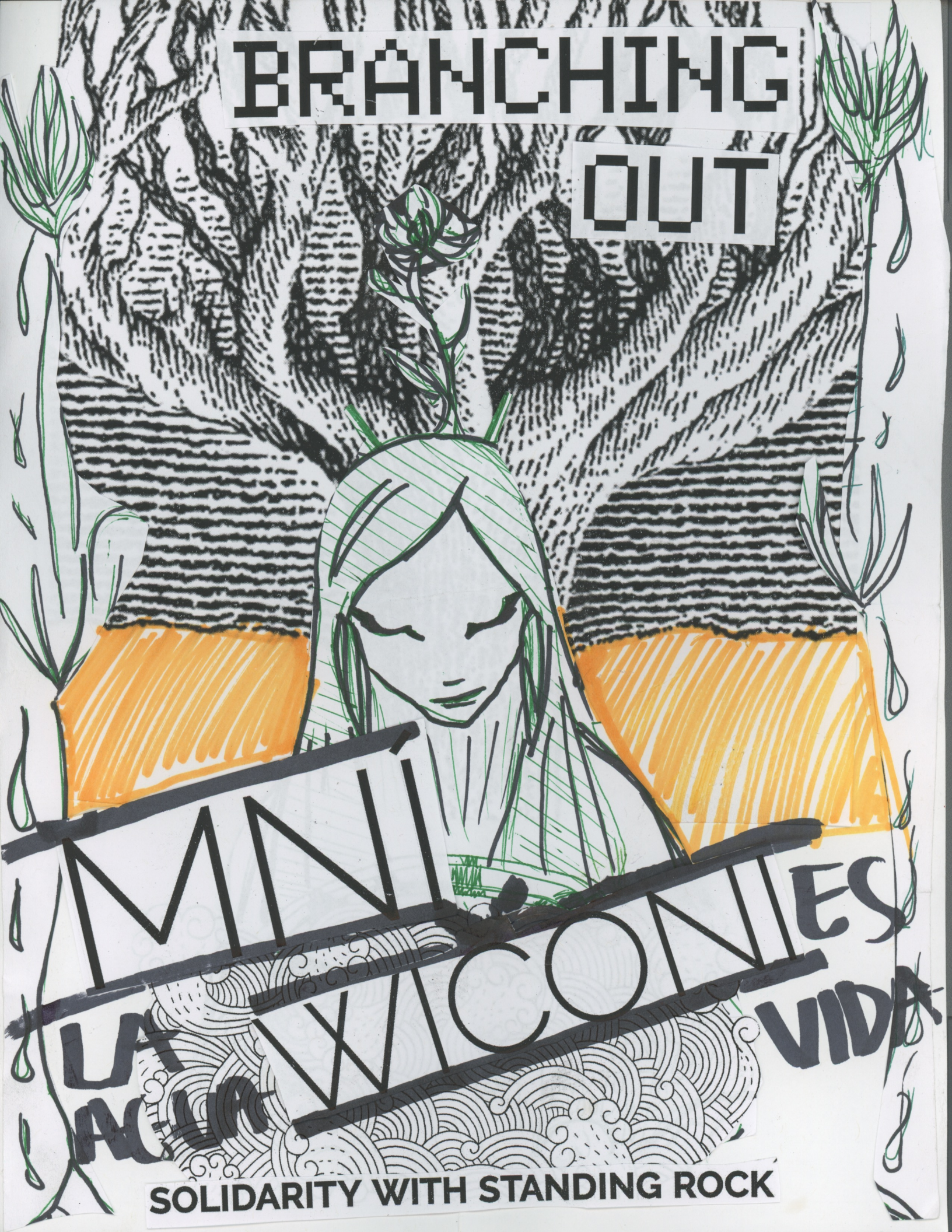


BRANCHING OUT



MINI CONIES
LA VIDA

SOLIDARITY WITH STANDING ROCK

Reclaim

YOUR

VOICE

Center piece "oligarch" by Scott Hove

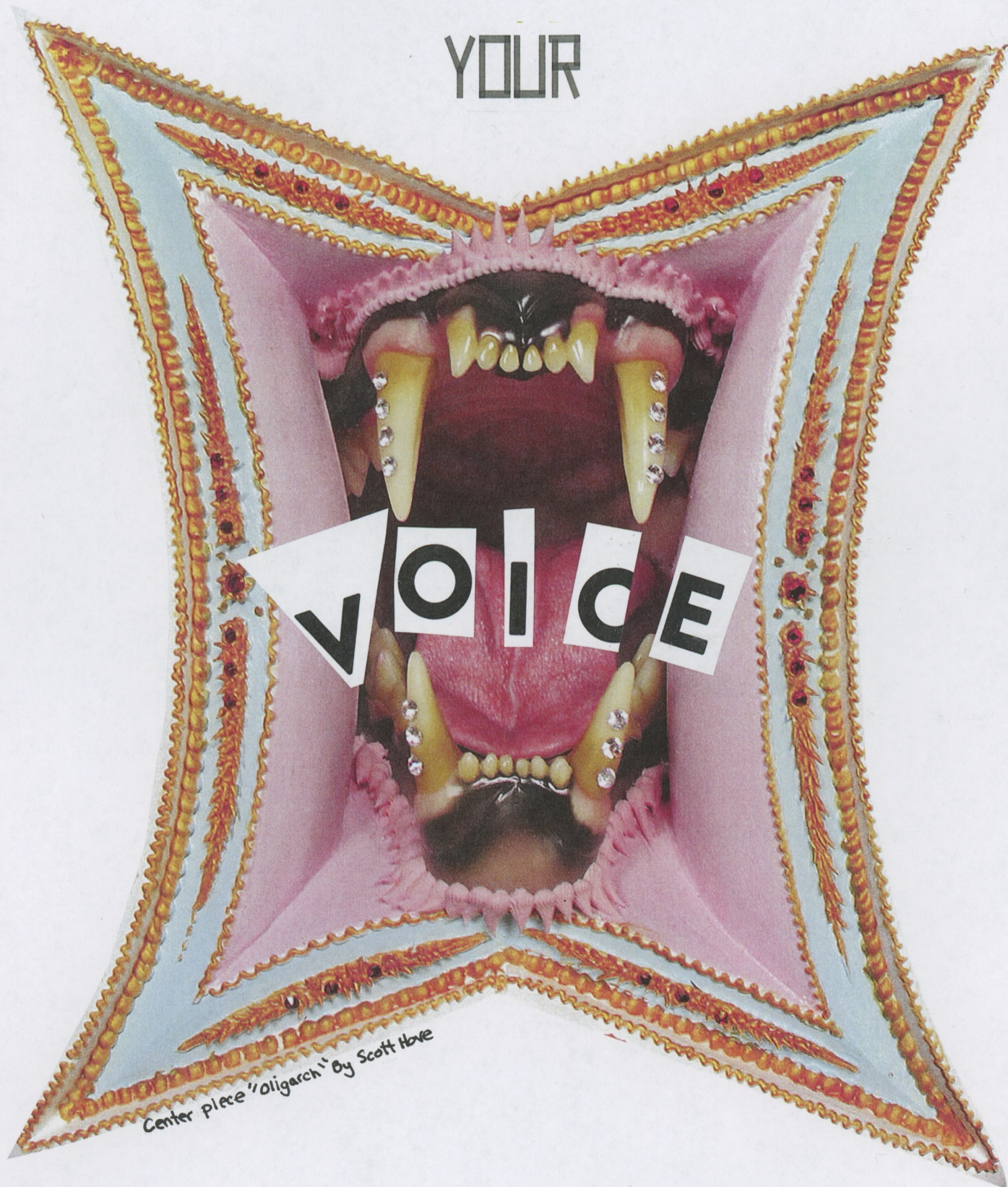


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intersectionality 101

Who is Kimberle Crenshaw?

Crenshaw coined the term intersectionality! She is an extremely prominent figure within civil rights, women and gender studies. Crenshaw has a phenomenal educational background: B.A. in Africana Studies at Cornell in 1981; Juris doctor degree at Harvard and also a Masters in Law (LLM) at University of Wisconsin! While Crenshaw was working towards her LLM - she introduced the term intersectionality to mainstream feminism and ever since the term has been a major key to unpacking discrimination and oppression and continues to be a tool for resistance. Professor Crenshaw is currently a professor at UCLA and Columbia School of Law.

Why do scholars prefer this term?

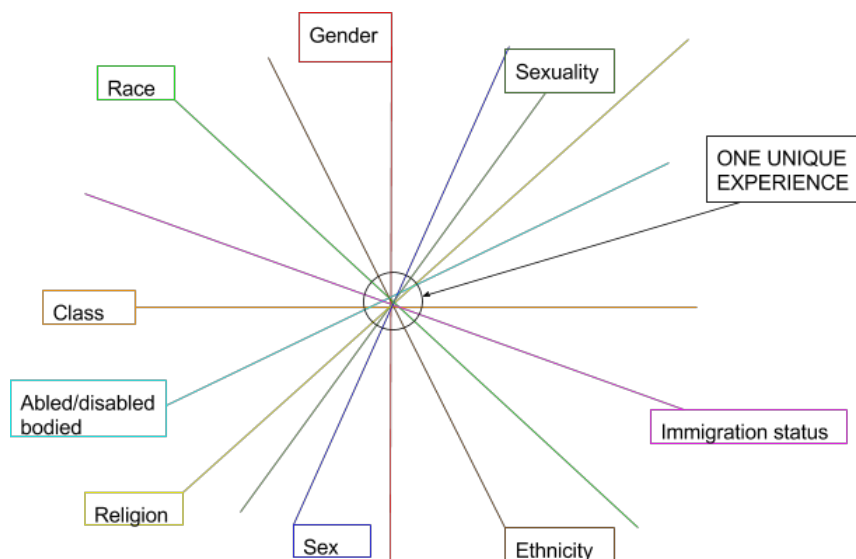
Many scholars prefer this term because the concept is not an abstract notion but a description of the way multiple oppressions are experienced at once. Without using intersectionality, we cannot recognize that multiple oppressions are not each suffered separately but rather as a single, synthesized experience. This term enhances people's visibility in all aspects of their lives.

Why do some people not like this term?

The term takes away from individual causes. For example, an organization that focuses on black lives in general - loses credibility when we begin to analyze other aspects of black individuals - for instance a black woman's experience is going to be significantly different from a black man's.

Intersectionality in our own words:

The concept in which people experience oppression and privilege based on all aspects of their **identity** at once and not individually. These aspects consist of - but are not limited to: race, sex, gender, sexuality, class, ethnicity, religion, able/disabled bodied, immigration status etc. which create unique experiences through different systems of power.



“Intersectionality tries to analyze the many categories of identities in terms of their complex and often conflicting intersections.” Jyl Josephson

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White, Erin. "Hidden Figures: Kimberlé Crenshaw Coined The Term "Intersectionality", Helped Change Activism Forever". *Afropunk.com*. N.p., 2017. Apr. 2017.

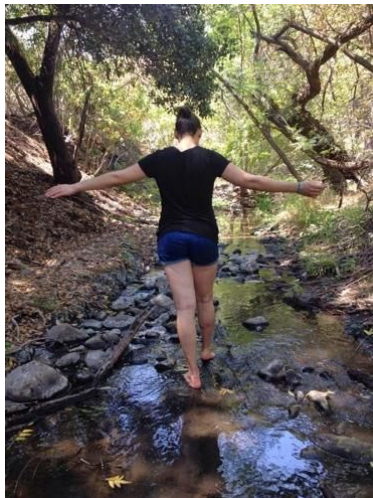


Kathleen “Kat” Kirkeby

WGS Major

Internship: Laney College Women’s Swimming & Diving Team

I dedicate my entire undergrad education to my partner Aviva (thank you for all of the mac & cheese) and my sister Megan (thank you for the phone chats while I waited for the bus). Once I graduate in May, I am excited to start the next step of my coaching career by being the Assistant Water Polo coach for the Laney College Women’s Water Polo Team.



Jesse-Lynn Keiser

WGS Major

“Je reste ton ami.”

I never anticipated my scholarly work to revolve around the existence of systems of oppression---and our survival through them--- but alas, here I am! With a love affair of the written word and of life itself, I continue to rediscover myself over and over within the vast quilt of Women’s and Gender Studies. In this way, I know that the threads of critical thought forged amongst my peers and I in this department will forever remain a dear and hard-won part of my heart.



Maura Rocio Tellez

WGS Major

Internship: Coalition on Homelessness

“I’ve learned that people will forget what you said, will forget what you did, but people will never forget how you made them feel.” -Maya Angelou. I am a first-generation college student who grew up in Los Angeles and decided to move to San Francisco to complete my education in the fall of 2015. I have been surrounded and supported continuously by my loving family and close friends. Being the youngest of five children, often times the people in my inner circle have felt they needed to speak up and make decisions for me. Moving away from this tightly knit community has made it possible for me to mature and develop as an individual allowing me to grow tremendously along the way.



Kayla Gotangco

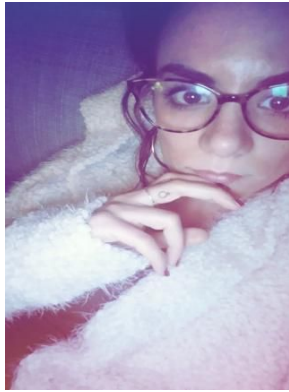
WGS Major

Internship: SFFILM

“Boundaries between noise and sound are conventions; all boundaries are conventions, waiting to be transcended. One may transcend any convention, if only one can first conceive of doing so.”-Cloud Atlas

Music, cinema, and theater are my preferred method of expression, being that I find it difficult to articulate

my own emotions and thoughts coherently. I've made progress in that realm and continue to unlock my ability to be vocal. I still falter, but in those moments I remind myself that my will is unwavering and negativity has no place in my life.



Lynn Fischer

WGS Major/ Sexuality Minor

"You may not control all the events that happen to you, but you can decide not to be reduced by them." Waking up every day is a gift, sunshine or thunder it's on me to decide to make the best of it, I try to live my life to be someone's rainbow in the cloud without losing myself. Standing up for myself and my beliefs without pushing down others but to praise our differences.



Sujata Bohara

WGS and Accounting Majors

Internship: University of California, Egg Donation Research Center

"You were born with wings, why prefer to crawl through life?" – **Rumi**

Born to live free, happiness is a key. I try to be kind and compassionate. I think life is too short to regret and to criticize someone else's position. You can't be me and I can't be you, we are unique and better in our own ways.



Taylor Rae Washington

WGS Major, Sexuality Studies

Internship: Rape Trauma Services

"How you gonna win when you ain't right within?" – **Laurn Hill**

Bay Area Native and a first-generation college student. I'm always hungry for knowledge and forever expanding my conscious. I dance because sometimes words aren't enough while hip hop and edm speak to my soul. I have feminism to thank for my confidence, humble heart and dope perspective on the world. Through it all, I have paved my own way to accomplish my dreams and work to create a better future for the next generation.



Bertha Rodriguez

Anthropology and WGS Major

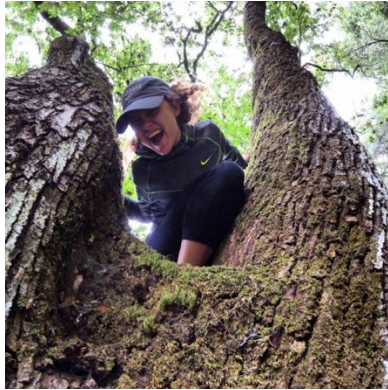
Internship: WRAP

"A generous heart is always open, always ready to receive our going and coming. In the midst of such love we need never fear abandonment. This is the most precious gift true love offers - the experience of knowing we always belong."

— **bell hooks, All About Love: New Visions**

Throughout my years the bonds I have created with

people have helped me become the person I am today. Born and raised in Pomona, California I come from a community of resilience and sacrifice. From a young age I learned that through hard work and passion I could accomplish my goals, without the support of my family and friends it would have been impossible.



Kimber Lohman

WGS Major

Internship: Building Futures with Women and Children

"Don't limit your challenges - Challenge your limits."

I was born in the bay and raised by two incredibly strong, independent women (mother and god mother) that have motivated me and inspired me each and every day. I am the first in my family to attend and graduate from college and I plan on getting my MSW and my LCSW. Soccer is my passion and I played on the SFSU women's soccer team.



Taylor Halstenson

WGS Major

Internship: Coalition on Homelessness

"If it doesn't challenge you, it won't change you."

I was raised in a small town and came to San Francisco State for my college career. This diverse city and school has opened my mind and I realized I have been missing out on so much intense information and advocacy work. I want to change the lives of people who have been stripped of opportunity and accessibility due to the fluctuating economy and political world. This world needs more empathetic

people, and I believe with the work we do at this school, we can be the change in this world.



(Dan)ela Monsterrat Marquez

WGS Major, LGBT Studies Minor

Internship: Hand in Hand - The Domestic Employers Network

"STAR CHILD: ARE YOU LISTENING? Feel different? That Earth may not be your home?"

Born and raised in the East Bay, Mexican Latinx, and a first generation college student. I went into college having no idea what to go into, and I'm glad Women and Gender Studies was an option. Interested in intersectionality and queer studies, specifically trans Latinx visibility. Also interested in how these can be applied to popular media.



Michelle Margolis

WGS Major; Sexuality/LGBT Studies Minor

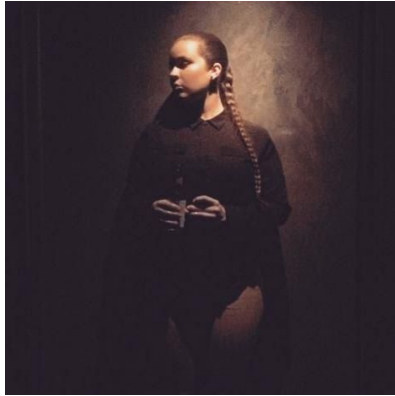
Internship: EROS

"Who are you to judge the life i live? I know I'm not perfect and I don't live to be, But before you start pointing fingers, make sure your hands are clean."

-Bob Marley

My story of being a sex worker in the bay area has lead me down a unique road where I can understand

life from all types of angles and circumstances. Growing up in the bay area has allowed me to create a unique identity through exposure to different cultures, ethnicities, religions, sexual orientations, and socio-economic backgrounds. My courage to be different has inspired me to be the change in the world I wish to see!!!!!!



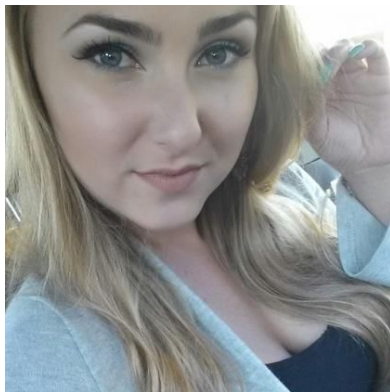
Ashley Nichole Dixon

WGS Major & Sexuality Studies Minor

Internship: Volunteer at Galeria De La Raza

"flower work is not easy. remaining soft in fire takes time." - **Nayyirah Waheed, salt.**

I'm a Queer extroverted introvert Xicana, born and raised in The Bay. I'm super geeky about dodgeball and sexual health, and am always trying to frequent as many community events as possible. I have a deep passion for the arts, intersectional feminism, and Sade. I'm a Cancer and INFP if you're into that kind of stuff.



Ashley Nicole Roderick

WGS Major, History Minor

Internship: Bay Area Crisis Nursery

"We have to talk about liberating minds as well as liberating society." - **Angela Davis**

I was born and raised in the East Bay and I thrive here to the fullest. While I love to travel and am beginning to adventure out of the country shortly after graduation, I don't see myself leaving the Bay

ever for too long. I am a first-generation college graduate who never thought of college as an option for my future, and I believe it is my past experiences in life that guided me to finding my major.



(C)ristal Ibana Bonilla

WGS & Creative Writing Major

Arab and Muslim Ethnicities and Diasporas Minor

Internship: Mujeres Al Frente

"They tried to bury us, but we were seeds."

C is a first-generation, queer Colombian Latinx scholar, writer, artist, mentor, educator, and healer with a decolonial queer feminist framework and praxis. Originally from the smoldering heat of the San Fernando Valley and South Central L.A., she now calls the Bay Area home while she continues her dreams of becoming a lawyer for all marginalized communities that she politically aligns herself with. Her art and writing focuses on, but is not limited to, the Colombian experience in the diasporas, queerness, decoloniality, mental illness, local linguistics/slang, social justice activism, politics, and the reality of existing in the crossroads.



(*"Kiss of Death"* by Marisol Escobar 1976)

NEVER SAY NEVER

by c.ristal ibana bonilla

I. They said they found planets that can sustain life 40 light years away, somewhere far from Earth. Far from the systems of disease and oppression that bind us in chains of false lies. Far from the world of Imperial White Supremacist Capitalist Patriarchy that has kept us in hypnosis for so long. Like Escobar's "Kiss of Death," the systems collide against each other until there is a clear labyrinth to traverse. Our ancestors battled the same colonizers, and yet here we are again: in the belly of the beast. He hinders the nourishment of the Earth we wish we had. She is far from us now, cornered into a limbo by the neoliberal-order-of-the-NEWWORLDORDER.

A futile limbo that leads into a cradle, that only leads to the continuous death of black and brown bodies, a spectacle further dematerialized by the Enlightenment of Statistical Reasoning; those Western Humanitarian ideas of what Revolution & Liberation should be according to the non-profit industrial complex of the Imperial University... Heartfallen and wounded, she yearns for a world she can't sustain, crying as the rains of tragedy fall on her face. Blinding her, as tears become rain and rain becomes tears, the drops fuse the sadness of her soul and the reality of a violent regime. She dreams of the planets that could help her get back on her feet, that could inspire a metamorphosis within the trenches of the modern-age wars. *Guidance from The Ancestors.*

A visionary to retell the future of our outcomes.

Spiraling out of control and perspective, the Regime continues to happen, but She is not dead yet. She continues to live in the crevices of a Hope rooted in the generational struggles of what we are meant to do here. They told her, "we are the seeds and roots to a new Transformation; a new Revolution that cannot be defined by the hegemonic rule of white fragility & dominance. A Mother once told us that we were meant to fight for freedom, that we have a duty to fight and we have a duty to win. She reminds us that we are meant to fight for the Existence of everything as integral parts of a whole. *"We have nothing to lose but our chains."* We have nothing to lose, but the empty theories and exclusionary practices that hold us back a relevant Education. We have nothing to lose, but the force-fed fabrication of ideas we consume, like a clockwork-orange, locked within dark rooms of colonial legacies. We dismantle the systematic apparatus that attempts to hold our eyes in place to the impressions of a world not meant for us. *Never say never.*



*("Self-Portrait Looking at The Last Supper"
by Marisol Escobar 1982–84)*

UNDERWORLD

II. Beneath the Moon Goddess, she plants the seeds that crashed in a comet vessel handcrafted by the stars and planets that she dreamed of every day. "Sometimes, I feel like the world's going under." During their Last Supper, they heard her prayers from the distance between the soil of the Earth and the light of the Heavens. When they could no longer bare to see their disowned and mortal sister in her historical downfall, they began to pour the greatest sources of their galactic power into a star-dust cauldron handed down through galaxies in times of healing. "Sometimes, I feel like somebody's watching me."

Remembering the journey of ancestral struggle for liberation and self-determination; minds expanding across generations, bodies moving along a white-lavender-purple horizon, there are no scents, but the diluted fusion of blood and sweat from the slave ships of a dark age of colonization; scrubbing away the color of our skin with plomo and propaganda, stomping on us, into the soil, but they forgot we were seeds with roots that rise beyond the ground and *the systematic bestia* that pulls on our chains it put

us in when we scream back. The seasons don't seem to change but the history transgressing across these panels constantly change with us, a beginning and end, as we begin to find clarity in our woven intricacies of united struggle, of collective battles against all odds.

They ached over the tragedy She had become, resenting how much they had resented her in the beginning of the tale. Some of them even took to dismantling their own limbs to squeeze every ounce of immortality into the magical cauldron, forging deep-seated love, hate, and guilt into a crimson liquid that simultaneously sparkled, sizzled atop the blazing fire of the Sun. They dried the elixir into seeds of knowledge and poetic justice that could plant new visions and spirits into their dead sister's soul. They looked down at Earth as she cried beneath the lunar spotlight they had casted on her, waiting until she felt truly and utterly lost in her way, until her roots grew back. *"Have they forgotten me?"*



DATE 690 MIXTAPE PART 1

NOISE REDUCTION ☐

DATE SPRING 2017

NOISE REDUCTION ☐

FEATURING:

DAN, ASHLEY D., KAYLA, TAYLOR W., ASHLEY R., KIMBER

JEREMY PASSION - LEMONADE

ALESSO FT. SIRENA - SWEET ESCAPE

BLU + EXILE - THE ONLY ONE

PORTER ROBINSON + MADEON - SHELTER

POWER STRUGGLE - ARTOFFICIALFREEDOM

NONAME - SHADOW MAN/CASKET PRETTY

INDIA.ARIE - VIDEO

BORGEIOUS + TYDI - WANNA LOSE YOU

LILA DOWNS - DEMAGOGO

LA SANTA CECILIA - ICE EL HIELO

HURRAY FOR THE RIFF RAFF - THE BODY
ELECTRIC

YOUNG CLANCY - COMING TO YOU LIVE

ANTONY + THE JOHNSONS - FOR TODAY I
AM A BOY

NAS - I CAN



DATE 690 MIXTAPE PART 2

NOISE REDUCTION ☐

DATE SPRING 2017

NOISE REDUCTION ☐

SOLANGE - F.U.B.U

KENDRICK LAMAR - XXX/BLOOD

THEY. - DANTE'S CREEK

SEVADLIZA - HUMAN

TELEPOPMUSIK - BREATHE

LAURYN HILL - DOO WOP (THAT THING)

BOMBA ESTERO - SOY YO

KILLER MIKE - REAGAN

QUEEN LATIFAH - U.N.I.T.Y

ERYKAH BADU - APPLE TREE

HELADO NEGRO - BROWN SKIN/ YOUNG
LATIN + PROUD

BOSSILERA - DEAR DADDY

THE CONSCIOUS DAUGHTERS - STICKY
SITUATION

DAVINA JOY + MARY JR. - OUR PEOPLE

MAGNETIC NORTH - WE WILL NOT BE MOVED

MARVALESS - PARADISE/ BLACK QUEEN

SUGA T - UNBREAKABLE ME

EQUIPTO - POLITIX

SPORTS

WHAT'S YOUR AFFILIATION?

Within the athletic and sport culture the idea of what body image should be is drastically contradicting to what is depicted through the media. This massive gap in understanding of how body image should or should not be is a major cause of body dissatisfaction. Sports are also remain one of the most binary institutions that exists today, therefore alienate many queer individuals. Below you will find paragraphs of WGS seminar students along with a couple of our acquaintances/friends firsthand experience within the athletic realm.

Kimber Lohman



As a young girl playing soccer, I experienced some bullying from my peers. Competitive soccer was what my entire life revolved around and because of it, I was called a “tomboy” and teased by other girls, because I would rather play with the boys. Other kids that were “normal” would make me feel as if I was weird because I liked sports. As I grew older, I got really good and my family began to pressure me by saying “you’re going to get a scholarship for college.” I felt pressured by this because that was really the only way I was actually going to be able to go to college and be the first generation to attend. Also, as I grew older, I became much more muscular. Eventually, becoming “freakish,” because my muscles were bigger than most girls and boys my age. This along with seeing very skinny women in the media caused me to develop many insecurities about my body –

especially about my legs. In addition to this, as my friends began to get their menstrual cycles in the beginning of middle school – I did not. I didn’t hit puberty until mid-year as freshman in high school – which made me feel even more “freakish.” I didn’t understand that when girls are very active, they tend to start very late. So as I became more educated (especially within this past year) in how the world operates, I began to understand why I felt the way I did about my body image and why/how my body works. So I have recently been trying to deconstruct how I view my body image and mentally change how I think of myself in all aspects of my life. The most important thing soccer has taught me is that all people are completely different and they cannot be compared at all, because each and every person’s body is completely unique to the next.

Dorian Murillo

As an athlete in high school my goal was to become the best on the team, and I knew if I wanted to accomplish this goal, I would have start with the way I trained my body and mentality. As a young boy I was always the smallest skinniest kid on the team, trying to fit in. Gaining muscle was never in my favor. In today’s society media broadcast many professional athletes that have a very outstanding muscular toned body - creating the myth that, muscular is the ideal body image - which most people cannot even compare. This caused regular athletes like myself to look upon ourselves and feel discouraged about our body and the way we may look. Trying to compete on a team was a challenge, but having to fight myself to try and look the way I wanted because social media promoted an athlete body image that was impossible to compare to, is what caused my depression to sink in deeper. As I grew older I realized that body image wasn’t the only important thing. Trying my best and being proud of how I looked and the dedication I had for my sport was what matter at the end, but it took a long time for me to learn this lesson.

Taylor Washington

I started dancing at the age of 4 years old and knew that I had discovered something special. Ballet was my first style and from there I moved to tap, jazz, contemporary and hip hop. Dancing has helped me discover myself and has been an incredible part of my life story. I've learned that your body can do extraordinary things when your mind is in a place of determination. With everything that dance has given me, a part of my story as a dancer revolves around loving my body and accepting my imperfections. In media, a dancer is viewed as perfect and with one particular body type. As a woman of color and a plus size dancer, I've always had to work harder than other dancers in my community. Regardless if I could do the moves, being different was too distracting for the audience. I was told that I was too fat to dance and that I would never be taken seriously as an artist. I experienced times when I never thought I was good enough and hated my body. However, I've learned that I dance not for anyone's approval but, because I love the way it makes me feel. I broke this mentality when I met other dancers with similar stories and were beautiful to watch on stage. I learned that dance is about creativity, love and uniting for the sake of art. Viewing my insecurities from a political lens helps me understand that I could be an athlete and that being "different" shouldn't stop me or anyone else from doing what they love.

Jesse-Lynn

One of my earliest memories was of twirling in a white silk dress with matching eggshell slippers, a yellow flower attached to an ivory headband on my head, running around a friend's backyard as we dashed up and down their playset over and over and over again. I remember feeling my heart race, the thrumming of my pulse reverberating from my young form as I birthed magic, free to be in my element. In the 5th grade, I was all girth and no height, heaving and hoeing along the perimeter of our elementary school field for P.E., too out of shape to keep up with my lithe classmates, but unable to find space to be athletic without feeling out of place, too feminine to be considered legitimate. It was only a few months before, after all, that I had ended my somewhat substantial swimming career, feeling deeply anxious and out of place at bi-monthly swim meets, damp, aggressive and foreboding. Now, as someone in their early 20's, I often consider what it means to be someone gender-nonconforming and assigned male at birth who views physical prowess as both a source of protection and erasure. At the age of 16, I was sexually assaulted by a man who faced no punishment from court of law because members of the National Park Service protected his identity within Yosemite Valley, where I was located at the time. Given the blatant lack of protection provided to Queer and Transfemme people underneath Christian-supremacy, of binaristic gender roles, the responsibility of my survival and protection rested solely on my shoulders, and thus began a permanent undertaking of mine to be constantly prepared to quite literally fight for my life, an act nonconsensual. In this way, my journey with athleticism has been tumultuous at best, and depression-inducing at worst: being assigned male at birth and Femme is seen as an obtrusion to the masculinist undertone of most sport, however, being able to move with intention, with strength, pushes me to relish in the rawness and physicality of my life. Perhaps this is why I still walk a path of thorns, to feel at home.



Taylor Halstenson

I have been playing sports my whole life; soccer, basketball, swimming, track and more. Being involved in sports has given me so much more than I believe I expected it to. I learned that it is OK if you are not the best, as long as you always try your best that is all anyone can ask for. Being a part of a team is so important in growing up with discipline and respect. Every person is supposed to work hard for each other and that provides a fun and happy environment. I have always loved working out and running, which made it easy for me to do the hard stuff. Not everybody is the best at everything and having friends and teammates to have your back is a feeling one cannot describe. I have been overall so happy and thankful for my experience in the realm of sports. I have made friendships that will last a lifetime and I have grown so much as a person through discipline and hard work. Sports is not for everyone though, sports aren't always fair to everybody. This is something we can continue to strive for, equality for all in the sports world.

Mark Ruiz

Before America's Best Dance Crew, being an Asian popper was rare in my neighborhood. In addition, I was a stereotypical, nerdy-looking Asian. Dance, especially Hiphop-based dance, was an activity primarily done by African-Americans. After I began getting involved in the battles at school, I received mixed feedback. On one end, I got positive shock from others who saw this small Asian kid taking it to everyone taller than him. The other half, however, saw me as an imposter, some kid who watched "You Got Served" too many times, didn't know what he was doing, and wasn't really about Hiphop dance or Hiphop culture. It was almost as if I was not taken seriously in some battles because of what I looked like and what I was interested in. That alienation pushed me to dance, but on my own or with other Asians.

Ariana Wesley

All my life I have been an athlete. Loving all sports, I have played soccer at all stages. Soccer has made me the person I am today. Being apart of a team, you learn great communication skills, leadership skills, and of course obtain mental and physical strengths that you never knew you had. Soccer to me is more than just a sport. It's a craft, it's an art, it is unique to each player and each position. One thing is for sure it is definitely a balancing act. Entering college I had no idea what I was getting myself into. Soccer everyday was not what was new, but soccer everyday on top of school everyday on top of working everyday, things can get interesting. You are labeled as a Student Athlete, when in all actuality you are an Athlete student. You are expected to put soccer before everything and this is where I hate being a college athlete. I will get into more trouble missing practice over missing a class. The athletic department expects us to be these scholar athletes but also dedicate every waking moment to your sport. It is not all that easy, well for me anyway. I have to work everyday to support myself as well as my family which can take a toll on my body. So working late into the night then having to wake up early for soccer is not the business. On the other hand my coaches want me to cut my hours to enhance my preformance on the field when soccer is not benefitting me in any way shape or form. You can express over and over how you need help financially, mentally, or physically and in the end if it is not beneficial to the department or program, you are just pushed to the side and expected to keep on keeping on or quit. Not to mention during all of this school takes the backseat. College soccer is like a cult. There are many rules and regulations. They tell what to say what not to say, what to post on social media, what not to post, and it is so lame. As a college athlete I feel like I can not make my own decisions or live my own life. You do what college soccer wants you to do. Overall the higher I go on the soccer spectrum, the less and less I began to enjoy the game and that is sad to me. Thank you college soccer for ruining a passion.

“Drive-Inside Classified: Goodguys Get-Together to bring all things lowrider”

Goodguys bring to life rods, muscle and powered days of true American fun.

Everything will be on display at this Goodguys huge show n’ shine.

In a giant Thunderfest, you have the makings for modern rodding, though in spirit, Goodguys core message is unchanged.

Having fun with acres of g-machines and more; glistening in candy colors, it is a trip in time for many (the sight is utopia).

One event is the amazing display of competition for Goodguys/, open to stout creations that show the vie for this title.

As the American get-together brings together some of the baddest for a two-day eye-popping exhibit.

A huge treat, this hand-formed creation is a show stopper.

Plus, see newly-crowned America’s Most Beautiful off the Grand National Show in January; This 2016 Foose-designed custom will take your breath away.

Countless others will be on display as well during the weekend.

The “Deadend” will bring to life the shrill sound of rubber meeting pavement in a closed performance race course to battle it out in a weekend long contest of speed and skill.

Again this year, the Goodguys will showcase the Shootout Final Duel in the Desert.

It’s a hot rod paradise in the huge vendor midway featuring big rig trailers offering high-performance parts and accessories to budding hot rodders and do-it-yourselfers.

Having the chance to interact directly with manufacturers has long been an appealing aspect of Goodguys events.

Throw in a giant corral and it’s literally utopia for any red blooded American with oil in their veins: It’s a hunters dream.

Reflection:

As can be plainly seen, the coarse and suggestive language of ***“Drive Inside Classified”*** push readers to consider how language, even in something as mundane as a car show ad, can uphold and communicate cultural values of maleness and masculinity that seek to objectify, sexualize, and perpetuate violence against femme-assigned and identified people within across the globalized world.

After reading, consider how the language you use empowers collective thought and consider how it could evolve for the betterment and protection of all peoples.



Feminism Around Us

By: Kayla, Lynn, Taylor H

Feminism around us is about the various ways SF State students engage with and experience feminism. The project shows how feminism is relevant across disciplines, races, and genders, in order to deconstruct negative connotations about feminism. Decentering the WGS department, allows us to engage with our community and provides a more intersectional approach to the project.

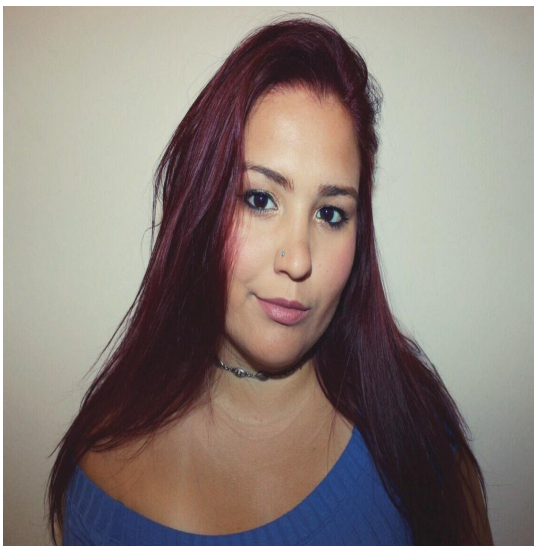


“Feminism cannot be summed up into a movement, but rather an investment in all women to release them from the barriers of oppression and patriarchy. A feminist is not a title either. To be a feminist in this day, it means you are apart of a mutual understanding that everybody deserves the same opportunities without being labeled as "other". Caring for the prosperity of women and the issues we face throughout the world, also gives motion to the well being of ALL people. When the world is able to change its perception about women and all the contributions we make in this world, we will be in a better space to accept all differences and become one.”

-Noelle Owusu; Child and Adolescent Development

“I feel like Feminism has given me an outlet to really be able to express how I am being discriminated against and how it’s helped me see things more clearly. Being at a bar and being hit on, guys telling me how to wear my makeup, or that I shouldn’t wear makeup and it’s just like I’m not doing it for you; I’m doing it because I think this shit is hella cute, and I like it, and it makes me feel good. I’m doing it to make myself feel good, not to please you or anyone else. Feminism has allowed me to discuss with other women about how it affects them as well and there is more awareness going around about loving yourself, skin color, and hair texture but we still have a long way to go.”

-Vanessa Barragan; Sociology



“Feminism has always been a confusing term for me. Growing up, I thought feminism was an extreme movement where women felt they were more superior than men and were constantly blaming men for everything. In recent times, I feel like feminism has been better defined by activists and celebrities like Emma Watson and her "He for She" campaign. It's more about equality for men and women. I know feminism has become more trendy and its definition may not be clear for a lot of people, at least it's out there and it's getting women to understand that we are still not being treated equally to men in the workplace and socially.”

-Camille Ruvalcaba; Marketing



“Feminism to me is the fight for equality amongst the sexes. Dr. King very famously says ‘All men are created equal’ even here in such a grand fight for racial equality we see the lack of a feminine presence. I am not as educated as I feel I should be in the topic of feminism but I am interested and willing to learn. I feel we live in a crucial time where ideas such as gender fluidity and transgender celebrities are understood and accepted, yet, in the same sense our current president elect has been quoted saying he would “grab a woman by the pussy”. I feel we have made progress as a society, but we are nowhere close to where we should be.”

-Malia Wesley; Health Education

“Women studies is important because in a world still dominated by the patriarchal agenda, the research into how to remove the pay gap between men and women, how to allow women the same access to control over their bodies as men, and securing more positions for women in government are still Ongoing issues. In the United States, it is an especially alarming issue when equal rights are compared between men and women in the US. versus other countries such as Iceland and Sweden, that allow women the same rights as men.”

-Jens Mikkelsen; Journalism



“Feminism to me is being treated as human, being equal to men. Being able to express my femininity freely. Not being reduced or disadvantaged based on my gender and standing up for myself. Women and Gender Studies, therefore, is important because it helps us to learn, grow and empathize with others and ourselves. It helps to enlighten us on problems and conflicts in society, we weren't aware of yet.”

-Genesis Vallejo; Photography

“Feminism is loaded word, it changes a lot in my life. It means to me I can be both a work-at-home mom and strong Women with ideas on my own. It also means I don't have to choose which I would like to be. Its living my life without judgment especially by other women. Sometimes it feels like a good idea gone bad.”

-Nora Smith; Undeclared





Self-Care Tips & Ideas

By: Dan Marquez and Taylor Washington

As students, we take on many roles in our everyday lives. From families to relationships to work, finding a balance can be difficult. Self-care is important for our physical and mental health while allowing ourselves to be happy around people we love the most. Just in case you forgot, here are some self-care ideas that can help during times of stress.

Be Positive

Reach out to resources

Go to the gym

Sit down

Say No

Stay home

Celebrate small goals

Make some coffee, tea or hot coco

Call a friend

Slow Down

DANCE!

Go to bed early

Organize Yourself

Spend time with family

Spend a day off social media

Tell yourself you're
beautiful

Don't compare yourself to
others

Take a nap

Go on a hike

Write in a Journal

Let go

Take yourself on a date

Try something new

Drink more water

Change your vocabulary

Take a walk

Volunteer

Enjoy the little things

Muscle Relaxation Exercise to Reduce Stress/Anxiety

The point of the exercise is hold and release tension, and then focus on the difference between tensed and relaxed muscles.

1. Get into a comfortable position, such as sitting or lying down.
2. Try to clear your mind and just focus on what you'll be doing – releasing tension and relaxing.
3. Tense each muscle group for 4-10 seconds, then spend 10-20 seconds releasing the tension and relaxing. Try to take slow, deep breaths from your stomach instead of from your chest. Breathe in slowly from your nose or mouth, and try to count to 4 to help slow down your breathing. Then breathe out slowly for a count of four.

Tense each muscle group as follows.

- Eyes and Nose
- Lips, cheeks, and jaw
 - Hands
 - Forearms

- Upper Arms
- Shoulders
 - Back
 - Stomach
- Hips and Buttocks
 - Thighs
 - Feet
 - Toes

*If there are any muscles that still feel tense, tighten and release them another three or four times.

For guided podcasts or transcripts:

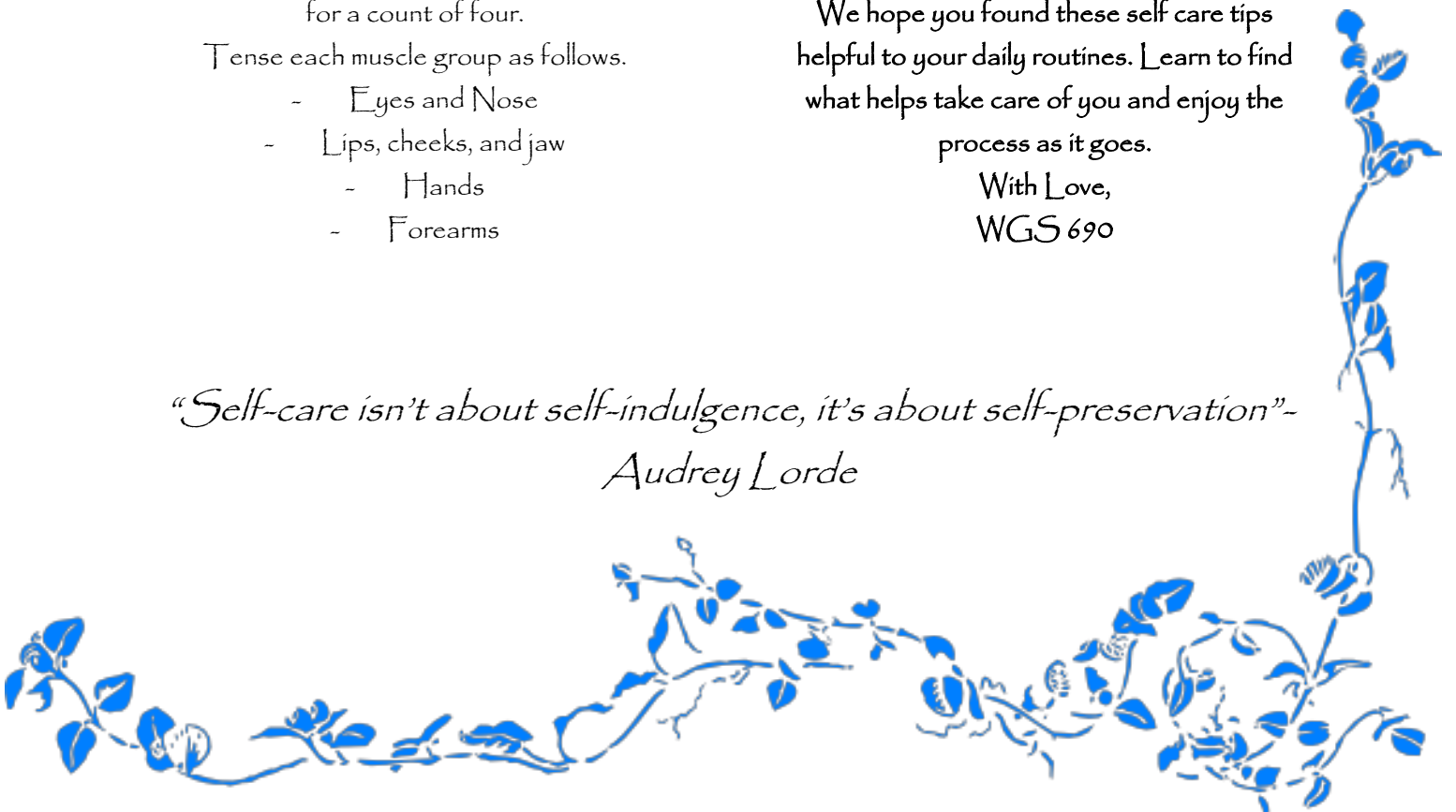
<https://goo.gl/61LyK9>

Or go to kp.org/mindbody, search “podcasts,” and click on “Guided Imagery Podcasts”

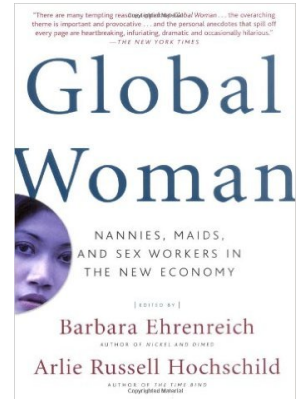
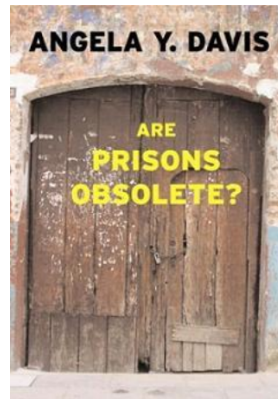
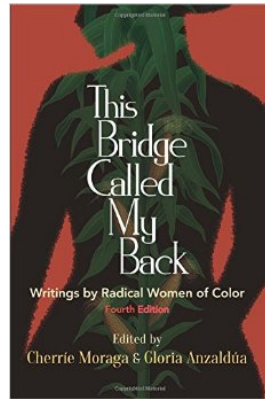
We hope you found these self care tips helpful to your daily routines. Learn to find what helps take care of you and enjoy the process as it goes.

With Love,
WGS 690

*“Self-care isn’t about self-indulgence, it’s about self-preservation”-
Audrey Lorde*



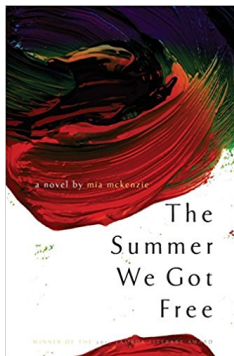
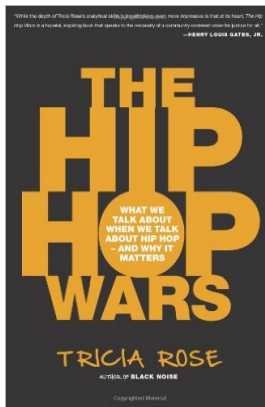
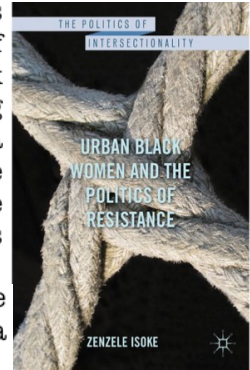
Summer Reading List



Urban Black Women and the Politics of Resistance by Zenzele Isoke

I read a chapter from this book for my Gender and Global Migration class that I'm taking this semester. Chapter five, focused on the ideas and politics behind homemaking which is defined as a critical form of intersectional praxis; with a central mode being placed in black women's political resistance in Newark, New Jersey. Homemaking consists of three different modes which are the following: creating a living history of resistance, politics of reclamation and the importance of selling in. It's an interesting and engaging chapter and quite relevant to the gentrification that is taking place in the Bay Area as well as throughout the country. Political resistance when it comes to gentrification is important because it denies the attempt to erase a certain class of people from a community.

-Maura Rocio Tellez



The Summer We Got Free by Mia McKenzie

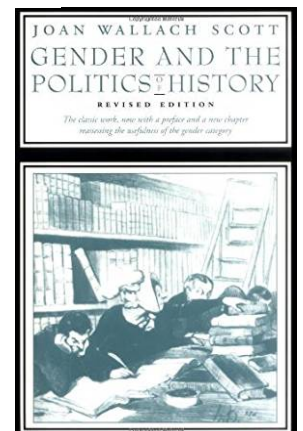
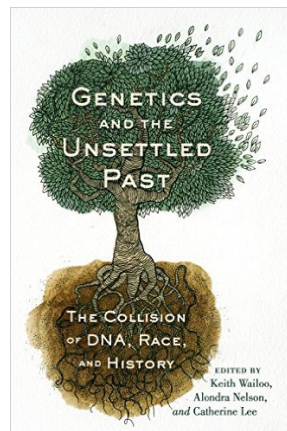
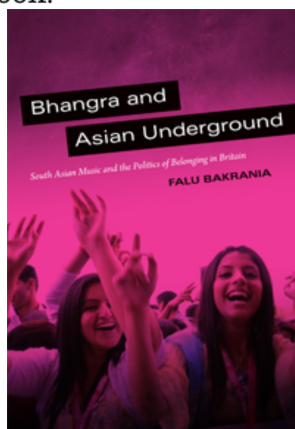
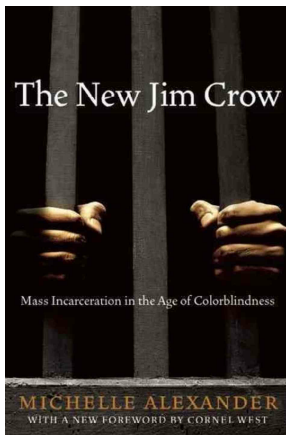
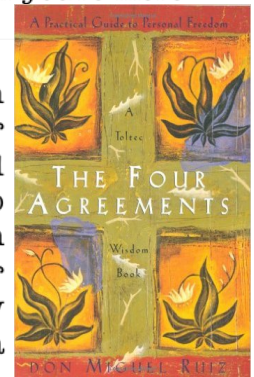
I read this book in the Queer Lit and Media class, and what I enjoyed most about it was how it uses magical realism to convey queerness as something positive and extraordinary. It's also visually striking as it uses the emergence of color to represent an awakening of queerness, and that awakening as a source of freedom. Overall a really refreshing book to read if you're more into fiction.

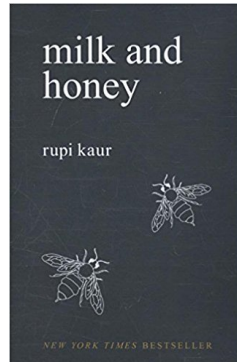
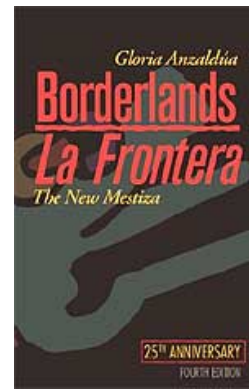
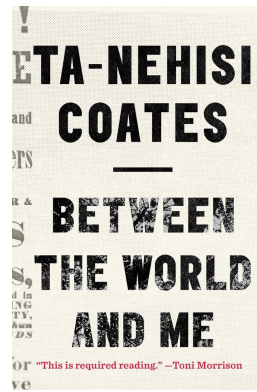
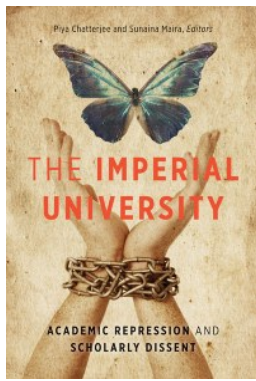
-Daniela M. Marquez

The Four Agreements by Don Miguel Ruiz

Before I read this book, I had no idea it existed. I heard from multiple people how good it was and how much it impacted their lives. This book really is a guide to personal freedom. It released stress I had about everyday life, letting me know it's okay not to be perfect. This book gives you agreements to keep with yourself, and once you find those agreements are a part of your life, you will begin to see change and happiness. This is a very easy read and I recommend it to anybody who is looking for a new book.

-Taylor Halstenson





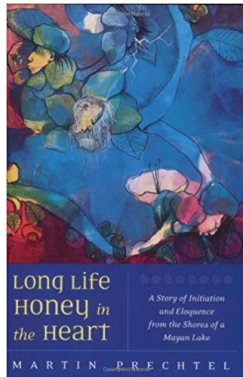
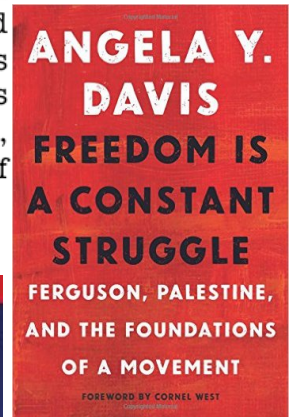
***Milk and Honey* by Rupri Kaur**

When I first read this book, I was in a very dark place and hadn't embraced myself as a woman. I read one poem and needed to order the book right away. Rupri Kaur illustrates poetry in a personal fashion by connecting her experiences to the reader. She encourages women empowerment, choosing to heal and giving yourself compassion in times of hardship. -Taylor Rae Washington

***Desert Blood: The Juarez Murders* by Alicia Gaspar de Alba**

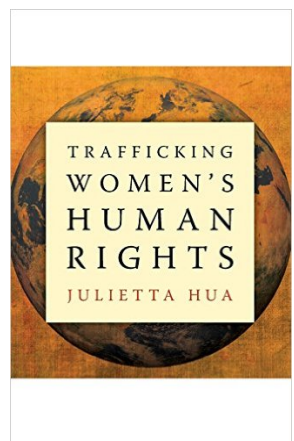
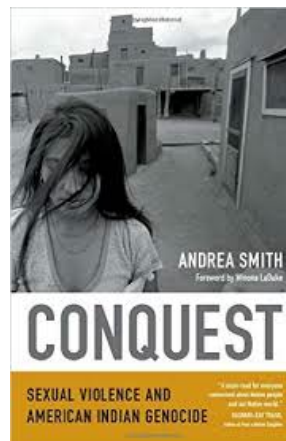
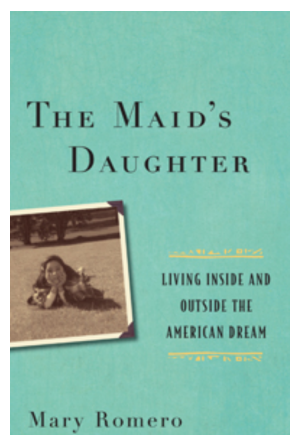
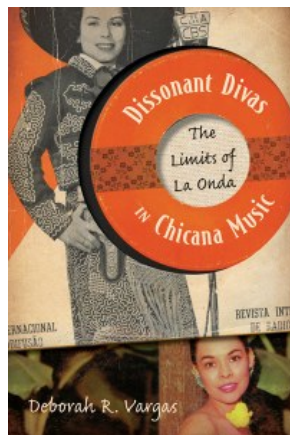
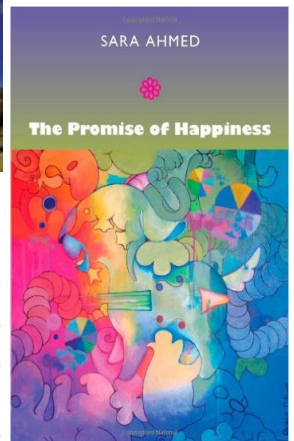
Lambda Literary Award for Lesbian Mystery

Reading this book in the Women Writers and Social Change course, reminded me the injustices are happening at the Mexican-American border. Even though this is a Fiction piece about the Juarez, Alicia Gaspar de Alba did this on purpose because wanted to write this so it could reach more people. I would love for more people to read this book and learn about the injustices still going on all over Mexico. -Bertha Rodriguez



***Long Life, Honey in the Heart: A Story of Imitation and Eloquence from the Shores of a Mayan Lake* by Martin Prechtel**

I found this book in a "To be Discarded" pile outside the SFSU library and could not be more grateful. With a penchant for the sensory, Prechtel carries readers through his time spent with of the peoples of Santiago, Atitlan, marking an ever-poignant reminder of the importance Indigeneity has within human life and Earth. -Jesse-Lynn Keiser





Pesto Pasta With Kale with Rocio Tellez

I've always loved home-cooked meals and this one is even better the next day for lunch! It's an easy dish to make, especially if you enjoy a healthy alternative for pasta that's inexpensive to make too. It's definitely a dish I eat once a week or every two weeks and reminds me of the pesto my mom's been making my whole life.

Ingredients:

1 Bag of Bowtie Pesto
1 container of Pesto Sauce
1 pack of spicy chicken sausage
1 onion
1 bag of Organic Tuscan Kale
Liquid Amino
Crushed Red Pepper Flakes

Instructions:

*Boil 8 cups of water; while cooking sausage separately to mix together once pesto is complete (add salt as needed)
*Cook bowtie pasta for 11 minutes
*Add pesto container and mix together

*In a separate pan, sauté onions and kale together with Liquid amino
*Mix all ingredients together and let some of them crisp in the pan
*Serve while still hot
Enjoy (it's even better the next day!)



Lomo Saltado with Kayla Gotangco

This is a Peruvian dish that I make when I'm missing home, or when I'm tired of eating chicken or fish for dinner. Besides that, this dish doesn't take a lot of time to make, it's filling, and you'll have lunch ready for your day tomorrow. Enjoy!

Ingredients:

1 lb Sirloin (or tenderloin) steak, cut in thin strips
1 red onion, cut in thick slices
2 tomatoes, cut in thick slices and seeded
1 teaspoon cumin
1 jalapeno, ribbed and seeded, chopped
1 bell pepper, sliced
2 garlic cloves, crushed

3 tablespoons each of vegetable oil, soy sauce & vinegar (any type will work)
Salt and Pepper, to taste
French fries (frozen or fresh, your preference)
Rice

Preparations:

Marinate steak strips in the soy sauce, vinegar, salt and pepper for about 10 minutes. Cook your french fries and your rice. In a separate pan, add oil and saute the meat for about 10 minutes on high heat. Keep marinade liquid. Add garlic, jalapeno, onion, tomato, cumin, bell peppers, and stir. Add the marinade liquid to the pan and mix. Add cooked french fries and season with more salt and pepper. Take off the heat, add chopped cilantro and serve with rice.



Chorizo and Kumara Stuffed Mushrooms with Crispy Kale with Lynn Fischer

Yummm! These mushrooms are a hearty side dish or even a main meal. Just what you need to refuel after a long day of exams, which I know many of you are going through right now. I love Chorizo and it's

spicy hit, this alongside the sweet Kumara and earthy mushrooms creates a beautiful flavour combination. The crispy Kale on top adds texture to the whole dish.

For 4 stuffed mushrooms, you will need:

4 large Portobello mushrooms, 1 medium Kumara (sweet potato), 1 cup of chopped Chorizo, 1/2 red onion, 1 clove of garlic, 2 cups of Kale, 1 tbsp cream cheese, 1 tbsp dried thyme, 1 tsp dried basil, 1 tsp dried coriander flakes, pinch of chili flakes (optional), salt & pepper, olive oil or coconut oil.

Instructions:

- Preheat the oven to 180 degrees.
- Peel the Kumara and cut into small cubes. Place on a baking tray, lightly coat with olive oil, salt & pepper. Cook in the oven for about 15 minutes, or until tender.
- Chop the chorizo, onion and garlic. Lightly brown these ingredients in a fry pan with a little olive oil. Allow to cool slightly and add to a mixing bowl.
- Once the Kumara is cooked, add this to the same mixing bowl. Season with salt and pepper and add the dried herbs. Add the cream cheese and stir to combine.
- For the mushrooms, use your fingers to peel the muddy outside layer off and discard and cut the stalk out. Coat them in olive oil and salt and pepper. Use the same pan you cooked the Kumara in (extra flavour and less dishes!) pop them in the oven for about 10 minutes.

- Once the mushrooms are cooked, place a spoon full of the Chorizo and Kumara filling on top of each mushroom. Place under the

girl for a couple of minutes until the top slightly browns. For extra deliciousness, grate some cheese on top before placing under the grill.

– For the crispy kale, remove the kale stalks. Place on a baking tray and lightly coat with olive oil, salt and pepper. Bake in the oven at 180 for about 15 minutes, or until crispy. Serve on top of the mushrooms.



Breakfast Mix with Jesse Lynn

As someone living with Anorexia and as a complete foodie, it is absolutely essential that i find ways to mediate my dis/ease with the nutrition i both desire and need. In this way, “Breakfast Mix with Jesse-Lynn” has become a cornerstone in my meal plan each and every day and I could not be more grateful! If you cannot tell, the haphazard blending of ingredients draws inspiration from the limited time that I have to eat

during my hours at work, so frankly, any dash of fruits, nuts, grains or natural sweeteners could also work wonderfully with this meal, should have the means to access them! Enjoy, Savor and Take Care
xxx

Key Ingredients:

- 5 tablespoons of Peanut Butter (preferably freshly ground or chunky, if possible!)
- 2 tablespoons of cinnamon
- 1 tablespoon of coconut shreds
- 1 teaspoon of nutmeg
- 1-2 tablespoons of unfiltered coconut oil (if possible)
- 1 tablespoon of shredded ginger
- 1 tablespoon of shredded turmeric
- 1 tablespoon of flax seeds
- 1 tablespoon of sesame seeds
- 1-2 apples
- 1-2 bananas
- 1 turnip

Process:

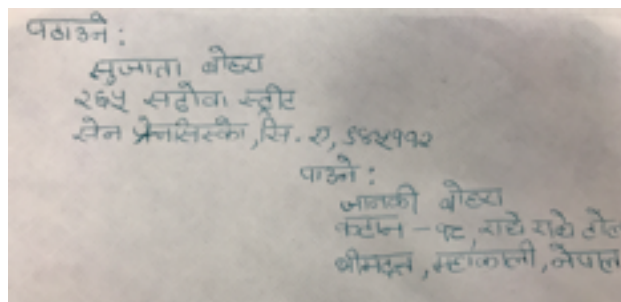
- Chop, mix, add and stir all and add any additional foods into the mix until satisfied. Eat!

Adamy Veshya (Indomitable Whore)

THIS IS DEDICATED AND INSPIRED BY THE WOMEN AND MEMBERS OF SANGRAM WHICH IS A VOLUNTARY ORGANIZATION LOCATED IN INDIA THAT **BRANCHES OUT** TO WOMEN IN PROSTITUTION AND SEX WORK. THEIR MOTIVE FOCUSES ON WOMEN IN SEX WORK AS INDIVIDUALS WHO CAN BE EMPOWERED TO BECOME AN AGENT OF CHANGE FOR HERSELF AND HER COMMUNITY.

They call me a PRO but yet my work is not legitimately recognized
You judge me based on stereotypes and misconceptions tranquilizing my existence
My entire identity screams with victimization
All because of stigmatization
We are all victims of patriarchy but victimhood is something we do not embody
Our label is cast upon us and criminalizing our integrity
To the world we are nothing more but God forsaken whores
Someone who comes from a broken home and forced to solicit, collect and earn more
Who is open for business like a convenience store
We have learned to love being a whore
The only job that has ever enabled and empowered me or given me a sense of purpose or opportunity in this world is being a whore
We condemn the title whore because in reality we can offer society so much more
The world is going to uproar when the world discovers the force behind us whores
The world will see that whores hold an elixir to transform and revolutionize liberty
We will be ourselves and redefine our dignity (place in the world)
We will put a new label to our work
One that acknowledges our agency and repairs humanity
Where we have access to resources and are permitted to walk into spaces without violence or discrimination
Our virtue will be determined by our contribution to the nation
We protest against a society that deems us immoral and in need of salvation
Our job our title serves a purpose and whore resiliency will dismantle the patriarchy

- *Written by Michelle (Chelly) Margolis*



05/25/2009

My Dearest Mom,

How are you? How is everyone in the family? I am doing excellent here. I have been wanting to write this letter for a long time, but the phone conversations kind of took me away from writing to you. Now finally, on my birthday, I thought of writing a heartfelt letter to thank you from the bottom of my heart for bringing me to this beautiful world. Thank you for supporting the idea of me studying abroad and thank you for always being there for me. I turned 21 today and it's been almost a year now since I left Nepal for the States.

Let me give you a tour of the U.S through my eyes. I love the U.S, it's beautiful and wonderful here. California, especially, is amazing and you know mom, everything is super clean, broad and good roads, organized driving, amazingly respectful people, big supermarkets, and much more. I cannot tell you how amazing the States are. There is so much opportunity here in terms of jobs, career, housing, education, family and so on. Everyone looks happy and rich. Even the animals have so much rights and they look happy. And by the way, dogs don't attack you here like in Nepal. They are trained

and they don't bark at you. I don't panic seeing a dog much like in the beginning days. And yes! Everyone pays their taxes and the tax money is used for public facilities and public benefits, this is why the people in this country are doing so great. There is food from so many cultures, and so many countries. Seems like everyone is so appreciative of other people being here.

Obviously, I am in the most powerful country in the world. The lifestyle is amazing here. Everyone has a job, and everyone seems to be middle-class, they own a car, everyone wears good clothes, iPhones are not at all rare, lots of people are shopping on the weekends. I am looking extremely forward to rest of my stay in the U.S. Hope you get to see the U.S, the country full of dreams. The one place in the world where anyone can fulfill their dreams. I miss you the most. And take good care of your self.

Always Loving Daughter,
Sujata

2/20/2017

My Dearest Loving Mom,

How are you? How is your health? I hope you are doing well. I am fine here. Things are alright on this end of the world. I am almost done with school. It took so long for me to graduate because I was working full time to save some money and then went to college for a couple of years. I am making sure I graduate, but at the same time, I am supporting myself. I am struggling between work and school. It's amazing how time flies and that it's been 8 years for me in the States now.

I hope you can come for my graduation and see this part of the world. It's very different from Nepal. But the life struggles are very similar to Nepal. People

work so hard just to make ends meet. There are so many poor people living in this country who are struggling to go to school, find a job that pays you a "living wage," find a medical care that takes care of you, find a proper housing that is affordable. My heart saddens to see the streets of San Francisco full of homeless people and mentally-ill people. Knowing that this country has so little medical care for its people, it just breaks my heart to not understand the obligations and responsibilities of a country towards its people. For example, the first world nations should facilitate proper education, proper medical care and housing benefits for low income people rather than treating them like criminals.

Being from a poor country and living in poverty, I was naïve to think in my early days that if a country is rich, the people are better off simultaneously. This society is completely based on consumerism. If you own and accumulate more, it appears to give you happiness instantly and then leaves you depressed and hollow. The lifestyle of this country is to make you "feel rich" instantly but leave you poor gradually. People shop for retail therapy because the culture of consumerism makes them sick. Everyday you are constantly bombarded with advertisements. It is all about what you have and how much you have. When growing up in Nepal, I idealized politicians, historians, journalists and social workers. Here you are forced to idealize pop stars, and actors, most of whose lives are extremely based on consumerism. A lot of people don't care to vote or never participate in any marches or protests, yet they are very political about every day issues. They can not wait for a second in traffic jams, yet

they can wait for hours for brunches. I could never understand this pattern of dualism.

Sadly, the animals are treated better than human beings in this country. People seem more passionate about animal rights than racism or discrimination. People like to eat international food, but are not fond of immigrants. Mostly this country only wants to pick and choose certain aspects of immigrants and sadly ignore the challenges that come with being immigrants.

There is no American dream, it's a myth. There are no ladders to climb and fulfill your American dreams. There is only a thin thread that you have to climb up to make it happen and that seems quite impossible. Anyway mom, I will write back to you soon.

Always Loving Daughter,
Sujata



April 15, 2017 (5:00PM.)
Rigoberta Menchu Hall SFSU

For Emily,

It is been nearly a decade since you were born, many people used to mistake you as my daughter, now we look more like sisters, but I will always be your *Tia*, but please don't call me that, Bertha is just fine. Time flies, we grow up, *y los pajaritos volarán lejos del nido*. You know, when I thought who I should write to, you were the first person to pop in my mind. You have opened up my world to so much more.

I will give this letter to you when you are older and will understand what I am trying to convey. I want you to know that with every class I have taken at San Francisco State *pensé en ti*. I wonder how it will be when you go to college. What will you be studying? I still hope you want to be a Paleontologist, but, that is your decision. I know you are still in elementary school, but imagine, I will be super old with gray hair and always nagging you about everything. But, I only do this because I want the best for you. Emily, you should know by now I will do anything for you. Emily, I am writing this dedication letter to you. It's a few weeks before I graduate, and my fingers are sticky because I am eating a sticky bun (stress eating) while I type this letter out (which makes it tough for typing). Anyways I just want to say I am struggling; I do not know how to write this letter to you.

What I want to say is that even with this simple message I hope it will inspire you to do more, more than I have ever done. I want you to look at life differently. There is so much out there for you. Emily, look for opportunities and when they open up just jump in because it will be difficult to find them again. Let me provide an example: I took one course in Women Gender Studies because I thought it was going to be fun. It was a class that was marked as WGS and Anthropology, called Anthropology of Women, so I figured it was going to be a great mix for Anthropology. I was feeling exhausted of the colonial practice, and because of this one course, my life changed. WGS became my minor, and out of nowhere, it became my major, and I found out what I wanted to research for my masters program. I am not saying this to show off; I am saying this because an opportunity opened up to me and I took it, *carpe diem*! I met so many compassionate and talented people in the WGS department where I learned new theories and methodologies (ex. intersectionality) that have been mind blowing. It is still hard to grasp at times, but that is when you know you are about to make a new breakthrough!

I write this dedication to you because I do study Feminist Theory, and when I think about the oppression and hardships women go through it frustrates me that you will go through it too. It will be a little harder for you because of the color of your skin (I'm white passing, I have that privilege that many Latinxs do not have when confronting racism), but you should be proud, you have Huichol blood. Don't worry; I will make sure you will know your history and your heritage. I will work hard for your future and the future of young girls in the States and beyond. Not only young girls, for boys too, and the

young children who are struggling with the gender norms. I am not sure yet what I'll end up doing, but I know it will be a place in which I can do some good. Emily, remember gender is a social construct! *Remember* that, and you will understand why the systematic oppression minorities face perpetuating through our social norms. But that should not discourage you; you come from a line of strong and fierce women: Mom and Maria, and your Mom (I do not include myself in this because I am like grandpa, we are too sensitive to be fierce). Mom has taught you well, and I can already see a little fire burning within you.

I write this to you because you are the reason I am a Feminist. This semester many of my classes asked me why I am WGS major and why I am a Feminist. My first thought was like, 'psh, of course, Mom raised me, and you know how Mom is, there is a reason why she is *La Jefa*,' but the more I thought about it, I just could not pinpoint when I decided to say, "FUCK THE SYSTEM!" and become a Feminist. It is not something that happens overnight, even some of my "friends" ridiculed me when I mentioned I wanted to be a Feminist (Freshman year of college, scary times). I think becoming a Feminist is like a ripple effect that just gets bigger and bigger until one day you just wake up. I remember when I first had that moment of utter damnation and the baby Feminist thoughts started to blossom (the reason for my "damnation" will manifest itself as I tell the story).

I remember, I'm pretty sure I was around fourteen, chubby, and self-conscious about everything (ahh puberty). Mom pressured us to go to one of the million *retiros* (church retreats) that Tio Tacho invited us to go to (we never went). So finally, we caved in and decided to the infamous *retiro*, (I think Tio Tacho hoped that we would magically fall in love God or something). Tio Tacho and his family were playing with the choir (like always), playing the guitar and singing and you know "*Alabando a Dios*." While Mom, Monica, Maria and I were huddled around the foldable beige chairs with the rest of the "Church people." I remember that day being sweltering and I was wearing a sweater and was sweating buckets of water (remember I was self-conscious). So we were there for the whole day, in the summer, Los Angeles summer; you know what that means. It means *hell on earth* (oh, the irony). So we were all there at the hot hall praising *Diosito* that is all forgiving and loves all his babies (us, the humans I guess). Everyone was singing, except Mom and us, and they were feeling the love of God (Mom looked very convincing though, fake it till you make it?). At that moment one of the dozens of women there began to cry out, they must have been hallucinating due to the lack of water and the heat. I was starting to see things too. The wails of women praising God and other wails of utter shame and remorse made us uncomfortable. What were they feeling? Because I just felt hot and sticky...oh and bored. Was I that far off from God? Maria, Monica and I tried to distract ourselves by kicking each other and pulling each other's hair. It was at this moment when they asked us if there was someone close to us we know that has done a mortal sin, which you know damned them to hell. And I

was like, well, that is Jessica. And the Church people went on talking about not being able to be with them *en el cielo con Dios*, and that is when the waterworks happened to me. I don't know why it happened for Maria and Monica, but Mom, being a martyr, blames herself for everything, *cada uno lleva su cruz*. I thought about my sister, Jessica, and how she was damned to hell because she was pregnant with you. One of the worst sins, having sex before marriage. Both of my parents came from a tiny town in Mexico, which is why I *had* this old fashioned mentality. It meant that not only Jessica was damned, but so were you. In that instant I cried because I was mad and frustrated, why would God punish an unborn child? It is not fair, in a world where life for immigrant Latinxs is just a continuous oppression, why was God making things worse? This day is the infamous day I tell everyone. This was the day I lost my faith in God and Catholicism, but it is also the day I started to question the society that had damned my sister and my niece. Everything else came after my questions about culture, patriarchy, racism, and gender norms.

I saw the world differently. I began to notice other forms of oppression at school and the constant sexism young teenage girls faced when everyone learned they were pregnant. The random classroom police check-ins in classes where the "troubled kids" were attending; they never came in my AP courses. In college, I found out how class mentality is real, (in high school all my friends were broke, and we were all fine with that) and how that gives you an extra boost in life, especially when it means you can go to a better college (Prep class for SAT and GRE). I don't blame you, for my loss of faith, you were the birth of a bright future for me. Emily, you are not a sin, you are a blessing!

You are the reason why I am a Feminist. I am a Feminist to make fight for all of us who are the most oppressed and the people who are fed up with the gender, class, and racial norms that society has prescribed. I want to thank you because you have changed my life. I hope in the future; I manage to inspire you as much as you have inspired me. Please do not let society dictate your life, Emily, because you have the power to mold your life the way you want to live it. Do not let anyone tell you what to do. You can do anything Emily, always remember that.

And remember I will always love you and always believe in you.

Love,
Bertha Rodriguez



Pulse Letter by Kat Kirkeby

I wrote the following email on Saturday, June 18, 2016 to process my emotions and clarify my thoughts following a conversation with my dad who lives in Orange County, California. I did not send the email, satisfied with just writing it.

Dear Dad,

I'm hoping that I can share some feelings that I had about our phone conversation earlier this morning. I totally understand that you were on your way out of the house, and I also understand that you might not be aware of the full context of our conversation. You may have picked up on some weirdness or quietness on my end when responding to you.

I was not completely aware of the removal of multiple OPD police chiefs when you called. I understand that you may have just been trying to demonstrate that you keep up with news in my town, but I could only receive that information as you highlighting your negative perceptions of Oakland. I understand that you have these feelings and there will be times when I can hear those feelings from you, but that time is not right now.

The context of our morning conversation is as follows. As I'm sure you know, this past Sunday, forty-nine queer people, mostly queer Latinxs, were shot dead by a homophobic shooter at the Pulse nightclub in Florida during Pride month. This trauma is felt by LGBT people all over the world, including here in Oakland. It hurts so much that the most fatal shooting in US history was a homophobic hate crime, a gay bashing of immeasurable scale.

I have cried, I have mourned, I have felt afraid, I have felt anger but I have never felt alone. You may not know this, but Oakland has the highest number of lesbian couples in the nation, and the highest lesbians per capita. This is a powerful reality that I benefit from everyday. It is so meaningful for me to see other queer woman, especially adult queer woman, who are married, who are successful, who are happy. I had Sean and Jack growing up, but no examples of lesbian adulthood, no proof that lesbians grow up and live fruitful lives.

Now, especially in the wake of the Pulse shooting, which saw the death of so many young queer people who will not get to grow up and be married, successful or happy, I am so grateful to be surrounded by other queer women in Oakland. In this past week, we have been supporting, comforting and embracing each other. Many Oakland-based, queer-owned businesses and community centers have become beacons of support, raising money and providing safe places during this tragedy.

The Pulse in Orlando was a safe place for LGBT people, and its loss punctuates the importance of other LGBT friendly places such as Oakland. There are still so many queer people who are isolated across the nation; Megan told me about a queer friend of hers in Ohio who feels very alone, and I know there are LGBT youth in Orange County right now with no outlet for processing their grief.

I do not say all of this to imply that you said or did anything wrong today, but I care about you and respect you enough that I decided to share my emotional context, my current reality. Oakland is an important safe place for me, even considering Oakland's own recent gun-related trauma. Reggina Jefferies was shot in downtown Oakland this past Tuesday. Her death and the deaths of the Pulse shooting victims hang heavy on my heart and mind right now.

The pattern of racist, corrupt police chiefs stepping down or being removed from office is incredibly important news, but is only one part of discourse in Oakland. Oakland is a living, breathing, grieving city that I call home. As your gay daughter, the best way that you can support me during this time is to try and understand why Oakland is important to me. It is my hope that you will try to see Oakland the way I do, and try to understand why I have chosen to build my life here.



This triptych of mosaics by an unknown artist can be found at Lakeshore Ave. and MacArthur Blvd. in Oakland, CA. The mosaic includes the number 49 in reference to the Pulse Shooting victims.

Thank You Str8Jacket

Established in San Mateo California in 2012, Str8Jacket Dance Company is known for their creative themes, visually pleasing hip hop choreography and entertaining audiences of all ages. From complete beginners to advanced dancers, Str8Jacket creates an environment for dancers to reach their full potential, create without judgement and embrace their inner hip hop identity.



As a dancer and member, I just wanted to say **THANK YOU**.

Dear Str8Jacket Dance Company,

*Where do I begin! There's so much to say but so much that can't be put into words. I've always believed that certain spaces exist for all different kinds of people. These spaces allow you to be free and be who you want to be. Your imperfections are embraced and it's ok to be different. The best part is an indescribable feeling of freedom, understanding and compassion. Everyone has this amazing place; for me it was found with all of you. Dance has always been what makes me happy and what challenges me like nothing else in existence. People may not understand it, but they don't have to. As I said before, everyone has this amazing space; even if they don't know it yet. I don't know what direction my life would have gone without your guidance and support as my family. I just want to take the time to say **THANK YOU!** When I first walked into the studio in 2012, I never thought we would be where we are today as a team. I'm grateful for everything including the times we have completely fallen apart. I remember being a wreck debuting our Mr. J's Gang set in 2013. We were amateurs and were just grateful to perform next to veterans in the community. I'll never forget that day and I'll never forget how happy we were because we were together. Our comeback Angels and Demons set will be a crystalized memory of us picking ourselves up when we thought we were finished. Practicing outside was terrible and so was practicing until 1:00am until everything was perfect. There are too many memories to count and every moment brought us to where we are today; I guess you can say I'm grateful. I thank you for believing in me even when I didn't believe in myself. Our vibes and energy reach beyond anything I ever expected; we just flowed and understood what the other needed. We have the potential to create a better future and inspire the dancers of the next generation. We've created community, something that is often forgotten when fame and exposure are there for us to embrace in the dance world. Overall, we've come a long way and I'm proud of everything we've accomplished together. Despite the challenges, I would want everyone to experience what I've shared with you all. I can continue to give back because of the love you have all given me. No matter what road we take, I'm confident we will remember what is important. I love you and I'm forever in awe of you. Thank you Str8Jacket.*

With Love,

Taylor Rae Washington

(Member since Oct. 2012)



World of Dance Los Angeles (2017)

QUEER

Presses From TUXTAROCZ MAGAZINE



We Love.
We Make.
We Exist

Branching Out Resource List

Bay Area Crisis Nursery

1506 Mendocino Dr, Concord, CA 94521
(925) 685-8052
<https://www.bayareacrisisnursery.org/>

Berkeley Free Clinic

2339 Durant Avenue, Berkeley, CA 94704
(510) 548-2570
<http://www.berkeleyfreeclinic.org/>

Building Futures with Women and Children

1395 Bancroft Avenue, San Leandro, CA 94577
24-Hour Crisis Line: 1-866-A-WAY-OUT
(1-866-292-9688)
<http://www.bfwc.org/>

Rape Trauma Services

1860 El Camino Real #406, Burlingame, CA 94010
24-hour Crisis Line: (650) 692-7273
<http://rapetraumaservices.org/>

Ruby's Place

1180 B Street Hayward, CA 94541
Hotline: (888) 339-SAFE (7233)
<http://www.rubysplace.org/wp/>

Safe Alternatives to Violent Environments (SAVE)

1900 Mowry Ave., Suite 201 Fremont, CA 94538
24hr Hotline: (510)-794-6055
<http://save-dv.org/>

SF LGBT Community Center

1800 Market Street San Francisco, CA 94102
(415) 865-5664
<http://www.sfcenter.org>

San Francisco Aids Foundation

1035 Market St #400, San Francisco, CA 94103
(415) 487-3000
<http://www.sfaf.org/>

SIREN- Services, Immigrant Rights and Education Network

1415 Koll Cir #108, San Jose, CA 95112
(408) 453-3003
<http://www.siren-bayarea.org/>

Coalition of Homelessness

468 Turk St, San Francisco, CA 94102
(415) 346-3740
<http://www.cohsf.org/>

Bay Area Women Against Rape

470 27th St, Oakland, CA 94612
(510) 845-7273
<https://www.bawar.org/>

The Wright Institute Berkeley Cognitive Behavioral Therapy Clinic

1918 University Ave #2b, Berkeley, CA 94704
(510) 923-2241
<https://www.wi.edu/cbt-clinic>

CORA: Community Overcoming Relationship Abuse

2211 Palm Ave, San Mateo, CA 94403
24-hour hotline: (800) 300-1080
<https://www.corasupport.org/>

Planned Parenthood

*Multiple locations available
(1-800) 230- PLAN (7526)
<https://www.plannedparenthood.org/>

San Francisco Child Abuse Prevention Center

1757 Waller St, San Francisco, CA 94117
(415) 668-0494
<http://www.thecapcenter.org/>

Martha's Kitchen

311 Willow St, San Jose, CA 95110
(408) 293-6111
<http://www.marthas-kitchen.org/>

Bay Area Legal Aid

1800 Market St, 3rd Floor, San Francisco, CA 94102
(415) 982-1300
<https://baylegal.org/>

New Door Ventures

3221 20th St, San Francisco, CA 94110
(415) 920-9200
<http://www.newdoor.org/>

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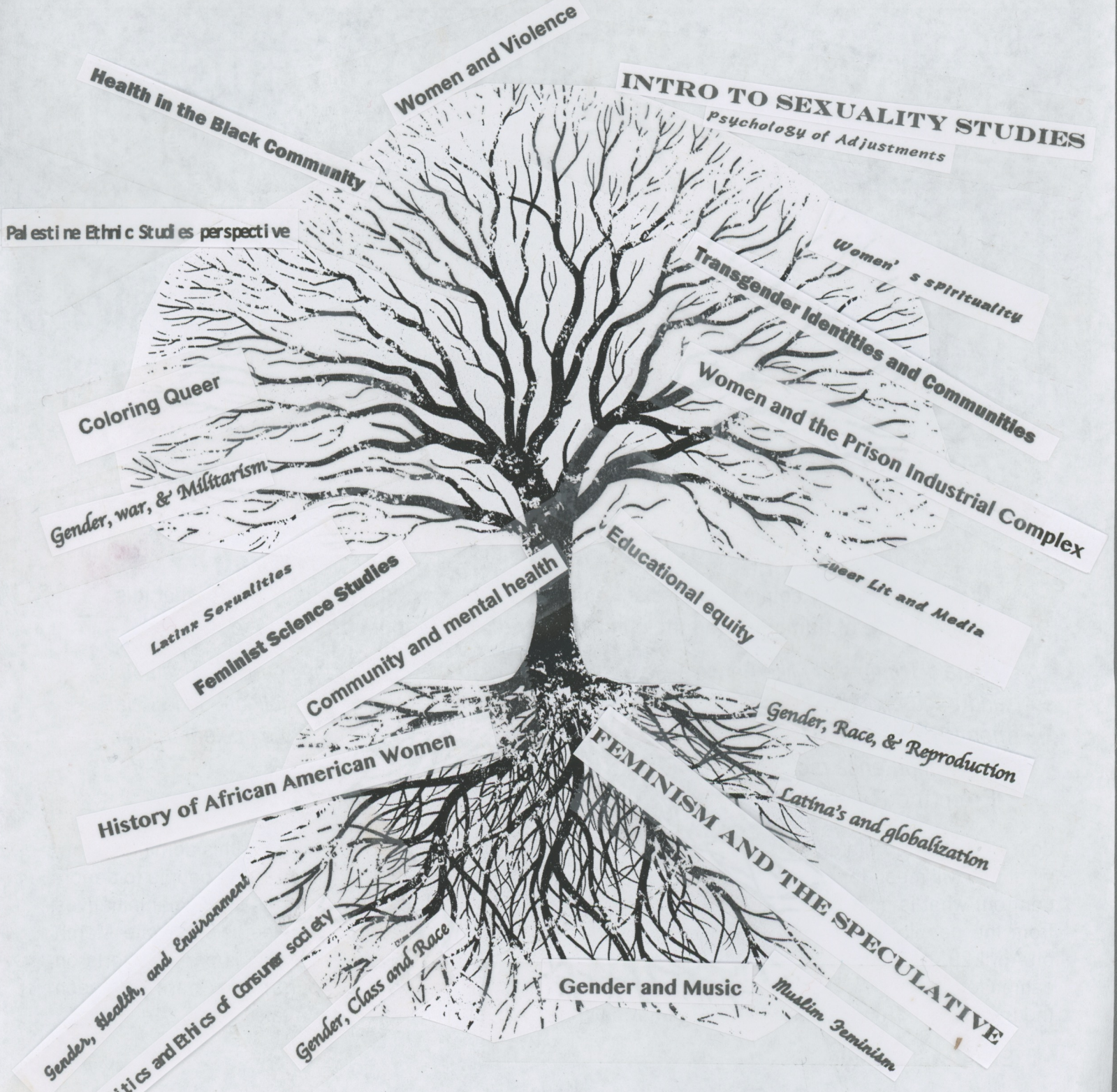


A Note from the Editing Team:

Within the pages of *Branching Out*, you will notice a deliberate choice made by the editors to maintain the (dis)harmonies of font, print and language as they were originally presented by our individual authors. This choice is meant to consistently and deliberately affirm the uniqueness of every person's life experiences, including their perspectives on language and aesthetic. We hope you enjoy!

- Chelley, Jesse-Lynn, Kat and Taylor W.

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