

# The Plaid

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## Inland Empire Women's Center

Staff Writer  
Evelyn Cruz

The Inland Empire Women's Center is a medical center, with locations in Linda Loma, Fontana, and San Bernardino.

Women of all ages can receive a variety of health services from this center, including gynecology, obstetrics, family planning, and basic health care.

One of the main goals of the Inland Empire Women's Center is providing women with access to high-quality healthcare services, regardless of their socioeconomic position. The center accepts most insurance plans and provides a range of treatments at reasonable prices. In addition, they provide financial aid to those who are unable to pay for their services.

A group of skilled and knowl-

edgeable medical specialists, with a focus on women's health, work at the Inland Empire Women's Center. They take the time to listen to their patients' needs and problems, since they are dedicated



to giving each patient individualized care. As the founder and president of the Inland Empire Women's Center, Dr. Joe Mawad said, "When starting this program,

my only goal was just to help the women who are in need as quickly and safely as possible while making them feel safe and comfortable."

To help women understand their medical conditions and how

to manage them, the center also provides patient education services. Mawad said, "The center offers



counseling services to women who are coping with problems like depression, anxiety and domestic abuse, in addition to medical care." To assist women in overcoming

these difficulties, they have professional therapists among staff who provide individual and group therapy sessions.

A variety of community outreach programs are also provided by the Inland Empire Women's Center, to inform women about their health and wellbeing. They regularly hold courses on subjects like nutrition, healthy living choices and breast cancer awareness. Additionally, they collaborate with neighborhood organizations to offer community health exams and other healthcare services, some of which include cervical biopsy, genetic cancer testing, ultrasound exams and many more.

Overall, the Inland Empire Women's Center is a vital resource for women who are looking for top-notch medical care. With a focus on accessibility, affordability, and individualized care, the facility has established a name for itself as a reliable source of healthcare for women of all ages.



## Local Business Women

Copy Editor  
Alessandra Sandoval

Despite the fact that representation of women in leadership roles is limited in the business industry, recent years have found the tide is turning.

As women gain more influence and power in the business world, they enact changes, which are helping to shape the future of business. Across all industries and generations, business women are working together to inspire future leaders by fighting for gender equality in work environments.

There are many influential business women all over the world and even within our own community. Owner of Kool Cat Records, in downtown Upland, Lucy Spear said, "I sell a little bit of everything--from records, antiques, and even t-shirts." Open for the past eleven years, Spear said, "Follow your dream and don't be intimidated by anybody that says you

can't do it." Working for attorneys most of her life, Spear wanted more excitement and decided to follow her lifelong passion for collecting vintage items, so she opened Kool



Cat Records. With hard work and dedication, Spear is running her business finally and finding the excitement she has always desired.

Recently, there has been a trend in crocheted items mainly gaining popularity through social media

influencers. Many have taken this as an opportunity to make a name for themselves or even to help grow their business. Senior, Stephanie

is crucial to see our world change for the better, bringing fresh perspectives to all industries. Women in leadership roles, whether it's



small or corporate, is an important stepping stone towards breaking traditional gender roles in the work environments. The hard work and perseverance of women now, is building a better future for the leaders of tomorrow.

Mora said, "I started learning to crochet years back. But it never really stuck, until around December of 2021. I started selling my crochet items around the same time." Beanies, blankets and even flowers can be crocheted with unique colors or designs. Mora said, "My most sold item would definitely be the first thing I ever sold, which is cat beanies." Selling to make some extra money and to truly master her craft, Mora's advice for others is "Only you can define your worth and remembering to enjoy what you do is necessary."

Supporting women in business

### Happy National Women's Month from The Plaid





# UNICEF'S Gender Equality

Layout & Design Editor,  
Sofia Erskine

The United Nations International Children's Emergency Fund, better known as UNICEF, regards gender equality as women and men, girls and boys all entitled to equivalent rights, resources, protections, and opportunities. According to un.org's "Creative Community Outreach Initiative," the organization's ultimate goal is to bring every variance of gender to a place, where they can actively participate in political, economic, and societal spheres. The website also states that since the formation of the UN in October of 1945, subsidiaries of the

cause have formed throughout the decades. The Gender Equality program was launched on September 20th, 2014, in hopes

of solidifying equitable lives for people of the world and creating a promising future for developing generations.

"I feel like it's a constant fight," said AP World History teacher, Cristine Aguilar. "I think there's a

lot of social inequalities in terms of what women are expected to do, whether it be in the household or lack of opportunity in upper management. There are countries where there are a lot of education gaps between the two [genders], and I think those education gaps are significant because it leads to economic gaps in the future."

Un.org states that through academic exposure, girls' lifetime earnings have dramatically increased, national growth rates rise, child mortality rates fall, child marriage rates decline, child stunting stops, and maternal mortality rates fall. Yet, the most prominent



inequality that is a disservice to women is gender bias in the workplace. Stereotypes and general prejudice have seemingly become a household topic, as women continue to obliterate the ideology of

separate spheres.

In addition, unequal medical access is an issue that is associated with not only feminine disadvantages but humanitarian crises, a much broader topic that is not subjected to any one community.

Gender inequality is present in healthcare, especially in interactions between

patients and doctors. Retire Lt. Col Ian Erskine said, "As far as gender inequalities, there's an obvious bias in terms of healthcare services and how they're set up. I don't want to say it's deliberate. But a vast majority of the system has been operated by white males for a very long time. So, our services were set up where they weren't prioritizing women's health needs. It's an institutional bias that people in the last ten years or so have begun to recognize and work against."

The field of healthcare is only one pathway that has been male-dominated. But as with many

career fields, women have begun to push their way forward, to achieve the benefits of those fields. In developing countries, not only are women denied necessary medical care, but discrimination and bias has been engrained so deeply into



the fabric of social beliefs that they are not permitted to express need for medical attention. "We have international health specialists from certain parts of the world that work in developing countries," Erskine said. "They do humanitarian missions. Pakistan is one of the places that [my colleague] went to. There's so much gender bias towards women that when delivering babies, they weren't allowed to make noise. There's no epidurals and medical advances to relieve pain, and, culturally, they were not allowed to be noisy or else the males would get upset."

## America's Leading Women

Co-Editor,  
Samia Gazi

From coast to coast, women dominate fields that once rejected them and excel in contributing to America's leadership, technology, and economy. UN Women is a global humanitarian organization that aids women and children throughout the world.

Vivica Kalsi, a former intern for UN Women's Los Angeles Chapter furthered the advancement of providing hygiene for women and recognizing women who embody excellence. Kalsi spent hours with several interns, planning a feminine hygiene drive, in honor of World Humanitarian Day. Kalsi said, "I truly feel as though the contributions I make for women in



need will come back to me. I use feminine hygiene products every month and cannot fathom living without them. These drives make me appreciate what I have and allow me to fulfill the needs of others in a way that is rewarding to both parties."

Kalsi's inspiration and drive to provide was only strengthened during a meeting for UN Women, in which she spoke on the humanitarian crises that are occurring in

Syria. Kalsi is the spitting image of a determined woman who only adds to the foundation of care and intelligence she has created a foundation for.

Technology and the STEM field have been beautified with the entrance of female engineers, CEOs,

and Co-founders. Exceptionally, Tracy Young checks all of those boxes. According to Forbes.com's online profile, Young, "Worked as a construction project engineer for Rudolph and Sletten, and she saw that the industry wasn't utilizing technology efficiently or helping build better buildings." Following this, Young partnered with her four friends to create PlanGrid, which digitized blueprints for the use of construction. Her work revolutionized the architecture industry and enhanced the construction process to increase efficiency.

Economic analyst, Tazrian Iqbal works at Google to create conclusions on domestic responses to Google services. Tazrian said, "I've always loved economics. The fact that one action shifts several others and multiplies the effect of

the initial one really interested me," according to Forbes.com's online

profile. Tazrian explained that although her job may become repetitive at times, she understands the contribution she makes to American economics and the

way Americans digest the conditions of our economy.

Ultimately, America runs on women who prioritize work ethics, maximum output and the use of skills. The women have committed themselves to improving their industries of work in reputation and quality. America's leading women have transformed and expanded industries that were once dull and male-dominated, into being diverse and increasingly productive.





# Women's Struggles in the Music Industry

Staff Writer,  
Juan Campos

The music industry is one of the largest industries and it has contributed much to the world. Within the music industry, more than half of the people working in the industry are men, which often leaves women feeling like they do not belong doing what they enjoy.

In the online article, "Women Still Vastly Underrepresented in Music Creation Process, New Study Finds," by Katie Bain, it shows the statistics and sad truth for women in the industry. The music people listen to may come from a female artist, but their producer usually is the one receiving praise and more than 70% of them are male. Throughout time there have been many credited songwriters and artists who are usually men, as Bain said, "The report also determined in 2021, only 14.4% of songwriters were women. This number has also not changed significantly over time, with women making up just 12.7% of the songwriters evaluated across the ten years studied, resulting in a ratio of 6.8 men to every one-woman songwriter."

Rewinding 39 years, Madonna hit the industry and rapidly became one of the most influential women in this industry. Bains said, Madonna went through people telling her she couldn't and to this day, has now become an icon for many others to come. Billboard is a music industry company and they host a Billboard Women in Mu-

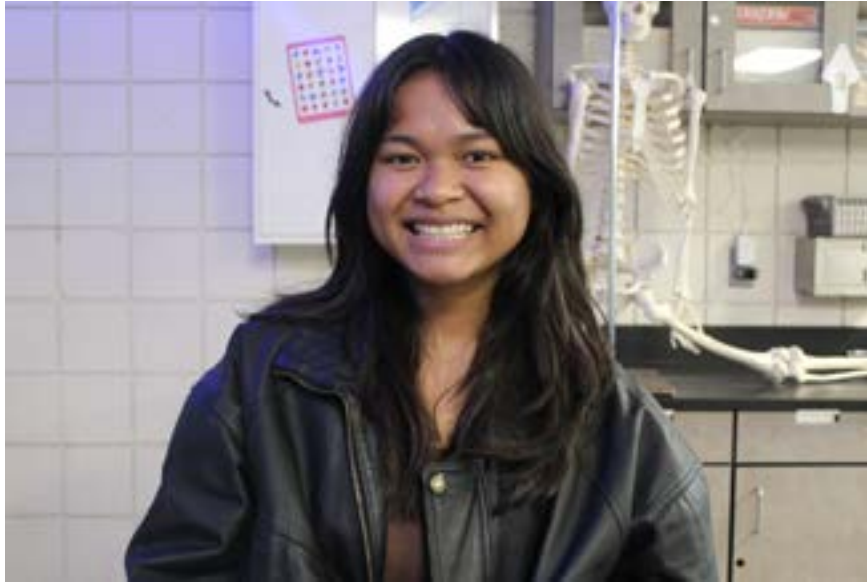
or them. It has been a huge stride forward for women in society< as it creates and builds a community where women are appreciated for their hard work.

Junior, Katherine Nadeak shows her love and appreciation for women in the music industry. Nadeak loves music and listens to it nearly every day. People's favorite musical

and they have always hit different," explaining how certain songs have made an impact on people's lives and now that song may have its own legacy.

Many indie music artists are not heard of and are barely rising up to their place in the music industry to hopefully, make it to where their superstars are. Nadeak loves all types of genres and believes women deserve more appreciation. Nadeak said, "I genuinely believe it is shocking how women do not get the respect and praise they deserve. I love their songwriting and their voices and their songs are always bangers. I am surprised that men basically are more than half, which is crazy. But I hope that changes with time."

Historically, some women have left their mark on the music industry as a whole. Artists like Madonna, Beyonce, Steve Nicks, Whitney Houston and Taylor Swift have had their critics but they do not let anything stop them from doing what they love. Women in the music industry deserve better and hopefully with time, everyone sees that truth.



sic every year to honor women in music. They show love, support and appreciation yearly to women who are songwriters, producers and executives and take time to hon-

artists vary, but Nadeak said, "I am obsessed with a beaded one, who deserves so much more credit than she gets. I also love Taylor Swift. I grew up with her nostalgic songs

## The Portrayal of Women in the Media

Staff Writers,  
Kaylie Berry & Jack Emerson

Women have made leaps and bounds in the fight for equality and over the last hundred years, they have made significant progress socially, legally, and virtually everywhere. Feminists fighting for equality have changed the way women are perceived, to the point where women are almost viewed as equal to men in the United States. However, there are still some differences between men and women, one of which is the portrayal of women in the media. It is a significant issue, as the portrayal of women in the media reflects women in real life.

In the past, most of the time the media has portrayed women as young, attractive, petite housewives and maids, or other non-empowering roles. Producer and substitute teacher, Jeanette Muira said, "Before the

ine Kinsey, who has also worked at Warner Brothers Studios said, "Historically, women have been objectified in the media and either been two types of women, a smart woman or a beautiful woman and you're one of those two things. I think that also predominantly, the media has been more white women."

Although women may not have been portrayed so well in the past, there have been important changes throughout time that have caused the media to depict women in a more progressive light. Kinsey said, "I think that we have made progress in the last fifteen years, to be more diverse and to have more body types. We definitely see that in fashion, catalogs, and websites that are selling clothes that we get more women of different heights, different colors, and different weights."

now we are seeing female heroines, like the change of women superheroes. Before, it was Superman, Spiderman, and Batman and now, we have more of the women coming up in that area."

Although the media has come a long way with the portrayal of women, there is still a lot of room for improvement. Media companies have started hiring more underrepresented communities, as well as taking other recent steps to allow more inclusivity for the portrayal of women in the media.

Miura said, "Most large production companies took it upon themselves in 2016-2020 to publicly acknowledge the lack of diversity and the lack of women in the media. They actually took a step and said that they were looking for specific people to hire, like a female, African American. We had a lot of production companies responding to the MeToo movement, and all of these different issues that are happening, which brought more attention to the subjects. Another step is when there were more women in power and in higher

jobs, that's when we started to see these production companies taking women and putting them into the scripts, as these power roles."



The way that women are portrayed can greatly affect women in regular

life. Kinsey said, "I think, and the research shows, that how we show women in the media affects young girls in those ten years, where they are really impressionable, like from thirteen to twenty-three. The media is a big deal. Where we are making advances in other media, we are losing the war in social media because so much is filtered. Someone takes three hundred pictures and they pick the best one and it's unrealistic. So, we have made strides in film, TV, sports, and theater, but we're not really making any progress in social media."

The portrayal of women in the media has made great strides over the past years. Although, many individuals feel that work must still be done to further address the representation of women in the media.

two-thousands and early two-thousands, most of the time women were stereotyped as weaker and more emotional than men and that they can't be trusted to take on big responsibilities."

Government teacher, Katherine



"Now, there are many more women behind the scenes, like producers and directors. With that, we are slowly starting to see a shift where

Diving into women's representation on television, Muira said,



# The Impact of Women's Fashion

Staff Writer,  
Jewel Martinez

Women's fashion has come far, ranging from corsets and parasols to jeans and sneakers. The fashion industry has had a significant impact on the world and especially, the world of women. The industry has managed to break once-held beauty standards and now embraces women of all sizes and colors. Women in the fashion industry have become role models for future generations.

Junior, Alanis Sanchez, said, "My role model for women's fashion has always been Zendaya. I believe she is 5'10, which is how tall I am.

She also has curly hair like me. I find a lot of similarities between us, which is why she has always



been my biggest inspiration." When women that look like you, especially in today's beauty standard, are praised for the same features as you, it can create a sense of belonging.

In the fashion designer industry, Sanchez finds Vivienne Westwood to be her favorite. Sanchez said, "I loved all her pieces and even had a little Pinterest board of all the white dresses she

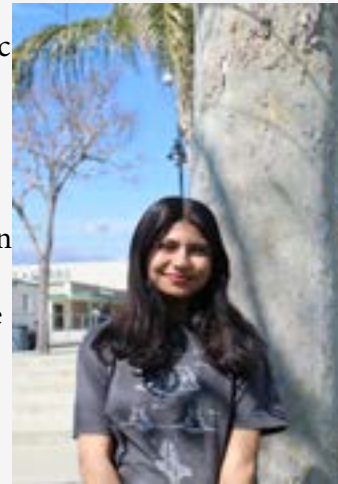
would make. I remember saying a year ago that I wanted my wedding dress to be made by her." The creativity of this artist has inspired not only Sanchez's fashion sense, but her future as well, as she said, "Her work is amazing to me and hopefully, I am able to wear one of her dresses in the future."



Senior, Karyme Marin, finds that women's fashion plays a vital role in society today. Marin said, "Women's fashion can say a lot about one's persona. It can show what type of music

they listen to or overall, what some of their favorite hobbies are. In a way, it can kind of define a woman."

Today, many women have started jumping on the trend of wearing baggier jeans. Marin believes that this is a breakthrough for women. Marin said, "It is sort of a statement to the world that women can pull off anything a man could wear, since men tend to wear more baggier clothes compared to women. The transition shows just how much women can



do. It also breaks beauty standards that women need to have this perfect hourglass body. Baggier jeans are more inclusive towards every-

one. I prefer wearing baggy jeans since they are way comfier for me and it makes me happy. That's all that really matters."

In the future, Marin hopes that society will see less stereotypes. Marin said, "I hope to see a change in fashion stereotypes, so everyone could feel included and overall happy with themselves. No one should have to change in order to fit in with others."

The most important aspect, when looking into the fashion industry, is to be happy with what a person feels the best in wearing, no matter the gender. Overall, breaking fashion barriers allows individuals to be creative and to partake in their own personal fashion journeys.

## Brawn and Beauty: The Women's Fight

Staff Writers,  
Anna Baca & Sonny Solis

For decades, combat sports have taken the spotlight as one of the most unique and intriguing athletic styles. Television, social media, games, movies...they all demonstrate the blood, sweat, and tears of those who have poured heart and soul into such a career. It is, in fact, an inspiring sport—but what has proved to be more inspiring is none other than the women in it.

Many years have passed since the first female boxing match between Nell Saunders and Rose Harland, held at the New York Hills Theater in 1876. For the United States, this event was a memorable and record-worthy moment in the history of the women's movement. It signified the change that occurred and the future that lay ahead. In WNYC's (wnyc.org) article, "A History of Women's Boxing," it informs readers that men and women's boxing was first introduced in the 1904, St. Louis-modern-Olympic games, as display events. The article also explains that even though men's boxing was accepted into the Olympics, women's boxing was



rejected. The shattering moment continued to burn in the hearts of American women, until over a century later in 2012, when women's boxing was finally introduced as an official Olympic sport. The WNYC article also explains that the times between those two dates, however, contrasted greatly to what they may seem. Much progress was made in that period, from lifting bans on women's boxing and wrestling, to earning a license in the sport and becoming the first female judge.

In modern times, women now have their own sports, which are also included in the Olympics.

Women have paved a path for many younger female generations to come, and this alone illustrates the beauty of hard work and perseverance.

Women's wrestling, however, came about much later than boxing. Opportunities had not risen until the late 1980's, according to the National Wrestling Hall of Fame's (nwhof.org) online article, "50 U.S. Women's Wrestling Milestones to Celebrate 50th Anniversary of Title IX," by Gary Abbott, the United States sent their first Women's World Team to the World Championships in Martigny, Switzerland in 1989, officially marking the beginning of women's

wrestling. Title IX, although not put into action until years after its passage, prohibited discrimination based on sex in sports, education, and more. Abbott explained that the law has given women many of the opportunities they have today, especially those in athletics. Female athletes today,

now have a variety of outlets to join, including school, state, and national programs—landing women and girls in the best position they have had

in decades. Abbott also said that not only was Title IX a major contributor to women's success, it was their unmovable determination and vision for the future that pushed them along the way.

Opinions vary on the topic of women's boxing and wrestling, but women's accomplishments can shine in the sports industry as well. Senior, Emily Vargas-Chavez said, "Girls and women have done a lot to get us where we are today, and I think their work is appreciated." As a female herself, Chavez admired the drive of inspirational women in those careers and aspired to work as hard as them for her success. In terms of treatment, most women agree on the same point—equality.

Another student, junior, Mon-

ika Caudillo, said, "I think women should be treated the same as everyone else. We don't need these 'easy' rules and things that make us look weaker than we actually are—we need normality."

From a female bodybuilder's perspective, junior, Celeste Olivia said, "As a woman in the bodybuilding scene, I had trouble fitting in at the gym my first time. But what helped me was being able to learn how to shut down other people's

negative thoughts about me. I knew that my dream body was achievable, and if I put in all of the hard work, I knew I could get there. I told myself, 'I don't need easy...I need possible.'" Olivia, being a sixteen-year old student, faced many challenges and obstacles along her journey. Today, she serves as an iconic role model for girls in her community.

Women young and old have made their mark in the world, especially the United States. They will continue to challenge themselves and overcome hardships that are thrown their way, just as many have done in the past. The amazing progression will be remembered for the rest of time as the Women's Fight.





# Spotlight on Women Directors

Staff Writers,  
Daisy Ball &  
Emily McConell

The first woman director in the film industry, Alice Guy-Blaché, released her debut film in 1896 titled *The Cabbage Fairy*. Since then, women have continued to make their mark on motion picture history. Over time, film has evolved into a form of art used to tell diverse stories and women directors have come a long way in their quest to deliver these stories.

Director, Andrea Ball knew that she wanted to pursue a career in film from a young age. “I knew when I first watched *Pulp Fiction*,” Ball said. She studied Cinema and Television at California State University, Northridge and found a job working as a director’s assistant. Ball said, “I got that job because I knew another as-

sistant. He was an agent’s assistant, and he knew that the director was looking for someone new, and he recommended me.” From there, Ball has continued to “Create new work and find new work,” filming commercials for brands like AT&T, Chevy, and Twitter.

In the film industry, Ball is part of the mere 18% of female directors, according to a study from San Diego State University’s Center for the Study of Women in Television and Film. Since the first Academy Awards ceremony in 1929, only three women have won for the Best

Director category. Kathryn Bigelow became the first woman to win the award in 2010 for her film, *The Hurt Locker*, with Chloé Zhao and Jane Campion winning in 2021, for *Nomadland* and 2022, for *The Power of the Dog*, respectively, according to the study.

Ball said, “I think now is a great time [for women in film] because people are more open to new voices, new stories, and being diverse.”

According to Ball, one of the most important aspects of working on a set, as a director, is being well-prepared. Ball said, “I think as long as you do your

prep work before the shoot so you know what you want before you get there, it’s much easier to direct the different departments and have answers for them.” Directors work with each part of a set, in order to make sure that their vision can be properly executed with everyone’s cooperation.

For Ball, the most fulfilling aspect of her career is that, “You’re constantly learning, [and] you’re constantly getting better. You think you’re good and then you keep getting better and better.”

Building a career as a director takes perseverance and hard work, but in a modern society, where diversity is becoming a larger priority, it is becoming easier for women to make their voices heard within the industry and to tell the stories that are important to them.



## The Glass Ceiling: Injustices of Women in The Workplace

Co-Editor,  
Liyah Sera

In recent history involving women, it is no surprise that social progression has allowed for more opportunities and freedom in other aspects of life. However, in some ways more than not, women are still experiencing multiple injustices in the workplace based on gendered standards. In the BBC article, “Why I Invented the Glass Ceiling,” by Marilyn Loden, it states that, “The term ‘glass ceiling’ refers to the sometimes-invisible barrier to success that many women come up against in their careers. Management consultant Marilyn Loden coined the phrase almost 40 years ago but says it is still as relevant as ever.” The glass ceiling holds

women back from earning success or respect in the workplace by men who allow it.

Even though the concept of a Glass Ceiling is not so evident to everyday life, there are still pure examples of gender inequality in the workplace. When speaking to Art Director Lacey Lahn, who predominantly works with men in the Film Industry, she gave an insightful example of the Glass Ceiling. Lahn said, “I’m an independent contractor, so I have to find my own jobs in order to work. I

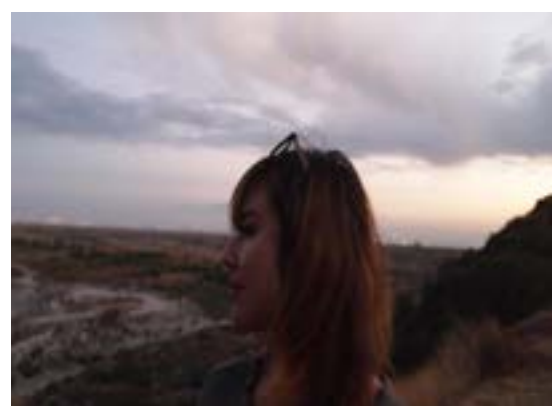
was talking to this one man about a painting job and his team is all men. When speaking to him, he told me that ‘he does not hire women because they are distracting

to the men,’ which is horrible to hear of course, but there isn’t much you can do besides leave or try to fight it.” It may seem as an extreme example of a man holding back a woman from work. However, it just illustrates that there are still people who find women to be “distracting” or in some way, will hold back men in a working environment.

Going forward through the concept of a “Glass Ceiling,” it has been seen more in mothers who left their jobs, in order to raise a family. Motherhood will always be taken for granted by society, which is an unfortunate reality. Michelle Lahn, who is the mother to Lacey, also worked in the Film Industry and also predominantly only worked with men. She left her job in 1998, when Lacey was born to continue

to take care of her family. But she took notice to how she was being treated. Michelle Lahn said, “I was always validated in the field I worked in, which was selling tools for the people who needed them and lighting for sets. But this weird shift happened where-right when I became a stay-at-home-mom, suddenly the men never took me seriously again--and the scariest part was not just men not taking me seriously, but everyone.”

It is clear that society is run by men. It’s a truth that everyone knows and hopefully, one day there can be true gendered harmony in a working environment. However, without the cooperation of everyone, change will not happen.





# The Pink Tax

Staff Writer,  
Mickayla Maedel

For a long time now, society has seen the inequality between men and women. As a result, the Pink Tax is a markup on women's products that serve the same functions as men's products, but cost more. According to Healthline's online article, "The Real Cost of Pink Tax," by Jessica Wakeman, it said, "Women paid as much as 50 percent more than men did for similar products." For example, if you were to go to your local Walmart, you could find women's and men's razors.

Women's razors would cost more, only because they are targeted towards women through stereo-

typical color and design. Wakeman said, "NYC's report found women faced an average price difference

of 13 percent for personal care products." The issue has remained for the past twenty years and some people believe it will always cost more to be a woman.

People feel that it is unfair to price women's products more than men. Sophomore, Paula Tablio, said, "It is annoying when I have to buy products and the price is more than men's because it makes me feel like, should I really buy it?" Paula Tablio has noticed the pink tax in her local store. Tablio said, "Feminine razors always cost more than the men for some reason. Usually, the men are also higher

quality, so I know a lot of women end up buying the male

razors." No one knows if the pink tax will ever end. Tablio said, "Until there is actual advocated change,

it won't end, if we keep going with these same ideas. I think it dates back to just in general trying to profit off of women."

English and skills enhancement

women, they will. McGrath said, "If I see that the guys' products were less, I would probably buy their products because if it's the same thing and cheaper why



teacher, Ellen McGrath said, "I don't know much about the Pink Tax but I know I definitely spend a lot of money on hygiene products." Women all around depend on hygiene products and being able to afford them. McGrath said, "Women are more dependent on products and have a lot of needs, so companies try to find what girls need."

Companies work towards whatever will get them the most money. If that means raising prices just because they are aimed towards

wouldn't I?"

The pink tax has definitely become a burden on women and still remains in place today. It is immoral for women to have to pay more than men, when the products serve the same value, just because it comes in a pretty color. Women have been working towards gender equality for far too long to have to continue to pay more. McGrath said, "If we continue doing things like this and spreading the word, I believe it will get better."

## Woman's Creations And Contributions

Staff Writer,  
Manuel Lucero-Flores

For many centuries' women have often been viewed as the "inferior sex" and forced to prescribe to a set of gender stereotypes. Over time, women have slowly broken with these traditional gender roles, proving that they are quite capable of bringing new innovations and ideas to the table. Many women have fought to do what they love and proved to be equal to men in their industries. Here are just a few examples of women who have changed the rules.

The first American Psycho film was directed by female, Canadian filmmaker, Mary Harron. The Vulture.com's article, "In Conversation: Mary Harron: On almost losing American Psycho, fighting to cast Christian Bale, and why the movie's reception reminds her of Joker, by Lila Shapiro, said that Harron also co-wrote the screenplay with Guinevere Turner, based on the 1991 novel by Bret Easton Ellis. The film was met with much criticism at the time.

Shapiro said, "Twenty years on, the culture has finally caught up to Harron and to her complicated form of feminism, which refuses

to fit into a tidy ideological framework. A few years ago, American Psycho became a Broadway musical; today, the film is talked about as one of the greatest horror movies of the century. Harron doesn't mind that she's never been worshipped as a genius. 'Women directors don't have the danger of going mad with power,' she told Vulture. 'I actually think that's an advantage. It's better to live in the real world.'"

Many popular items have been made by women, including the classic, family-night favorite, Monopoly. The Guardian's article, "The secret history of Monopoly: the capitalist board game's leftwing origins," by Mary Pilon, said, "In 1903, a leftwing feminist called Lizzy Magie patented the board game that we now know as Monopoly – but she never gets the credit. The game quickly grew in popularity and is

still one of the most popular board games to this day, with it being an item practically every household owns.

A woman by the name of Anna Colley Connelly is responsible for saving many lives over the years. According to Americacomesalive,



com's article, "The Invention of The Fire Escape," by Kate Kelly, it said, "In New York City in 1860, an all-consuming fire in a ground floor bakery heightened interest in safety ordinances that required exterior escape paths. . . Standard fire department rescue ladders in that day reached only to the fourth floor of most buildings. People

on the street witnessed as families clustered at windows looking for a solution. . . Many on higher floors perished in the fire. The following year, New York lawmakers passed a law about fire safety that specifically described what we think of as the fire escape: 'fireproof balconies on each story on the outside of the building, connected by fireproof stairs.'"

Anna Connelly patented her invention in 1887, and Kelly said, "It was actually far more important than it might seem today. Her patent was for a light but sturdy railed bridge that could be installed on upper floors or on the rooftops between buildings. Since the more serious fires often began in the lower floors occupied by commercial tenants, Connelly's devised a system that permitted upward escape. When people got to the roof of the burning building, the bridge permitted them to cross to what was hoped to be a fire-free building"

There have been many women in history who have met to call for life's necessities. Whether it was creating art or trying to save lives, women have and will continue to take their place among other inventors.





# The Power of Single Moms



Staff Writer,  
Omar Cruz

Single moms are some of the most powerful women in the world. Raising a child is difficult in itself, but having to do it all by one's self is even harder. According to singlemotherguide.com's study, "Single Mother Statistics," it said, "Out of about 11 million single parent families with children under the age of 18, nearly 80 percent were headed by single mothers." Not to mention



the fact that most everyday tasks are harder for single moms, due to the fact that they don't have others to help them.

Senior, Pierce Sharp, lives with his mother and younger brother and has been since the second grade. Sharp believes his mom raising him alone, has impacted a lot in his life. Sharp said, "She impacted me a lot in the way I sometimes close myself off. But it also kind of inspired me to push myself."

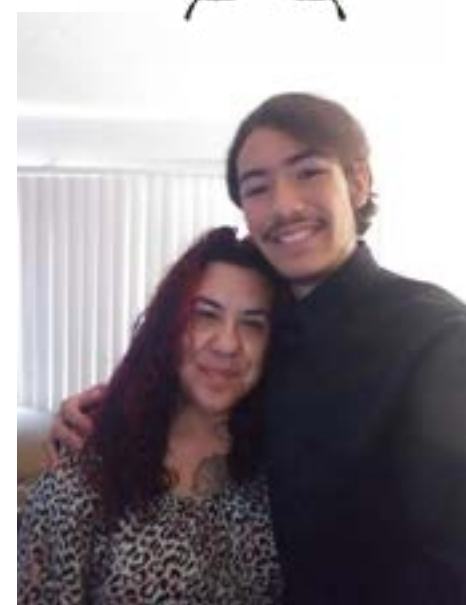
He also mentioned how he gained many good characteristics from her. For example, Sharp said, "I learned to be very understanding because I like to hear both sides of an argument... necessarily what she's not the best at, I try to work on like hearing

people out."

Single mom, Andrea Cruz, was interviewed about her struggles raising a son on her own. She has been raising her son alone for thirteen years, since he was four. One of her main concerns has been if she was raising him right. Cruz said, "...Because I can't teach you how to be a man, so I'm trying my hardest to do what I think is right."

Cruz has tried to teach her son to be more forgiving. She said, "I think I taught you to be forgiving and not let the past affect the relationships you have with others." In addition, she believes that I passed on her caring and nurturing side. Cruz said, "Maybe you got from me that you're caring and that you have a soft spot for people." Despite all of this, she has sacrificed a lot because of how much she tries to teach her son.

Single moms work every day to make ends meet and make their children's lives as normal as the lives of their peers who have married parents. It is especially harder



when a mother is raising a child completely different from how she was raised as a child. There have been many famous faces who were raised by single mothers and grew up to do something amazing with their lives, such as Barack Obama. In an online article, "Barack Obama: Inspired by His Mother" on esme.com, Obama said, "She's really the person who instilled in me a sense of confidence and a sense that I could do anything."

## Who is the Female Role Model in Your Life?

Staff Writers.  
Dianeicus West &  
Maria Perez-Camargo

Women have an impact on society through their capabilities, varying from giving birth, to cooking, teaching, creating new strategies, leading in political issues and fashionable trends or simply, by just allowing people to feel nurtured and valuable. Ideally, many people have a woman figure in their lives, who has inspired them to strive and achieve throughout their lives.

Senior, Jasmin Aguilar, said "My mother is the women role model in my life." Aguilar believes that like everyone, a mother is usually always a role model. Growing up Aguilar and her mother argued a lot. At the end of the day, her mother was still always her mom and she always looked up to her. Aguilar wants to live the life her mother has never really had the chance to do. She wants to fulfill

everything her mother has told her, since adolescence.

During Aguilar's battle with depression, her mother told her to always just find herself and happiness in life. As her mother went through the struggles of immigrating and more in life, she is grateful her mother chose to have children and raise them the way she always wanted to be treated. She gave up many chances in her life to make Aguilar's life the way it is now.

One of the most memorable moments Aguilar has had with her mother showcases the unwavering support. Aguilar said, "During one of my darkest times - my mother would skip work to spend time with me and she would take me out to eat breakfast." Even though Aguilar and her mother had their ups and downs, Aguilar wants her mother to know, "It's not her fault, even though I'm not having the best days, sometimes. I am happy. She did an amazing job raising me



and I love her."

As everyone has had different experiences, role models can also be different and influence others throughout their lives. Algebra 2 Teacher, Mrs. Wilson said, "Her name is Ivan, and when I was in college, I started working at Disneyland but I hated it. So, then I worked at a Cabbage Patch Doll Hospital in Buena Park." She describes her boss at the time as, "Absolutely the nicest woman ever, who always cares for someone."

Her experience while working at the Cabbage Patch Doll Hospital inspired her to hope that her children can experience the same feeling she did of having an understanding boss, which makes them look forward to going to work and overall, have a positive workplace. Wilson said, "I worked there for six or seven years." Her most memora-

ble time, while working there, was when her boss organized a work trip for her and her coworkers to Georgia, in order to just get to know one another outside of work.

Mrs. Wilson's woman role model demonstrates and inspires others to go beyond the standards. Wilson believes that everyone needs a woman role model in their lives and said, "Women are different, varying from emotions and different strengths."

Women role models don't necessarily need to be directly in one's life to have a great impact or influence. Senior, Madison Smith said, "Gail Boudreaux is my woman role model. She's the chief executive officer of Anthem and she is one of the biggest Women CEOs in the world." Smith is mainly inspired by Boudreaux because she rose to the top in a male-dominated world.





# Different Generations of Women's Empowerment

Staff Writers,  
Daniela Cortes &  
Lianna Smith

Women empowerment is a way for women to express their true selves and for them to feel a sense of control of their social, political and economic status. Despite the progress that has been made by the feminist movement over the years, there remains certain individuals who believe in the roles of women being "housewives" and seen as "submissive." Given the fact that such subversive ideas still permeate society,

women continue to fight to break the stigmas that have been placed on them, for the sake of survival.

When people hear the words "Women Empowerment," everyone has a different perspective on the subject. Junior, Deborah Aguirre said, "When I think about 'Women Empowerment,' I think about independence and being able to pursue

what you want to pursue." Women empowerment equips and allows women to make life-changing decisions regarding different societal problems.

The article, "Empowerment: What is it," written by Nanette Page and Cheryl E. Czuba, said, "Empowerment can be defined as 'a multi-dimensional social process that helps people gain control over



their own lives. It is a process that fosters power in people, for use in their own lives, communities, and society, by acting on issues that they define as important." Page and Czuba are referring to a woman's ability to make strategic choices, where that ability was once previously denied.

Society's feelings on women

empowerment movements have wavered over the years, with it not being accepted so easily. What women believe about empowerment plays a large part in the movement. English teacher, Desiree Kyle said, "I have positive feelings about woman empowerment. I feel that with this new generation, things have been moving more towards positive energy. I feel that in the past, women have been more negative towards each other or more inclined to bring each other down and I feel like this new generation has changed woman empowerment for the better."

Having the characteristics of an empowered woman is something that any woman should be proud to have. Aguirre said, "In my opinion, a woman who I see as a role model for women empowerment would be Amelia Earhart. She was a girl boss and an aviator, in a time when female aviators weren't a thing. She broke records and de-

fined what a famous woman is."

Empowered women often push toward their own goals rather than letting society dictate their own choices. Aguirre said, "To me, No. I'm just kidding. To me, my mom deserves recognition as my role model for woman empowerment because she's been through a lot and there's a lot of expectations that she's had to fill in. But she's gone above and beyond them and she's a strong, independent person."

There are many women today who can serve as examples of true role models for women's empowerment. Most characteristics of an empowered woman can be

self-confidence, being personable, approachable, purpose-driven, and empathic. The characteristics of empowered women are something all women should embrace, not deny. A confident woman will always know her worth and the power she possesses.



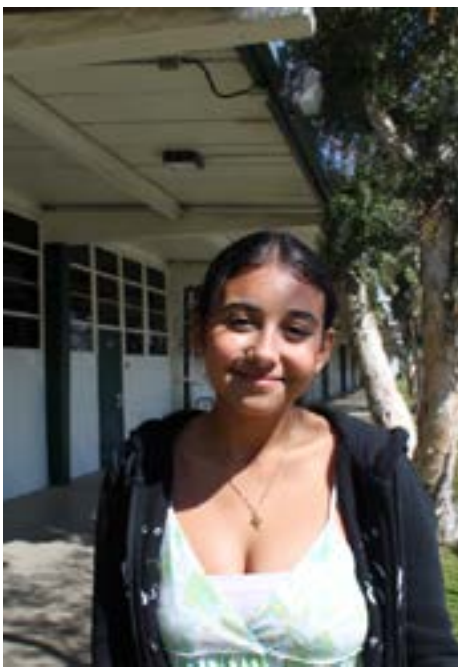
## Empowering Women Around The World

Editor-In-Chief,  
Angelica Gordon

A fist, alongside a sign admitting protest. Hair put up in a ponytail, flowing and flaunted. Wearing purple or pink ribbons on blazers to signify solidarity. They are all images that symbolize the empowerment of women, across the world. Power is a force to be reckoned with and results in increasing representation and solidarity of movements for women's liberty and freedom of expression. There is a wave of learning how to stand up to oppression—just as more Iranian women let their hair down in ponytails and show their need to be treated as they would want to be.

According to a New York Times article, "Their Hair Long and Flowing or in Ponytails, Women in Iran Flaunt Their Locks," Leila,

a Tehran native said, "I recently had to travel and struggled over whether I should wear the hijab at the airport because there are a lot of security agents, but decided against it," highlighting she was



stunned by the women majority without hijabs. Leila said, "We all got through security and passport control with our hair uncovered, and they said nothing. Our power is in numbers."

Pushing for more unity and equality is imperative towards supporting women. Junior, Mercy Ghobrial, said, "Reading an excerpt in English, I remember it talking about

how women with a lot of novels are written by men, especially in school. I feel like if we encourage more books written by women and that talk about women's point of view in life, it would be very encouraging. I feel like as a woman, every single thing we do has a risk to it, even like walking alone at night. We have to have pepper spray for in-



stance. Women's bodies are always under attack and I feel like controlling them isn't helping. I think that more education is the way."

It's important to reflect on how differences can allow for learning how to understand people and how to empower others. English teacher, Ms. Raus said, "We need to be

able to support in the ways they most need, whether it be encouraging them or directing them and also just by the being there and present, as well to offer the best support." What matters the most is the step up for action, trying to boost perspectives and creating meaningful discussion.

Ghobrial said, "I mean the world is not black and white. We all grew up with different morals. We all grew up with different backgrounds

and advice. I feel like showing good education will potentially mend that."

Women continue to find solitary and empowerment from all support movements. More changes must be made around the world so that women can continue to move forward and flourish.



# Women’s Suffrage in Califronia

Staff Writers,

Cash Backer & James Williams

Women’s history month is dedicated to celebrating women and their accomplishments. However, women have had to go through many struggles to gain what they have today, including the right to vote in this country. In California, women decided to take a stand with people all over the country, leading to the women’s suffrage movement.

According to the California Secretary of State’s article, “A Brief Summary of the 1911 Campaign,” Robert P. J. Cooney, Jr. said, “Women had been working for decades to win the franchise. They had to organize in each state because the U.S. Supreme Court took the phrase ‘all men are created equal’ too literally. It ruled that protection under the U.S. Constitution did not include women. In response, suffragists began a nationwide campaign in 1848 to win their basic civil rights, which did not reach its goal until August

1920.”

In 1896, women who were attempting to gain the right to vote lost their first battle. According to Cooney, it would later change when in 1910, as Republican administration was put into power. At that point, Woman suffragists persuaded the state legislature to put the question,



“Should women be allowed to vote?” before the voters.

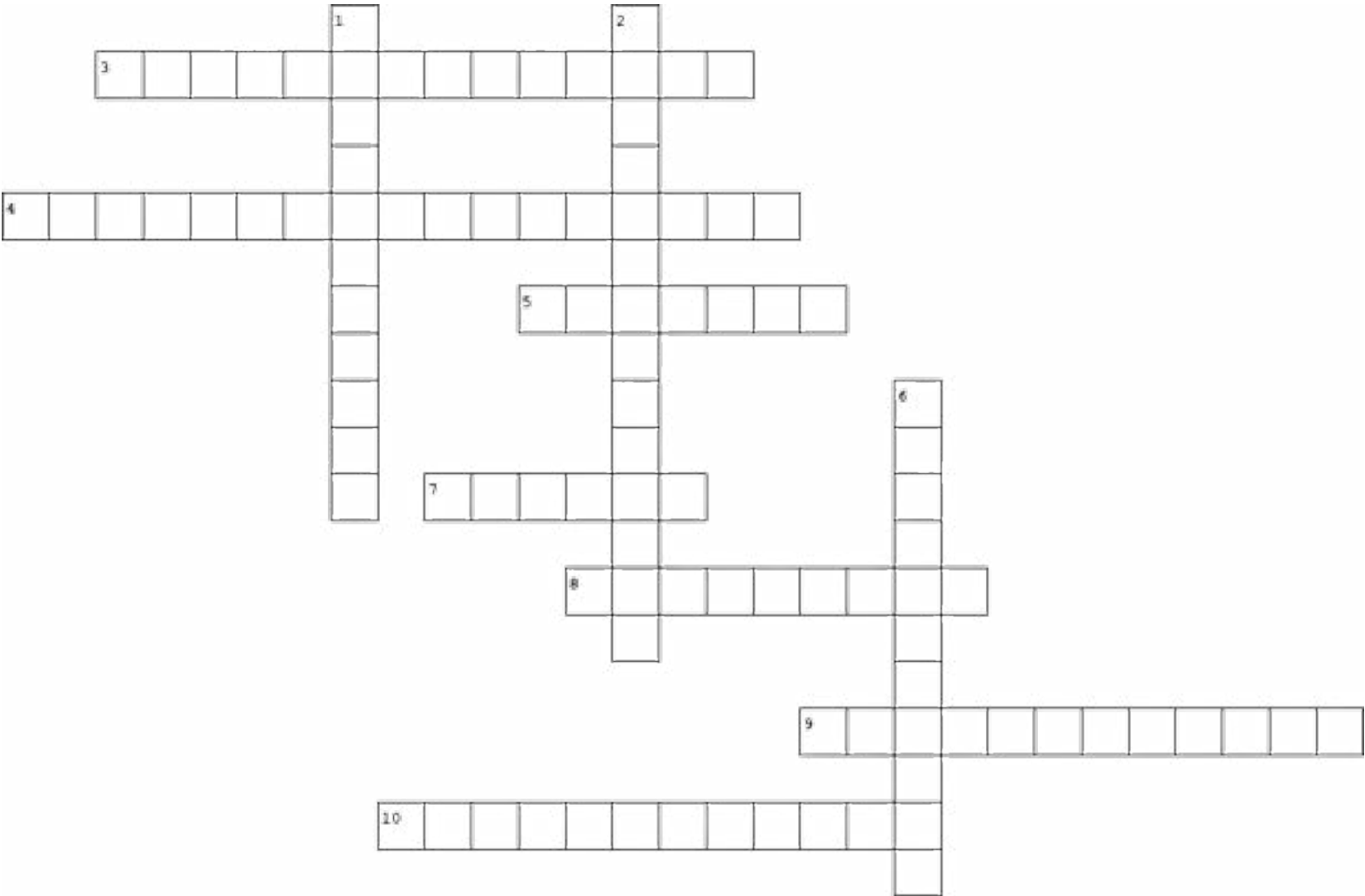
People who supported this movement only had eight months to organize and win the approval of their campaign from the voters. Cooney explains that the attitude of the public towards this movement

was more “amused” than hateful and violent. Cooney said, “Elizabeth Lowe Watson, a former pastor, led the California Equal Suffrage Association in northern California. The less populated south was covered by two organizations, the

wage earners, and veteran suffragists. The job assigned to the supporters was to carry out the immense statewide drive. Cooney said, “Suffragists spoke to voters in the streets and from automobiles. They held mass rallies, picnics and small meetings. They addressed congregations, unions, factory workers, women’s clubs and any audience they could find.”

The women behind the movement created pins, pennants and posters to publicize and help gain momentum. Cooney explains that it took several years of fighting for women to gain the right to vote. Finally, on October 11th, 1911, California became the sixth state to allow women to vote like their male counterparts.

National Women’s Month is not just simply like any other month. Rather, it is something that all women across America should appreciate because this month symbolizes the hopes and dreams of all the women who fought so hard to gain the right to vote here in California.



## Across

- 3. where Rad’s coffee and Lucky’s is
- 4. that one dress someone might have
- 5. paying more based on gender
- 7. organization known for helping children
- 8. who you look up to
- 9. barrier to something, especially to women
- 10. overall region Upland is within

## Down

- 1. builds up their muscle
- 2. first woman to win the award in 2010 for her film
- 6. a women creation on buildings

Crossword

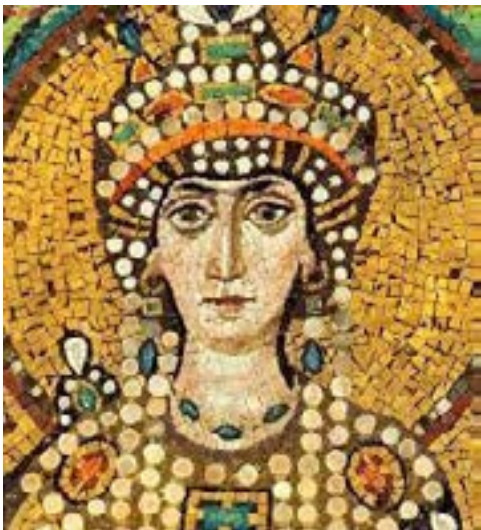


# Spotlights on Historic Women



Nellie Bly was a journalist who was born on the 5th of May 1864, and according to biography.com’s article, “Nellie Bly,” written by Elizabeth Cochran, she started writing for the Pittsburgh Dispatch in 1885. At the age of 18, Bly submitted a suggestive response to an editorial piece that had been published in the Pittsburgh Dispatch. Cochran says that in the piece she was referring to, writer, Erasmus Wilson, who suggested that women were better off doing domestic duties, and claimed working women were “a monstrosity.” Bly’s response to that paper grabbed the attention of the paper’s managing editor, George Madden, who, in turn, offered her a position. Starting at \$5 a week, she wrote, in the words of Elizabeth Cochran, “To highlight the negative consequences of sexist ideologies and the importance of women’s rights issues.” Bly would also do undercover reporting to expose poor working conditions faced by women.

**Nellie Bly**



Theodora was born in c. 497 CE, as the daughter of a bear-keeper called Akakios, according to WorldHistory’s article, “Empress Theodora,” by Mark Cartwright. Cartwright said that she was the most powerful woman Byzantium had ever seen. Empress Theodora started off her early years earning her living as an actress. Later in her life, she married an emperor, making her an empress. Cartwright said, “There was a tradition in the Byzantine court for emperors to marry the winners of beauty contests.” According to Britannica’s article, “Theodora,” written by Michael Ray, she used her power to influence and promote religious and social policies that favored her interests. Ray said that she was remembered as one of the first rulers to recognize the rights of women, passing strict laws to prohibit traffic in young girls and altering the divorce laws, to give greater benefits to women. For women’s history month, she is worthy of being brought up as one of the first women to speak up for women’s rights.

**Theodora,  
Empress of  
Byzantium**



The First American woman who made it to space was Sally K. Ride. According to womenshistory.org’s online article, “Sally Ride,” by Ashlee Anderson, Ride made her journey into history on June 18, 1983. Dr. Ride worked hard to encourage girls and women to break barriers and achieve their goals. Anderson also said that as the first American woman in space, Ride was also the youngest. Anderson reports that in 2013, after Ride’s death due to cancer, former President Obama honored Ride with the Presidential Medal of Freedom.

**Sally K. Ride**



Many people know the tongue twister “She sells seashells by the seashore,” but what most people don’t know is that there is a story behind it. Mary Anning, according to NaturalHistory’s article “Mary Anning: the unsung hero of fossil discovery,” written by Marie-Claire Eylott, was born in 1799, in Lyme Regis, in the southwest English county of Dorset. She grew up poor, and one of ten siblings. “Mary’s father, Richard, was a cabinetmaker and amateur fossil collector. By the time she was five or six, Mary was his fossil-collecting sidekick.” This is something that was not a typical activity for girls to be doing. Like many women at the time, Anning had very little education, though she was able to read, she wasn’t taught much. Eylott also says, at the age of twelve, Anning was teaching herself geology and anatomy. In 1823, Mary was the first to discover the complete skeleton of a Plesiosaurus, but rumors were quickly made, saying that it was fake. Despite her growing reputation for finding and identifying fossils, the scientific community was hesitant to recognize her work and male scientists would constantly discredit her work. Another thing that Eylott states in the article, “Mary Anning: the unsung hero of fossil discovery,” is that, “Mary continued to unearth fossil after fossil. She still sold her many finds, which increasingly fuelled public interest in geology and paleontology.” The tongue twister “she sells seashells by the sea shore” was inspired by Mary Anning.

**Mary Anning**



Princess Diana is a perfect example of a woman to look up to. She has done so many selfless acts and has helped a huge variety of people. According to CNN’s article, “Princess Diana: Her life and legacy,” she has used her fame to her advantage and with many people knowing who she was, she was able to use her voice for good. She has raised awareness for things from domestic violence, to leprosy, to mental health. The article, “How Diana’s handshake with Aids patient changed world’s view of the disease,” provided by DailyMail, said she was even able to change the world’s view on Aids, just by shaking a man’s hand. In April 1987, Princess Diana shook the hand of a gay man suffering from aids, in an attempt to stop the spread of myths that aids can be spread by touch. In the words of former UK Prime Minister Tony Blair, she was “The People’s Princess.”

**Princess Diana**



# Influential, Feminist Authors

Staff Writer,  
Danny Lynn Kydd

The influence of Feminist authors and their published books has grown. From the beginning first stepping stones to of women sharing their voices in the 1800s's, to the modern-day female perspectives of today, the numerous stories not only conveyed the advocacy of women's voices, but genuine human connections, tribulations, and intellectual curiosity.



Librarian, Mr. Foglesong said, "Writing could pave the way for female writers to be taken seriously, like Jane Austen and Mary Shelly. I would also mention Kate Chopin, for her strong female characters in the late 1800's and Toni Morrison, Maya Angelou, and Alice Walker, with their strong, black, female characters."

The female authors of the past helped to establish the impactful, female voices and helped to establish a place for modern writers like Colleen Hoover. Freshman. Seven Kazour said, "I enjoy reading Colleen Hoover. I love her female leads and how they tend to be very determined or resilient. I like how in some of her stories, there are many realistic aspects to them. I also like that she uses a fair amount of trauma stories. It isn't always the female lead with the trauma, but sometimes the male lead does too."

The feminist points of views can empower others with their messages. Foglesong said, "We do need writing from all points of view. Little girls can be empowered... Black children can be empowered... LGBTQ+ can be empowered as well as, we all can be empowered. When we are able to go and venture out, reading other points of views that are outside of what we know or in which we are comfortable, can bring a great impact upon all."

Each perspective can be spread



out like a mixed deck of cards, some representing women's perspectives, some representing males' perspectives, and some representing the other identities out there. Although when playing a deck of cards, a person does not want to stick to just one outlook. Each perspective is individu-

al and comes together to form one large idea with many angles and ideas. As Kuzour said, "I prefer to read from both gendered perspectives. In any story really, I like to just know the thought process behind every character, especially the leads."

There are many literary works that showcase the varying perspectives of the female experience, such as the book, Lessons in Chemistry, by Bonnie Garmus. According to the New York Times article "She Moved from the Chem Lab to the Kitchen, but Not by Choice," book review journalist, Elisabeth Egan, said, "Here are a few words I loathe in conjunction with fiction written by women: Sassy. Feisty. Madcap. These supposedly complimentary adjectives

have a way of canceling out the very qualities they're meant to describe: Opinionated. Funny. Intelligent. Lessons in Chemistry may be described with one or all of my verboten words, and it might end up shelved in that maddeningly named section 'Women's Fiction,' which needs to go the way of the girdle. To file Elizabeth Zott among the pink razors of the book world is to miss the sharpness of Garmus's message."

Strong female writers and



strong female leads are essential in literature, for their ability to portray the female perspective and experience. Feminist authors, such as Mary Shelley or Bonnie Garmus, continue to challenge and inspire others with their profound messages, thoughts and words.

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