hydraulics for animation, computer-controlled animation, fiber optics, animated decorations and color-changing floral effects in its unique floats.

The 2022 float took around two years of work since the parade was delayed last year due to the COVID-19 pandemic. With that extra time, the team continued to work on, plan and review designs to make the storytelling aspect more powerful, according to Mike Sturman, design assistant chair.

“It’s an opportunity to get to entertain millions of people around the nation and even some people worldwide,” said Sturman.

This float was the first float to be built in the new $5.5 million Rose Float Lab and Design Complex which opened in early 2021. The new lab space provides about 14,000 square feet of indoor and outdoor workspace, as well as a fully enclosed float construction bay of 7,200 square feet.

According to Gauri Mhamunkar, CPP’s construction assistant chair, the Rose Parade tradition is deeply connected to both the state and the Cal Poly float’s materials. In 2020, the float was 94% California-grown and over 32,000 stems were donated by flower farmers.

For the past 72 years, students have fully embraced the polytechnic learn by doing model and continue to handcraft rose floats, carrying on the tradition established by ornamental horticulture student Don Miller, who pitched the idea for the Cal Poly Universities’ debut in the Rose Parade of 1949.

“I feel very proud that I can help carry on this tradition and this legacy,” said Garcia.
Having access to a comfortable and safe public restroom should not be a luxury. Transgender, gender nonconforming and gender questioning (TGQQ) people often face the burden of being confronted or questioned about which gender’s restroom they should use. Gender inclusive, unisex restrooms provide facilities that can be inclusive to all individuals, regardless of their gender identity or presentation. The presence of single-occupancy and unisex restrooms may additionally be of importance to those with disabilities, those with caretakers, and families.

1. Building 4A: Bio-Trek
   Located near the front door, *limited hours ~ 8 a.m. - 5 p.m.
2. Building 7: College of Environmental Design
   First floor, facility #1028 & 102C
3. Building 15: University Library
   (24-Hour Computer Lab) 24-Hour Computer Lab - facility #1800A & 1800B
4. Buildings 20, 21, 22, 23 (Residence Halls: Aliso, Alamitos, Montecito, Encinitas)
   1st Floor, either side of entrance in each Hall
5. Building 24: Music Building
   Facility #203
6. Building 26 Old Stables/University Plaza
7. Building 29: W.K. Kellogg Arabian Horse Center
   1st Floor, facility #1030
8. Building 30: Agricultural Unit
   Hours may be limited
9. Building 32: Beef Unit
   Hours may be limited
10. Building 37: Swine Unit
    Hours may be limited
11. Building 38: Sheep/Wool Unit
    Hours may be limited
12. Building 42: Bronco Intramural Recreation Complex (BRIC)
    1st Floor, Universal Changing Room: toilet, sink and shower included
13. Building 45: Agricultural Engineering
    Facility #R130 & R140 (sign from hallway reads #R110). Hours may be limited
14. Building 46: Student Health Services Center
    Main entrance, 1st Floor Lobby, down hallway
15. Building 52: Denny’s The Den & Multipurpose Room
    Denny’s Hours: Monday-Thursday 9 a.m.-12 p.m.; Friday 9 a.m. - 10 p.m.; Saturday 10 a.m. - 10 p.m.; Sunday 10 a.m. - 12 p.m.
16. Buildings 54, 60, 61, 62 & 63 (Residential Suites: Vista Bonita, Vista del Sol, Vista de las Estrellas, Vista de las Montanas, Vista de Luna)
17. Building 70: Los Olivos Commons
    2nd Floor, *must be a resident to gain building access
18. Building 91: Student Affairs Information & Technology Services. Facility #216
    Facility #106 & 107
20. Building 95: Cultural Centers: AASC, APISC, CECHE, WRC & The Pride Center
    1st Floor Lobby, Monday-Friday 8 a.m. - 5 p.m.
22. Building 164: Einstein’s/Pony Express
    1st Floor, Monday-Thursday 7 a.m. - 10 p.m.; Friday 7 a.m. - 5 p.m.
23. Building 193: Chilled Water Center Plant
    1st Floor, Monday-Friday 8 a.m. - 4:30 p.m.
24. Building 200: University Village
    (Village Community Center)
A How-to Guide From Fellow College Students

MASTERRING THE DORM

by SANJANA RAJAGOPAL & PATRICIA ANNE BABIA

Moving into a dorm or an apartment for college is a common initiation process for many students embarking on their new chapter of life. Creating the perfect space in your new home away from home isn’t an easy feat, but with some tips and tricks from fellow Cal Poly Pomona students, you can make the most of your space and have the coziest abode.

HOW DO I START?

“If you don’t have a specific theme in mind and are looking for inspiration, the internet is a great place to start,” said business student Anjali Kasula.

From Kasula’s experience living in both the CPP dorms and University Village, she favors Pinterest and TikTok as her sources of inspiration.

You can create a vision board on Pinterest by “pinning” all your favorite decor photos you see when scrolling. If you are having trouble finding photos that stick out to you, search up keywords and phrases such as “dorm room ideas” or “dorm décor aesthetic” to get you started.

To begin your dorm decorating journey on TikTok, search up hashtags like #dormroomdecor or #collegedorm and check out accounts like @dormify. You’ll be on your way to DormTok with constant room inspiration on your For You Page in no time.

WHERE DO I LOOK?

Buying furniture on a budget can be tricky, but there are many alternatives with various options to choose from rather than just visiting Target or IKEA.

Amazon and Goodwill are popular places for students to find cheap décor, said computer science student Erin Baquiran. Thrift stores can often be overlooked, but sometimes you can find that hidden gem to complete your dorm, she added.

“I like to buy dorm decorations that are both aesthetically pleasing and would last me a long time,” said Baquiran. “That way, I save money and don’t need to buy more decorations for when I move again.”

Many stores also offer student discounts for dorm accessories before the school year begins, so make sure to look out for those deals.

Online sources such as OfferUp and Facebook Marketplace can also be great places to find secondhand furniture on a budget. Just be cautious when providing any personal information.

WHAT DO I PICK?

Small details can make all the difference in making your new space feel more like home.

Choose decorations with colors and designs that have meaning to you. For example, if your favorite color is yellow, set up matching colored decorations for a sunny, energetic theme.

As you make more and more memories over the academic year, you can also use mementos to really nail that personalized touch. Polaroids, birthday letters, drawings and other gifts can greatly improve your mood and make your room more like home.
Work-Life Balance

by CECELIA LEVYA

It can be overwhelming to find ways to stay organized in school while factoring in crazy work schedules and a social life. After all, there are only 24 hours in a day. If time management is your Achilles’ heel, here are five tips to help you balance your numerous responsibilities.

THE ALMIGHTY PLANNER

Let’s start with the crowd favorite. So, you just bought the most aesthetically pleasing planner at Target. For biology student Mariel Mares, the key to balancing responsibilities is simple. “Most planners come with a week and month breakdown,” said Mares. “I write down all assignment due dates in the monthly calendar, and in the week portion, I plan out what days I am actually working on the assignment.”

The planner’s power will only work if it’s being checked and used daily. The key is staying ahead of the game.

TAKE SCHEDULED BREAKS

An Oregon State study came up with a few tricks to keep yourself focused during those late-night work sessions. The study recommends a mental break after around 45 minutes of uninterrupted concentration.

Changing your study location, taking a quick walk, grabbing a snack or just splashing cold water on your face may be enough to reset your focus. Though difficult, try not to psych yourself out with how much work you have left but rather how much work you have already completed.

MAKE A CALENDAR AND SHARE WITH OTHERS

Making plans with people can be tricky enough as it is. Using calendar apps like Google Calendar can help save you from the stress of coordinating a hangout during midterms. Another nifty app, TimeTree, allows you to create different calendars for work, school, extracurriculars, events or just time for yourself and stores them all under one calendar. You can color-coordinate your different calendars, schedule in time for each of your responsibilities and you can then share this calendar with others to view your availability.

ASK FOR HELP

There are numerous tips and techniques you can practice to stay organized, but that doesn’t mean you have to handle such a heavy load on your own.

Asking for an extension on a heavily weighted paper, meeting with your professor when the course material gets confusing, even creating a study group between your classmates can make every bit of difference. Communication is always key in situations regarding academics, jobs and even mental health.

SET ASIDE WORKDAYS FOR JUST WORK

If your job isn’t the most flexible, make sure to map out a routine at the beginning of the semester. Most CPP courses are offered on alternating days of the week. If you find that most of your classes happen on Mondays and Wednesdays, dedicate those two days to your academics and the other days for work. Plant science student Eduardo Contreras said he prefers to work on things as soon as they’re assigned. “I try to knock out at least one homework assignment for a class per day, so it doesn’t pile up all at once toward the end of the week,” said Contreras.

Above all else, taking care of yourself should be a priority. At the end of each day, do one thing for yourself. Exercise, meet with a friend for drinks, meditate, stream your favorite show, scroll through social media or whatever it is that brings you joy as your reward for a day well done. Though not every day will be easy, the harder days will manageable because you are prepared.

Above all else, taking care of yourself should be a priority. At the end of each day, do one thing for yourself. Exercise, meet with a friend for drinks, meditate, stream your favorite show, scroll through social media or do whatever it is that brings you joy as your reward for a day well done. Though not every day will be easy, the harder days will manageable because you are prepared.
As college students, a healthy lifestyle can be interrupted when trying to balance classes, social life and work, but Cal Poly Pomona’s Bronco Recreation Intramural Center paves the way to avoid what college students dread the most — the “Freshman 15.”

Ittirattanapaiboon, a hospitality student, recalled his freshman year living on-campus at CPP. He was unmotivated and inactive due to the new environment changes but was determined to break that habit, one step at a time.

“I was a couch potato for the first month and a half that I was here,” said Kittirattanapaiboon. “My ‘Freshman 15’ was like ‘Freshman 30.’”

Built in 2014 under the ASI’s Campus Recreation Department, the BRIC helps students strengthen their mental fortitude and physical mobility by offering various types of fitness equipment and fun, exercise-related activities.

“The goal of Campus Recreation is to encourage healthy lifestyles, build the community on-campus for students to get involved in and positively contribute to students’ college experience,” said Kaycee Tanioka, interim associate director of Campus Recreation Programs.

The BRIC, awarded LEED Gold by the U.S. Green Building Council for sustainability, is a three-story, 165,000 square-foot building that students utilize with no additional charge, as fees are incorporated in tuition cost.

At 51 feet, the Bronco Peak stands as the tallest rock-climbing wall in the CSU system. Whether you are an experienced climber or feeling adventurous just for the day, the Bronco Peak has a 12-foot bouldering wall with 19 top ropes to challenge and entertain all members.

The BRIC also offers multi-activity courts to play various indoor sports as well as multipurpose fitness classes, where you will often see fitness instructors leading fun, unique workouts to groups of students, ranging from Zumba to kickboxing.

“All of the team does their job well, but I think our yoga instructors are a testament to the work they do because of the people that keep coming back to their classes,” said Iván Serrano, fitness coordinator.

If you would rather work out alone, put your earbuds in, blast your all-time favorite jams and utilize the cardio and weight training equipment spread throughout the third floor, where you will find various equipment to build your endurance and muscle strength.

Anyone who prefers crisp air, radiant sunlight and lukewarm temperature can utilize the outdoor pool, attend aquatics events and enjoy the balmy sun on hammocks and lounge chairs provided by the facility.
Greek life is a staple of colleges and universities. Many college students grew up watching movies like Legally Blonde, Stepsisters, Scream Queens, among others, that reference sororities and fraternities. Greek life has a lot to offer, and becoming a part of a Greek organization means having a community of support throughout your college experience.

CAMPUS ORGANIZATIONS

Interfraternity Council | Multicultural Greek Council | National Panhellenic Conference | National Panhellenic Council
--- | --- | --- | ---
Nu Alpha Kappa | Alpha Phi Gamma | Alpha Xi Delta | Alpha Kappa
Phi Kappa Tau | Alpha Pi Sigma | Chi Omega | Delta Sigma Theta
Pi Kappa Phi | Chi Rho Omicron | Kappa Delta | Sigma Gamma Rho
Psi Upsilon | Gamma Zeta Alpha | Sigma Delta Alpha | Sigma Tau Alpha
Sigma Chi | Lambda Chi Alpha | Zeta Tau Alpha | Triangle

THE GREEK COMMUNITY

Cal Poly Pomona’s Greek organizations provide a range of benefits for students. Not only does it provide a sense of community, but it helps young men and women gain leadership skills and learn to express themselves in various environments. Greek life can also influence students’ careers thanks to the networking and connection that sororities and fraternities have access to.

“Greek life has helped me connect with people in my major and with alumni who have graduated from CPP,” said Sigma Phi Epsilon member Gerardo Acosta, a business administration student. “It’s been extremely helpful because those same people are now working in the industry I’m interested in and can give me advice to better prepare myself.”

Although Greek life is often associated with partying, they are involved in philanthropic opportunities. Members organize and host charity events to help non-profit organizations that are in need of financial support.

“My favorite part of Greek life has to be our philanthropy week in the spring for Make a Wish Foundation,” said Kelsey Palacios, communication student and member of Chi Omega sorority. “It’s such a fun and rewarding experience to raise money for this foundation.”

Greek life is divided into sub-councils. For example, Interfraternity Council is reserved for eight male fraternities, while National Panhellenic Council consists of five women-centered sororities. The Multicultural Greek Council and National Pan-Hellenic Council allow both fraternities and sororities to combine cultural foundations.

Each one of the Greek organizations represents a distinct set of values and is uniquely set apart from the others because of its philanthropic missions. Members from both sororities and fraternities work on multiple fundraisers throughout the academic year to raise money for charitable non-profit organizations and campaigns, such as St. Jude, breast cancer awareness and many more.

Essentially, Greek life provides opportunities to help students develop their character and build friendships and connections that can last a lifetime.

“I can talk to anyone about anything, and we are always there for each other. Greek life has helped me become more confident—being surrounded by many beautiful, smart and brave women,” said member of Alpha Xi Delta sorority Arnie Galland, a liberal studies student. “I have also made great connections that will help me with my future career.”

In order to join a sorority or fraternity chapter, students must go through a process known as recruitment. Each subgroup hosts these events to match students with the best sorority or fraternity according to their compatibility.

Once students find their perfect match, they can look forward to becoming active members and enjoy the long-lasting bond of sisterhood and brotherhood that Greek life has to offer.

For more questions about recruitment or membership intake for a specific organization please contact the Office of Student Life & Cultural Centers at (909) 869-2841 or email the Coordinator of Fraternity & Sorority Life at rososalaul@cpp.edu.
The Pride Center provides an inclusive and safe space for students to learn ways of empowerment and advocacy for the LGBTQ+ community. Through services such as student panels, workshops and trainings, students can participate in educational components on gender and sexual identities, sexual orientation and gender expression. Students are also able to participate in open discussions called Queer Chats, where related issues among certain identities are discussed. Events and retreats are also offered throughout the year, discussing self-image, relationships and gender-oriented topics in the LGBTQ+ community.

Facebook: CPP Pride Center
Instagram: @cpp.pridecenter

The Native American Student Center’s main focus is supporting academic success and promoting cultural traditions in Native American students. The center participates in organizations such as the Native American Student Association and Intertribal Powwow Council, where students can connect with other like-minded individuals to build community and leadership. From professional development to mental health events, such as the Indigenous Circles of Wellness, students can find self-care resources and be provided a space to discuss traditional values throughout their academic career at CPP.

Facebook: Cal Poly Pomona NASC

The Women’s Resource Center strives for gender equity and womxn empowerment by providing five emphasized services: community, support, resources, identity development and education. Students are able to participate in community engagement through programs such as Women’s Leadership Institute and #GrrrlSquad, where women-identifying individuals can foster a meaningful community with like-minded individuals. Events offered throughout the academic year provide a space for students to discuss topics ranging from reproductive rights, to relationships and sexual health.

Facebook: CPPWRC
Instagram: @cppwrc

Through various Black organizations, such as The Black Student Union, the African American Student Center promotes academic success, career excellence and personal development of the Black community. The center also hosts events to promote personal and professional well-being, while discussing issues impacting the Black community. The center also participates in the Diversity Ambassador Program, where students can chat with other Asian-identified folk about topics relating to the Asian and Pacific Islander community. Aside from these programs, the center also hosts annual social events such as the Lunar New Year celebration and The Showcase, where students learn more about cultural traditions and foster meaningful relationships with other individuals from the API community on campus.

Facebook: African American Student Center @cpp
Instagram: @aasc_cpp

The Asian & Pacific Islander Student Center fosters cultural learning and community engagement by offering services such as first-generation mentorship through APISC Mentor Program or Communi-Tea Chats, where students can chat with other Asian-identified folk about topics relating to the Asian and Pacific Islander community. Aside from these programs, the center also hosts annual social events such as The Lunar New Year celebration and The Showcase, where students learn more about cultural traditions and foster meaningful relationships with other individuals from the API community on campus.

Facebook: CPP APISC
Instagram: @cppapisc

The César E. Chávez Center for Higher Education provides Chicana and Latina students with events such as Café con CECCHE, where students are provided an open space to discuss various topics and issues surrounding the community. The center hosts events like the annual Día De Los Muertos event for students to participate in community celebrations that feature guest speakers, workshops and exhibitions. The center also hosts the annual RAZA Graduation Celebration where family and friends are invited to celebrate Chicanx and Latinaugraduates’ academic accomplishments throughout the year.

Facebook: Cesar Chavez Center
Instagram: @CesarEChavezCtr
WELCOME, BRONCOS!
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

Located south of Temple Avenue is Cal Poly Pomona’s very own Farm Store at Kellogg Ranch. From the time the seeds are planted to the moment produce hits the shelves, Broncos handle it every step of the way.

“This whole area was basically for community outreach and education,” said manager Dawn Taccone. “We’ve turned it into an especially big store where you can come and get all sorts of different food items.”

Along with providing fresh, locally grown fruits and vegetables, the Farm Store also supplies customers with freshly squeezed orange juice, honey and a variety of other popular items. The store provides a local and accessible farm-to-table grocery shopping experience for customers.

CPP’s agriculture department works with students and staff at the AGRIscapes Discovery Farm to give the community an opportunity to pick fresh produce and other locally crafted items.

The Farm Store is supplied with the produce and other agricultural items grown at Spadra Farm, located less than a mile from the CPP campus.

“It’s Cal Poly’s farm,” said Spadra Farm coordinator Bryan Van Norden. “Any student, any major, can go into the Farm Store. If they see our produce, they can make that connection and see that this was grown not even a half a mile down the street.”

Since 2001, the store has been a go-to spot for souvenirs, plants and student-harvested vegetables, including new organic options of kale, romaine lettuce and more. The on-campus vineyard also supplies the store with wine and beer of different makings, and visitors can take advantage of the store’s plant nursery to purchase plants as well as potted vegetables and fruits.

For those who can’t get enough of all the fresh products, the Farm Store can also be found at the farmers market in Irvine, California, every Saturday from 9 a.m. to 1 p.m. Multiple forms of payments such as cash, EBT and Bronco Bucks are accepted at the store to accommodate students.

The Cal Poly Pomona Farm Store at Kellogg Ranch is located at 4102 S. University Dr. It’s open daily from 10 a.m. to 6 p.m.

For more information, please access our website or call us at (909) 826-5735.
RESIDENCE HALLS
The Residence Halls are home to many first-year students. The halls located on the north side of campus are Alamitos, Aliso, Encinitas and Montecito. These classic red-brick dormitories are closest to the University Library and Bronco Student Center. The halls located on the south side are known as Secoya and Sicomoro. These eight-story dormitories are near the BRIC, Centerpointe, Vista Market and Dining Commons.

“I love living on campus,” said Cynthia Cervantes, a psychology student. “I’m pretty introverted so having a roommate was a little intimidating at first, but we’re basically best friends now.”

Each room is supplied with basic furniture, such as closets, desks, dressers and beds. There are communal restrooms in each wing and one residential advisor on each floor to monitor and support residents. All residence halls include laundry rooms, study rooms, lounge areas and kitchenettes. Students residing on campus can also pick meal plans applicable at all dining halls and campus eateries.

RESIDENCE SUITES
The five residence suites are located on the south side of campus near Secoya and Sicomoro. These fully furnished suites mimic apartment-style living and were made with maximum privacy and comfort in mind. All suites have individual bedrooms, personal balconies and access to a living room and kitchenette area. Each building is also equipped with communal laundry rooms and elevators that lead to upper levels for studying.

“The sense of freedom you get from living on your own is truly unforgettable,” said Jamie Rodriguez, a biology student. “I remember settling in and feeling like I could finally just focus on me and my studies.”

Just like the Residence Halls, students can choose a meal plan that best fits their needs.

UNIVERSITY VILLAGE
The University Village offers the same resources as the Residential Suites with the additions of a public swimming pool, community center, barbeque grills, basketball courts, a 24-hour computer lab and a guaranteed parking space. It’s also a great option for transfer students.

JOHN T. LYLES CENTER
John T. Lyles Center for Regenerative Studies is a great housing option for upper-division and graduate students seeking a more peaceful environment. It’s a beautiful area surrounded by gardens and rivers. The two dormitories, Riverfront and Sunspace, are located near the Farm Store and are within easy walking distance or a quick shuttle ride to campus. The two dormitories house up to 20 students and include a laundry room, recreation room, mailroom, study rooms and kitchenettes. Both residential areas are co-ed and non-smoking.
If you love video games and want to learn how to create your own, this is the club for you. The Game Development Club helps students gain new skills to develop games, art design, music and more.

There are game pitches each semester in which each group has to create their own game for the club, with workshops every week to allow students to brainstorm and get creative. The club also hosts game jams where students can create their own themes and compete with other group members.

If you need more positive energy, affirmations and spreading love in your life, look no further than the LoveButton Club. This organization focuses on promoting mental health and well-being for students and aims to create safe spaces for when life gets tough. It is a club that values and focuses on self-love, mindfulness and supporting one another.

"We have game weeks for students to come have fun and step away from work for 30 minutes to an hour and socialize with club members," said Club President and psychology student Jessica Rios.

If you are looking for school spirit or a fun way to get involved, join a club. Clubs are a fun way to meet new people, gain some fun college experience, be part of a close community and do what you love.

With such a wide variety of clubs to choose from here at CPP, be sure to check out club fairs on campus as well as myBAR on the CPP website. Using different resources can give you a great deal of information and can help you choose which club is right for you.

For now, here are a couple of interesting clubs to help you start thinking about which student-based communities you want to join.

If you want to have your voice heard, speak your mind or even take an interest in politics, this club is the one to join. The Young Democratic Socialist of America Club focuses on raising political awareness about the campus and communities. Students are given opportunities to get involved with the local community and with campus policies.

“There is diversity of opinion and perspective,” said said Club President, Chairman and history student Carlos Callejo.

If you are looking for a community that helps students like you succeed and flourish, check out the EOP Student Union. This club provides support, networking opportunities and a wide variety of career-building interests.

"It is fun knowing I have friends with similar first-generation experience," said Club President and political science student Jessica Yanez.
REduce Gas Emissions

The next step is reducing gas emissions by utilizing alternative modes of transportation. There are many ways you can travel to and around campus without using your car — from buses to bikes to scooters.

“Taking the (Bronco) shuttle or using other types of transportation is a great way to reduce emissions for the campus,” said Sustainability Coordinator Monika Kamboures. Not only will you help the environment, but you’ll also save on gas! But if you can’t use other alternative methods, drive more efficiently. Cut down your trips and route it properly so you aren’t wasting gas, said Kamboures.

You aren’t limited to these two practices. There are still other ways to consume less, like turning off lights, saving water, eating less meat and shopping smart. Be mindful and consume in moderation.

“It can feel a little bit overwhelming at times,” said Kamboures. “But everything we all do each and every day impacts the world around us. There is always something that can be done to make things better.”

Reduction Plastic Usage

You can easily start consuming less by reducing your plastic usage. Get rid of those plastic bags, plastic water bottles and plastic utensils because it’s time to replace them with some reusable ones.

“It doesn’t mean that you can’t get a Starbucks in a paper cup every now and then, but to just have it in your mind,” said Questad. “Like how can I be better? How can I do this better?”

Bring those reusable items when you head to campus so you’re prepared and sustainable. You’ll no longer have to run to the Marketplace and grab plastic utensils since you already brought reusable ones. And if you run out of water, just head to one of the 32 hydration stations on campus to refill your bottle.

The CSU system also plans to eliminate the use and sale of single-use plastic on all 23 campuses by 2023, so start now to be ahead of the game.

With 58% of Cal Poly Pomona’s student population being first-generation college students, financial aid is an important aspect of college life to understand. It funds students’ undergraduate careers, making it essential to stay updated on finances to help support the CPP experience.

Many incoming students, as well as the general student population, struggle with this aspect of CPP, but there are ways to alleviate this stress.

“One of our missions is to serve, talk to students more and be available for more hours. Just be available to help students through that maze of forms and applications, and they change just a little bit every year, so there’s always questions,” said Michelle Simpson, scholarship specialist of the Office of Financial Aid and Scholarships. “Feel free to reach out. We will get back to you sooner, if not later, and know the team is waiting for you.”

To avoid any unsavory surprises later in the semester, students should keep the following tips in mind regarding the Office of Financial Aid and Scholarships.

Don’t Lose Interest

One of the pitfalls students are prone to fall into is the lack of awareness surrounding deadlines and changes in financial aid. With classes, extracurriculurs and work, students tend to lose interest in announcements, emails or tasks assigned to them through BroncoDirect.

This lack of interest leads to mistakes, such as missing the FAFSA filing date, having a hold placed on their account or not being able to register. These mishaps can be resolved by reading over the financial aid website, related emails or notifications.

“We send out emails on every single thing, every process, every step that they (students) need to do,” said Beatriz Quiror, counselor at the Office of Financial Aid and Scholarships. “When I was a student, I was one of those students who failed to read information, but information is always provided. From there, they’ll gather a lot of information they need to know to be successful in college.”

Cash in virtually

One of the most valuable things you can do to keep up to date with your financial aid is to take advantage of the virtual resources the Office of Financial Aid and Scholarships offers students. The office currently uses CPP Connect, which helps students schedule appointments, as well as drop-in hours where staff members are available to chat immediately with students.

Communication methods, such as the chatbot, live chat or drop-in hours, are faster means to get in touch with the office than phone calls or emails. Students should aim to contact the office early morning or late afternoon to expect less wait time.

Bank on workshops

The office also hosts a variety of workshops throughout the academic year to share and explain information to students. These include collaborations with PolyTransfer, the Educational Opportunity Program and the College of Engineering.

One of the workshops the office hosts is detailing the FAFSA, where students can learn different terms and understand the application in depth. It’s an open space for students and parents to get help.

Detailing scholarships is another important workshop for students. The financial aid staff goes over where to find scholarships, the application process and how to write personal statements. According to Simpson, scholarships are an opportunity easily overlooked by students.

You are not “a-loan”

As daunting as the financial aid process sounds for incoming students, especially first-generation students, they should not feel alone during this time. The Office of Financial Aid and Scholarships is available to support students in anything they need, even in aspects of college life unrelated to financial aid.

As Simpson explained, even if the question is not related to financial aid, the staff will help connect students with the right resource.

“We are friendly, we try to be friendly, and we try to be welcoming. We try to encourage students to visit us before they make a decision, before they decide to drop a class or fill out the FAFSA,” said Saul Ramirez, associate director for the Office of Financial Aid and Scholarships. “We advocate heavily for students, and we’re here to help.”
1. MEET WITH YOUR ACADEMIC ADVISOR

Every student at CPP, declared or undeclared, is assigned an advisor from their academic program to guide them throughout their college career. Undeclared students are required to have a 30-minute meeting with their advisor every semester to discuss potential majors and their current academic track.

“When I met with my advisor, she really broke it down for me,” said undeclared student Cynthia Perez. “For me, I want to be a pediatrician and it has to do a lot with science, so a science major was what I was looking for. And here at Cal Poly, they offer kinesiology, so that is going to be my major going forward.”

2. DO YOUR RESEARCH AND UTILIZE YOUR RESOURCES

Speak to advisors, professors and students of the academic department you are interested in studying. Learning about your future major from valuable sources in your field can provide valuable insight into your decision process.

CPP also provides resources like major informational sessions by the undeclared department, career counseling by the Career Center and clubs for different majors and job fields.

“I was in a pre-vet club and saw other people from different majors and realized I could be a vet without being in animal science,” said Gabrielle Concepcion, previously an undeclared student but now an agricultural science student.

3. DETERMINE YOUR MAJOR REQUIREMENTS AND MEET THEM

Each major has a different set of requirements that you can find through the change of major tool on the university’s Student Success Central website.

Some majors are impacted, meaning many students want to declare this major but only a limited number of spots are available. Mark your calendars with mandatory major meeting dates, maintain good grades in your math and science courses and have the required GPA for your major for a higher chance at securing your spot.

If you didn’t meet those requirements, meet with your advisor to talk about backup options like finding another major related to your career path.

“You can always make the degree work for you,” said undeclared advisor Ebony Miles. “These degrees are so vast and varying. You can still graduate with a degree and go off into different fields.”

4. DECLARE YOUR MAJOR

Make your major official by submitting your “Change of Major or Option Form” e-form through the registration form section of CPP’s Registrar Office website.

Undeclared students should aim to submit their change of major form by the end of their first year but can also submit as soon as they’ve met the requirements.

“I was at work when I received the email (about two weeks after submitting my form),” said Concepcion. “I was so excited because it was finally official.”

“Make the degree work for you!”

Visit your advisor!

Cal Poly Pomona has 46 majors for undergraduate students. Selecting one can be overwhelming enough, and declaring it can be complicated. Here are four steps you can follow to declare your major:

- Meet with your academic advisor
- Do your research and utilize your resources
- Determine your major requirements and meet them
- Declare your major

Here’s how!

“Make the degree work for you!”
MORE THAN BOOKS

As students walk past the BRC and the Bronco Student Center, the first building to catch their eyes is the six-story building library, home to Cal Poly Pomona’s extensive archives and special collections.

The traditional brick building, blended with a modern addition at the east side, sprawls 306,853 square feet in the heart of campus. With Starbucks and a few dining options nearby, the University Library is a second home to many Broncos.

First opened in 1938 in San Dimas, California, the library consisted of one room and very few choices for seating. After experiencing rapid growth in students and collections, the library’s permanent home in Pomona, California was finalized in 1959.

“We want you to be comfortable here,” said Pat Hawthorne, dean of the University Library. “We want you to feel like you can be here for long periods of time and that the building is safe, and your needs are being met. If you’re on campus and you have time between classes, I would hope the library would be a place where you might come just to get a breather, check your email, work on an assignment, meet your friends, socialize and so on.”

In 2020, Pat Hawthorne assumed the position of the dean of the University Library. Under her leadership and with 32 years of being an academic librarian, she has made the library into what it is now.

The University Library boasts desktop computers readily available for students to take advantage of for work and school. These are not equipped with a webcam, but headphones and laptops are available to loan for a full semester or a four-hour period.

Walking through the rows of books and academic readings, students can also find subject librarians ready to help students with research or papers. They work as brains assigned to each disciplinary area, and they are available for one-on-one help with students. They are not only limited to school-related conversations, but they can help with internship and career advice.

“All of our students come to Cal Poly with different levels of experience with libraries, and a part of that kind of research consultation can do it helps to minimize what’s called library anxiety,” said Hawthorne. “The library can help make research more seamless, less anxiety-producing and less stressful. Frankly, you know, part of our goal is that we exist to help support students, to help answer questions, to connect the dots and to get you to the right resources.”

The University Library is also home to special collections from Cal Poly’s Rose Float to the Don B. Huntley Gallery. These collections are some that students can use to incorporate primary sources into articles as well as glimpses into a piece of history relating to the university.

In 2003, the Rose Float Collection was added to the University Library archives. This collection includes Rose Float items dating back to 1928 as well as other photographs, posters, pins, calendars, plaques and much more for students to access.

Located on the first floor, the W.K. Kellogg Arabian Horse Library became part of the library in 2012. As one of the biggest parts of the University Library, it holds books, memorabilia and photographs relating to the famous Arabian horses as well as background on W.K Kellogg.

Another important facet of the University Library is the Don B. Huntley Gallery, incorporated in 2013. This gallery serves to showcase artwork and pieces from CPP faculty, staff and students. It is located on the fourth floor and apart from artwork, it also works with the College of Environmental Design’s projects, lectures and events.

One of the most important thing to knowing is that students can do is stay updated with library events and announcements. Jeanne Brooks, director of Library Operations and Development, asks students to get involved on social media and their website to take advantage of all the help the library is capable of offering.

“I first used the library to sneak in a little nap between classes before COVID-19,” said Tan Tran, electrical engineering student. “As I began easing into my major courses, I grew to appreciate the study rooms available to reserve. Of all my experiences on campus, I would say that the time spent in the study rooms was where I gained the most knowledge.”

The library is not just a building to pop in and out of for classes; it is a place to grow and learn as a person pursuing higher education.

*Hours:*

**Sunday**

12:00 p.m. - 8:00 p.m.

**Monday - Thursday**

7:30 a.m. - 11:00 p.m.

**Friday**

7:30 a.m. - 4:30 p.m.

**Saturday**

10:00 a.m. - 6:00 p.m.

Library schedule and hours are subject to change due to public health directives or staffing.

**Instagram page:**

@cpplibrary

---

45 RESOURCES

---

46 RESOURCES
You're logging into your BroncoDirect the day of your enrollment date. You can only attend classes on weekday mornings. Your night shift at work limits your availability. The classes you need only have one available section, which doesn’t fit your schedule. Sound familiar?

You can gain some control over the class enrollment madness if you have a solid schedule. Here are five tips to help you enroll in your classes while avoiding the waitlist.

**MAP OUT YOUR AVAILABILITY**

The most important part of building your schedule for the semester is finding what best fits your life, while leaving as much room as possible for availability. When enrolling in classes, you’ll notice some are only held during particular time frames, and if it’s the only section being taught or the last one left, you’ll be forced to take it.

“If you are in school, there should be some priority,” said Maria Anzaldo, the retention and graduation specialist for the CLASS Student Success Center. “Be able to be flexible when making your schedule so you can get certain classes done with.”

**USE YOUR TOOLS**

Cal Poly Pomona provides various tools to make enrolling in your classes as easy as possible. With online resources like curriculum sheets, Degree Progress Reports and the University Catalog at your disposal, it’s easy to stay on top and know what classes you need to take. You can also use CPP Connect Planner to build your course schedule ahead of your enrollment date, so the process for current and future semesters will be a breeze.

**UNDERSTAND YOUR ENROLLMENT DATE**

Knowing the date and time of your enrollment is imperative when building your schedule. Stay up to date with the potential classes you must take, figure out beforehand what layout works best for you and be ready to click “Finish Enrolling” when your appointment hits.

“The registration dates work in accordance with the number of units completed,” said Pamela Adams, the advising center coordinator of the College of Business Administration. “Students aren’t aware of the registration times and that creates problems.”

You’ll be competing with your peers of similar units, who will most likely be trying to get in the same classes as you, so be ready and at your computer when your time strikes.

**MEET WITH AN ADVISOR**

Advisors are here to guide you through their expertise and knowledge of the course curriculum. They will set you in the direction you are supposed to go, formatting what course load will work best for you and in the confines of a four-year plan or whatever is best for your personal academic plan. It helps to have someone break down your Degree Progress Report with you.

“Meet with an advisor in your advising center to review your plans,” said Ebony Miles, an undecided advisor for the Bronco Advising Center. “We recommend you have a tentative schedule to show your advisor so they can sign off on it or make suggestions.”

You can find your advisor on your BroncoDirect page. Send an email and they will set up an appointment to help you figure out prerequisites, electives and more.

**HAVE BACKUPS**

Every class has a limited number of seats. With hundreds of students fighting for spots, classes may fill up and kick you onto the waitlist. Being on the waitlist will not guarantee your enrollment in the class—spots will need to free up to get off the waitlist. Double-check with the respective professor if you have a need permission number to get off the waitlist and enroll in the class.

It’s only likely you’ll make it off the waitlist if you’re in the first few spots. When you see that yellow triangle, start thinking of some classes that you can swaps in its place. GEs, unrestricted electives and even classes for a minor can all be substitutes that can help build your degree progress.

Taking steps to make your enrollment process run smoothly can save you from a lot of stress and pressure. Whether you graduate in three years or six, mastering the enrollment process will help you set the stepping stones to your future.
The Career Center helps provide students with job skills, networking and more. It also has student ambassadors who help schedule appointments and guide students to Career Center specialists. The Career Center specializes in helping students explore and prepare for their future careers.

What Does the Career Center Provide?

- Work-study opportunities
- Financial support
- Career readiness
- Campus tours
- Resume and cover letter reviews (1 p.m. to 3 p.m.)
- Career guidance and exploration
- Change of major advice
- Career fairs and job-searching events
- Assessments to find strengths
- One-on-one appointments with staff
- And much more!

The Career Center is also home to the Clothes Closet event and a computer lab.

In past years, the Clothes Closet boutique provided students with some free professional clothing and accessories. Students with Bronco ID were able to select up to six free items per semester for events like interviews, conferences or networking events.

Now, eligible students can apply through the Bronco Care Basic Needs application to receive a $50 gift card from Amazon as well as a styling consultation with Clothes Closet staff or Apparel Merchandising and Management student interns.

The computer lab, also known as The Cave, is located right next door to the Career Center. Students can go to The Cave and have access to the computers for anything they may need. All you need is your Bronco ID card or to know your Bronco ID and password.

Prints and copies are also available at the Cave by depositing money onto your Bronco ID with Bronco Bucks. The Cave is open on weekdays from 9 a.m. to 5 p.m.
The PolyTransfer Program is always willing to help and get a mentor. A great way to tackle CPP is by getting a mentor. A mentor can help you with your education, major, classes and campus — the PolyTransfer Program can help answer those questions.

**GET A MENTOR**

A great way to tackle CPP is by getting a mentor. A mentor is an upperclassman at CPP who can answer questions about campus and classes.

Bronco Navigators is a program that matches students with mentors. To be assigned a mentor, you will take a quiz and pair up with a mentor who has similar interests, background, academics and professional aspirations. You can easily send them texts and rely on your mentor’s guidance for a full year.

Psychology student Kayla Estrada communicated often with her mentor. “The mentors were able to help us and just give us their insight like this is a good place to eat or this is a good place to study,” said Estrada. “They also did give us a tour before we started, so I feel that helped a lot because I was able to navigate where the buildings were and where my classes were taking place.”

**CAPITALIZE ON YOUR RESOURCES**

All transfer students have access to many resources, including the Office of Student Success, Equity and Innovation, the PolyTransfer Program, the Bronco Advising Center, the Learning Resource Center, the Career Center, the Educational Opportunity Program and the Bronco Navigators program.

For transfer chemistry student Raul Silvas, the PolyTransfer Program helped during his transitioning process at CPP. “They are on top of everything in the deadlines,” said Silvas. “You have so many things that you have to take into account, and they just help you facilitate and submit everything on time.”

The PolyTransfer Program is always willing to help and make sure that you have everything you need to feel comfortable at CPP, according to Silvas. If you have any concerns about anything — your education, major, classes and campus — the PolyTransfer Program can help answer those questions.

**STEP OUT OF YOUR COMFORT ZONE**

While college can be difficult and stressful, it can also be fun and exciting. Making new friends and taking classes outside of your major can be enjoyable and full of self-discovery.

“This is your time to really try and explore everything,” said Dora Lee, director of academic support and learning services. “That’s the great thing about education. It allows us to be creative and try to try new things, and if it doesn’t work out, we can try something else. This is your time to explore their areas of strength and areas that you can grow in so you can better know yourself once you go into the field.”

Of the 26,974 undergraduate students attending Cal Poly Pomona in Fall 2021, 3,274 were incoming transfer students.

Attending CPP as a first-year transfer student can be exciting and scary at the same time, as you adjust to new courses while trying to find your way around a new environment. Here are resources and tips from CPP faculty and current transfer students to help you succeed in your upcoming semester.

**MEET WITH YOUR ADVISOR FREQUENTLY**

Every student at CPP has an advisor. You can locate your advisor on the right side of your Student Center portal. College of Science Academic Advisor Diana Ascencio recommends regularly scheduling appointments with your advisor to help you identify what classes you need, stay on track and prepare for graduation.

“We make sure that students have a really good understanding of what classes did transfer over and with classes they still need to complete,” Ascencio said. “Because it’s a new system to you all, we explain the whole process, and I feel like a lot of transfer students come in wanting that one-on-one interaction.”

Simply email your advisor through your CPP email to schedule an appointment. Depending on who you want to speak to, you may find them on CPP Connect. Advisors can create a plan and conduct frequent check-ins to make sure you are staying on track.

**POLYTRANSFER**

The Poly Transfer Program provides programs and services to support transfer students through one-on-one coaching, academic support and intentional programming focused on helping them transition into, through and out of Cal Poly Pomona.

E-mail: polytransfer@cpp.edu
Phone: (909) 869-4457

**EDUCATIONAL OPPORTUNITY PROGRAM**

The Educational Opportunity Program offers low income, first generation students the resources and guidance to succeed at CPP. EOP provides many programs for learning and advising.

E-mail (admissions): eopadmin@cpp.edu
Phone (admissions): (909) 869-3362

E-mail (advising): eopadvising@cpp.edu
Phone (advising): (909) 869-3360

**BRONCO NAVIGATOR**

The Bronco Navigator program pairs students with peer mentors based on common interests, background, academics and professional aspirations. Peer mentors can help answer questions, concerns and career advice.

Website: www.cpp.edu/navigators/index.shtml

**BRONCO ADVISING CENTER**

The Bronco Advising Center offers general academic advising, class registration, academic records, financial aid and student accounting. Transfer students can schedule an appointment and ask questions about any concern they have.

E-mail: bac@cpp.edu
Phone: (909) 869-4600

**CAREER CENTER**

The Career Center provides students with resources and assistance to help with any of your career concerns. They offer students with job opportunities and internships.

E-mail: career@cpp.edu
Phone: (909) 869-2342

**LEARNING RESOURCE CENTER**

The Learning Resource Center provides programs and services that advance students’ critical thinking problem solving and analytical skills.

E-mail: lrc@cpp.edu
Phone: (909) 869-3302

**RESOURCES**
THE POMONA FOX THEATRE
The Fox Theater just celebrated 90 years and continues to host concerts, movies, party events and much more. People can arrive dressed up as the movie’s theme ranging from horror to action to ‘90s classic. For example, guests came dressed in pink in honor of the anniversary of the movie “Mean Girls.”

“I WANT PEOPLE TO LOOK AT OTHER EVENTS AND WANT TO COME BACK,” said Galo Galvan, a manager at the Fox Theater.

“EVERY TIER HAS A DIFFERENT CHARACTER,” said Metro Ale House event coordinator Daniela Franco.

SMOKE AND FIRE S.E
The Smoke and Fire Social Eatery is a family-oriented restaurant known for giving back to its community. Guests can choose to sit at the cozy lounge area, the outside patio or regular indoor seating. Once seated, browse the menu and don’t miss their popular Mac Rib brisket burger or special charcoal ice cream dessert.

“I LOVE DOWNTOWN POMONA; IT IS SO FULL OF LATINO CULTURE AND COMMUNITY,” said CPP alumna Giselle Guerrero.

Just a 10-minute drive from campus, Downtown Pomona is full of fun and exciting activities, from art walks and antique stores to coffee shops and bars. Here are a few places in Pomona that you should visit for a night out.

THE POMONA FOX THEATRE
301 S. Garey Ave.
Pomona, CA 91766

METRO ALEHOUSE & GRILL
197 E. Second St.
Pomona, CA 91766

THE GREEN ROOM
150 W. Third St.
Pomona, CA 91766

SMOKE & FIRE SOCIAL EATERY
401 E. Foothill Blvd.
Pomona, CA 91767

THE PARADOX ARCADE AND BAR
396 S. Thomas St.
Pomona, CA 91766

by JESSICA CUEVAS
Twinkly lights, music and great food are what bring downtown Pomona to life at night. Second Street is filled with the smell of fresh food and the sounds of diverse music.

“I WANT PEOPLE TO LOOK AT OTHER EVENTS AND WANT TO COME BACK,”
said Galo Galvan, a manager at the Fox Theater.
With university life comes stress; with stress comes the need to de-stress. Sometimes, to take your mind off anxious thoughts and impending deadlines, you just have to instead take a walk and fill your mind with beautiful sights.

Not everyone can take a spontaneous hike between study sessions, but luckily for you, Cal Poly Pomona has numerous locations that can do the trick without any lengthy travel times. Here are the best spots on campus that specialize in visual treats.

THE MESOZOIC GARDEN
Hidden just south of Parking Lot J sits a portal to the Mesozoic era. Edward Bobich, the BioK Trek curator and a professor of biology at CPP, helped lay down the garden in 2013 to give students a better idea of what type of plants and flowers were present during this era.

“The garden is a great outdoor space for teaching, a great place to have lunch and walk around for a little bit,” said Bobich. “When you walk around it, you can see plants like magnolias whose existence date back to 120 million years ago.”

Although smaller in size than most of the other gardens on campus, the Mesozoic Garden’s historic environment and aesthetic are unique enough to warrant a visit.

DON B. HUN泰LEY GALLERY
Located conveniently on the fourth floor of the University Library, the Don B. Huntley Gallery exhibits a revolving number of collections and acts as a space for the College of Environmental Design faculty and student projects along with related lectures and events.

Also curated by Kellogg University Art Gallery Curator Michele Cairella Fillmore, the gallery features the Huntley Collection show and rotates a number of other collections by professional and mid-career artists. The gallery is free and open to the public. It’s the perfect place for a mental break when studying at the library.

W. KEITH & JANET KELLOGG UNIVERSITY ART GALLERY
CPP’s Kellogg Gallery has come a long way since its inception. Built in the late 1980s, expanded in the late 1990s and now a 4,000 square-foot space located in Building 35A, this gallery showcases contemporary art exhibitions with diverse themes and provocative concepts.

“All year, we have rotating shows, and we deal with artists from all types of backgrounds,” said Kellogg University Art Gallery Curator Michele Cairella Fillmore. “I try to bring and curate shows that I think will be of interest to the student body, shows that will also help to educate students about what art really is.”

CPP LETTERS
Hidden behind the Student Health Services building is a small hidden trail that leads to the famous CPP Letters. Initially established as the “CP” letters in 1959, the landmark received its second “P” in 2004. For over 60 years, it has been a university tradition for student clubs letters.

The hiking trail is only a 15-minute walk, but it is very steep. You can sit on the letters and take in the breathtaking views of the campus, Diamond Bar and Pomona. If you’re lucky, you may see wild deer or coyotes passing through at the base of the hill. You can continue to hike to the top of the hill, where you will find a wooden seesaw bench, unofficially known as the “Lover’s Bench,” to sit on and enjoy the view.

JOHN T. LYLE CENTER
If you drive south of University Drive, past Temple, you will arrive at the John T. Lyle Center for Regenerative Studies. Professor of landscape architecture John T. Lyle’s challenge to his graduate design class in 1976 became the vision for the Lyle Center. Today, the center focuses on building a community based on pro-environmental change toward a sustainable future.

Explore the beauty of the center, relax, and you might just find yourself saying, “Now this is a nice view.”

For more interesting CPP views and sights, students can also find virtual tours of over 87 campus locations at: https://www.cpp.edu/virtual-tour/index.shtml
It’s halfway through the semester and midterms are upon you. You’ve woken up late, skipped breakfast and fought traffic. Now you’re on campus in the midst of the day’s classes. When the day begins to wear on you and the semester seems like it will go on forever, it’s important to have a place to yourself on campus where you can recharge.

Breaks are a critical part of a student’s daily routine, especially when the coursework begins piling up. Regardless of when you begin to feel the semester burnout, as a Cal Poly Pomona student, you have many options you can choose from when you need a quick nap to feel refreshed. The following are the top five places on campus where you can catch a few Z’s.

**UNIVERSITY LIBRARY**
Perhaps the location with the widest variety of napping options is the library. There are multiple floors with different hidden spots. On the second and third floors of the library, there are couches you can stretch out on and really get some good rest. If you want to plan a nap ahead of time, bring a jacket to use as a pillow as well. There are also comfy cube-shaped chairs on these floors that you can push together to create a makeshift bed. The higher the floor, the more tranquil the environment.

“The study cubicles are always empty,” said political science student Jackie Zamora. “Because they’re on the quiet floors, no one talks.”

**BRONCO STUDENT CENTER**
Spend your time in the Bronco Student Center if you want to relax in a place that provides both food and a good napping spot. The BSC has multiple restaurants, vending machines and couches.

Both floors of the BSC have multiple couches that are not only comfortable but also have a very convenient feature: multiple charging outlets.

**BUILDING 66**
While students might only know Building 66 for housing the Bronco Bookstore, the second floor can provide a tranquil spot to unwind and rest. Although the couches are limited, this is a relatively unknown spot, so you have a good chance of finding a place to sleep.

“The study cubicles are always empty,” said political science student Jackie Zamora. “Because they’re on the quiet floors, no one talks.”

**BRONCO RECREATION AND INTRAMURAL COMPLEX**
The Bronco Recreation and Intramural Complex provides students the options to exercise and relax. The BRIC is located away from most academic buildings, so being physically away from where you are taking your classes can provide a psychological and physical break. Multiple comfy chairs are conveniently located near outlets. The noise can be a potential problem, so bring headphones.

**STARBUCKS**
Between the comfortable couches and the availability of caffeinated products, the Starbucks on campus provides students with multiple ways to recharge. If you’re looking to relax here, avoid the busiest times, like breakfast and lunchtime, because the small space can become quite crowded. However, if you find yourself at the campus Starbucks during the right time, it can be a cozy spot to spend an hour or two.

If you’re looking to get some sun and fresh air, the University Quad and the base of the CLA Building are also great places to catch a few winks. Many of these spots are improvised and not always where you’d imagine.

“I have absolutely slept in my car,” said CPP alumna Katrina Standon (’21, theater tech and design).

Throughout the campus, there are cozy spots that can provide the necessary tranquility. As you become more familiar with the campus, you may even discover your own favorite relaxation spot.
The W.K. Kellogg Arabian Horse Center houses over 60 purebred Arabian horses and anywhere from 10 to 15 foals each year. About 15 horses per year have been sold within the last five years at auctions that go on to compete and win competitions all over the world.

Students do not need to be horse experts or involved in an animal science major to enjoy what CPP’s horses have to offer. There are even monthly horse shows that run through the months of October and May.

“The staff are some amazing people and are some of the best to ask questions to. We also have other students that are here doing other tasks. Students can chat with them and see why they got involved and what they like about the horse center,” Executive Director John Lambert said.

While there are a multitude of ways to get involved, such as clubs, horse shows and classes, you can also simply pop in to destress by watching the foals play or by visiting the horses in their pens, who will sometimes come up to the gate and stare right back at you.

“The horses all have something unique about them. All of them are special to me and I’ve learned over the years the horses all have a different place here,” Lambert said. “Some are great teachers with the students, some are kind of goofy, others are extremely talented and athletic.”

Students can stop by for free self-guided tours seven days a week from 8 a.m. to 4 p.m. More information can be found on the W.K. Kellogg Arabian Horse Center website.

**KELLOGG ARABIAN HORSE CENTER**

When you visit the Bronco Recreation and Intramural Center, the first thing you might often notice is the Bronze Peak. The Bronze Peak is a 51-foot indoor rock-climbing wall, the largest wall of its kind in the CSU system according to ASI Recreation.

Ian Navarro is the adventure education coordinator at the BRIC. He helps run the many recreation programs that the BRIC offers, which includes the Bronze Peak. Numbers Navarro provided show an estimated 11,500 people accessed the climbing wall in 2019, demonstrating just how popular the wall is on campus.

While such a large wall may seem daunting to some students, the BRIC offers many resources to help new climbers gain experience and get their feet wet in the sport of climbing. A two-hour orientation and belay course is required for students who want to climb on their own during free climb hours.

Prospective climbers can also drop by to participate in the Try a Climb program. Try a Climb allows students to try one to two low-level climbs for free before committing to a full orientation class.

The Bronze Peak is open for climbing Tuesday through Friday 11 a.m. to 7 p.m. and Saturdays 11 a.m. to 3 p.m.

**BIOTREK RAINFOREST AND ETHNOBOTANY GARDEN**

The Rain Bird BioTrek facility encompasses multiple attractions, including a rainforest greenhouse that houses exotic animals like two Dwarf Caimans, a Boa Constrictor, a Solomon Islands skink and Crested Geckos. There is also an ethnobotany garden that contains many native California plants. Aromatic sagebrushes sit alongside agave plants and milkweeds that support local monarch butterflies. Wild strawberry plants, acorn-bearing oak trees and a diversity of flowers provide homes for hummingbirds, lizards and a multitude of insects. Besides the resident reptiles, red-tailed hawks and squirrels can also be spotted.

Edward Bobich, the curator of BioTrek and a professor of biology at CPP, has developed a strong attachment to his work and is passionate about the learning opportunities that BioTrek provides for students.

According to Bobich, all the animals at BioTrek have personalities and make working at and visiting the facility a wonderful experience.

Students can also walk through the Ethnobotany Garden in the facility for an educational experience on California’s plant and animal species, or simply to relax by the stream and watch the garden come to life around them.

In 10 minutes, students can experience all the major ecosystems of California and learn about how Native Americans used these ecosystems to thrive.

**BIOTREK RAINFOREST AND ETHNOBOTANY GARDEN**

Cal Poly Pomona is a 1,438-acre playground where students can always find something fun to do in between classes. Whether you want to get your adrenaline pumping or relax, there is something for everyone at CPP.
Running a small business can be a long yet exciting journey. Many entrepreneurs lose motivation, come upon obstacles or simply can’t make it. Still, through hard work and passion, many more thrive and make something out of nothing. These Cal Poly Pomona students and alumni have brought together their enthusiasm, skills and knowledge to start and run their businesses. Littlejohn Treats, In Bloom Intl. and Annikka Crochets have turned their hopes and dreams into reality by managing their small businesses, while simultaneously balancing school and life.

**LITTLEJOHN TREATS (@LITTLEJOHNTREATS)**

What started as a simple family bonding activity turned into Littlejohn Treats, a small business that sells various desserts, including chocolate-dipped strawberries, cake pops and cupcakes. Psychology student Jayla Littlejohn kicked off her small business in high school after noticing there weren’t many affordable Valentine’s Day treats.

At first, Littlejohn only focused on holiday sales; but as her time at CPP progressed, she began receiving more custom requests, leading to her expansion of Littlejohn Treats as a year-round service.

“I think the growth was pretty difficult at first,” said Littlejohn. “I didn’t think as many people were really interested and want to shop with me. So, when I started getting a lot of inquiries about birthday parties and engagement parties and all types of different things I haven’t done before, it was really great to experience something new.”

Balancing school, life and a small business left Littlejohn at times of creativity blocks or challenges with custom orders. Still, she never thought of giving up and instead took breaks to recollect herself and push further.

“Once a day, I was like, ‘Man, I’m going to start a clothing company,’” said Ngin. “I’m tired of these clothing companies overcharging for things I know don’t cost that much. So, I had to teach myself how to get printing and reach out to designers. Then after one successful night of selling my brand, I let it get to my head and didn’t release anything after that.”

Ngin, a business student with an emphasis in marketing management, graduated in December of 2020, while In Bloom Intl. was still in planning. During this time, Ngin worked on more designs, returned to school, learned business techniques and got his trademark and LLC registered by the government.

Ngin wanted to include everything he loved in his brand: clothing, music, skating and his city, Pomona, while simultaneously putting Cambodians on the map.

He learned the ins and outs of business through researching, networking and reaching out. Ngin explained his journey was difficult despite his business knowledge acquired in college, but it was worth it in the end.

“Now, with this knowledge, I can also help teach the next person that wants to start their own business because I want to pay it forward,” said Ngin.

In September of 2021, almost five years after the brand was created, In Bloom Intl. released a new item: the “Staples of Pomona” T-shirt. The apparel includes photographs of significant spots for Ngin, such as the Glasshouse, where Ngin spent a lot of his younger years, as well as Samo’s and Donahoo’s, which are restaurants he grew up going to.

Ngin hopes to create an In Bloom Intl. record label to be able to sign local artists.

**ANNIKA CROCHETS (@ANNIKKACROCHETS)**

When aerospace engineering student Annika Priya Rodriguez was 10 years old, her mother taught her how to crochet. Rodriguez lost touch with this hobby as she grew up, but later picked up yarn and needle and established her small business, Annikka Crochets.

Annikka Crochets came about in January 2021, mid-pandemic, after Rodriguez made a crochet plushie of Appa, a character from the hit cartoon television series “Avatar: The Last Airbender.” Rodriguez began making beanies for friends and family, but soon many friends and peers were asking her for custom products. She then expanded to other items, including crossbody bags, pencil cases and earrings, hand-crocheting and sewing each one.

Rodriguez is satisfied and happy with the current outcome of Annikka Crochets and the progress it has been making. Additionally, she hopes to inspire others to start their own small business.

“Just go do it,” said Rodriguez. “Starting a business is a good way of exploring your creative passions and figuring out what it is that you actually like doing. I’m an engineering major, but I also run Annikka Crochets, and there are some things that overlap actually with what I am studying and how I am running the business.”
Self-expression can be showcased in various mediums. Some students might express themselves through makeup, art, or in this case, through fashion. Cal Poly Pomona students share their passion for fashion by putting together unique outfits and wearing them to campus. Through this series of photographs, Broncos visually express their personal style to the CPP community.
After a year in where sports were put on a halt. The Cal Poly Pomona campus opened their athletic facilities back in July with the track team and the soccer team being the first teams to be able to return back on campus before starting their season in August.

**BASEBALL**

For the first time since 2020, the CPP Baseball team was back in action at Scolinos Field under 12th-year head coach Randy Betten. CPP moved to 35-5-2 overall and 20-11 after its eighth CCAA Tournament, and reached No. 5 in the NCAA.

Infielder Ryan Knowles and catcher Jacob Lopez were named to the 2022 Academic All-District Baseball Team. Pitcher Will Rudy was named the CCAA Baseball Most Valuable Pitcher. Knowles, Rudy, catcher Johnny Pappas and outfielder Kyle Hurst were selected for the All-CCAA First Team. Lopez and outfielder Cesar Lopez received Second Team honors, and pitchers Noel Soto and Eric Romo received honorable mentions.

**VOLLEYBALL**

The CPP Volleyball team had a strong season coming back from the pandemic, finishing with a 23-5 record. The team played in the NCAA Division II Volleyball Championship Tournament for the second time in three seasons.

Opposite side hitter Daisy Duke along with setter Kira Zimmerman were selected to the American Volleyball Coaches Association Division II All-America Team. Duke’s .318 career hitting percentage is the second-highest clip in VOLLEYBALL Tournament for the second time in three seasons.

Outside hitter Jazminn Wheeler became the first Bronco to be named CCAA Newcomer of the Year with a kill tally of 249.

**WOMEN’S BASKETBALL**

The women’s basketball team, led by Danelle Bishop in her 12th year, finished the 2021-22 season with an 8-15 record, placing ninth in the CCAA at 7-12.

The Broncos earned numerous awards for their skill including two CCAA Player of the Week honors. Outside hitter Jazminn Parrish be named CCAA Newcomer of the Year with a .263 hitting percentage. Outside hitt er Jazmyn Wheeler became the first Bronco to be named CCAA Newcomer of the Year with a .263 hitting percentage. Outside hitter Jasmine Wheeler became the first Bronco to be named CCAA Newcomer of the Year with a kill tally of 249.

**MEN’S SOCCER**

The men’s soccer team rallied around their nine returning players to make up for the loss of the 2020 season due to the COVID-19 pandemic. The team finished the year with a 7-10-3 record, earning the No. 7 seed in the 2021 NCAA Division II Super Region 4 Tournament.

Midfielder Eduardo Faria as well as forward Paul Henschke were named to the 2021 United Soccer Coaches NCAA Division II Men’s Soccer All-America Team. Faria and Henschke along with midfielder Kraj Bonanek and forward Jerry Ramirez were selected to the 2021 United Soccer Coaches Division II All-West Region Team. Faria, Henschke and defender Cesar Ruvalcaba were selected to the 2021 Division II Conference Commissioners Association Men’s Soccer All-West Region Team.

Seven players earned All-CCAA First Team honors including Faria, Henschke, Bonanek, Ramirez, Ruvalcaba, goalkeeper Jordan Aldama and midfielder Christian Miramontes.

**WOMEN’S SOCCER**

Six Broncos earned All-CCAA Team Honors, including forward Taylor Scott, goalkeeper Sydney Williams, forward Emma Barrow, midfielder Phoebe Amaro, midfielder Alyssa Carthan and defender Amanda Faber. Scott holds the program record for best single season GAA with a 0.53.
Gold Line Construction is Nearly 50% Complete

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.

Learn More: foothillgoldline.org

CROSS COUNTRY

On top of overcoming a pandemic, the men’s and women’s cross country teams put out their best efforts in their 2021 season. The men’s cross country team secured 30th place at the 2021 NCAA Division II Cross Country Championships after placing third at the 2021 NCAA Division II West Region Championships. The women’s team placed 12th at the 2021 NCAA Division II West Region Championships.

In the men’s team, construction engineering and management student Diego Duran and kinesiology student Vincent Sarino earned 2021 All-West Region honors with 16th and 17th place finishes in the West Region Championships. Senior runner Samantha Aguilar became the second CPP women’s cross country student-athlete since 2018 to earn All-California Collegiate Athletic Association honors for a Top 15 individual finish at the 2021 CCAA Women’s Cross Country Championships.

Head Coach Chris Bradford said for the season what excited him the most was going on the journey with them and seeing what the teams can accomplish.

TRACK AND FIELD

In 2022, the women’s track and field program became the CCAA champions with 223 points, the first time since 1998. The team earned seven individual titles, as well as 27 All-CCAA awards.

Cal Poly Pomona started the year with a phenomenal indoor season by the women. Sprinter Ayana Fields, brought home the CCAA High Point Award and was named the Track Athlete of the Meet alongside thrower Ana Tovi who was named the Field Athlete of the Meet. Head Coach Chris Bradford was named CCAA Coach of the Year.

The men’s track and field program was ranked 11th among national Division II programs. The men started their season with a second place team finish at the Rossi Relays. The team also put up strong performances against Division I competition in Long Beach, where hurdler Ryan Fields, high jumper Kailen Smith and hurdler Kaelin Moore took home top three finishes in their events. Fields earned multiple consecutive Athlete of the Week awards for his performances.

In the men’s team, construction engineering and management student Diego Duran and kinesiology student Vincent Sarino earned 2021 All-West Region honors with 16th and 17th place finishes in the West Region Championships. Senior runner Samantha Aguilar became the second CPP women’s cross country student-athlete since 2018 to earn All-California Collegiate Athletic Association honors for a Top 15 individual finish at the 2021 CCAA Women’s Cross Country Championships.

Head Coach Chris Bradford said for the season what excited him the most was going on the journey with them and seeing what the teams can accomplish.

TRACK AND FIELD

In 2022, the women’s track and field program became the CCAA champions with 223 points, the first time since 1998. The team earned seven individual titles, as well as 27 All-CCAA awards.

Cal Poly Pomona started the year with a phenomenal indoor season by the women. Sprinter Ayana Fields, brought home the CCAA High Point Award and was named the Track Athlete of the Meet alongside thrower Ana Tovi who was named the Field Athlete of the Meet. Head Coach Chris Bradford was named CCAA Coach of the Year.

The men’s track and field program was ranked 11th among national Division II programs. The men started their season with a second place team finish at the Rossi Relays. The team also put up strong performances against Division I competition in Long Beach, where hurdler Ryan Fields, high jumper Kailen Smith and hurdler Kaelin Moore took home top three finishes in their events. Fields earned multiple consecutive Athlete of the Week awards for his performances.

CROSS COUNTRY

On top of overcoming a pandemic, the men’s and women’s cross country teams put out their best efforts in their 2021 season. The men’s cross country team secured 30th place at the 2021 NCAA Division II Cross Country Championships after placing third at the 2021 NCAA Division II West Region Championships. The women’s team placed 12th at the 2021 NCAA Division II West Region Championships.

In the men’s team, construction engineering and management student Diego Duran and kinesiology student Vincent Sarino earned 2021 All-West Region honors with 16th and 17th place finishes in the West Region Championships. Senior runner Samantha Aguilar became the second CPP women’s cross country student-athlete since 2018 to earn All-California Collegiate Athletic Association honors for a Top 15 individual finish at the 2021 CCAA Women’s Cross Country Championships.

Head Coach Chris Bradford said for the season what excited him the most was going on the journey with them and seeing what the teams can accomplish.

TRACK AND FIELD

In 2022, the women’s track and field program became the CCAA champions with 223 points, the first time since 1998. The team earned seven individual titles, as well as 27 All-CCAA awards.

Cal Poly Pomona started the year with a phenomenal indoor season by the women. Sprinter Ayana Fields, brought home the CCAA High Point Award and was named the Track Athlete of the Meet alongside thrower Ana Tovi who was named the Field Athlete of the Meet. Head Coach Chris Bradford was named CCAA Coach of the Year.

The men’s track and field program was ranked 11th among national Division II programs. The men started their season with a second place team finish at the Rossi Relays. The team also put up strong performances against Division I competition in Long Beach, where hurdler Ryan Fields, high jumper Kailen Smith and hurdler Kaelin Moore took home top three finishes in their events. Fields earned multiple consecutive Athlete of the Week awards for his performances.

CROSS COUNTRY

On top of overcoming a pandemic, the men’s and women’s cross country teams put out their best efforts in their 2021 season. The men’s cross country team secured 30th place at the 2021 NCAA Division II Cross Country Championships after placing third at the 2021 NCAA Division II West Region Championships. The women’s team placed 12th at the 2021 NCAA Division II West Region Championships.

In the men’s team, construction engineering and management student Diego Duran and kinesiology student Vincent Sarino earned 2021 All-West Region honors with 16th and 17th place finishes in the West Region Championships. Senior runner Samantha Aguilar became the second CPP women’s cross country student-athlete since 2018 to earn All-California Collegiate Athletic Association honors for a Top 15 individual finish at the 2021 CCAA Women’s Cross Country Championships.

Head Coach Chris Bradford said for the season what excited him the most was going on the journey with them and seeing what the teams can accomplish.
CLUB SPORTS

Intramural sports are a great access point for students unsure of what extracurriculars to join or those working on a tight schedule. Club sports offer an array of both popular and niche sports, from staples like basketball and volleyball to lesser-known options like kendo, rock climbing and ultimate frisbee.

Sports clubs are also open to all students of any experience level. The clubs represent CPP when competing against other universities in intercollegiate leagues. These clubs are financially supported by the university, and clubs fundraise to keep costs as low as possible for members.

“We’ve got camaraderie with each other,” said Adam Cervantes, a transfer civil engineering student playing for the roller hockey club. “It’s really fun to be a part of it. I’ve met more people playing hockey than I’ve met the whole online fall semester at school.”

Sports clubs look for both experienced and new players to come and compete and often have multiple division teams for different skill levels. The teams proudly wave the CPP banner at various tournaments and meets.

Adrian Chua, a mechanical engineering student from the kendo club, talked about how the club was a place to meet others with a similar passion for martial arts. The club practices weekly and has a lot of newcomers with no experience. Their big event for the year is the Yuhihai intercollegiate tournament hosted by UCLA.

As much as the sports clubs are for competition, they also develop an appreciation for their respective sports and the joy of practicing their discipline. Alumni will often visit club meetings or attend tournaments because of the relationships they developed as CPP students.

The ASI webpage hosts all the information for joining an intramural team or sports club. Whether it’s to get fit and have fun on a weeknight or donning the Bronco jersey to battle it out for school pride, each student who joins and participates in the CPP sports scene plays an integral role in keeping school pride alive and well.
As lunchtime descends upon the day, Broncos line up one-by-one outside their favorite lunch spots, waiting hungrily for their burritos brimming with protein, poke bowls piled with fresh fish, energizing smoothies and colorful milk teas. From dining halls to fast food establishments, Cal Poly Pomona ensures a variety of food options for all students. However, if lunchtime decisions start to feel overwhelming, we recommend checking out this list of some of the tried-and-true orders of fellow Broncos.

**LOLLICUP**

“I don’t really like spending money on food, so this is nice for something under $10,” said P. Noor, a student double majoring in kinesiology and Spanish, while sipping a fruity herbal green tea with popping pearls.

Blink-and-you-miss-it, Lollicup is a small boba shop attached to the right side of Centerpointe. It offers a variety of drinks, including milk teas, teas, slushes, coffee and smoothies that can be customized with various flavors and toppings. Lollicup shares the space with Jones Coffee, a cafe that serves iced and hot coffee drinks.

For students new to the boba scene, Noor recommends ordering drinks on the more basic side.

“Start with something simple, something you’re familiar with. I like passion fruit so that’s what I go with,” said Noor.

Lollicup drinks range from about $5 to $6.50. Additional toppings cost $0.75.

**QDOBA MEXICAN GRILL**

Located on the first floor of the Bronco Student Center, QDOBA serves tacos, burritos, quesadillas and burrito bowls that can be customized with various ingredients. A popular option among students is to get the salad bowls with a side of queso and chips to create their own nachos.

For international business student Andrew Escobar, his regular order includes a customized bowl with plenty of black beans, chicken, steak, fajitas, pico de gallo, corn, avocado and queso on the side.

“I like QDOBA better than Chipotle. It tastes more Mexican,” said Escobar. “They also have melted cheese, so that’s already better.”

For QDOBA newbies, Escobar recommends ordering a regular bowl with favorite proteins, veggies, toppings, and don’t forget the queso.

Qdoba charges per protein, ranging from about $5 to $12. Vegetarian protein options are also available.

**CENTERPOINTE DINING COMMONS**

Centerpointe Dining Commons sits between the new dorms and the new Student Services building. Walking through the buffet-style dining hall, students choose between a variety of stations advertising customizable burgers, sandwiches, pizzas, burrito bowls, desserts and more. Centerpointe also has a daily menu that offers various homestyle meals during lunch and dinner.

“It opens up earlier, it’s generally a better spot,” said mechanical engineering student Devin Hendrajaya. “There’s a lot more diversity. You can get more food, and it only costs one meal swipe every time.”

Hendrajaya usually stops by for breakfast, but his favorite station includes the sushi bar, where he can also find chow mein, steak and other entrees on select days.

Centerpointe has various seating areas that can accommodate large groups or individual students who need a quiet spot away from everyone else. Prices for guests are $8 for breakfast, $10 for lunch and $12 for dinner.

**HIBACHI - SAN**

To the immediate left of QDOBA sits the Japanese-style restaurant Hibachi-San. Here, students can pick their fill of poke bowls, teriyaki bowls and even milk tea.

According to Cobb, everything on the menu is pretty solid, so no matter what you order, “You’re not gonna not like it.”

For international business student Ryan Cobb, on the other hand, prefers the Protein Power smoothie with his order of chicken tenders and fries.

“A workout, the smoothie is very refreshing and helps you build muscle,” said Cobb. “I’ll go here sometimes just when I get sick of dining hall food. I come here for a different taste.”

English student Maritza Guizar revealed her go-to meal is a poke bowl with spinach salmon, spicy tuna, seaweed salad, edamame and spicy mayo.

“I would go every week and try something different every time, and then I just kind of figured out which flavors I liked together the best,” said Guizar.

Bowls range from about $10.50 to $13.50, depending on the size.

**FITBITES**

Located next to the Vista Market near the Residence Suites, Fitbites provides healthier dining options for students. Fitbites serves a variety of sandwiches, salads and bowls influenced by Mediterranean cuisine.

Hibachi-San student Hendrajaya usually stops by for breakfast, but his favorite station includes the sushi bar, where he can also find chow mein, steak and other entrees on select days.

Centerpointe also has a daily menu that offers various homestyle meals during lunch and dinner.

“It has brown rice, seasoned veggies with smashed avocado, arugula, basil, hemp seeds and avocado dressing,” said Reyes. “I think that’s a good option if you don’t want anything really heavy.”

Fitbites also offers a variety of smoothies, like the Green Monster and Strawberry Acai flavors.

Civil engineering student Ryan Cobb, on the other hand, prefers the Protein Power smoothie with his order of chicken tenders and fries.

“A workout, the smoothie is very refreshing and helps you build muscle,” said Cobb. “I’ll go here sometimes just when I get sick of dining hall food. I come here for a different taste.”

According to Cobb, everything on the menu is pretty solid, so no matter what you order, “You’re not gonna not like it.”

Menu items range from about $6 to $9. Sides range from $2 to $7. The combo is about $8, and includes fries and a drink.

Think of this list as just a start to your on-campus dining experience. There are many more food options available, including the Poly Trolley, Saddles Cafe and the Pony Express. With three meals a day and many days spent on campus, you can easily check out every dining option offered on campus. All locations accept meal points, cash and card. Centerpointe accepts meal swipes instead of meal points.

More information about CPP dining can be found at https://foundation.cpp.edu/dining/default.aspx
College students have more than enough on their plate when you consider juggling a social life, health, jobs and finances, while trying to meet deadlines and pass exams. Keeping up with everything can be draining, so having a meal that provides you with energy to keep up with your daily tasks is essential.

With some effort and guidance, you can create and adapt recipes that fit your lifestyle. This is the master meal prep guide to end the cooking stress.

1. OVERNIGHT OATS (3 MINUTES)
A good breakfast should fill you up and give you enough energy to last throughout your morning.

When it comes to commuting, business student Lissette Ballinger shares it’s a struggle to get out the door and it’s almost impossible to cook breakfast and be on time.

“The ultimate quick and delicious breakfast is cold oats,” said Ballinger. “They’re the way to go. Not only are they filling, versatile. Best thing is that there is no cooking involved.”

For getting the perfect bite every time, shake the mason jar so all contents are mixed. Enjoy on your way to class or on your commute.

2. ZOODLES WITH MEAT SAUCE (15 MINUTES)
Fast food won’t satisfy your needs and give you the boost you deserve. Sociology student Arisbeh Campos found it hard to find healthy food options on campus, which led her to modify one of her favorite dishes to make it healthier.

“Spaghetti is an easy food that is easy to make, but it’s not something I can eat every day,” said Campos. “I learned that I can switch the pasta for zucchini and have a plant-based diet meal.”

Ingredients:
• 2 medium zucchinis
• 1 tbsp olive oil
• ¼ lb lean ground turkey or beef
• ½ cup sugar-free pasta sauce
• Salt and pepper to taste
• Parmesan cheese

Directions:
Peel and thinly slice zucchini or use a spiralizer. Put oil in a pan, sauté the purple onion, diced garlic, heavy cream and tomato paste. Stir the sauce until it is well-mixed, then add ⅛ cup of parmesan. Add ⅛ cup of your pasta water to the sauce and stir. Add a pinch of salt, pepper and pepper flakes to the sauce. Lastly, pour the pasta over the sauce mix and enjoy.

This highly addicting pasta recipe makes enough for three servings. You can reheat the pasta in a pan or in the microwave for two minutes.

3. SPICY TOMATO CREAM PASTA (THE GIGI HADID PASTA) (15-20 MINUTES)
American model Gigi Hadid’s pasta recipe was highly publicized on social media platforms because of its simplicity and delightful flavor. This pasta recipe will make you the envy of all your foodie friends.

Ingredients:
• 3 cups of preferred pasta
• ½ cup of oil
• 1½ chopped purple onion
• 3 garlic cloves
• 1 cup of tomato paste
• Salt, pepper and crushed red pepper flakes
• ½ cup of heavy cream
• ⅛ cup of parmesan cheese

Directions:
To start, add water, a splash of oil and a pinch of salt to a pot and let the water boil. Once the water boils, add pasta and cook for 10 minutes. In a separate pan heated with oil, sauté the purple onion, diced garlic, heavy cream and tomato paste. Stir the sauce until it is well-mixed, then add ⅛ cup of parmesan. Add ⅛ cup of your pasta water to the sauce and stir. Add a pinch of salt, pepper and pepper flakes to the sauce. Lastly, pour the pasta over the sauce mix and enjoy.

This pasta recipe will make you the envy of all your foodie friends. For getting the perfect bite every time, shake the mason jar so all contents are mixed. Enjoy on your way to class or on your commute.

4. TURKEY WRAP (3 MINUTES)
On days when you’re not motivated to cook or don’t want to buy much, a wrap is the best option. With minimal preparation and ingredients needed, the simplicity of a wrap can satisfy your hunger and boost your energy.

Ingredients:
• 2 slices of turkey or ham
• 1 lettuce leaf
• 1 tomato
• ¼ avocado
• 1 tbsp mayonnaise
• 1 tortilla
• 1 slice of preferred cheese

Directions:
Thinly spread your preferred condiments on the flour or corn tortilla. Place your turkey meat, chopped tomatoes, lettuce, avocado and cheese over the tortilla. To make the perfect rolled wrap, fold the sides of the tortilla inward, then roll it into a wrap while tucking in the filling as you roll. Once done, cut it in half to easily store and eat.

5. SNACK OPTION (5 MINUTES)
It’s important to reward yourself after you’ve had a long day. As you unwind, you can make this snack, or dessert, to satisfy your sweet-tooth cravings.

Ingredients:
• 1-2 bananas
• 1 tbsp of maple syrup
• ½ tsp of cinnamon powder
• Vanilla ice cream or any type of yogurt

Directions:
Cut your bananas into thin slices and add into a non-stick pan. Add 1 tbsp of maple syrup and cinnamon powder. Cook for five minutes and stir until the bananas are caramelized. Serve on top of vanilla ice cream or yogurt.

“Spaghetti is an easy food that is easy to make, but it’s not something I can eat every day,” said Campos. “I learned that I can switch the pasta for zucchini and have a plant-based diet meal.”

Ingredients:
• 1 cup of oats
• 1 cup of any milk
• 1 teaspoon of chia seeds
• Strawberries, blueberries or bananas
• Almonds (optional)
• Coconut shavings (optional)
• 1 tablespoon of peanut butter (optional)

Directions:
Pour rolled oats and milk in a mason jar, then add chia seeds. If you use peanut butter, it’s best to add it before putting the oats in the refrigerator. Chia seeds are extremely absorbent and the consistency of the oats with the milk will make it hard to mix.

Leve oats in the refrigerator overnight or for 10 minutes while you get ready. When oats are cold to your liking, cut desired berries into chunks and add them to the jar. Top off with coconut shavings and almonds for texture.
Breakfast Guide On a Budget

by ISABELLA CANO

Whether commuting to campus amid heavy traffic and early morning fog or scrambling out of an on-campus dorm to get to class on time, Cal Poly Pomona students are all too familiar with the rush of morning classes.

With a limited amount of breakfast dining options at CPP, many students preparing for a long day of academia must sacrifice their first meal of the day to accommodate their busy semester schedules.

Here are a few of the best spots near campus to eat a filling breakfast in a time crunch.

NATURE’S JUICE
Just one of several locations in Southern California, Nature’s Juice in Walnut is a juice bar that serves an array of juice blends, custom smoothies and acai bowl selections. The perfect place for students searching for a healthier breakfast alternative or struggling with food sensitivities, the shop is easily accessible to CPP students, less than four miles away from campus.

Gender, ethnicity and multicultural studies student Kevin Courtney Black has added a stop at Nature’s Juice to his morning routine.

“I love their acai bowls,” said Black. “They also have fresh juices that are that good. They’re really refreshing in the morning.”

BB’S CAFE
The soul food restaurant BB’s Cafe is located in a historic area of Downtown Covina. There, owner “BB” warmly serves her customers authentic Southern meals, such as fried chicken, fried catfish, various burritos and pulled pork sandwiches with all the fixings.

Computer science student Eugene Mondkar orders his favorite plate of fresh chicken and waffles each time he visits.

“They are off the hook. The waffles are super crispy but fluffy, and they give you chicken wings to create that sweet, salty combo,” Mondkar said. “The service is excellent too because BB is super nice. When a buddy and I went there, she knew we were going to share a side of mac n’ cheese so she gave us extra without charging us, so that’s the kind of place BB’s is.”

CLEARWATER BAGEL
Found near the Mt. San Antonio College campus, Clearwater Bagel is a family-owned bagel shop offering various types of bagels, sandwiches and spreads for students looking to grab a quick to-go breakfast.

The bagel shop provides top-notch service and creative flavors, according to business administration student Jennifer Rivera-Mertel. She considers herself a regular customer, as she frequently visited the shop to order her usual jalapeño and nutty chicken bagels before transferring out of Mt. SAC.

“Every time I returned, they remembered me by name, treated me like family and really showed me so much love every time I ordered,” said Rivera-Mertel. “I am a sucker for that kind of service.”

SUGAR RUSH CAFE
Hidden on an industrial street in the city of Walnut, Sugar Rush Cafe is the closest location on this list, located less than three miles away from CPP. The cafe offers classic American diner-style breakfast and brunch, such as eggs, hashbrowns and French toast, within a reasonable price range for college students.

Norm’s Hangar Cafe
A spot that boasts both incredible views and massive plate portions, Norm’s Hangar Cafe is an intimate diner overlooking the vast airplane runway at the Brackett Field Airport in La Verne. The early-bird diner specializes in American breakfast meals, hot sandwiches and omelets.

S & J GRAN CAFE
S & J Gran Cafe in Diamond Bar features well-prepared American comfort food and many Mexican breakfast dishes. While the cafe is known for its airy pancakes, other popular breakfast plates include chilaquiles with carne asada (fried tortilla chips in sauce with roast beef) and the Azteca bowl breakfast.

BB’s Cafe
502 N Citrus Ave
Covina, CA 91723
(626) 888-4960

S & J Gran Cafe
21050 Golden Springs Dr
Ste C 108
Diamond Bar, CA 91789
(909) 468-1731

Norm’s Hangar Cafe
1615 McKinley Ave
La Verne, CA 91750
(909) 667-6229

Clearwater Bagel
20747 Amar Rd Ste 1
Walnut, CA 91789
(909) 576-4532

Nature’s Juice
505 N Grand Ave, Ste B
Walnut, CA 91789
(909) 869-6622

Miss Donuts and Bagels
2082 Bonita Ave
La Verne, CA 91750
(626) 594-2240

Nature’s Juice in Walnut is a juice bar that serves an array of juice blends, custom smoothies and acai bowl selections. The perfect place for students searching for a healthier breakfast alternative or struggling with food sensitivities, the shop is easily accessible to CPP students, less than four miles away from campus.

Gender, ethnicity and multicultural studies student Kevin Courtney Black has added a stop at Nature’s Juice to his morning routine.

“I love their acai bowls,” said Black. “They also have fresh juices that are that good. They’re really refreshing in the morning.”

BB’s Cafe
502 N Citrus Ave
Covina, CA 91723
(626) 888-4960

S & J Gran Cafe
21050 Golden Springs Dr
Ste C 108
Diamond Bar, CA 91789
(909) 468-1731

Norm’s Hangar Cafe
1615 McKinley Ave
La Verne, CA 91750
(909) 667-6229

Clearwater Bagel
20747 Amar Rd Ste 1
Walnut, CA 91789
(909) 576-4532

S & J Gran Cafe
21050 Golden Springs Dr
Ste C 108
Diamond Bar, CA 91789
(909) 468-1731

Norm’s Hangar Cafe
1615 McKinley Ave
La Verne, CA 91750
(909) 667-6229

Clearwater Bagel
20747 Amar Rd Ste 1
Walnut, CA 91789
(909) 576-4532

Nature’s Juice
505 N Grand Ave, Ste B
Walnut, CA 91789
(909) 869-6622

Miss Donuts and Bagels
2082 Bonita Ave
La Verne, CA 91750
(626) 594-2240
GET AROUND FOR FREE WITH THE CLASS PASS!

Cal Poly Pomona and Foothill Transit have teamed up to bring you the Class Pass — a free card that gets you free rides on local and Silver Streak Lines! Bring your ID to the Bronco Student Center, Games Room, Etc. (Bldg. 35-1110) to get your pass today! Here are a couple of places you can go:

**crypto.com Arena/LA Live**
Take any line to the Pomona Transit Center and transfer to the westbound Silver Streak to enjoy live sports or a night out.

**AMC/Best Buy/Target Montclair**
Take Line 480 to Moreno and Freemont to get your essentials or watch the latest flick.

Call 1-800-RIDE INFO (743-3463) or visit foothilltransit.org to plan your next trip!