

The Sundial

Issue 4 | Fall 2022

What is
INFLATION?

Parent
Advice



Econo-me

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Cover Illustration by Zasha Hayes

Letter from the *editor*



This magazine is an issue that hits close to home in more ways than one. With hot debates around a possible recession, high taxes and the elections coming up, it was the perfect time for Issue 4 to be focused on the economy.

While mask mandates are being lifted, and we attempt to adjust to a new normal after the pandemic, we've been hit with inflation that makes living even harder.

As classes are now back on campus, finding the balance between my finances and school has definitely been a struggle with the high demand of work and the high costs of everyday necessities.

While this issue is meant to inform our readers, something that we discussed during one of our meetings is that The Sundial's magazine should be a mix of important issues that are happening, while also giving us a peek into the lives of what being a CSUN Matador is all about. This issue is something that anyone and everyone can relate to in one way or another, which is honestly my favorite thing about these magazines.

I transferred to CSUN right at the beginning of the pandemic. Online classes were great for me because I live in Palmdale. This meant I didn't have to worry about the hour-long commute to and from school.

But, I did feel lonely and clueless navigating a new school through a screen. While I am a senior graduating soon, at times I still feel like a new student who doesn't know anything about CSUN and what resources are actually available to me.

So, as a CSUN student, I truly do enjoy grabbing a magazine and learning more about the Matador community and how society's issues personally affect us.

No matter what you are going through, the goal is to share stories that remind you that you are not alone in the journey you are taking. This issue touches on a multitude of topics that our society is facing right now. Our team has worked long hours doing research in order to provide you, the readers, with helpful tips and advice on how to survive this economic crisis.

It's incredible to see everyone contribute their time to make this issue possible. We thank you, the readers, for supporting The Sundial and giving our magazines a read.

A handwritten signature in black ink that reads "Elizabeth Ordonez". The signature is stylized and includes a large flourish at the end.

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Economy 101:

How the economy affects society and culture

WRITTEN BY MARISSA ROBERTS

History has shown that the economy has a direct effect on society. With inflation in the United States currently at an all-time high, many Americans are bracing for a possible recession.

President Joe Biden said in October that while a recession is possible, he does not believe the country is heading for one, citing low unemployment and a booming job market.

However, Bloomberg Economics wrote that they are “effectively certain” a recession would occur in the next 12 months based on their model projections. Steve Hanke, an economics professor at Johns Hopkins University, told CNBC that he believes there is an 80% chance of an economic downturn.

While some experts claim that a recession is imminent, Americans can look to previous economic crises to gain a better understanding of the impact the economy has on culture and various demographics in the U.S.

One of the worst economic recessions in modern history was the financial crisis of 2008, also known as the Great Recession. It lasted for 18 months and was deemed an avoidable incident caused by leaders in finance and a lack of government oversight, according to a 2011 financial report from the Financial Crisis Inquiry Commission.

This recession affected people differently depending on their demographics. Women, young people and those who were “less affluent” were more likely to experience job loss or missed mortgage or rent payments, according to the Pew Research Center, while middle-aged adults and affluent

families reportedly took more hits to their financial portfolios.

The Pew Research Center also concluded that Black and Hispanic Americans disproportionately experienced unemployment and housing foreclosures during this time.

Millennials are a demographic that were also hit particularly hard by the Great Recession, with many still feeling the effects of it today.

Milestones such as marriage, owning property and becoming a parent are all things some millennials put on the back burner to prioritize financial growth as a result of the 2008 financial crisis, according to a report from

Frugality was a way of life for those deemed the Lost Generation.

Business Insider.

The mental health of those who experienced loss during the Great Recession was documented in a study done by Miriam K. Forbes, Ph.D., and Robert F. Krueger, Ph.D., psychologists at the University of Minnesota. They concluded that suicide rates were up at the same time the market was crashing.

Because vulnerable populations such as people of color, women and those who come from a lower socioeconomic background were hit the hardest by the recession, the study also claimed that these are the populations that suffered the most in terms of mental health.

While the U.S. has experienced a

handful of recessions, the last depression occurred after the stock market crashed in 1929 and lasted until 1939. This is known as the Great Depression.

Depressions are longer, more severe and rarer than recessions.

The Great Depression resulted in a generation that was careful.

Movie theaters shut down because Americans could not afford the luxury, community gardens were created in vacant lots to grow food, and old clothes were repaired instead of replaced, according to History.com.

Black Americans were one of the demographics that were hit the hardest during this era, which left half of the Black population unable to find work, according to the Library of Congress. With unemployment skyrocketing, white people demanded that Black people be fired from their jobs so that they could fill those positions. There was also an uptick in lynchings and racial violence as a result of the economic crisis.

The mental health of Americans was also at a documented low during this time. Suicide rates rose from 17 per 100,000 people in 1929 to 21.3 per 100,000 in 1932, according to economist John Kenneth Galbraith in his book “The Great Crash 1929.”

The state of the economy is linked to the well-being of Americans, including their mental health and financial stability.

While experts have not reached a consensus that the U.S. is headed for a recession, history suggests that vulnerable populations would be disproportionately affected if the next economic crisis were to hit.



ILLUSTRATION BY DAVID MESQUITA

Living with the sheer amount of

WRITTEN BY ELIZABETH ORDONEZ

My phone rings the obnoxious alarm it does every morning. My eyes burn as I stare into the screen to check the time: 7:30 a.m.

“Just a couple more minutes,” I tell myself as my eyelids drop. It’s only been three hours since I set the alarm.

While it feels like it hasn’t even been a minute, yet again that alarm tone is hurting my ears. As I shut it off, the screen reads 8 a.m.

My TimeTree app sends me a notification to “Have a great day!” followed by a long list of tasks I have to do such as classes, homework assignments and a closing shift.

Being from Palmdale means I’m an hour away from campus. I have to check my phone every minute or so while I get ready. My arrival time becomes later and later, even if I’d like to take a second to make coffee.

I rush to my car with my school and work bag no later than 9:45 a.m. to beat the traffic I fight in order to make it on time everyday.

I try my best to stay awake for lectures while running on three hours of sleep.

The clock now strikes 3 p.m. and with a blink of an eye I’m clocking in for my shift. I realize my breakfast was just coffee. I’m always

on the run so I struggle to prepare lunch. I usually have to spend money for food on campus. Sometimes, I’m having my first meal of the day at 6 p.m.

As I help my last customer of the day, all I can think of is the assignments waiting for me.

After sweeping, mopping and cleaning the store, I’m finally able to clock out. As I walk to my car, my phone buzzes once again. A class presentation has just been assigned.

I take yet another hour-long commute to arrive home at 10 p.m.

I stay up till 3 a.m. doing homework. This cycle of working and going to school puts me in a constant state of burnout. I’m overwhelmed with the never-ending tasks that I need to complete. I’m always trying to catch up but never get caught up.

My social life doesn’t fit into my budget. As I’m in my 20s, it’s hard to hang out with friends. Going out adds to the costs, and due to my hectic schedule, my free time is absorbed with school assignments.

It doesn’t get easier when bills and prices for necessities seem to get higher and higher. Being a commuter is tough when a full tank of gas is \$80 and you go to the



ILLUSTRATION BY ZASHA HAYES

work on my shoulders

gas station twice a week — \$160 a week on gas alone. Don't forget about the \$219 parking pass. Let's also add about \$150 in textbooks.

According to the Georgetown University Center on Education and the Workforce, about 70% of students are employed while attending college. Being an employed student leads to the normalization of stress and exhaustion in our everyday lives.

In order to breakdown less, I try my best to finish my

homework before the weekend. This helps me have free time after workshifts. It's hard to stay motivated when breakdowns from stress happen often, but getting time to focus on myself helps me forget about the sheer amount of work on my shoulders.

There are many moments where I feel that what I'm doing now isn't worth it — but taking time and care for myself reminds me that slowly but surely, things will fall into place.



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ZASHA HAYES AND DAVID MESQUITA

inflation

The rising cost of everything and what to do about it

WRITTEN BY MATTHEW ARAT

ILLUSTRATION BY DAVID MESQUITA

What do gasoline, coffee and rent have in common? That answer is inflation. Rising prices seem to have made a significant impact on what we as consumers buy, but when did prices rise to the levels we see today? How are other countries faring with this? And what can we do to stop it?

According to the International Monetary Fund, an organization of countries around the world dedicated to financial stability, “inflation measures how much more expensive a set of goods and services has become over a certain period, usually a year.” What matters to households is the purchasing power they receive, otherwise known as nominal income. If prices are too high, purchasing power decreases.

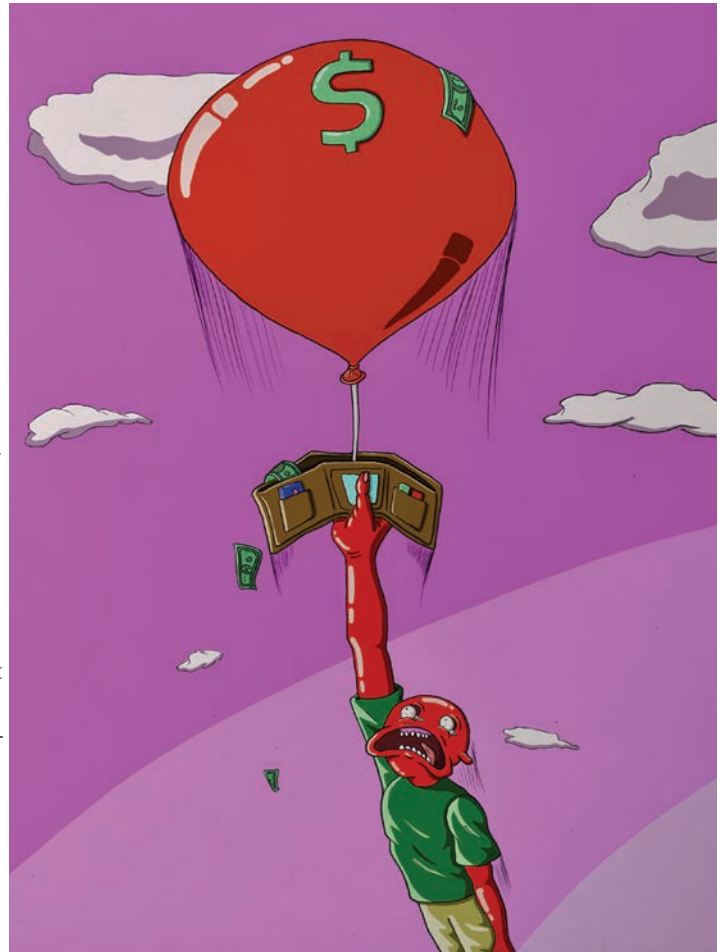
So what if prices just drop? According to an August 2021 article in *Forbes*, deflation is “when consumer and asset prices decrease over time.” As great as this may sound, it might be leading to consumers who refuse to buy now and wait for a better deal. The best case scenario is for low and stable inflation; a slow rising of costs that doesn’t damage the purchasing power of consumers while also pushing consumers to buy now.

The current world economy indicates an inflationary market. The U.S. Bureau of Labor Statistics reported that, unadjusted for the past year since September 2022, fuel oil prices raised 58.1%. The Associated Press reported that British food prices jumped 14.1% and pushed

their overall inflation rate to a 40-year high.

Surprisingly, however, consumers have not been deterred from spending. CNBC states that Americans are still buying products and services at these higher prices. Bank of America CEO Brian Moynihan said, “Analysts might wonder whether the talk of inflation, recession and other factors could [result] in a slower spending growth. We just don’t see [that] here at Bank of America.”

It’s easy to suggest that the key to combating inflation lies in political power. According to the *New York Times*, Richard Nixon and Jimmy Carter won their presidential campaigns partly on rhetoric to decrease inflation rates. Unfortunately, executive policies are not as often used as hoped. James K. Galbraith writes in ‘Using the Presidency to Fight Inflation’, “They are politically costly to put into effect; therefore, nothing happens before inflation becomes a serious problem. But when inflation does become a serious problem, it is too serious for these policies to contain effectively.”



To keep an economy going, the real work to combat inflation lies in central banks. America’s central bank, the Federal Reserve System, could implement disinflationary policies like raising interest rates. Overseas countries could fix their exchange rate to other currencies. Central banks could even set fixed prices on goods and services to offset inflation.

Simply put, the cycle of a working economy has the producers of goods and the consumers that buy them. If one of them fails, then the entire economy comes to a halt. Consumers must work to keep the money flowing, and focus their attention, not on presidents with political campaigns and big promises, but instead on the banks that are trusted with the money flow of the world.

The POV of WORKING

WRITTEN BY SAM NEFF

Despite the progress achieved by women in promoting gender parity in the workplace, disparities still exist. Women continue to be underrepresented in the highest leadership roles in business, earn less and get promoted less frequently.

According to data from the U.S. Bureau of Labor Statistics, women in business continue to endure the negative effects of gender bias, such as lower pay. In 2020, women's yearly earnings were less than 83% of men's, with a more significant pay gap for women of color.

Studies done by Medical News Today found that discrimination is connected to signs of mental illness. People who experience sexism are also more likely to experience trauma, chronic stress and other risk factors for mental illness.

Associate banker at Chase Bank, Rehani Ruwanpura, expressed how she has noticed over time that her male co-workers have had an easier time with their managers.

"My managers put my male co-workers higher up than women, like when we make a mistake, it's kind of like the end of the world to them," Ruwanpura said. "It requires a meeting, it requires a scolding, it requires them telling us why it's wrong, but then when a man does it, it's just like, 'Oh don't do that,' it doesn't require much."

As an employee that interacts with customers frequently, Ruwanpura has experienced people that get frustrated or upset easily with her compared to her male co-workers, who she feels are constantly let off the hook.

Ruwanpura reflected on how her experience of work discrimination has made her feel bad about herself and affected her overall productivity.

"If I just am getting scolded when I make a small tiny mistake, I feel like that kind of goes into my performance and the job," Ruwanpura said. "I feel like I'm not doing that good enough even though I am doing pretty good."

Although her male co-workers are always respectful toward

her, they receive far better treatment based on how much money they make.

"I do notice that the men that make more money, like bankers, the more money they make, the more lenient they are, the more friendlier my manager is to them," said Ruwanpura.

"It requires a meeting, it requires a scolding, it requires them telling us why it's wrong, but then when a man does it, it's just like, 'Oh don't do that,' it doesn't require much."

Women earn less than men in nearly every occupation, according to Economic Policy Institute. Asian and white women at the median experience the most significant gaps relative to Asian and white men. This is mainly because Asian and white men make much more than Black or Hispanic men.

Relative to white non-Hispanic men, Black and Hispanic women workers are paid only 65 cents and 58 cents on the dollar, respectively, compared with 81 cents for white non-Hispanic women workers and 90 cents for Asian women.

Front desk associate at Crunch Fitness, Kennedy Kamrad, shared her frustration with men being prioritized in the workspace.

"I think it's ridiculous that a man gets paid more just because of genitalia. They're both doing the same exact job and they have the same exact title and position, there should be no difference in pay," Kamrad said.

Kamrad has worked multiple jobs while receiving her edu-



WOMEN

sexism, 'pink tax' and the wage gap

cation from CSUN, but she noticed the most work discrimination at her front desk job. She shares that, for the most part, they would only let her answer phones and do paperwork.

"I was treated differently when clients would come in to sign up for memberships or get personal training," Kamrad said. "They would instantly just give it to any of the guys that I was working with."

Not only do women typically earn less than men, but they also need to spend far more than males for comparable goods and services. The "pink tax" is what makes razors, hair products and undergarments for women frequently more expensive than they are for men.

According to Congress' Joint Economic Committee, there is ample evidence of significant pricing discrepancies for nearly identical products, despite claims by manufacturers and retailers that the price difference results from increased costs for making women's products or offering services to women.

Kamrad shared that, along with her other responsibilities, she struggles to see why she would have to pay more for the goods and services she needs.

"I think pink tax is a horrible thing, we have to pay more just to buy feminine products," Kamrad said. "Most women in America are the ones that end up having to support and pay for their children while a lot of men are absent in their

children's lives and they don't have to pay as much, so women have to support not only themselves but their entire family for the most part."

Western Bagel associate Jordan Miller said that she has experienced her fair share of work discrimination regarding better advantages for her male co-workers.

She reflects on how many times she beat up on herself because she thought she was doing her job wrong due to her male co-workers getting more praise from higher-ups in the company.

"Especially right when I was first starting out at Western Bagel, I felt like when I would make a mistake, it was seen as a bigger deal than when my male co-workers would," Miller said.

She remembers feeling some form of gaslighting concerning how well she performed, even after working there for months. It was clear to Miller that her managers did not trust her with most tasks, although she had undergone the same training as her co-workers.

"I noticed that I would be doing things right, but managers would come to take over and finish what I had started when I wasn't doing anything wrong. They just felt like they could do it better," Miller said.

Hive from the World Economic Forum claims that women work 10% harder in today's offices than men.



ILLUSTRATION BY DAVID MESQUITA

the POV of working women

Both men and women finish roughly 66% of the work. Today, however, women are given 10% more work than males, and the fact that they do it at the same rate suggests that they are working harder.

Miller shares her feelings about working harder as a woman to get the same benefits as her male co-workers.

“I definitely get very angry when I think about the wage gap. Women have to work so much harder than men do to get the same amount of respect as they do, and we usually don’t even get the same amount of respect for working 10 times harder,” Miller said.

Dental office receptionist Jenna Weissman spends most of her time dealing with frustrated clients and condescending co-workers. She has been working with the same individuals for almost four years but still recognizes that she is treated differently by her boss.

According to Weissman, things have always been easier for male co-workers in her setting, including dealing with frustrated or rude clients.

“They would get angrier and angrier with me, but when my male co-workers would deal with an upset customer, they could be rude, loud, and stern with them, and it would work,” Weissman said. “The customers would not escalate as much as they would with me.”

Weissman has noticed over time that getting some praise at work usually involves one of her bosses placing their hand on her shoulder or back.

Although she does not consider these physical acts harassment at work, Weissman acknowledges that other men would not be patting her on the back if she was a man.

According to a 2018 survey by Stop Street Harassment, 81% of women and 43% of men have experienced harassment in

their lifetime. Of the 996 women respondents, 38% reported experiencing job harassment.

Certain behaviors in her work environment have led Weissman to believe that speaking up about feeling uncomfortable around her co-workers will only cause her more trouble in life.

“I feel very uncomfortable when I get that feeling in my gut that people are treating me differently, and I know that if I said something, it wouldn’t change anything,” Weissman said. “I’ve been through this kind of feeling before, I’ve been through this situation before, and I’ve seen women speak up and say things, and nothing changes.”

The fear of damaging her reputation if she called out her supervisors for condescending acts and words keeps Weissman from sticking up for herself.

A study by Penn State also found that male supervisors’ actions may perpetuate a discriminating cycle. Male managers’ patronizing actions cause gender inequalities in performance. Performance disparities between the sexes may, in turn, confirm stereotypes about women’s inferior talents and justify future discrimination.

Weissman shared that she notices how men constantly stick together and always take each other’s side, which ultimately scares her.

“When you think about speaking up, your brain immediately tries to protect you and say, ‘No, that’s not what happened’ or ‘Maybe it’s not like that because they did it for this reason or this reason,’” Weissman said. “It feels like there’s no winning.”

FOLLOWING IN THE *carbon* *footprint*

WRITTEN BY ARIEL GIL

You forgot to get your friend a birthday gift for tomorrow, but lucky enough you have Amazon Prime! Overnight shipping is honestly one of the best things Prime has to offer, especially for only \$15 a month, and a constant struggle between whether or not you need that package this very second or if you want to continue contributing to the slow death of our planet.

It's a constant cycle of purchase, shipment, and then throwing away that cardboard box with the obnoxious amount of plastic bubble wrap to protect the toothbrush you didn't want to make the drive to Target for.

Amazon is one of the easiest examples in regards to large corporations having a negative effect on the environment. Despite Amazon's efforts to position itself as a leader against climate change, the company's greenhouse gas emissions skyrocketed last year. Its carbon dioxide emissions increased startlingly by 18% from 2020 till 2021, according to its most recent sustainability report. Many people aren't aware of the constant cycle of waste they're indulging in.

Here's the breakdown: When a business manufactures a product, it uses raw materials that then produce emissions throughout their production. Additional emissions result from the usage of that purchased product, as well as the final disposal of said product. The great majority of greenhouse gases attributed to businesses and their goods are not being taken into account or addressed, which implies they are not adhering to well-known corporate climate promises.

Many people aren't aware of how

detrimental these large corporations are to our environment — and how many more excessive emissions are created with the more products created, as well as the demand for them to be shipped out sooner and faster.

Another extremely popular site is Shein. Many college students turn to this site for clothing, accessories, room decor, etc., solely for its low prices and trendy styles. Despite how soon these clothes may come, or how cheap they are — at the end of the day that's what they are: cheap.

Fast fashion is a disease to our already fragile planet.

It is estimated that 92 million tons of the 100 billion clothing items produced each year end up in landfills — this is equivalent to a full garbage truck every second.

Despite fast fashion being cheap in regards to currency, we pay the price in 10% of global carbon emissions, 342 million barrels of petroleum for plastic fibers, 20% global waste of water, worker exploitation, and more, according to Environment magazine.

Realistically, many of us enjoy shopping — although there are so many other ways to discover new clothes, without causing further damage to our mother Earth.

Thrifting is such a cost-effective way to find unique pieces and lessen the damage being done. There are no orders to be sent out, no new pieces to be

made, just a beautiful cycle of recycling.

Take The RealReal into account: They keep more than 26 million luxury items in circulation, all while saving 59,374 metric tons of carbon and 3.1 billion liters of water, according to their site.

They are actually a founding member of the Sustainable Apparel Coalition, the UN Global Compact, and the UN Fashion Industry Charter for Climate Action. The RealReal is also one of the founding organizations of the American Circular Textiles policy group, or ACT — a group of retailers and businesses that was established in conjunction with Resource Recycling Systems and Circular Services Group with the goal of promoting circularity and reuse as a means of waste management.

Fast fashion and fast shipping are so damaging to our planet, and simple quick fixes aren't going to help. Real change begins when you stop being a contributor to fast fashion and put a halt to your three packages a week from Mr. Bezos.

Understanding how corporations contribute to climate change is crucial, but it's even more crucial that big businesses substantially cut back on their emissions as soon as possible.

It's harder to reach these large corporations solely because if they changed how they were doing things, they would begin losing money. But then again, what's money when you won't have anything substantial to spend it on in about 25 years?

Change starts with one person, despite how small that change may be. It's still one more person joining the right side of the battle to save our planet.



ILLUSTRATION BY ZASHA HAYES

What your mama didn't tell ya

The Sundialer parents' advice on how to save money

WRITTEN BY DEREK ORTEGA

It's becoming tough to save money because the price of groceries has gone up due to inflation. Food-at-home prices are expected to increase between 11% and 12% in 2022, according to the U.S. Department of Agriculture's Food Price Outlook for 2022 and 2023.

Five parents of Sundialers have given their best advice on how to save money.

Gina Lavo, mother of Kait Lavo, Editor-in-Chief

"My mom always taught me that you don't spend money that you don't have. Credit cards are the easiest, quickest way to bury your financial success. They should only be used for emergencies, not everyday necessities. In this day and age, we also need to reevaluate what makes a necessity. Society would try and make us believe that our success and happiness

rely on what we have and what we do. One does not always need the newest, best of everything. One does not need to go out to have fun. In past decades, people had their own parties. They made their own food and brewed coffee for themselves. We can still do all those things to save money and have fun."

"As you get older and start making more money, don't fall prey to the temptation to spend everything you make. Spend what you need to spend and put the rest away in savings. When you get a raise, don't change your lifestyle. Put that increase away. That's how you start saving for your future."

"If there is no extra, which there may not



Jorge Ordonez

Amelia Ordonez



Audra Parrott



be for a long time, at the very least, take charge of your future by voting. Every year we're asked to vote on propositions that are sold to us by pulling at our heartstrings. Take a closer look. Nothing the government provides is free. The government has no money without taxes."

Audra Parrott, mother of Justin Parrott, Reporter

"The best advice for saving money is don't go out to dinner, try to cook home-cooked meals."

Eddie Gonzales and Lilly Armendariz, father and mother of Mark Armendariz-Gonzales, Reporter

"To know the difference between your wants and your needs," Gonzales said.

"My advice for saving money would be to not spend more than you make, and don't ever try to keep up with the Joneses!" Armendariz said.

Amelia Ordonez and Jorge Ordonez, mother and father of Elizabeth Ordonez, Assistant News Editor

"Figure out where you spend money the most and try to limit it. For example if you buy Starbucks everyday try to see if you can bring coffee from home, or buy Starbucks once or twice a week instead. Or if you're constantly going out to eat, try to make food at home," Amelia said.

"Buy things when it's necessary, don't buy impulsively. Travel when it's necessary. Going out every weekend can add up, maybe limiting it to once or twice a month can help. Try to save your change into a jar. I have a jar where I only put in quarters for two years and I made \$800," Jorge said.

Betty Saavedra, mother of Jennifer Ramos, Reporter

"What's helped me with saving money was paying monthly to a credit building application. The one I use is called Self. I pay monthly and when I finish paying off the set amount, I get back the money I invested monthly. Helps my credit and helps me save."



Me and my tiny human

My life as a college mom

WRITTEN BY JASMINE CUZA

My name is Jasmine. I am a journalist, a managing editor at my college newspaper, a CSUN student, and to a tiny little human named Blue, I am mom.

At only 19 years old I gave up my childhood for motherhood. Financially I was not in a place to take care of another life. I was kicked out of my parents' house for reasons not related to my pregnancy.

Things didn't work out between the father of my child and I, and he left me with nothing. My grandmother was the only person who took me in, as I was still attending school and managing my money the best I could. Due to the pandemic, I was unemployed and the only income I had was my financial aid awards. Later, I moved back in with my parents after my son was born because I could not afford to pay rent anywhere else.

This is America, the country where you have to work two jobs to live one life. As a single mom I somehow make it work. Programs such as Women, Infants and Children, and CalFresh have helped me a lot, but it is still not enough.

I can never depend on child support because even though I am supposed to receive \$300 in support, my checks can be as low as \$17 a month. My tuition each semester can be up to \$5600 and my textbooks are about \$200. Even though it is hard, one thing I will never do is give up on my education, because a diploma is my ticket out of my ugly situation. Sometimes being a single parent, you magically make things happen.

My day begins at 4 a.m. and I'm already awake to catch my train to Northridge from San Bernardino to attend class

because it is cheaper than driving. My son attends class with me because I am still on a waiting list for free child care.

During my breaks from class and work, I sometimes do not have money to buy lunch from the dining hall. My son and I sit outside Manzanita Hall sharing a turkey sandwich, a bag of Goldfish and two Capri Sun juice bags my mom packed for us. As I sit, I think about the day me and my son will be able to dine in a five-star restaurant and not have to worry about what the numbers on the bill will be. For now I sit on

a concrete bench outside of Manzanita Hall sharing a lunch with my son with only \$10 in my wallet.

At the end of the day, I catch the shuttle bus to the Northridge Train Station to head back home. I use the \$10 in my wallet to buy a ticket. It takes me 2 hours and 40 minutes to get there, and by that time my son has already fallen asleep in my arms. I wake up the next morning and do it all over again.

I would be lying if I said being a single parent is easy. Nothing is ever easy in life, but I chose to change it and make it better for me and my son. My son never goes without anything and sometimes I have to sacrifice some things for him to be happy. There is beauty in the struggle, and five years

from now when I'm done with school something beautiful will emerge from the ashes of my past. If there is any advice I could give to any single parent out there it would be to keep going, because your kids are watching you. It is hard now, but hard times don't last forever, and they are the experiences that make you the most humble.



JASMINE AND BLUE

Hecho a mano

WRITTEN BY ASHLEY ORELLANA

With the intense thumping sounds of their heart.
My people know no breaks.
Handcrafted comes with blood, sweat and tears.
Physically, at least.
I hear the whispers of my abuelo's tired breath.
The exhaustion of my abuela's graveyard shifts.
Hecho a mano. Means the diminishing of you.
The opportunity cost is liberty,
& pursuit of happiness
San Pedro Sula.
Chalatenango.
Las Palmas.
Known to many as "America's backyard"
But these are my people.
the hands of My people.
Where love and identity comes from the sacred hands
of my people.
The solidarity of unity within our intersectionality.

Playlist on labor jobs



ILLUSTRATION BY ZASHA HAYES

- Rainforest by Noname
- Entertainment by Rise Against
- Greed by Patrick Stump
- Survival of the Fittest by Robert DeLong
- 9 to 5 by Dolly Parton
- Working For It by ZHU, Skrillex and THEY.
- Taxman by The Beatles
- She Works Hard For The Money by Donna Summer
- Bills, Bills, Bills by Destiny's Child
- Fortunate Son by Creedence Clearwater Revival
- Working Class Hero by John Lennon
- Dawn Will Rise by Thirty Seconds to Mars
- MONOPOLY by Ariana Grande and Victoria Monét
- I Don't Want To Go To Work by It's Butter
- World On Fire by Louis The Child ft. Ashe

CREATED BY KAITLYN LAVO

Horoscopes on money and wealth

Read your November fortune on the next page

WRITTEN BY KAITLYN LAVO
ILLUSTRATION BY DAVID MESQUITA



Aries (March 21–April 19) - For the month of November you will be feeling very action-oriented, driven to succeed, but this will require some fast thinking and leaning into your ambitions. Take action on your goals. You will likely have a burst of inspiration on the 24th with the moon in Aries. Advocate for yourself on the 25th, this is a good day to productively take action toward issues that have been frustrating for you. The 28th through the 30th will be the time to move forward on your dreams and come up with concrete plans toward your goals.

Taurus (April 20–May 20) - It's time to let go of those past resentments and bring a reconciliation. Whether this is financial or not, making amends is going to do you well this month and will remove any blockages to receiving your abundance. Shocking revelations may come to you on the 17th that will help guide you toward the next steps you need to take to remove blockages this month.

Gemini (May 21–June 21) - You're having to make some difficult decisions that have been weighing on you. You might have been avoiding this for awhile. The 20th will be a good time to reconnect with your community. This will help guide you toward taking the small steps to achieve the big picture goals you have. During the 25th through the 30th, remember to advocate your needs and desires. The 27th is a day to home in, avoid lying to yourself and others this day. Honesty will bring abundance.

Cancer (June 22–July 22) - This month is going to be full of a lot of inspirations. You're going to have a lot of new opportunities in your finances. That allows for growth and a lot of new potential. Doors are probably opening for you this month. You will start to see the results of your hard work around the 18th of the month. The 19th will be a day you need to remember your inner strength, you are more resilient than you realize. Keep going.

Leo (July 23–August 22) - You have a lot of power coming in. Trust your intuition. Whatever your gut is telling you is going to serve you well this month. You

might be receiving messages through your dreams this month. The 28th is a great day to act on what your subconsciousness has been telling you. Trust in the knowledge that you have to do what's right for you. Though things are going well, be careful especially on the 16th not to be excessive, fight the urge to spend extra money and energy during this celebratory month.

Virgo (August 23–September 22) - You've been feeling stuck lately. You have a need to stick to what you have always known and rely on institutional structure, but make sure you don't lose your own beliefs while following the world's expectations of you and the work you do. On the 15th, the new moon in Scorpio is here to remind you that love is never controlling or manipulative. Money and gifts do not equate to actions.

Libra (September 23–October 22) - This is a month of abundance for yourself. This might be a good time to focus and receive what you need with this access to your abundance. Whether it's self-care products, things to make you feel like your best self. Be wary on the 16th not to be too excessive. With Venus in Libra you might be feeling extra strong and think it is a good time to go above and beyond, while remaining realistic for future planning.

Scorpio (October 23–November 21) - It is a big month for Scorpios. Along with some birthdays, you have a lot of things happening this month. On the 14th, the Venus trine north node brings in a positive time of teamwork and collaborations. This will contribute to your success financially this month. Through this teamwork, you're going to learn a lot of lessons. The 15th through the 17th will be heavy with realigning energy to your soul's path. These transformative days will likely play a big impact on your love and career goals. The 30th is the time to implement ideas with concrete plans.

Sagittarius (November 22–December 21) - Lately you've been feeling stuck in something that you regret, or you feel like you've failed at something. Don't let

disappointment and pessimism bring you down. The 20th through the 25th are the days you will be taking small steps toward moving out of this energy. This will help bring what you're looking for in some aspects of your life. Don't fall into the mindset of fear of failure. Your usual charismatic charm may not be working out as well as it usually does, but as Saturn goes into Capricorn on the 19th, this will bring energy to revitalize your resilience and confidence in yourself.

Capricorn (December 22–January 19) - Be aware of the cause and effect, while always being honest with those around you, especially in the workplace. Honesty with others will be the key to success this month. Treat yourself and others with fairness and be mindful of how your actions are impacting others. As the month approaches the 27th, this will be an important time to make sure transparency with others will help make things more manageable during this busy season. The waxing crescent Capricorn moon on the 18th will bring lots of change with the work you have put in this month.

Aquarius (January 20–February 18) - You have to release your worry this month. Your deep-seated fear is causing inner turmoil among yourself when it comes to your finances. You may be holding some of these things secret in order to not worry those in your life. It is OK to let others in your life. Community will be significant for you this month. Connect with your support systems. You will especially feel supported during the moon in Aquarius on the 20th. Talking about what has been weighing on your shoulders will help bring clarity to the situation.

Pisces (February 19–March 20) - You may be feeling easily influenced by those around you. This might cause you to put your walls up, giving others the impression that you might be feeling distant toward them. Have courage, and remember no one has influence on your own abilities. Don't be afraid. The 15th and 21st of this month will be good days to break the mystery and open yourself to others who are here to support you during this time.

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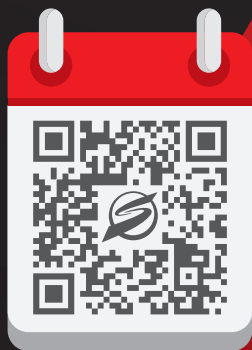
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 CALENDAR OF EVENTS

Events subject to change



FEATURED EVENTS



Oasis: Insight Timer
 Free guided meditations available online
 📍 insig.ht/4B9Wipxwinb



SRC: StrongMatador HIIT Circuit Challenge
 Now – Saturday, Nov. 26
 📍 Student Recreation Center



**Pride Center:
 TRANS-GRESSION Punk Show**
 Tuesday, Nov. 15: 6 – 8:30 p.m.
 📍 Grand Salon



Tech Tips: Adobe Photoshop II
 Wednesday, Nov. 16
 🕒 1 – 2 p.m. 📍 Computer Lab



Games Room: NBA 2K22 Tournament
 Thursday, Nov. 17
 🕒 5 – 9 p.m. 📍 Games Room



**VRC: Monday Night
 Football Watch Party**
 Monday, Nov. 21
 🕒 5 – 8:30 p.m. 📍 Veterans Resource Center