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Magazine



Opening night Paradox: New Moves Showcase

Protesters march to Daly City in honor of Tyre Nichols

Sol Patch Garden openhouse

How to access SF State's abortion pill

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ON THE FRONT COVER

Dancers from the piece “The Category Is” perform in SF State’s Little Theatre for the School of Theatre and Dance’s production rehearsals for “Paradox” on Oct. 19, 2022. Paradox is the School of Theatre and Dance’s first student-choreographed show of the semester.

(Juliana Yamada / Golden Gate Xpress)

ON THE BACK COVER

Students from SF State’s School of Theatre and Dance perform “Peace of Mind” during rehearsals for “Paradox” on Oct. 19, 2022 in the Little Theatre. Paradox is the School of Theatre and Dance’s first student-choreographed show of the semester.

(Juliana Yamada / Golden Gate Xpress)

Hello! I'm Daniela Perez, a recent journalism graduate from SF State and currently a graphic design student at College of the Canyons. Inspired by my time at SF State's student publications, I've created this magazine to showcase some of the stories I wrote during my undergrad. As an online and engagement editor at *Golden Gate Xpress*, I discovered a passion for design while creating content for our socials and decided to pursue this magazine project to exercise my design skills. Here's a glimpse into my portfolio. Enjoy!



A man exercises with his dog on the grass in front of the library at SFState on Friday, February 5, 2021. The campus is eerily quiet with a few people walking around the campus during COVID-19. (Cameron Lee/ Golden Gate Xpress)

Sol Patch Garden openhouse

Learn more about sustainability and the garden that feeds 50 people

Associated Students welcomed the campus community to SF State's Sol Patch Garden to explore its homegrown produce and learn more about the Environmental Resource Center on Monday.

The Sol Patch Garden was created in 2007 by the Environmentally Concerned Organization of Students in collaboration with University Grounds Facilities.

Today the garden is a space for SF State students to exercise their interests in gardening and is located at the corner of 802 Font Blvd. behind Mary Park Hall.

As of 2018, ERC adopted the Sol Patch Garden and has expanded to provide gardening workshops, volunteer opportunities and fresh produce for the AS Gator Groceries.



Hidden within the crops sits a painted sign of the Sol Patch Garden on Sept. 19. (Miguel Franceso Carrion/ Golden Gate Xpress)



Luis Reyes, an Environmental Studies major, rids the Sol Patch Garden of invasive plants on Sept. 19. (Miguel Franceso Carrion/ Golden Gate Xpress)

Sustainable Initiatives Coordinator Nichole Dodson hosted the Sol Patch Garden open house.

Dodson believes sustainability is important on campus because it is knowledge that students and the SF State community can learn now and share in the future.

"Sustainability isn't just [knowing] how to sort through the bins, it's also that environmental justice aspect to how we can create a world that is sustained for people and planet and environment," Dodson said.

The campus garden is a form of sustainability that uses natural resources that help restore the land.

During the open house, Sol Patch Garden intern Luis Reyes worked in the garden and explained the different vegetables, herbs, fruits and plants growing in the seven garden beds.

"It's harvesting all the food we grow and making sure it goes back to the students," Reyes said. "There's some char right here, behind me is some kale, on the other side there is strawberry and raspberries and we're working on green onions there."

Reyes believes the Sol Patch Garden can feed about 50 people.

“It’s a first little step in helping people be sustainable, especially like I said the food that we grow here is going back to the students so it’s a little example of sustainability,” said Reyes.

Environmental Studies major Ann Yamashita attended the open house and was excited to meet like-minded people who are interested in sustainability. She was able to harvest green onions and kale with the help of Reyes.

At the open house, Gator Outdoor Adventures also shared information about how students can be involved in more outdoor activities.

Gator Outdoor Adventures is a program provided by SF State’s Campus Recreation Department that encourages students to participate in outdoor experiences and appreciate nature.

GOA Student Manager Kyle O’Rourke guides students through hiking, camping, backpacking, mountaineering and more.

“There’s this thing called ‘leave no trace,’ which is a guiding ideology on how to behave in the outdoors to minimize your impact on the environment while still being able to enjoy it,” O’Rourke said.

The “leave no trace” ideology is seen as an ethical code of conduct for the outdoors. It is a program that educates people on sustaining nature for future generations.

“Whether it is trash, or someone did a campfire where they arehgn’t supposed to and the ground is all black, or if there are people at the campgrounds and playing music loud at 11 p.m.,” O’Rourke said.

According to AS, the Sol Patch Garden offers its seven garden beds for adoption so SF State students can grow what they please. After a two-year closure due to the COVID-19 pandemic, ERC is glad to open the space up for students again. (M)



Luis Reyes, an Environmental Studies major, rids the Sol Patch Garden of invasive plants on Sept. 19. (Miguel Franceso Carrion/ Golden Gate Xpress)



Ann Yamashita learns to harvest the crops on Sept. 19. (Miguel Franceso Carrion/ Golden Gate Xpress)



The Sol Patch Garden was established in 2007 and is now managed by the Associated Students' Environmental Resource Center. The garden is being tended to again after a two-year hiatus due to the pandemic. (Miguel Franceso Carrion/ Golden Gate Xpress)

'Paradox: New Moves illustrates ten student experiences through dance

Three choreographers share the inspiration behind their pieces



Students from SF State's School of Theatre and Dance perform in "Aragalaya" during rehearsals for "Paradox" in the Little Theatre on Oct. 19, 2022. There will be 3 performances of Paradox from Thursday, Oct. 20 to Sunday Oct. 23. (Juliana Yamada / Golden Gate Xpress)

Grace Kostrzewa performs in the dance "Pahtli" during rehearsals for SF State's School of Theatre and Dance's production "Paradox" on Oct. 19, 2022. Paradox is the School of Theatre and Dance's first student-choreographed show of the semester. (Juliana Yamada / Golden Gate Xpress)



SF State's Little Theatre transformed into a vibrant display of lights and dance Thursday for the premiere of "Paradox: New Moves Student Choreography Showcase," which revolves around culture, self-reflection, family dynamics, politics and dedication.

"Paradox" highlights the ambiguity and open-ended interpretation each piece brings to the audience.

"For a Thursday night crowd, I was not expecting much," said senior student choreographer and dancer Johan Casal. "You don't get a big crowd."

Nearly 100 people filled the tight-quartered theatre and showed a magnitude of response, from silence to excitement as they watched the series of 10 choreography pieces.

"I thought it was interesting how different dances had different contexts," said SF State freshman Japneet Khanuja. "I think it is really interesting how some were slow and some were energetic."

Senior choreographer Debra Avelar is one of the 10 choreographers and presented her piece "Pahtli."

She encapsulated her culture and revealed an intimate moment during a Peyote ceremony through dance.

Peyote is a psychedelic cactus that indigenous tribes use to immerse themselves in a spiritual, personal and introspective realization of one's mind, thoughts and feelings.

"I wanted to show how important this is for me, even though I have only done it once I feel like that experience was enough to change my life for the better," Avelar said. "I wanted to portray that through my dance."

Mexican tribes such as the Wixárikas refer to peyote as "medicina," with healing powers to nurture and heal one's spirit. Avelar thanked her family for learning about "medicina" and how peyote was a natural remedy for her aunt's cancer.

"I never experienced that ceremony but I feel like a fly in a wall almost witnessing something she is trying to convey," said SF State professor and Artistic Director of the showcase Ray Tadio. "I thought she was really successful in that."

Casal presented "roots within," which illustrated a concept of time manipula-

tion combined with community collaboration.

Casal had conversations with his dancers about discovering what it means to be in the present when it feels like they are stuck in the past.

The title "roots within" is a continuation of connections and time.

"It's this idea of family tree roots, being able to understand what grounds you," Casal said. "Being able to know where you stem from and understand that we have so much potential and space to continue growing whether it's established roots or you establishing your own."

Student choreographer and performer Grace Li Kostrzewa, presented "The phrase: a random phrase," a family-inspired piece through her personal conversations.

"It is supposed to be very nostalgic and good times," Kostrzewa said. "I think I got that across for them [the audience]."

"The phrase: a random phrase" included audio recordings of her family reunion last summer after two years of quarantine during the COVID-19 pandemic. The performance recalled back to a moment of happiness.

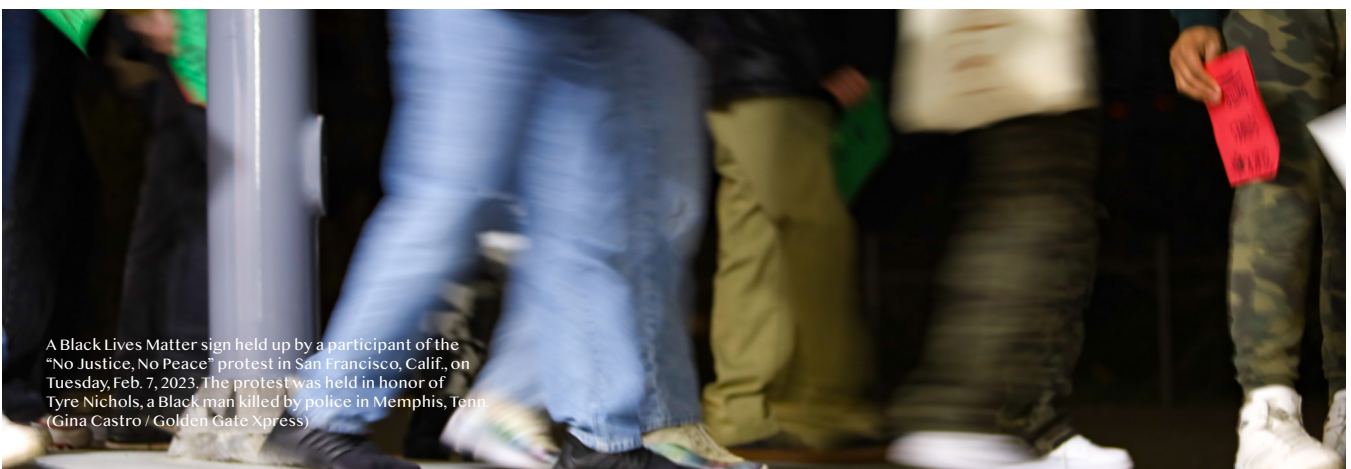
"It is so hard not to be emotional on stage," said performer Pearl Schulz. "The feeling of the audience interacting with us changes everything. Even though we rehearse it, we don't know how it's going to be, until we perform it."

The final showcase on Sunday, Oct. 23, will end with an open audience discussion. (M)



Protesters march to Daly City City Hall in honor of Tyre Nichols

SF State's Black Student Union held a 2.6 mile walk protest to Daly City's Hall, the walk was an hour and 42 minutes



A Black Lives Matter sign held up by a participant of the "No Justice, No Peace" protest in San Francisco, Calif., on Tuesday, Feb. 7, 2023. The protest was held in honor of Tyre Nichols, a Black man killed by police in Memphis, Tenn. (Gina Castro / Golden Gate Xpress)

Protesters used a black crate as a podium in front of the steps of Daly City's Hall on Tuesday to share their feelings and experiences with police brutality.

On January 7, 29-year-old Tyre Nichols was driving home in Memphis, Tennessee when he was pulled over and beaten by police. Nichols was brought to the hospital in critical condition and died three days later on January 10.

The demonstration honored Tyre and allowed protestors to share their thoughts on police brutality.

"Learning what happened is traumatic for me, I have cried about it," said Kiarah Bey, office intern for SF State's Black Student Union and protest organizer.

"This is something that continuously happens in America. The police is supposed to protect us, not target us."

The Black Student Union hosted the protest from SF State's Malcolm X Plaza to Daly City's City Hall.

Although the protest is framed around the recent death of Nichols, Bey reminded protesters that the demonstration is for all victims of police brutality including those not named.

At around 4:30 p.m. students slowly gathered in front of Malcolm X Plaza and had the opportunity to create posters before the march at 5:34 p.m.

The initial plan was to walk to Daly City City Hall through Lake Merced Boulevard, but to ensure student safety and access to sidewalks, the 2.5-mile protest was modified.

Through the streets of 19th Avenue, St. Charles Avenue and Mission Street, homeowners peeked out their windows and watched from their doorsteps as 32 protesters chanted "Black Lives Matter."

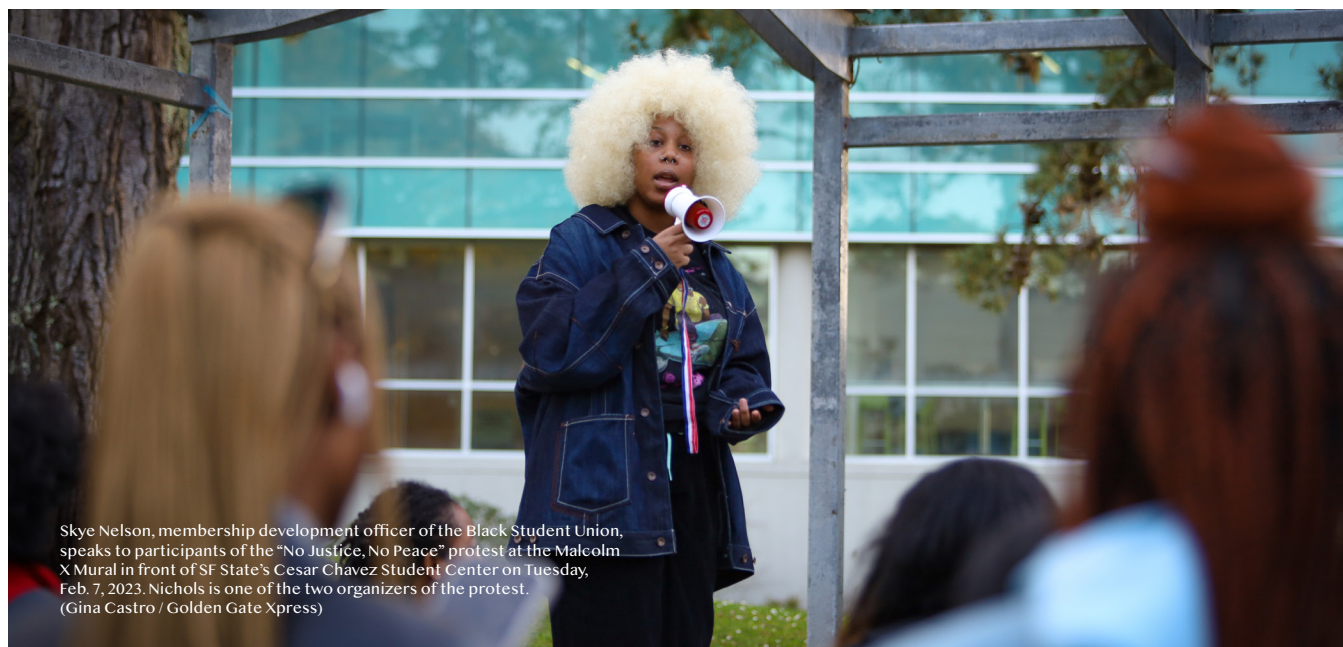
A police car followed the protesters down Mission Street with its headlights off, observing from a distance.

Event coordinators reassured protesters that the protest was a peaceful event and reminded everyone to stay focused and ignore the police car as they approached city hall.

Once the protesters arrived at city hall, the police car watched in the parking lot and eventually left.

Event coordinator and attendee Lauren Dunn could not bring herself to watch the released police footage, and instead is out with the community making her voice heard.

"It just doesn't make sense to me for us to have to keep on suffering, that's why I am out here today, it is very important as a CSU we have to make noise and be heard," Dunn said. "Because we are on a campus that is predominantly white, and we do have such a strong body of Black people, we need to come together and make sure that we are being heard."



Skye Nelson, membership development officer of the Black Student Union, speaks to participants of the "No Justice, No Peace" protest at the Malcolm X Mural in front of SF State's Cesar Chavez Student Center on Tuesday, Feb. 7, 2023. Nichols is one of the two organizers of the protest. (Gina Castro / Golden Gate Xpress)



Members of SF State's Black Student Union (BSU) hold signs outside of the Cesar Chavez Student Center to protest police brutality on Tuesday, Feb. 7, 2023. Two members of the BSU organized the protest in honor of Tyre Nichols, a Black man killed by Memphis police officers last month. (Gina Castro / Golden Gate Xpress)

Black Student Union Advisor Shawn McCoy joined the protest and assisted with crowd control.

McCoy also assisted students who took charge to coordinate the protest and create awareness.

"Seeing the way the poise and leadership the student leaders are demonstrating today, and seeing the way they are taking charge, and seeing the elegance and diplomacy with not only how they address those concerns, but focus to the rest of their general members," McCoy said. "I think it takes a certain level of composure, insight and growth to be able to prioritize things

so definitively, that's what I am most impressed by."

The protest ended at 8:07 p.m. with no police involvement reported.

Protesters taking public transportation continued chanting through the streets on their way to the Daly City BART station, while others used ride-sharing services.

During the protest, President Biden delivered a speech at the State of the Union where Nichols' family was in attendance.

President Biden called for action to make a change after Nichols' death.

"Police officers and the police department violate the public trust, they must be held accountable," President Biden said.

All five officers involved in the death of Tyre Nichols have been fired and charged with second-degree murder. Investigations continue as more police officers are charged.

"As a young Black person all you do want to have is hope, it is a bit disappointing on the realistic side of things, but all I can do is feel optimistic and hopeful towards the future that hopefully across the nation people's voices are being heard and our push back is enough for people to be like alright this isn't right," Dunn said. (M)



Participants of the "No Justice, No Peace" protest march to Daly City City Hall on Tuesday, February 7, 2023. The protest was held in honor of Tyre Nichols, a Black man killed by police in Memphis, Tenn. (Gina Castro / Golden Gate Xpress)



A positive pregnancy test with a person taking abortion pills.
(Illustration by Zackery Stehr / Golden Gate Xpress)

HOW TO ACCESS SF STATE'S ABORTION PILL

Starting Jan. 3, SF State students can be prescribed an abortion pill by booking an appointment at the Student Health Services center

SF State will offer abortion pills beginning Jan. 3, 2023, and receive a one-time \$200,000 grant to fund medical equipment, medication and staff training related to the treatment.

The funding came from the 2019 senate bill 24, which requires all California public universities to provide abortion pills to students.

According to Health Promotion & Wellness director Karen Boyce, the abortion pill will cost \$88 and students can pay out of pocket or use their insurance plan to cover costs.

There is no limit to the number of times a student can be prescribed an abortion pill.

"It is our commitment to not have a cost of any of these [sexual health services] get in the way of students accessing it, accessibility is our number one priority," Boyce said.

Starting Jan. 3, 2023, SF State students can book an appointment for medicated abortion through the Student Health Ser-

vices myHealth website or by calling to make an appointment. Then they can choose between in-person or online care.

According to Boyce, Student Health Services follows all privacy laws and requirements to ensure student confidentiality.

Unlike the Health and Promotion & Wellness program, where students fill out a Google document to keep track of inventory, all communication related to medical services is confidential between the provider and student.

To be eligible for the abortion pill, students must take a pregnancy test and discuss alternative options with a provider.

The abortion pill consists of two different medications. Mifepristone first stops the advancement in pregnancy and Miso-prostol helps flush out the uterus and must be taken within 24 hours from the first medication.

A week after, the student will follow up with the provider to ultimately ensure the pregnancy is terminated with a second pregnancy test. (M)

