

SPRING 2022

# INSIDE FULLERTON

We were the only Mexican family in the neighborhood. We came home to a KKK flyer on our doorstep.



SPRING

2022



## EDITOR'S NOTE

### *Dear Inside Fullerton readers,*

**T**hank you for picking up our spring 2022 issue and taking the time to read it. Despite the world still facing the COVID-19 pandemic, the vaccine and safety protocols placed by Fullerton College have led us to return to the newsroom by having hybrid class sessions. The transition back has certainly provided editors, writers and our graphic designer the space to come up with with inclusive stories, creative ideas and the ability to build a strong team that cannot be done through Zoom.

With so much going on in the world today, creating a safe space for people to share their stories and to be heard was very important. Our staff writer Mariana E.G. shares her experience with finding a KKK flyer on her doorstep in our cover story. While this was her own personal experience, she goes further to highlight how this is something that has not happened only once in the community.

Kiara Reyes, another one of our staff writers, worked on "To be Seen, To be Heard" to share her story along with sharing the stories of two disability activists and brought lack of awareness of the disabled community to light.

Staff writer Arely Hernandez covered the topic of the confusing journey many face with birth control in "Direction to Contraception." The trial and error described in this provides an in-depth look as to what many experience and normalizes it.

The editors and I had the pleasure of sharing the history of the Fullerton College journalism program in "Hitting Triple Digits" as we celebrate nearly 100 years. Digging through all the archives with my editorial team and speaking to those who were once part of the program further showed me the importance of being inclusive, diverse and informing the community.

I have been part of Inside Fullerton for one short year and started my voyage as a journalist in the spring 2021 semester. Like many, I didn't know exactly what I was signing up for. However, my time spent being part of the magazine has been full of excitement and valuable lessons that I will forever cherish. Being editor-in-chief and even JACC SoCal student representative has been an honor. I can't wait to see what the future holds.

*Alexcia E. Negrete*

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# INSIDE FULLERTON

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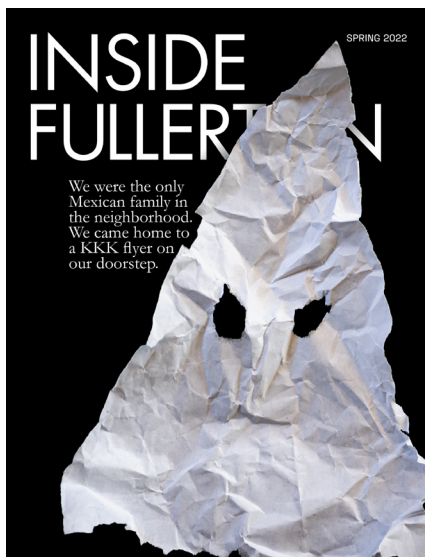
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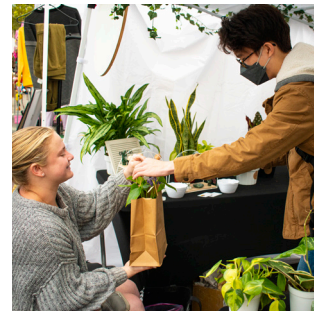
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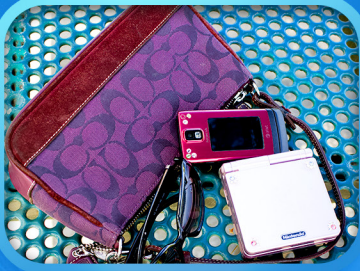
FanMail by TLC

the new

# millennium bug







## The early 2000s fashion has made a comeback in recent times with a new twist

Story by Cecilia Wang | Photography by Misael Cruz

**A**fter 20 years, Y2K fashion is back but with new flair. Y2K fashion has been modernized to fit today's day and age where people are pulling inspiration from the past and adding their "za."

Lingerie tops are being worn as statement pieces and fanny packs are worn just about everywhere but the waist. Women can be seen wearing large bright patterns, baby tees and high-waisted jeans while carrying baguette bags and wearing acrylic jewelry. Men who wear this style use polo shirts with popped collars, puffy skate shoes, Ed Hardy shirts, cargo pants and belt buckles sporting their names.

Though the community is not fully credited, Y2K's aesthetic roots can be traced back to Black street culture. This trend was originally introduced to mainstream media by the iconic group Destiny's Child. Other Black artists who helped start this trend include Jay-Z, Janet Jackson, Nas, Nelly, Missy Elliot and TLC. From there, other celebrities such as Britney Spears, Nichole Richie and Paris Hilton embraced this style and helped make it "vogue." Movies and TV shows such as "Malcolm in the Middle," "Mean Girls," "Clueless" and "Freaky Friday" were all flaunting this style pattern. Even popular kids' toys such as Bratz dolls were influenced by this. It's not new that many trends are created by POC but POC don't always get the praise they deserve.

Rachel Nevarez, a fashion professor at Fullerton College, goes more in depth about the huge influence music has on clothing trends.

She explains rap artists were the ones who wore bucket hats, baggy pants with crop tops and acrylic jewelry. Many artists showed their unique ways of styling and millions of fans wanted to be like them, so they started dressing like them. With the Y2K coming to light again, it has some old nostalgia but also, a new look in the styles. The fashion trend has brought people together through childhood memories.

Like history, fashion also tends to repeat itself. With the help of social media, influencers with a massive following are starting to accelerate this cycle. TikTok influencers such as @lindiann, @styledbysoleil, @mmivia and @virghoexoxo are creating videos where they show off their pieces of clothing and how to wear this style. Many of their TikTok videos received views ranging from 5,000 all the way up to more than 7 million views.

"It's not about what's new, it's what's forgotten," Nevarez says.

A fashion student at Fullerton College, Alexandra Cadena, says that this Y2K style gives those who were in their preteen and teenage years the feeling of nostalgia. "I used to go to the thrift store and sew stripe look on the pants," says Cadena.

That feeling is what brought back accessories such as butterfly clips, bucket hats, low rise jeans, trucker hats and beaded necklaces. Breaking norms and expressing yourself in bright and head-turning clothing has always been part of the Y2K aesthetic. While we may be in a different decade, these clothes will make people say again, "That's hot." ❖

◀ "I'm inspired by celebrity streetwear and music videos from the early 2000s, yuh. I feel good looking good," says Hannah Nguyen, a former Fullerton College student.

▶ Hannah Nguyen carries her Game Boy Advance SP around as an accessory even though she doesn't play it anymore.

◀ "It's hard to dress the way you want to nowadays because of the male gaze, but I just do me," says Brittany Lopez.

▶ Brittany Lopez, a Fullerton College student wears her strawberry ice cream cone hair clip to match her pink shirt.

▲ "I love Tom Penny and ska, when I'm not busy looking like Tom Penny, I'm making music," says Collin Mayeda, Fullerton College transfer student.



# Uptown Flair

## Whittier flea market provides a path to creativity and financial stability

Story and Photography by Kiara Reyes

**T**ufted rugs in the shape of mushrooms and flowers. Crystals and sage smudge sticks. Jordan 1 Highs in gold, turquoise and orange. Free rainbow stickers and pins. A 12-second TikTok video flashing glimpses of these items racked up over 500,000 likes and 10,000 comments. It was one of the videos that helped a local flea market in Whittier blow up to become a style destination. This trend is here to stay.

Several small businesses at the 562 Flea market located in Whittier (@562flea on TikTok) use their artistic and entrepreneurial skills to connect with others and sell unique items you can't find anywhere else. Andres Vega makes a point to prioritize POC, LGBTQ and other underrepresented vendors. He uses the 562 Flea market as a way to provide financial security and build a sense of community with the people of Whittier.

Originally, Vega was planning on organizing a flea market back in 2019. When COVID-19 hit, he had to put his plans on hold. However, he didn't let the pandemic stop his desire to create a space for the community.

Vega has been involved in the clothing industry for a majority of his life, with his mother and grandmother having a business selling clothing for 30 years at a women's boutique, Margarita's Fashions, in Whittier.

"COVID decimated their business because schools were on leave and there weren't any events happening," he says. Seeing the lack of activity during those early months of the pandemic made him come back to the idea of a flea market as a community space. "I almost didn't have any excuses anymore to not do it," he says.

He started the flea market in his grandma's lot with spaces for 35 vendors. Now, the market is located in a parking lot on Painter Avenue and Bailey Street in Uptown Whittier and can accommodate 60 vendors.

Vega has used Instagram and TikTok to advertise the market's events. Since the opening of the 562 Flea market, it has gained over 50,000 followers on Instagram, as well as over 47,000 followers and 1.3 million likes on TikTok.

"One thing that's always been the same is our variety of vendors, but one thing that has changed is the size," he says, adding that they've also done events with 100 vendors, which is triple the number he originally started with. "From day one, we have embraced our diversity and have been about supporting all businesses," Vega adds.



# “It’s not all about the money. This is a lifestyle...”

Many small businesses have been able to thrive during these pop-up events by making an income and expanding their businesses.

Vivian Garcia (@viv.doodles on Instagram) is a Cal State Long Beach graduate that uses her artwork as a way to express herself. She began selling her work in 2020 which includes stationary items such as planners, cards, stickers and keychains.

“My shop is just a curation of everything that I’m obsessed with, [and] things that make me happy that I hope make other people happy,” she says.

Garcia has enjoyed drawing from a young age and started designing in a photoshop class in high school. She has continued this passion since and has turned it into a means of making an income.

“My friend was actually the one that introduced me to doing these pop-up events. Once I started doing them with her, it really showed me that it’s doable. I can do this,” she says.

While Garcia has been able to expand her business through her artwork, it hasn’t always been easy. She explains that her biggest challenge is competing with everyone else.

“People are not here to shop for you only. They’re here to shop everywhere and you need to find a way to make your shop unique,” says Garcia.

Vega, the market’s founder, tries to have a variety of vendors at each event by releasing market dates in advance and preventing vendors from booking more than two events at a time.

Garcia supplements her earnings by also selling her work on Etsy. While her experiences as a pop-up vendor have been difficult, she’s found joy while selling at the 562 Flea. “It’s really nice to actually interact with people in real life and see them light up when they see a piece of artwork that I created myself,” she says. “I feel like the owner is heavily influenced by Black and brown culture in Los Angeles.”

Logan Shust (@lostandfoundvintageoc on Instagram) is a fashion major at Fullerton College that began selling vintage items with his friend Marlon Hanes in January 2022.

Shust and Hanes began going to larger flea markets and finding items to curate for their brand, Lost and Found Vintage. They started

building up their inventory of ‘90s vintage shirts, hats, posters and artwork in Fall 2021 several months before they were ready to set up shop.

“We went to the Rose Bowl and other flea markets too,” Shust says. “So we went through a \$5 pile here, a \$10 pile there and we were making deals, learning how to resell clothes from other vendors and even looking at online shops to create a cohesive look for our brand.” While Shust and Hanes curate their items, so do many vendors at the 562 Flea.

Through this curation process, Shust and Hanes have been able to have items that are always popular while they’re selling at the 562 Flea Market.

“We’ve sold out of a lot of products the last few times we were here. We sold out of all our artwork and posters, and we sell out of most of our sneakers too,” Shust says.

But that’s not easy to do. Even when they’re not selling items, they’re always working.

“We realized that if you’re not at every flea market, you’re not always going to make a lot on the job. There’s also a ton of work that goes into our brand,” Shust says, explaining that they’re building visibility by booking a spot at the 562 Flea Market. “We’re promoting our items on Instagram and going out to other vendors to curate our brand even more.”

For Shust and Hanes, they’re not just there to build their business, but also to make personal connections.

“It’s not all about the money. This is a lifestyle for the two of us. There’s a lot of cool people here,” Shust says. “We really like connecting with people and having the opportunity to talk to others after being in isolation for so long.”

Vega, the market’s founder, wants to bring that sense of connection to even more people.

He grew up in Whittier but spent much of his youth hanging out at the Brea Mall and in Downtown Fullerton. Now, he hopes to expand the flea market to some of these communities in Orange County.

“I would love to bring the market in places that I loved when I was a child,” Vega says. “Because we had such a strong first year, I’ve always been trying to keep up with the momentum. I can’t stop and let it die.” ❖

▼ Artist Vivian Garcia completes a transaction for a keychain on Venmo at the 562 Flea market in Whittier on March 5, 2022. Everything she sells at her booth, she makes herself.



# Sour then Sweet



## Celebrity cake artist finds her niche through a journey of hardships

Story by Ian Devin Winstanley

If you were to ask Natalie Burke what her role was in the day-to-day of Original Clyde's Hot Chicken, a restaurant that she and her husband own, she'll humbly tell you that her husband does a great amount of the hands-on work. The founding of Original Clyde's Hot Chicken in the spring of 2019 is just the latest conception of their collaborative working relationship.

Their paths crossed back in 2013 in a business called Envy Lounge where they had similar roots in food and hospitality. In the wake of the end of their tenure at Envy Lounge, their first brainchild was the 2015 opening of Slice Deli & Cakery, grounding Burke's dabbling with baking into a proper and serious storefront. However, the progression of their ambitions was not without its challenges and setbacks.

Unfortunately, the venture hit an immediate disruption when she was diagnosed with metastatic cervical cancer.

"We were building our dream restaurant. It was barely an empty shell, then I got sick and had to put everything on hold," Burke says.

Burke received intense treatment from January to July 2015 which left her at just under 100 pounds and fighting through a condition she calls "chemo brain." This is known as debilitating brain fog brought on by chemotherapy. Ultimately, Slice Deli & Cakery was not a lasting venture, but the seeds planted in this time would flourish later.

After Burke recovered from cancer, each time she got to apply her baking skills whether it was in a bakery or her home kitchen, there was a feeling that this wasn't quite the true application of her creative skills. As a longtime multimedia artist, applying her perspective to design

something was a comfortable dexterity. Baking became industrial and it was time for a change. This breakthrough was applied in 2016 when Burke made her comeback in the niche industry of making designer cakes for celebrities.

Burke got her first major client via an Instagram follow. An availability issue caused them to tag in Burke and collaborate on a cake in 2017 for Los Angeles rapper, The Game. The teams that work for numerous celebrities would begin to take notice. Burke's clientele continued to be greatly recognizable figures such as NBA All-Star DeMar DeRozan, comedian Kevin Hart and rapper/actor T.I. Despite another hiatus prompted by the COVID-19 pandemic, Burke intends to eat the fruit of the seeds she's planted. As a return to form, her most structurally challenging cake yet is a recent take on the model icon of the Bored Ape Yacht club, a plentiful collection of alternating NFT ape avatars.

Just as a trip to Nashville inspired the founding of Original Clyde's Hot Chicken and as she took up an opportunity to venture into a niche field despite the risks, Burke continues to read the moment and create something new of it. Clyde's has plans of expansion throughout the OC area and the celebrity cake business is on the upswing. With bumps in the road all but in the rear view, it is a wonder what sense Burke makes of it.

"Despite everything, I always kept my passion. As much as you can, don't let your circumstances hinder you," Burke says. "A huge lesson I learned was that it's okay to ask for help. I used to be uber-independent. I think my sickness softened me a lot. You can't do everything on your own. It takes a team, even in your personal life." ❖

▲ Natalie Burke celebrates the second anniversary of the Fullerton location of Original Clyde's Hot Chicken with her husband and co-founder John Michael Sanchez and their son Ethan in March 2021. Photos courtesy of Natalie Burke





# FROM TOTALLY DRAB TO TOTALLY FAB

How to give your old clothes a new life

Story by L. Paulina Arreola

Giving old and unwanted clothes away has been the go-to mode for many. What if we stopped for a moment to think about how we can save money and get something refreshing in our closet? Before tossing, think about upcycling it to get the most out of your clothes.

When we give our clothes a second chance to thrive with a touch of expression from our own self knitted in, it can boost our creativity and help the environment. It prevents more clothes from ending up in our landfills. But how do we give our clothes a new edge worthy of walking out our front door?

You don't need to be an expert—just let your imagination run wild. Here are some tips on how to turn your old clothes into the latest trend.

## BUST OUT THE TIE DYE



### Materials

- ◆ Tie dye solution
- ◆ Water
- ◆ Rubber bands
- ◆ Gloves
- ◆ Plastic bottle or container

### Steps

1. Dampen the garment so that it absorbs the color quickly.
2. Roll the garment according to the pattern and effect you want.
3. Use the rubber bands to secure and form different sections. For example, to get a spiral effect you must stretch the garment tightly and twist from the center to form a circle.
4. It's tie dye time! Wear gloves to avoid stained hands.
5. Apply warm water to the dye and mix well.
6. You can dye it in two ways, using an applicator or by dipping section-by-section into containers with different dyes.
7. Follow the instructions on your dye packaging to get desired color pigmentation and outcome.

It is a famous creative technique that's been successful in almost every decade, but was very prominent during the '60s and '70s "Flower Power" era. It is a process of hand-dyeing cotton or polyester-cotton garments.

## EMBRACE THE BIKER SHORT



### Materials

- ◆ Long leggings
- ◆ Fabric scissors
- ◆ Fabric marker chalk
- ◆ Needle and thread

### Steps

1. Use the fabric marker chalk to mark where you will cut the leggings. It should be about an inch longer than the length you want them.
2. Cut carefully on that line.
3. Turn them inside out and fold the hem up 1 inch.
4. Sew all the way around to create a new hem that will keep your new shorts from curling up.

Biker shorts are not just for biking! Once again, fashion confirms that anything can be turned into a casual but trendy outfit. You can cut your old leggings to the length you want for a more comfortable look. This trend showed up a lot in the '90s, and even Diana, Princess of Wales, was an icon for using them.

## UPSCALE YOUR UGGS



### Materials

- ◆ Fabric scissors
- ◆ Seam ripper
- ◆ Fabric marker chalk
- ◆ Measuring tape
- ◆ Thread and needle

### Steps

1. Measure and mark how low you will cut your boots.
2. As you begin to cut, carefully follow the line you have marked.
3. After cutting, use the seam ripper to remove the strip that is at the top of the boots.
4. Sew that strip around the cut top edge of your boots.

The popular brand Uggs has become well known for its mini model. If you have a pair of tall Uggs that you no longer wear, give them an upgrade to make them fresh and a cute touch to any comfy outfit.



# TO BE SEEN, TO BE HEARD



## How two local activists are working on bringing more awareness to the disabled community

Story and Photography by Kiara Reyes

It was 2011 and I was 9 years old. School had just let out for recess. I excitedly ran to the playground, looking forward to playing tag in the field. I heard a familiar voice call my name. I turned around expecting to hear a friend invite me to play a game, but the rush of excitement soon turned into a rush of shame. Instead, I was greeted by a group of classmates, one of whom snickered, “Hey, the class RETARD thinks she can miss class whenever she wants? What an idiot.” Confusion and sadness consumed me as I fumbled with the question, “Why am I being called names?”

As I got older, I began to understand my identity of being disabled and began to challenge the stigma by learning more about it. With time, I became more vocal about disability rights with my peers and coworkers. I was preceded by many important activists such as Anita Cameron who has fought for the rights of Black disabled people for nearly 40 years, and Jim Sinclair who shifted the lens on autism in the early 1990s. However, the battle to bring awareness to disability issues continues.

Two local activists have been actively using their voices and platforms to advocate for disability rights.

► Angelica Sano, a social media activist and amputee, shows her prosthetic leg to the camera while making a TikTok video on March 23, 2022. She uses her large platform to advocate for accessibility and justice for the disabled community. “If me putting myself out there and sharing my own experiences means that I can inspire other people to share theirs, that’s something I’ll do,” she says.



“I feel like when people see themselves on social media, it makes them feel more okay to be who they are.”



► Ariana Hartman displays her Best Buddies shirt at Cal State Fullerton. She is the event coordinator for the group that brings disabled and non-disabled students together, and has been part of the program for five years.

One of them is Angelica Sano who is a second year student at California State University, Long Beach, who was diagnosed with osteosarcoma, a type of bone cancer, when she was 8 years old. As a result, she had part of her leg amputated.

“When I was younger, before I gained a lot of self confidence, I used to have that mentality that disabled equals bad and felt ashamed for it,” she says.

Sano now uses social media, such as her TikTok, @angelicaxomae, to share her own experiences as an amputee. One video revealing her cancer diagnosis and loss of her leg gained traction in 2020 and soon became viral on the app.

Since her first viral video, she has gained 100,000 followers and her videos have accumulated millions of views. Her content varies from story time videos, satirical content or jokes about her experiences being a disabled, bisexual woman of color. “I think being part of so many different communities, I just understand what it’s like to go through trauma, and it makes it so much easier for me to communicate with others about my trauma with cancer,” she says.

The community that she has cultivated through the app is filled with people who have similar experiences, making her feel less alone.

“I have a large group of people who are very supportive because they know what it’s like to be marginalized. I feel like that’s the thing that makes it all connect for me...” she says.

For Sano, representation was extremely hard to find growing up. If she found someone who shared a similar experience, it was typically met with a sad story, shaming the disability rather than embracing it. Because of this, the content that she creates is positive and humorous, but it also sheds light to the reality of being disabled.

“I feel like I add in a lot of realistic representation for amputees, and it’s harder to find disabled people online in social media and in pop culture without it being centered on a sad narrative,” Sano says. “So, if me putting myself out there and sharing my own experiences means that I can inspire other people to share their’s, that’s something I’ll do.”

Sano’s lack of representation in her own life has inspired her to use her marginalized identities to be seen in the media. “I feel like when people see themselves on social media, it makes them feel more okay to be who they are,” she says.

Ariana Hartman is a first-year student at California State University, Fullerton. She is the event coordinator for the school’s chapter of Best Buddies, an international organization that creates opportunities for one-on-one friendships for individuals with and without disabilities. Hartman has been part of the organization for five years, starting her freshman year in high school.

Hartman recalls not hearing very much about different disabilities growing up because she didn’t



have a disability or know many people who did. But as she made friends with disabled people in high school, things changed. She was tired of seeing people be disrespectful to her friends who have Intellectual or Developmental Disabilities (IDDs).

“Sometimes, when people talk to disabled students, I can tell there’s a condescending tone and a much slower pace and it makes it seem like they’re incapable or not as smart as you think they might be,” she says.

Hartman finds that there is a lack of understanding of how harmful words and language hurt individuals with disabilities. She wanted to know what she could do to help.

“When I found out about Best Buddies in high school, I became intrigued and got involved,” she says. Through her time in the organization, she’s helped organize events such as fundraisers, walks and other on-campus gatherings.

She noticed the students who had IDDs became more open and comfortable with each other and with other people who didn’t have disabilities. “After having our first few events, I could already see the impact that this program has had,” she says. “It’s so heartwarming to see each of my peers blossom and grow in their own way.”

While Hartman doesn’t have disabilities herself, she uses her experiences as an able-bodied person not only to advocate for disabled individuals, but to learn and understand more about their experiences and perspectives. But it’s not always easy. Over time, she’s become more comfortable. Ultimately, her experience with Best Buddies hasn’t just been about helping people with IDDs, but it’s been a way for her to grow.

“If I’m confused about something, I’ll ask my peers about their opinions and get to learn about their own stories and experiences,” Hartman says.

Since joining Best Buddies, the bonds she’s made with other students have turned into lifelong friendships. “I’ve continued to stay friends with someone that I met during the first year I got involved, and we’ve been close for five years now. I’m at CSUF and she’s in an adult transition program, and we always find time to get together,” she says. “I’m so glad to have this great friendship and build a safe environment through this club.” ❖

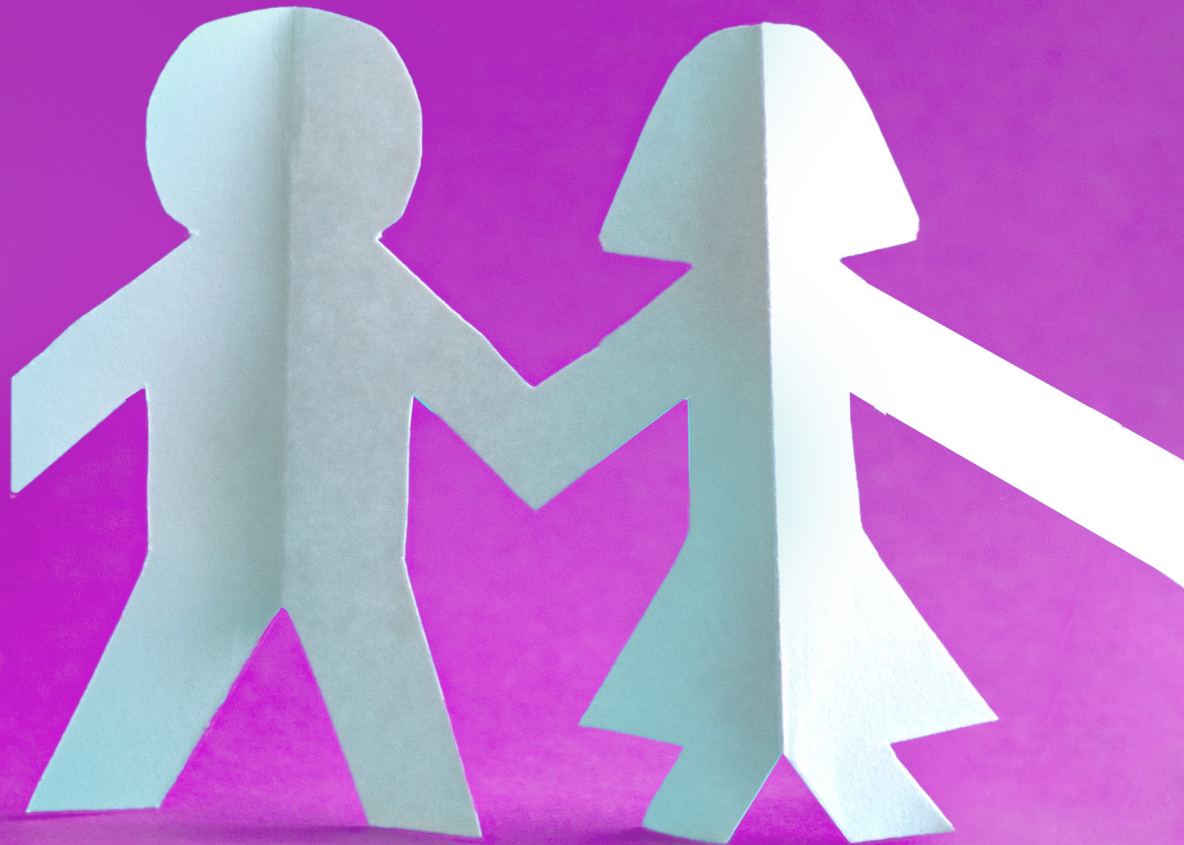


# Just the Few of Us

More and more people have begun to adopt new ways of having a relationship while preserving the same values

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Story by Ian Devin Winstanley | Photo Illustrations by Andrea Koehler







Liz Garcia eagerly awaits Friday to decompress from the week behind her. The air is teeming with anticipation as she dolls up for date night with her long-term boyfriend who meticulously grooms himself to mirror her in his sleekness. These deliberate preparations are not in honor of the first dinner with their parents, which is something long behind them. The special guest of the evening is rather a new lover whom they hope to woo.

Monogamous relationships are omnipresent in American culture and are portrayed as the ideal form of romance. Non-monogamy serves as an umbrella term for anything outside the realm of conventional relationships between two romantic partners. A core condition is that non-monogamy involves three or more people. To those on the outside looking in, it can seem radical or boundary-shattering. To those within it, it is the organic expression and reclamation of human autonomy, something they'd rather have than the security of an exclusive significant other. Monogamous relationships may soon need to find new ways to keep up with evolving American sentiments that are beginning to favor a collaborative approach of having emotional and sensual needs met by more than a single partner.

Garcia is a recent graduate of California State University, Fullerton, who identifies as a bisexual woman in a heterosexual relationship with a man. She says the arrangement gives them both the grounding they seek from a significant other while she can explore her queerness. Another driving force behind their decision to approach this lifestyle was to add longevity to the relationship by hindering the shame that may come with curiosities about romantic exploration outside of the relationship. The discussion to bring others in wasn't any easier than any other form of vulnerable communication brought up by a serious relationship. As she considered opening the relationship, Garcia questioned herself about how strong her emotional connection could be if jealousy could so easily knock it down.



“We have the capability to communicate with our partner and be honest with the way that we are feeling. You can communicate with them, but you also have to take a step back to communicate within yourself to understand why you feel the way you feel,” Garcia says. “I looked at the way I grew up with a fear of missing out which can result in jealousy. You have to be happy for your partner who is enjoying themselves, even if you are not the one responsible for it.” She says she’s trying to practice what’s called compersion more.

Compersion is the wholehearted participation in the happiness of others. It is a term coined by the Kerista Commune most associated with the Haight-Ashbury neighborhood in San Francisco from the 1970s to the 1990s. Compersion is thought of as an antithesis to jealousy and possessiveness.

Though Garcia is transparent about her lifestyle with her peers,

she doesn’t share it with her family members. They see her boyfriend as her one and only. She contends that it’s for the sake of avoiding a taxing conversation. Should there be a playful affair that develops into a significant other, that is when the conversation will become worth having.

Findings from a 2012 National Survey of Sexual Health showed that a whopping 89% across all demographics reported monogamy in their relationships. Of the remainder, 4% were in open relationships and 8% reported non-consensual non-monogamy, which can be described plainly as cheating. Comparatively, a 2017 article in the Journal of Sex & Marital Therapy reflects a shift in values, showing that just over 20% of participants reported engaging in consensual non-monogamy in their lifetime.

A 2020 survey conducted by the dating app Tinder states that Generation Z users were more likely than their generational counterparts to


express LGBTQIA+ sexualities as well as different gender identities on the app. This study states a third of users surveyed claimed they were more open to dating different genders and measured up similarly against other age groups as having an interest in polyamory.

Those who placed anywhere outside of a zero on the Kinsey scale were found in both publications to be more likely to report previous engagements in consensual non-monogamy. The Kinsey scale is a scored assessment of sexual orientation developed in 1948 that assigns a numeric value between zero (completely heterosexual) to six (complete homosexual). These engagements in non-monogamy can be anything from a trial run to a drastic shift in the way one will operate moving forward. The studies show that the growing number of people shifting to non-monogamy are doing so not to abandon relationship values, but to preserve them.

## The Kinsey Scale







# “Strong emotional intelligence is needed to enter non-monogamy. It’s not introductory dating.”

Stephanie Orozco is a first-generation Mexican American woman who is a certified sex educator with a double major in anthropology and gender and sexuality studies from the University of California, Riverside. She is a survivor of sexual assault who who sought to become the role model for others to explain information about sexuality that she didn’t have when she was growing up. Healing is often a journey with the self where others are taken along. For Orozco, she agrees that healing can happen within the romantic support structures of non-monogamy.

“You absolutely don’t have to show up perfect. You can express the things you have difficulty with emotionally or sexually and learn from the different partners you have, the way you would with other platonic relationships in your life,” Orozco says. “Strong emotional intelligence is needed to enter non-monogamy. It’s not introductory dating. Find out your motivations and communicate them with your partner.”

Orozco believes there are both risks and rewards in this lifestyle of opening up a relationship. Some people worry that if they let their partners explore other romances, they

will leave them for that new partner. The potential for that exists, but exploration is unlikely to be the wedge that drives partners away. People can outgrow each other. However, just as one can choose to open a relationship, the couple can choose together to close it, Orozco says.

Jaqlynn, who asked not to use their last name, is a young non-binary transgender barista from Whittier who identifies themselves as being in a polyamorous relationship. They expanded from their monogamous relationship to start having occasional romantic partners with a similar emotional connection. They started to shift to this lifestyle after conversations with their forward-thinking college peers as well as the introspective solitude that was brought on by the pandemic.

The spring of 2021 ushered in a new wave of hope with the widespread distribution of the COVID-19 vaccine. Headlines forewarned a “Hot Vax Summer” where young people would seek to make up for lost time. While some might have pursued casual dating or a string of sultry encounters, for Jaqlynn, the appeal of numerous significant relationships surmounted those desires.

“You get to live your truth more and be more honest with one another,” says Jaqlynn. “I’ve been on both sides of it. Casual dating can be fine, but if things develop, you haven’t been transparent about other people you have been seeing. I found it’s best to state your intentions upfront and find something that works for everyone.”

Jaqlynn’s relationship status best fits the label of a hierarchical polyamorous relationship. As they checked in with their primary partner about their outside relationships, they found it strengthened their emotional rapport. “I enjoy hearing about her experiences,” says Jaqlynn.

The appeals of non-monogamy are not monolithic or universal. But those who live it all seem to share a core understanding that humans are nuanced, sometimes messy beings with varied wants and needs. As Gen Z enters young adulthood, they may further evaluate their interpersonal exchanges. Ultimately, their relationships—monogamous or otherwise— are theirs to accept or challenge, but they cannot be acted upon until they can be imagined. Perhaps what is most revolutionary is to honor one’s truth, which is subject to change. ❖





# BACK TO SCHOOL





Students grapple with social anxiety around returning to campus after two years of online learning

Story by Cecilia Wang and Mariana E. G.  
Photography by Misael Cruz



**S**weat rushes down your face as you get ready to speak in front of your class. You stand up in the front of the room and everyone's eyes focus on you. You went over this moment a million times in your head but still get frightened after seeing your peers' facial expressions. This is what many students have endured after two years of taking online classes in the comfort of their homes. This feeling is the new norm for many.

Social anxiety has been growing amongst students in community colleges. A study from the ASU science journal from 2020 found that a total of 29 students across nine different community colleges in the Southwestern U.S. have experienced symptoms of social anxiety. Social anxiety is described by the National Institute of Mental Health as the persistent fear of social performance situations and the fear that one can be embarrassed by one of these situations. This is different from general anxiety disorder, which is described as a persistent feeling of dread or worry that interferes with an individual's daily life, also found in the National Institute of Mental Health.

Online courses have helped reduce the symptoms of social anxiety by eliminating some of the fears present in the classrooms. But as more students return to campus, the symptoms have increased for many.

"Social anxiety is not the fear of people, but rather the fear of their judgment and evaluation of you," says Dana Timmermans, the director of behavioral health services and a therapist at Fullerton College.

Online education is convenient for most students, especially for those who have a busy schedule or work often. Students state that some of the pros of taking online classes are being in your own space and being able to control time management. It can also reduce the anxiety some students face by not requiring them to be physically present in class and lessen rejection and pressure.

► Online classes have led to some students feeling isolated and suffering from social anxiety.





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**“A lot of people coming in from high school who graduated online, haven’t talked to one another for two years.”**







◀ Social anxiety only adds more stress to those who already struggle with learning.



Along with this, it is simply just overall more convenient for students to take classes from home. “Going according to the college schedule is also kinda a burden financially,” says Fullerton College student Shenzad Malik. When students commute to campus, they often need to pay for their own gas and own car insurance. Even for the students who don’t drive and take public transportation, time and money adds up.

According to Timmermans, avoidant behavior is a part of social anxiety that over time gets worse. While online classes allow faster and easier acquisition, it offers little opportunity to practice new skills in a social environment in what works or what doesn’t work. He also



**Social anxiety is not the fear of people, but rather the fear of their judgment and evaluation of you.**



shares that with online education, it’s harder to see if someone is experiencing social anxiety online than in person. The professionals are able to interact with the students to read and observe their body languages.

“If you’re online, I don’t get to see or read your body language. I don’t get to see the sense of you not looking directly at my eye so it decreases the anxiety a little bit for people, but doesn’t allow them to practice the behaviors to improve their symptoms,” he says.

There has been an increase in those who experienced depression and social anxiety symptoms since the lockdown also due to this. Many were unable to have social contact with family and friends. Being isolated for a long period of time may have worsened people’s anxiety.

Timmermans says in-person education pushes students to interact with others to build a connection and be able to concentrate more in a classroom environment. “That’s because they learn to adapt the skills in social situations but I don’t think we’ll see that online. I think it doesn’t allow for that healing to happen in your life,” says Timmermans.

According to Darnell Kemp, a distance learning specialist at Fullerton College, about 75% of students take online classes in the spring semester of 2022.

“Most of our students weren’t taking a full load, they were taking one or two classes to fit in and balance our schedule. So of course in the last couple of years, students have been forced to squeeze a lot of this online and naturally created extra anxiety,” says Kemp.

“Sometimes what causes anxiety then is when students go right into assignments instead of going into the course the way the instructor thinks they’ll go into the course,” says Kemp.

Many with social anxiety would misinterpret someone’s expressions and have the fear of being judged. An example is when in person, you’re able to hear someone’s tone when speaking but, online, it’s harder to tell online especially in discussion board posts.

Online classes can be hard to manage especially when asynchronous, or fully online with no Zoom meetings. More responsibilities fall on the students’ plate and with their life going

on, the students’ stress level increases. There is more demand for online education and you have to be more responsible in your classes. It can be difficult to manage for some students.

“A lot of people coming in from high school who graduated online, haven’t talked to one another for two years, very stressful,” says Anthony Trapolino, a student at Fullerton College.

For some majors, there are benefits in being in a personal environment for the experiences and being able to learn in their fields. An example would be human services majors, interdisciplinary degrees that require physical meetings or scenarios that require face-to-face interactions.

“Being in school, it helps me socialize with people and communicate,” says Gilbert Villegas, a student at Fullerton College.

According to Fullerton College students that were interviewed, online education causes many to lose the motivation to learn and not retain the information due to the lack of social interaction. It’s hard for many students to stay for two hours and focus during online learning.

“If I wasn’t at school, I would feel like I’d have more social anxiety going out and just not being exposed to a lot of people,” says Villegas.

While returning to in-person classes has caused a lot of social anxiety and even increased it for those who had it before the COVID-19 pandemic, there are ways to get help. Mindfulness courses and mental health resources are available for Fullerton College students.

Cognitive behavior therapy is the most common form of therapy that helps people who have social anxiety. It works to improve their current and future relationships. “Some folks have also benefited with antidepressants,” says Dana Timmermans, the director of behavioral health services and a therapist at Fullerton College. He also says that symptoms of social anxiety can simply decrease over time without the use of medications and therapy.

“The sooner you interrupt that, ‘You know, people don’t really care about me. They’re not really thinking about me, they’re thinking about their own issues and not thinking about me,’ the sooner you learn that process, the faster you’ll go to health.” ❖



# THEY



## LOUISE HUMBER

Biographical sketch is condensed from school and home page for Louise Humber, published in 1941. Louise Humber was born in Ortonville, Ohio, on August 15, 1915. She received her Bachelor of Science degree from Ohio Northern University in 1937 and her Master of Science degree from the University of California in 1941. She has five years of experience in the public schools of Ohio with the Fullerton Union High School and Junior High School. She holds membership in the National Association of Secondary Schools, the National Association of Educational Administrators, the National Association of Principals, the National Association of American Women, the National Association of Women Educators, and the National Association of Secondary Schools. She has served on the committee on college aid, National President of California Women's College Association, 1941-42; President of the Department of Secondary Education, 1941-42; and President of the National Association of Secondary Schools, 1941-42.



Story by  
Mariana E.G.

KKK

NOG?



**A** sudden chill goes through my body and stops me in my steps. No words could be formed at that moment. All I could do was stare at that daunting, cold piece of paper. My cousin, my aunt and I were just coming back from the grocery store that day. I got out of the car with a bag in my hand and noticed there was a flyer laying on top of the bench on our porch.

“Save Our Land, Join The Klan” was the message on the flyer. There was an image of a Klan Knight on a horse, with the Confederate and U.S. flag behind them. The phrase “Loyal White Knights” and “Ku Klux Klan” were

written at the bottom, surrounding the image of the horse and knight. It was one year before Trump’s bid for reelection. The tension had been rising ever since the Trump era began in 2014. The city of Orange reported to the sheriff’s office that the same flyers had been distributed there.

Growing up in the neighborhood I live in was, at times, bitter. My family and I had always sensed a certain resentment from our neighbors about our presence and with that flyer on our front porch, it felt like salt added to a wound. It did not help that we were the only Mexican family that has been living in that block for over a decade.

The KKK has a great deal of history in Orange County; they are no strangers here. The first people

who became members of the KKK in OC were prominent members in their communities. They had strong involvement in the church and local government.

According to Jesse La Tour, a Fullerton Observer journalist who has researched the history of the Klan in this area, the KKK members in OC were not just extremists, they were prominent members of society, like Louis Plummer, superintendent on the board of education in Fullerton from 1919-1941, and Leon C. Myers, who was a pastor of the First Christian Church in Anaheim after arriving in 1922.

“They weren’t just uneducated ‘hillbillies,’ like people usually think of the KKK, these were civic leaders,” La Tour says.







**WE  
FELT AS  
IF WE  
HAD A  
TARGET  
ON OUR  
BACKS.”**

*me*





▲ Fullerton Union High School's Louis E. Plummer Auditorium removed his name in 2020 after backlash because of his KKK affiliation. Photo by Chastain Flores

**“THEY SAID THE  
NEIGHBORHOOD  
WAS GOING TO FALL  
APART BECAUSE  
WE WERE MEXICAN.**





I was born and raised in a small town in the state of Michoacan, Mexico. I first started living in Fullerton in 2012 when I was 11 years old. My mom, younger brother and I came here from Mexico to stay for a year to obtain my citizenship and for my mom to set up everything we needed to finally move for good to this country.

I was always an extroverted kid. I had a lot of friends when I was living in Mexico. Being deemed an outcast at school and my neighborhood definitely took a toll on me. Moving was a very lonely point of my life.

A couple of kids tried to talk to me but quickly lost interest when they realized I couldn't really communicate with them. I only knew a few sentences in English. Not a word was ever really spoken to my brother or me. Kids were mean at times, they laughed at my accent or refused to play with me. I only recall three girls that I could call my friends.

At the same time, my mother was going through a similar experience.

"When you speak English, they are okay with you. Once you start speaking Spanish, they change their attitude towards you. Like you owe them something. You owe it to them to speak English rather than your own language," she says.

William Camargo, an artist, lecturer for University of California, San Diego and advocate for Hispanic communities in Orange County says the reason why the KKK was so active in Orange County was due to the political power that they held.

"I think Orange County was viewed as a 'safe space' or kind of like a suburb utopia for the white, middle class," he says. "Political power was a way for them to spew this racism."

On Feb. 10, 1917, the Anaheim School district voted to segregate all Mexican children and maintain two grades for them. Mexican American children, amongst other children who were segregated, were seen as inferior and therefore needed to be in different schools than white children. This lasted until 1947, after Mendez v. Westminster ended school segregation in several school districts of California.

Mexican families have been seen as inferior. My mom's main concern coming to the neighborhood was the way we, her kids especially, would

be treated. "There was a way they would stare at us sometimes, like we were intruders. Like we didn't belong there," she says. "I didn't want you guys to go through or notice that."

La Tour says the Klan tends to resurface every time there is major political discourse or national events.

"I think people often think about this monolithic, singular group or organization," he says. "But it really has had different waves in response to national events."

During Donald Trump's reelection campaign in 2020, the neighbors that lived a couple houses down put up a big "Trump Pence 2020" flag outside of their front porch. This made my family and me feel very insecure and uncomfortable in our neighborhood. Trump is a person who publicly expressed negative feelings towards the Hispanic community during his campaign in 2016.

Camargo says the history of the KKK in Orange County has accounted for recurring issues. It's still so prominent because this racism is recontextualized into recent events in different forms and is not being taught in history lessons.

"Knowing those correlations, the leaving out of that history, affects the future somehow," he says. "We saw that in 2016 and what is going on even today. That's why it's important to make note of this. The way they are replicated."

It comes as no surprise the rise of anti-immigrant and racist sentiments around the time Trump was running for president and when he was in office. Hate crimes in Orange County surged by 24% in 2019, according to the report of OC Human Relations. There was an emphasis on intimidation crimes during the same year Trump's reelection was happening.

My uncles first moved into my current neighborhood in 2008. The day they moved in, one uncle recalls our next door neighbors making unkind comments about them being Mexican. "Our next door neighbors didn't like us at first. They said the neighborhood was going to fall apart because we were Mexican... They always made sure to give us looks whenever we were outside," he says.

One Fourth of July in 2014 was especially memorable for all the wrong reasons. My cousin, Leo, came

over that day to spend the holiday with us. He was around 5 years old at the time. I was 13. He went over to play on a slide with the other kids but then Leo walked towards our driveway, looking very sad. Leo then said they wouldn't let him on the slide like the rest of the other kids.

After years of my uncles living in that neighborhood, they finally moved away in 2019. They left on much better terms with our front and next door neighbors, but some remained unfriendly. These experiences embedded scars on all of my family that will never leave.

It was around the time my uncles moved out of the neighborhood, in 2019. It was seven years after my mom and I moved to the area, one year before Trump's bid for reelection, that the KKK flyer showed up on my doorstep. It was a great mental toll for everyone involved. We felt as if we had a target on our backs. It was a horrible feeling of uncertainty and shock.

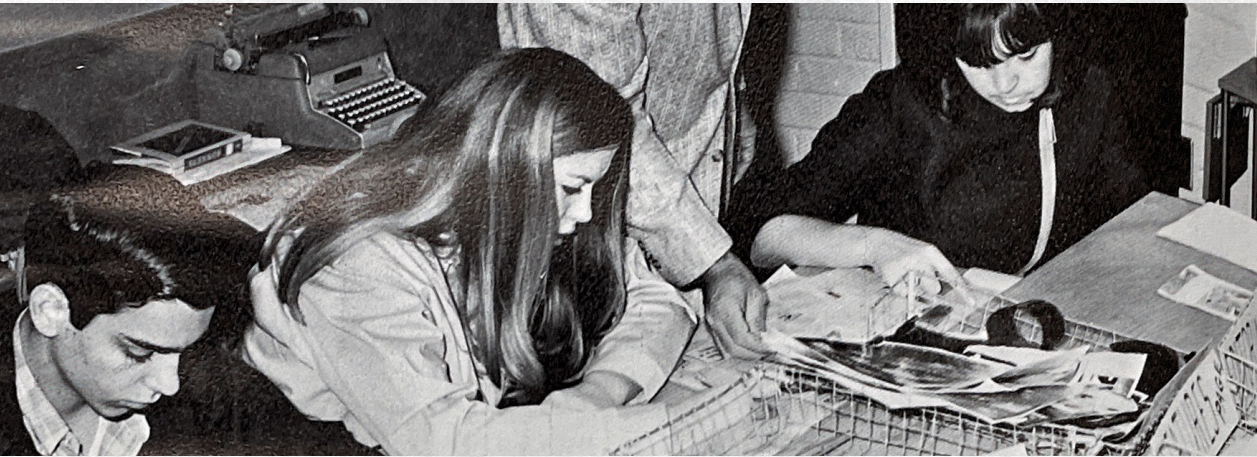
When we found that flyer on our front porch, we were very scared. All that went through my head was that heart wrenching Fourth of July and the days I spent with no one to talk to when I first moved in. We later found out the entire neighborhood had gotten these flyers and we were not, in fact, singled out. The police were already picking up the flyers since one of the neighbors had reported this to them. I felt relieved to find this out and realized we were safe.

The feeling of being uncomfortable in your own skin is horrible, something that I have felt on many occasions living in my neighborhood. To have to go through racist experiences like this as an 11-year-old kid, and later on reliving them when I was older is a lot of emotional damage. Unfortunately, it is just one of the countless stories and experiences that people of color still go through and the reality we live in.

Trump did not, in fact, win reelection that year. But there is still a bitter aftertaste knowing my neighbors were supporters of him and what he stands for. I still feel unwelcome at times, as I think about that flyer laying at the foot of my house door as it mocked me with disgust. Each time I go to the mailbox, I always stop and think before opening. Is it happening again? ❖



# HIT



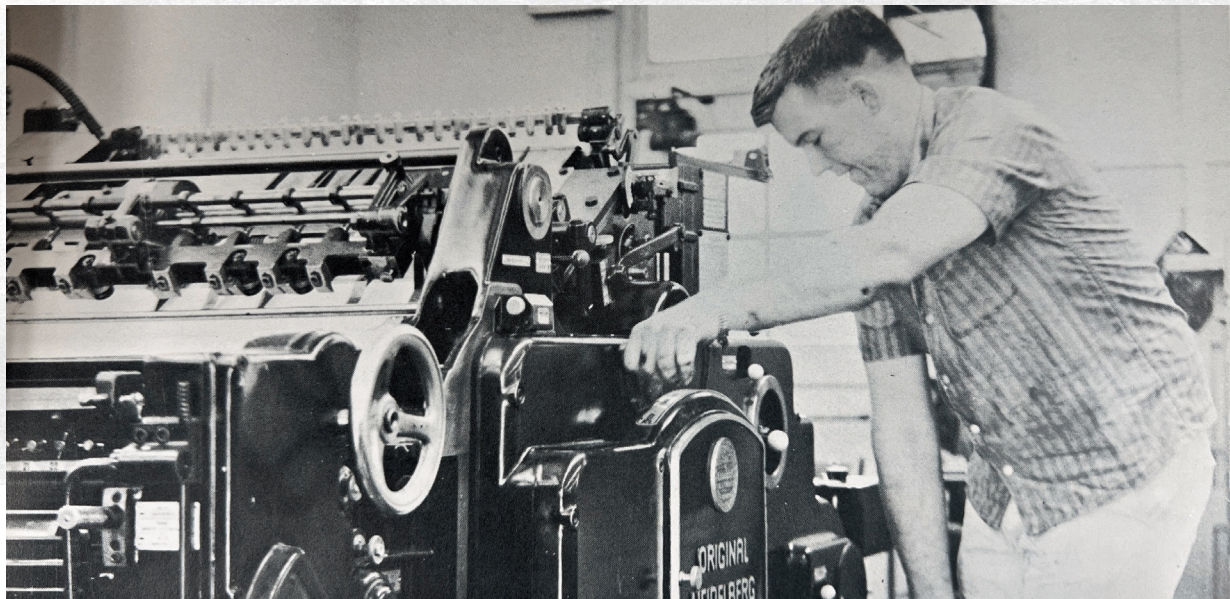
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# DIGIT

▲ The Hornet staff prepares for press by sorting through news photos.

► Instructor Ralph Porter prints an issue of The Hornet in the Fullerton College print shop in 1964.

▼ A staff writer for The Torch in the 1960s gets caught in the act of writing her story.





# ING RIPPLE



**S** The Fullerton College journalism program is celebrating their 100-year milestone

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Story by  
Salina A. Falcon  
Chastain Flores  
Alexcia E. Negrete



Where'd all the time go? By Dr. Dog

**I**n 1989, the staff of The Hornet newspaper and their adviser, Julie Davey, were on a red-eye flight to New York City. They were finalists for one of the highest awards of college journalism in America—the Columbia University Gold Crown Award. Nerves and excitement coursed through them. The Hornet staffers didn't think they, a small community college, had a chance of winning against Ivy League schools. They showed up to the ceremony in sweaters and t-shirts and were intimidated when they saw everyone else in blazers and suits. When it finally came time to announce the winners to the crowd of students from all across the country, The Hornet staff jumped for joy to see that they had won the Gold Crown award and accomplished what seemed to them as impossible. Moments like this have helped shape the award-winning Fullerton College journalism program into what it is today.





## The Weekly Torch, Fullerton College's student newspaper, first hit newsstands on campus on Jan. 12, 1923.



The journalism program is celebrating its 100 year anniversary in the fall 2022 semester. It's the first and longest running collegiate journalism program in Orange County and one of the oldest in the state. It began in 1922 as a college yearbook but has transformed into a bilingual program with three different publications, a radio station and a drone lab. The program survived staff shortages, shifts to the digital world and even a pandemic but still has received numerous awards throughout its existence for stories covering students, faculty and the community.

The Annual Torch, Fullerton College's first yearbook, debuted in 1922, but it wasn't until Jan. 12, 1923, when The Weekly Torch, Fullerton College's student newspaper, first hit newsstands on campus. It was not formal to begin with. The first issue was one page long and provided weekly updates about clubs and events. As time went on, it developed

in length and featured sections such as jokes, personals, society columns and short poems.

In 1954, the newspaper's name changed to The Hornet after a poll was conducted by the program. Then, in 1965, the school's yearbook evolved into the student magazine, known as The Torch.

Eventually in 2017, The Torch underwent a name change. In the past, the magazine had short-lived name changes including FC Magazine, Fullerton College Magazine and even X. This time, it was different. In 2002, a former student of journalism department coordinator Jay Seidel's, Morgan McLaughlin, started the hyperlocal news publication Inside Fullerton, which had a robust calendar section and covered local events. McLaughlin ran it for a few years but handed it to Seidel in 2016. He decided to combine it with the school's magazine and from then, the magazine was no longer The Torch, but became Inside Fullerton.

▼ In 1961, Hornet editor Marilyn Yellis smiles for the camera alongside her typewriter as she gets some work done for the newspaper.

△ Adviser Lewis S. Barrett adjusts the photo enlarger to keep production moving to meet deadlines for The Torch in 1964.

▲ Yearbook adviser Lewis S. Barrett works with editors (from left) Judy Jernigan, Freda Weber, Carol Dickson, Dia Dorsey and Marilyn Brenton on the 1964 issue.

Photos courtesy of The Torch yearbook archives





In the 18 years that Davey was adviser to *The Hornet*, the program scored big with awards. After their 1989 win from the Columbia University Scholastic Press Association, they were finalists for the Gold Crown Award again in 1995. Freelance graphic designer Vincent Williams, who attended Fullerton College in 1986, also won two individual awards from Columbia University for his illustrations featured in *The Hornet*. One of them was for an illustration of Charlie Chaplin in fear of a paint brush with red paint in an editorial piece about making old black-and-white movies into color. He says this moment was “totally unexpected.”

“Basically, I thought I had the best students,” says Davey. “It was like having the best team for the World Series or the Super Bowl.”

Between the years of 2005 through 2013, *The Torch* were finalists for the Pacemaker award by the Associated

Collegiate Press Association. The program has also won a variety of other awards for design, photography and writing. To this day, *The Hornet* and *Inside Fullerton* continue to bring home a handful of awards from the Journalism Association of Community Colleges every semester.

Actor and former editor-in-chief of *The Hornet* Errik T. Williams attended Fullerton College from 1990 to 1995. He has great memories about the care the advisers showed to their students at the time.

While Williams was on staff, the newspaper ran ads for Giovanni’s Pizza, a local restaurant. However, the restaurant paid for the advertisement with pizza, not money. “What we would do on Thursday at lunchtime—this was a big rule for Julie—we would all stop, go right outside the doors of *The Hornet* and eat the pizza,” recalls Williams. “It was like a family dinner, and it was something we did every week.”

▼ Advisers Larry Taylor (left) and Julie Davey smile for a picture in the newsroom in 1993. They were known as a dynamic duo.

▲ A *Hornet* staffer does work on the computer to prepare for the latest issue to hit newsstands at Fullerton College in 1993.

▼ Jay Seidel, former staffer and later adviser to *The Hornet* and magazine, shaves and gets dressed up for the 1995 Columbia University award ceremony when *The Hornet* staffers were finalists for the Gold Crown award.

Photos courtesy of Julie Davey





◁ Violet Wightman, who started taking journalism classes at Fullerton College at age 91, speaks to a staff member of The Hornet. Photo courtesy of Vivianne Wightman

▴ Former editor-in-chief Vivianne Wightman (left) and former adviser Larry Taylor sit to discuss the work of the student magazine The Torch, now known as Inside Fullerton. Photo courtesy of Vivianne Wightman

◀ An ad for The Hornet in the Torch magazine in the late 2000s parodies the NBC sci-fi television show "Heroes."



▲ Inside Fullerton staffers distribute their Fall 2019 magazine in the quad. Clockwise from left: Michael Echevarria, Viviane Anthony, Joshua Villafranco, Nicholas Arriaga, Ian Barr, Salina A. Falcon, Mariana Frias.

▶ The Fall 2021 staff of The Hornet celebrates the end of the semester at Bootlegger's Brewery. Clockwise from left: Ian Vielma, Ryan Billings, Jared Chavez, Jay Seidel, Ethan Ahoia, Jessica Langlois, Ryan Davis, Nicole Melanie Freerks, Rachel Lopez, Gigi Gradillas.



▼ The Inside Fullerton staff distributes their magazine to newsstands in December 2021, anticipating the return of some students to campus in 2022. This was the fourth issue produced during remote learning because of the COVID-19 pandemic. Clockwise from left: Misael Cruz, Salina A. Falcon, Chastain Flores, Andrea Koehler, Alexcia E. Negrete.

▶ Staffers from Inside Fullerton and The Hornet show off their awards for writing, design and photography at the Journalism Association of Community Colleges conference in Long Beach in March 2022. Clockwise from left: Dustin Malek, Andrea Koehler, Ryan Billings, Nicole Melanie Freerks, Gigi Gradillas, Alexcia E. Negrete.



To this day, The Hornet and Inside Fullerton continue to bring home awards every semester.



# “The program survived staff shortages, shifts to the digital world and even a pandemic.”

Vivianne Wightman and Mike Cruz, both former editors of *The Hornet*, worked with advisers Davey and Larry Taylor.

“Larry was wonderful. I absolutely adored him, we all did,” says Wightman. “He and Julie were the perfect blend.”

Not only was Wightman part of the journalism program, so was her grandmother, Violet Wightman. Violet Wightman was 91 years old when she signed up for Davey’s freelance writing class. She had a passion for playing the piano and went to school to work on her other passion for writing and storytelling. She attended the class from 1992 to 1997. Shortly before she passed away in December 1998, a book of Violet Wightman’s poems titled “Sitting on a Cloud” was published by the Fullerton College print department.

In 2010 Seidel started the Spanish-language publication *La Antorcha*, which later rebranded to *Antorcha del Sur*, with hopes of it becoming a regular course. At one point *Antorcha del Sur* had more students than *The Hornet*, leading it to officially become a publication in 2011 and making Fullerton College the first and only community college in California to have a Spanish publication class.

Since the start of this class, in 2018 it became the first and only time Fullerton College offered a Spanish language reporting as a dual enrollment class at Anaheim High School when they created their own Spanish language newspaper.

As *Antorcha del Sur* continued at Fullerton College, enrollment declined and the course has not been offered since spring 2020.

Joanna Jacobo Rivera, a former journalism professor at Fullerton College from 2019 to 2021 taught introduction courses, Spanish-language reporting and magazine writing.

In spring 2021, *Inside Fullerton* published English and Spanish stories within the magazine under Jacobo Rivera and former editor-in-chief Salina A. Falcon.

However, Jacobo Rivera says, “It’s very bittersweet, I want to feel really great about it but I don’t.” Jacobo Rivera explains that they should have always been in the magazine. “It’s not that there aren’t students of color or students that identify as Latinx, but this goes back, it’s that lack of diversity in leadership,” she says.

Under the supervision of Seidel, Fullerton College had an unofficial partnership with *Telemundo* and internship spots would be filled with one Spanish language media student for their digital side. This led to some students over the years to go on to work in the *Telemundo* Network.

Seidel began teaching at Fullerton College in 2001. He was a staffer on *The Hornet* and the magazine when Davey was adviser. She suggested that he come back to the school to teach and advise *The Hornet*. Ever since then, he was hooked. “Fullerton College is actually near and dear to my heart. This would be the only place I would teach full time,” he says.

In 2016, *The Hornet* went completely online after Seidel and his staff noticed a large amount of newspapers needing to be recycled rather than being picked up by readers. “It was one of those things where it’s like, ‘Why are we doing this? Let’s move to a digital focus,’” he says. “That way, we retrain our students on what they’re

going to need to know for the future rather than bring a print newspaper no one cares about.”

Around this same time, Seidel became intrigued with combining drones and journalism after seeing it online. He attended training at the University of Oregon and came back to Fullerton to start a class on it. This later developed into the Fullerton Drone Lab.

In 2022, the Fullerton College journalism program expanded. The radio program that includes the low-power FM licensed station KPBK, that is celebrating its 50th anniversary was adopted into the journalism program.

Jessica Langlois is currently an assistant professor of Journalism at Fullerton College and adviser to *The Hornet* and *Inside Fullerton*. She started in the fall of 2019 and has taught a handful of classes. When it comes to the future of the journalism program, Langlois would love to see more fellowship and grant opportunities for students, allowing them to partake in more in-depth reporting. Alongside that, she mentions she would like to see more reporting on tough issues, more accountability reporting and data projects.

In the beginning of her journalism journey, she says she made mistakes and only got better from there. Langlois’ advice to anyone who wants to give journalism a go and may be too nervous or scared is this: “You don’t have to be a writer, a photographer, a video maker... You will become those things. It’s all a process of learning as you go. Don’t feel like you have to be perfect... Stick with it, and you’ll get to the place that you want to be.” ❖





BEHIND

THE

MASK



# How furry, feathered friends became the face of the competitive sports industry

Story by Arely Hernandez

**S**ports teams moving from city to city is not uncommon. In 1949 the NBA introduced the Tri-Cities Blackhawks. The team played for a couple of years before relocating to Milwaukee. They moved a few more times before staying in Atlanta, where the team currently resides. While this team has called multiple cities “home” and had generations of coaches and players come and go, in over 70 years the one thing to stay the same has been their mascot. They are still Hawks.

Currently in North America, there are a total of 151 Major League sports franchises, most of which have mascots. They are typically good luck charms for the teams, help get a lot of fans pumped up for their games and create personal connections with fans. Every team faces obstacles to keep their mascot relevant, whether it is, like Fullerton College’s Buzzy, updating their look, completely altering their image to more closely align with social change, or simply moving to a new city.

The Atlanta Hawks originally derived from three cities once native land to the Kickapoo, Sauk and Fox Indians. According to North Illinois

University, these tribes were participants of the Black Hawk War led by the leader of Sac and Fox Indians, Black Hawk. These cities dedicated their mascot as a tribute to this leader.

The connection between a mascot and a team is not always easily drawn, and some teams’ mascots can become an almost comically fun representation. When one thinks of jazz, Utah is the last state in mind. The basketball team with a rough mascot association, the Utah Jazz, started as the New Orleans Jazz, before moving five years later to Utah.

Initially, according to the NBA’s page on the Utah Jazz, there were reservations about how Utah might receive the team. Now, “Utah Jazz fans have become some of the most loyal fans in the league.” This is possibly due to The Jazz incorporating some of Utah in its mascot. The black bear, common in southeastern Utah, became the official mascot of the team, ultimately creating one of the most iconically funny mascots in basketball.

The Utah Jazz Bear is known as much for the antics it pulls on the crowd as it is the cool headband it wears with every appearance. The man behind the mascot, Jon Absey, was with the Jazz for 16 years.





◀ Hornet mascots Herbie and Henrietta pose for a photo on campus in the 1950s. While Fullerton College's mascot has always been a hornet, Herbie was the official school mascot previous to Buzzy. Photo courtesy of Fullerton College campus communications

▶ Buzzy waves to the crowd during a parade in Fullerton as they march alongside Fullerton College's Spirit Team. Photo courtesy of Fullerton College campus communications

▼ Buzzy helps out the Sprit Team during an event. This iteration was fuzzy, while rocking a defining characteristic of Buzzy throughout time: stripes. Photo Courtesy of Fullerton College campus communications

▶ Fullerton High School's original mascot is painted on the school's hallways. Although a student no longer dresses as an American Indian, the imagery continues to be used throughout the campus. The mascot is a racist stereotype, and civil rights advocates have been petitioning for a change for years. Photo by Arely Hernandez





“The things that I can get away with and the things that other people can’t always make me laugh,” Jon Absey explains what he loved about the job in a video titled, “A tribute to the Utah Jazz Bear.”

It made the crowd laugh. However, before being people in a costume used for entertainment and before the Utah Jazz Bear was born, mascots were just human.

Originally, according to etymologist and contributor to the Oxford English Dictionary Barry Popik, mascots most commonly used to be regular people with no costume. They were typically batboys that teams believed would bring them luck during games.

Through baseball in the late 1800s, mascots began to resemble furry, feathered or winged creatures. Mascots began to entertain the crowd in between actions but soon enough they would offer a fierce competitiveness while being a cultural symbol of pride. To this day a mascot is usually a person in a costume hiding their identity, allowing viewers to suspend disbelief while they perform and pump up the crowd.

While hornets are not furry or feathered, they do take flight and they have been representing Fullerton College since its early days.

Currently, the school has Buzzy the hornet, whose interchangeable eyebrows on the newly-revealed costume can go from friendly competitor to fierce adversary in a second. Buzzy’s athletic wear allows their wings to flap freely and proudly shows off the community college’s colors, gold and blue.

Buzzy wasn’t always rocking the gender-neutral, ambiguous name. Previously to being Buzzy, our main mascot was Herbie the hornet (male) and buzzing alongside him was Henrietta (female). With the recent revision to Fullerton College’s mascot, Buzzy is as popular as ever and not an easy hornet to net, according to Spirit Team Coach Alix Plum. Buzzy is wanted at many events. Even with the assistance of wings, they can’t be everywhere at once.

“It is difficult to get a student to commit to being Buzzy,” says Plum, who used to be in charge of directing Buzzy. “Takes a certain personality.”

More than personality, it takes capability.

Alterations to the Buzzy uniform have made it hot and difficult to wear, Plum says. The person behind Buzzy is given an ice pack vest to keep cool, but it usually melts before the gig is over, weighing the already heavy uniform and making it more difficult to move and see.

“The head is heavy,” Plum says. “Movement allowed is minimal to avoid the head falling off.”

Nobody at Fullerton College wants to see the head of Buzzy horrifically severed and rolling onto the floor. In fact, it is not common for any mascot costume to be seen taken apart or non-animated. Just as it is not common to know the person behind the mask.

“You can’t talk and you’re not supposed to show your face,” Andrew Johnson, the mascot for the Houston Texans, tells ABC 13.

He went four seasons as the man behind Toro the blue bull before the team decided to identify him.

Now millions of groups and organizations participate in these traditions. Mascots trickled down to schools over a century ago, so while they strive to serve as a tentpole to a community, they sometimes create division and controversy.



**MORE THAN  
PERSONALITY,  
IT TAKES  
CAPABILITY.**



Plenty of sports teams and schools have a history of portraying caricatures or negative stereotypes through their mascot and Fullerton is no exception.

For over two decades Fullerton High School, one of the oldest campuses of Orange County and part of Fullerton College’s origins, has drawn ire from Fullerton residents over its mascot. Native American Civil Rights advocates have been petitioning for years to change Fullerton High School’s Indian mascot.

After backlash in 2001 for using traditional Native American head-dresses and clothing for their mascot, Fullerton High School started using a buffalo instead. They still however are the Fullerton High School Indians.

Many teams and organizations have changed their mascots to be more respectful and culturally appropriate. Even professional sports teams have joined the cause in being more sensitive to what is socially acceptable in a mascot.

MLB’s Cleveland team used to have what most people agreed was a Native American caricature for a mascot and logo. Chief Wahoo had bright red skin, a feathered head and a goofy grin. After serving Cleveland for over a hundred years he is now retired. Similar to Fullerton High School, Cleveland switched out their mascot but kept the name and logos. Now, after about 30 years, they are the Cleveland Guardians.

A community is ultimately what makes a mascot more than a symbol for a team. What was once a good luck charm evolved beyond superstition to trust. Fans dress up as them to games, slap pictures on car windows, and prop figures on desks at work as if to show that victory is certain. Simultaneously, mascots connect us with our inner child, reminding us that, after all, it’s just a game. ❖



# DIRECTION TO CONTRACEPTION

Finding the right choice for you

Story and Photography by Arely Hernandez



**A** physical barrier between two loved ones: taking a pill every day or inserting a plastic rod into the arm. Some people have to try it all before they find a solution. For Lacey Currey it is a stretch of sticky plastic on her skin. She has never been happier with her birth control.

Mankind has come a long way from using sheepskin and home remedies to prevent pregnancy. Now there are more types of birth control than ever that provide safe and consistent experiences for the sexually active. To choose the right one, for some, can require exploration. Overall most can discover a method that is affordable and easy to stick with.

In the United States, gradual advancements in contraceptive sciences arose by the 1950s. This is a result of three pioneers of the cause: Margaret Sanger, Gregory Pincus and John Rock. Sanger, a feminist activist, played an important role in securing Pincus the resources to conduct studies and experiments that would lead to the invention of the first combined oral contraceptive pill, commonly referred to as “the pill.”

The pill is a hormonal form of birth control that, with a daily dose, alters a woman’s period and prevents pregnancy. But this can be more than just a contraceptive. Women take the pill to regulate their period, relieve pain caused

by cramps, lessen PMS and even help reduce the risk of ovarian cysts. Because it regulates hormones, men and women can also be prescribed this form of birth control to minimize hormonal acne.

The pill led to all other forms of hormonal birth control such as Nexplanon. It is a flexible, plastic rod that can be inserted into the upper arm for up to four years. It requires no maintenance and is easily reversible.

Fullerton College student Lacey Currey has gone through the list of hormonal birth control. After trying and disliking multiple before, she tried Nexplanon out for three months before it was added to her discard list.

“Every time I took antibiotics, it made me bleed,” Currey says. The hormones released by the implant interacted with her prescribed medication which resulted in an adverse reaction.

One in 10 women stopped using Nexplanon due to an unfavorable bleeding pattern. Currey is one of them. She is now on the patch, another form of birth control placed on the skin that releases hormones directly into the bloodstream. It is left on for a week before being replaced with a fresh one. She likes the control it provides, as she can discontinue use to her discretion, unlike the implant which must be removed by a medical professional.

For others, Nexplanon works like a charm.

△ Fullerton College student holds up a condom, his preferred choice of birth control. The school’s health center provides condoms for free as a part of students’ health fee.

▲ Fullerton College student takes her placebo pill. To make it easier for women on the pill to keep track of their schedule, a placebo is taken on the days off.



# BIRTH CONTROL ROUND-UP

Photo Illustrations by Andrea Koehler

"It's like the easiest thing and I hate IUDs," says Natalie Erickson. IUDs are a hormonal or copper device that is inserted into a female's uterus with a string attached to the bottom that leads out of the vagina. This prevents the fertilization of an egg. They have a 99% success rate, and while they have a high satisfaction rate of about 80%, some women find them uncomfortable.

About 70% of women experience discomfort during insertion, of which about 20% require follow ups or maintenance. This can lead some women to remove them completely.

Discomfort or sensation from an IUD shouldn't be detected. Joseph Khan, a Garden Grove obstetrician-gynecologist, says the most common side effects are irregular bleeding, spotting and cramps.

There are also contraceptives that protect from STIs during penetrative sex. Condoms stand the test of time and are the simplest form of birth control with a 98% success rate when used correctly. Best yet, it is the only other form of birth control for males at the moment, besides a vasectomy.

There is a considerable amount of pressure on women to take birth control when sexually active. Most birth control methods are for women and in long term relationships, they are more likely to carry the burden. According to the National Library of Medicine, when excluding the use of condoms, only 5% of married men have had vasectomies compared to 77% of married women being on birth control.

Amy Streavel, senior director of education programs for Planned Parenthood, educates young adults, parents and training professionals about reproductive health. She feels one of the most important programs offered by Planned Parenthood is sex education for young men in juvenile detention facilities. This includes a "male responsibility presentation," in which she explains the role men have in pregnancies and stresses personal responsibility.

"I actually received abstinence-only education," Streavel says. She was brought up with a lack of answers. This only increased the amount of questions she had about sex. Now her life is dedicated to ensure others learn more than "don't have sex."

With all the different types of birth control on the market, it may feel overwhelming to find the "perfect one." When it comes to birth control, size doesn't matter. Everyone's body is different and everyone will have different experiences with each birth control. Whether you are looking for protection against STIs, pregnancy or are looking for help with regulating hormones, there are plenty of birth control products to pick from. ❖



## CONDOMS:

- ◆ Best form of protection from both pregnancy and STIs
- ◆ There are male AND female condoms, although male are more common
- ◆ Not reusable, but they are provided for free for students at the Fullerton College Health Center



## IMPLANTS OR IUDS:

- ◆ Hormonal and non-hormonal options
- ◆ Long acting, but easily reversible
- ◆ Low to no maintenance
- ◆ Can be expensive, but organizations such as Planned Parenthood offer affordable options to those in need



## "THE PILL":

- ◆ Multiple health benefits, such as lessening period symptoms, risk of ovarian cysts, bone thinning and anemia
- ◆ You can stop taking it immediately
- ◆ Must take every day at the same time for best results (incorrect use will lower its success rate)
- ◆ It is typically a more affordable option with or without insurance



## VASECTOMIES:

- ◆ Only other form of birth control for men besides condoms
- ◆ Safe and highly effective option
- ◆ Quick recovery, but NOT ALWAYS reversible
- ◆ Doesn't affect your sex drive



# WHEN MUSIC BECOMES THE MEDICINE

A local musician finds a new angle to life after a near death experience

Story and Photography by Matthew Camelo

**O**n a Tuesday afternoon in late May 2021, police and paramedics responded to a 911 call about an unresponsive teen with tattered clothing lying in someone's front yard. The Anaheim Police Department along with paramedics soon arrived at the scene of the incident. After finding no pulse, paramedics rushed to resuscitate while transporting him to the emergency room.

The boy barely survived. He woke up the next day only to find out he had overdosed on a cocktail of Xanax.

"It felt like I got hit by a truck directly on my chest," Jordan "Junkie" Sandoval says. For two weeks, the pain stuck around. It was a constant reminder of the damage he caused himself.

Sandoval is an 18-year-old gore-grind guitarist and drummer from Fullerton. For Sandoval, contentment is one of his many priorities. Growing up in the harsh streets of Santa Ana led Sandoval down a troubled path. As a kid in this type of environment, his ideal perception was altered. Since his overdose, he found playing music to be the most fulfilling aspect of his life.

Being around an environment of drugs and violence, it became commonplace to use substances as a way to calm his issues down. It became therapeutic when the hard times became worse.





“The longer it went on, happiness felt like it was furthest away.”



◁ Jordan “Junkie” Sandoval smokes marijuana as a pastime when he’s away from making music.

◀ Sandoval plays at Dead Eye Studio in Los Angeles on Feb. 11, 2022. Sandoval didn’t expect to play with one string at this show, but his love for goregrind passed his expectations.

▼ Sandoval records drum tracks for an upcoming Casket Mush release. As he plays, he feels all his worries lifted off of him in that brief moment.



“When I started smoking... I finally got more out of my day. I became more excited... I finally felt good about everything,” Sandoval says.

Sandoval was always described as a ball of energy by his friends. Martin Guitierrez, a close friend of Sandoval since the age of 15, describes Sandoval as a “sick ass foo” and that he was always “happy as fuck.” However, his energy began to fade throughout his life. Since the age of 13, the use of drugs in his life was normalized. This is when he indulged in a lifestyle of substance abuse as a way to escape his environment. From uppers to downers, Sandoval experienced it all. His first ‘hit’ was when he was at the skatepark with his friends; this is where he felt like his true self.

As his attachment to drugs persisted, his tolerance grew with it. This led him to stray away from tamer drugs like marijuana and nicotine and to turn to harder drugs such as Xanax. After finding his new ‘fix,’ Sandoval became more alienated from his family, which ultimately led him to becoming kicked out of his house and onto the street. After being on the street for some time, Sandoval would continue to get higher as his situation worsened.

“The longer it went on, happiness felt like it was furthest away,” Sandoval recalls.

His time living on the streets eventually led to him overdosing on a mixture of substances. After he recovered from this life-changing experience, he turned to music. Sandoval recalls the feeling of picking up his first instrument as a new high.

“It was around 2020, where I started listening to extreme metal bands like Carcass and Impetigo, this is when I started to play this type of music myself,” he says. Around this time, Sandoval helped start Cranial Abortion in the summer of 2020. Cranial Abortion was a short-lived crust grind band that was formed with a few other friends in Fullerton. Despite this band having a falling out between each other, this sparked Sandoval’s devotion to music, gore-grind more specifically. Gore-grind is often described as an extreme metal subgenre that’s played faster and heavier than most metal genres.

After nearly dying, he slowly started getting back on his feet through music and letting go of hard drugs. Life still goes on for Sandoval, from his experiences he found that smoking marijuana while keeping music close to him kept him from going back to those harder drugs.

“At that point music became a new high for me... I fell in love with it,” Sandoval says of his time playing music. With music becoming a new priority in his life, Sandoval found salvation through playing and making music. Sandoval’s currently a part of a couple bands such as Peptic Ulcer, Casket Mush and Muscle Man to name a few. He doesn’t plan on ever stopping. All he ever wants to be is one of the greatest at his art. ❖



# MENTAL FUEL

## A look at how minerals within the right healthy foods can help combat stress in our daily lives

Story by L. Paulina Arreola

**S**chool, work and bills. It all adds up and causes stress. It's easy to get caught up in all of it and to forget to take care of your mind and body.

Being under constant stress can lead to health problems such as high blood pressure, diabetes and even heart disease. To combat stress and our bad moods many people face from everyday life, certain greens and other vegetables are key. While not everything can be treated with just food alone, it certainly does provide another method to try to stay healthy and less stressed.

The relationship between food and emotions is a phenomenon that has aroused great interest. That is why Michelle Loy, a registered dietician nutritionist, explains how and why certain foods can help reduce stress.

Loy reminds us of the meaning of "diet." This word has had a negative connotation for some time now. Many times it has been related to depriving or restricting yourself from certain foods. Regardless of whether you have a certain goal or not, Loy says, "The foods and drinks that you usually consume on a regular basis is a diet... we are all on a diet."

Taking the time and effort to work on strategies through nutrition can help us combat overwhelming emotions. One nutritional mineral that helps combat feelings of stress is magnesium.

"Analysis shows that people who experience chronic stress have low levels of magnesium in their bodies and in their diets. Perhaps the subclinical deficiency is due to the body using more magnesium whenever we are stressed," Loy says.

She explains that magnesium increases serotonin, which is a neurotransmitter that helps regulate our mood and happiness. It also helps increase another neurotransmitter called gamma-aminobutyric acid (GABA). Both magnesium and GABA decrease the neuronal activity in our brain. In short, they help to control fear

and anxiety when the neurons are overexcited. Magnesium also reduces cortisol, which is the stress hormone. This stabilizes our brain and mood, so we can think more clearly when these levels are reduced.

An example of magnesium-rich foods are green leafy vegetables such as spinach, Swiss chard, broccoli, arugula, collard greens and kale. Other excellent options for magnesium are legumes like black beans, edamame, chickpeas and tree nuts.

Loy says these foods can provide other benefits as well. Simple foods that are rich in fiber regulate the body, which slows down the absorption of carbohydrates. Fiber also regulates blood sugar levels, and prevents heart disease because it feeds healthy bacteria that signals the body to decrease cholesterol production. "If someone suffers or is at risk of having high blood pressure, these can be beneficial to their health," Loy says, adding that many of these foods also regulate blood sugar levels.

People tend to reach for carbohydrate-rich foods and add sugars, or "comfort food," because it makes them feel good temporarily. This process increases serotonin levels for a few hours, but at the same time, it rapidly increases blood sugar levels and cardiovascular disease. "These increase the risk of chronic diseases. You have to give fruits or vegetables the opportunity to be a pleasant snack," Loy says.

A healthy alternative to release serotonin levels in our brain is physical activity. If we try going for a walk, jog or even doing yoga, it can help reduce stress levels and guide us to a more positive outlook.

It is all about balance and taking the time to be kinder to our bodies: getting rest, consuming beneficial foods, doing exercise and drinking enough water are all ways of helping reduce the stress we carry. Of course, we can still treat ourselves to our favorite comfort foods—as long as it's in moderation. ❖



# MORE BEYOND THE SCREEN

The hidden truth of steroid use by male fitness influencers is harmful to men

Story by Matthew Camelo | Photo Illustration by Andrea Koehler

**W**ith gyms closed during the height of the COVID-19 pandemic, many faced physical changes in their bodies around the globe. As many people were quarantining in their homes, social media was a major form of entertainment and to keep up with the news. Now that there has been a decrease in COVID-19 cases, gyms have opened up creating a new form of gym culture with a heavy social media influence. Fitness influencers and bodybuilding champions have since used social media as a way to promote and showcase their physique or body type.

The pandemic shed light on the many consequences that inactivity can cause. Inactivity brought by the pandemic also caused a growth in the consumption of social media. Fitness content also grew in popularity as a result of the pandemic. These content creators pushed an “ideal” body standard which was consumed by men in the masses. The standards included attributes like extremely broad shoulders, small waist to shoulder ratio, gigantic chest size and full looking arms. Although these types of bodies require extensive training over many years, in most cases, these standards can’t be naturally obtained without the assistance from anabolic steroids or testosterone. This ultimately leads men to suffer from some mental health consequences.

Reaching these types of physiques shouldn’t discourage the average adult male from working out. Exercising has always been shown to improve someone’s physical health along with their mental health. According to the CDC, working out improves aspects in all parts of life. This can include reducing diseases such as lung cancer to managing weight. Exercising is something every person should take part in. With these influencers promoting healthy eating habits along with plans on improving lifestyles, young men typically follow these plans in hopes of becoming as physically fit and muscular as whoever they look up to.

James Ellis, a professional bodybuilder and personal trainer mentioned that half of the fitness influencers that he works with and trains are often on some sort of performance-enhancing drugs (PEDs), according to a Business Insider article. Ellis argues that these types of drugs are the ‘norm’ rather than the exception.

Although young men look up to these influencers, they should be aware of these hidden truths of PED use amongst the fitness community. PEDs can greatly affect the way a person looks while giving the illusion of being naturally achievable. Being on a regular workout plan along with strict dieting will not cause you to gain muscle mass in comparison to famous bodybuilders like Arnold Schwarzenegger and Ronnie Coleman, who are open about their steroid use.

A study published by Health Communication showed that people who were overly exposed to fitness content translated to a dip in self-esteem. Social media gym content should always be taken with a grain of salt regarding its authenticity. There is more behind the screen than we see online.

As an audience, these young men should consider PED use amongst these influencers and establish a base of what’s realistically attainable physically and what’s not. Furthermore, influencers should be highly transparent about their use of PEDs so as to not further the idea that their physique or body type is most commonly not able to be achieved naturally. ❖





# STUDY AND CHILL

These local spots are perfect for your last-minute cramming sessions

Story by Mariana E.G. | Photography by Chastain Flores

The heart of the city of Fullerton can be considered a higher education capital in Orange County with four colleges and four high schools downtown. Taking some time to sit back and take a break, especially during those long nights of studying or any last minute “oopsie I forgot” assignments can be a way of self care for students all around. These places have a way to make students unwind. Whichever the case may be, here is a run down of the best five places every student needs to try.



## The Night Owl

It feels right to start this list with something very familiar for students around Fullerton, if their social media mentions are anything to go by. Located downtown, The Night Owl has become famous for their weekly open mic nights. Students can relax or get some work done while enjoying live music and delicious drinks and treats.



## Made Coffee

Made Coffee is located across the way from The Night Owl. Its serene and calm environment is ideal for studying as well as a nice drink of your choice with a friend, courtesy of the best dressed baristas you can find as well as the friendliest. Their spiced chai latte with oat milk is one to remember. Mixed with chai powder and steamed with the milk, the powder is melted with the milk giving it a creamy and sweet taste, as opposed to mixing it with hot water. Ideal if you're not much of a coffee person.



Waiting for you (bonus track) by Alex G



## Half Off Books

This small and charming shop is hidden in Wilshire Avenue downtown and has been a gem amongst students in town or independent writers who wish to sell their books in the “local writers” section of the store. Ideal for bookworms and vintage record lovers on a budget. You can feel yourself submerged as soon as you walk in and stay there for hours browsing through the many sections with a cup of coffee in hand from the shops around.



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