



VALLEY LIFE: CHESS CLUB

VALLEY STUDENT CREATES A CLUB TO SHARE HIS PASSION FOR THE MEDIEVAL GAME.

the VALLEY STAR

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OPINION: CC SPORTS

VALLEY COLLEGE NEEDS TO IMPROVE THEIR PROMOTION OF STUDENT ATHLETES.

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Valley professor advocates with pride

Hasmik Arakelyan works to better the lives of her students through activism in and out of class.

EDWARD SEGAL
STAFF WRITER

She sat in her first-grade classroom, waiting for her teacher to touch her hand. She knew very well how to write; it was her feelings for her teacher that made her fake it. Ms. Sarkissyan came over and fixed her hand. Although she was too young to understand it, she knew she was drawn to this woman.

Hasmik Arakelyan, a psychology professor at Valley College, knew early that she identified as a lesbian, though she was too young to understand its meaning. “I had felt very different around women,” she said, “and I was open about it since I was little.”

Even though she grew up in Armenia, a country that was known to be homophobic, Arakelyan avoided the hate. Her openness about her identity from a young age made her transition into adulthood easier for both her and her family.

“I’m the youngest of my family,” said Arakelyan. “I have a sister who’s 25 years older, and brothers who are 16 and 17 years older than me. Because everyone was so much older, they kind of experienced life in so many different ways. They had friends and relatives who were gay, and so that helped them understand me much better.”

Her parents referred to the girlfriends she brought home as “special friends,” and her brother would jokingly tell her that she was “born with a sparkling rainbow above her head.”

Though her experiences with figuring out her identity were relatively trouble-free, since arriving in the United States, Arakelyan chose to dedicate her time to making the process less stressful for others.

Arakelyan presents herself in a very simple way: her hair extends slightly below her ears, and is parted to the right. She wears a simple T-shirt to her job as psychology professor at



VALLEY STAR | LUIS FLORES

PROFESSOR- Hasmik Arakelyan, psychology professor at Valley College, advocates for LGBT students. She worked to create more non-gendered restrooms and created the Gay Straight Alliance club in order to make students feel comfortable on campus.

Valley College with little more than a small heart-shaped rainbow logo right where her heart is. She does not try to impress or intimidate, but rather to make people feel comfortable. The Valley College professor can be found conducting her office hours in a small room in the ASU center that she “rainbowed out” and turned into a safe space full of LGBTQ posters and literature for her students.

Her fascination with psychology started back in Armenia, while she studied for her associate’s degree in journalism, in which a year of psychology was required. She came to the United States at 23, learned the language, and at 25, earned her master’s at Pepperdine, followed by her Ph.D seven years later. Arakelyan also earned a law degree and now incorporates both law and psychology into her efforts to make the world a bet-

ter place for LGBT individuals.

Outside of Valley, the professor volunteers at the LA Gay and Lesbian Center, conducts sensitivity training at various universities and hosts LGBT workshops for students struggling with anything from coming out to maintaining relationships.

Her biggest achievements, however, lie in the California college realm.

When Arakelyan proposed non-gendered restrooms, she faced opposition from people who thought they were unnecessary and a waste of time. She persisted because she understood the pain people who identify as non-binary or transgender might feel in not having this right.

Before the restrooms were open in each building, there were only two on campus.

See ‘Arakelyan’
on page 2



VALLEY STAR | LUIS FLORES

ADVOCATE- Arakelyan funds Valley’s “Rainbow Pride Scholarship” which awards one Gay Straight Alliance club member \$250.

Ethnic studies required in high schools

EMILY GRODIN
STAFF WRITER

Gov. Gavin Newsom signed AB 101 on Oct.8, requiring that all high school students take a one-semester course on ethnic studies in order to graduate. The mandate will not take effect until at least the 2029 school year, but starting in 2025 all high schools in California will need to offer ethnic studies courses.

Newsom vetoed a similar bill just one year ago, saying that the model curriculum being proposed was “insufficiently balanced and inclusive.” At the time he expressed his support for ethnic studies.

The California Department of Education released an overview of the model curriculum that will be used once courses have been fully implemented. It states that the class should encourage students to think and learn about how different cultures have met and faced struggles, with a focus on concepts such as equality, race, justice, ethnicity, indigeneity and more. The coursework will be written in language that is free of discrimination and prejudice while welcoming discussions of differences in backgrounds to promote learning and acceptance. While the curriculum does highlight the four groups stated above, it also encourages classrooms to include discussions on the ethnic heritage of students in their own communities.

Valley defines ethnic studies as a “critical and interdisciplinary approach to the study of various ethnic groups” with an emphasis on those that historically have suffered racial injustices in the U.S.

See “Ethnic studies” on page 2

The golden age of transmission

After California improved COVID-19 transmission to the CDC’s level of ‘moderate,’ it returns to ‘substantial.’

EDWARD SEGAL
STAFF WRITER

The Golden State’s reign atop the nation’s leaderboard of lowest COVID-19 transmission was short-lived, as California failed to stay in the CDC’s level of ‘moderate’ for long.

After becoming the first state to improve to the CDC’s level of ‘moderate’ transmission on Oct. 18, California fell back to ‘substantial’ within a day. The CDC’s system of classifying COVID-19 transmission has four tiers: low, moderate, substantial, and high. Each state is placed in a tier based on their total new cases per 100,000 people. The most populous state still has the lowest COVID-19 case rate in the U.S. with 69.5 cases per 100,000, according to the CDC., a remarkable feat after having the highest transmission rates at the start of the pandemic.

Governor Gavin Newsom spoke about this progress at an East Bay health clinic, stressing the necessity for each county to do its part in fighting the virus. “Any state

vision has to be realized at the local level,” said Gov. Newsom, expressing his gratitude to the mayor and officials of Alameda County for putting in the work to lower transmission levels.

In southern California, five counties have improved from ‘high’ to ‘substantial,’ those being Orange, Ventura, Riverside, San Bernardino and Los Angeles.

Of about 40 million people in California, 24.2 million are vaccinated, with an additional 2.67 million being partially vaccinated. That’s 61.1 percent of people in California who are fully vaccinated, with another 13 percent who have received one dose, according to USA Facts. About 4.65 million cases have been confirmed in California, with about 71,500 deaths, according to the tracker of COVID-19 cases in the state.

Governor Gavin Newsom issued his first stay-at-home order on March 19, but California proved difficult to regulate.

Staying home is difficult for Californians who don’t have a stable source of income, and the people who were forced to do so are the people who need-

ed jobs most according to Dr. Sunny Jha, an anesthesiologist and co-organizer of an LA ‘surge clinic’ where non-patients with COVID-19 can receive care.

“The cost of living, among numerous other socioeconomic factors, in California is exorbitantly prohibitive for folks with blue-collar jobs,” said Dr. Jha. These people “cannot protect themselves adequately due to the nature of their work and their living conditions.”

Los Angeles County was the first in the nation to report more than 100,000 diagnosed cases at the end of June 2020, according to a timeline published on ABC. For a while California remained the worst state in COVID-19 transmission. On July 22, 2020, California passed New York with over 400,000 cases.

Finally, on Dec. 10, the FDA approved emergency use of the Pfizer vaccine, starting the recovery process. In as little as four months on April 27, California reached a case rate of 32.5 per 100,000, the lowest in the nation according to Calmatters.

Many pieces of legislation made this happen, such as the



GRAPHIC ILLUSTRATION | VICKIE GUZMAN

CALIFORNIA- The state returns to the category of ‘substantial’ after being labeled as ‘moderate.’ This sets California back with its progress in curbing COVID-19 cases.

requirement issued on Sept. 26 in San Francisco requiring all airport workers to be vaccinated, and the strict indoor vaccine mandate issued by Los Angeles City Council on Oct.

6 requiring many establishments to ask people to show proof of vaccination upon entry.

California continues to linger at the edge of ‘substantial.’

IMPORTANT DATES

Nov. 11

Campus will be closed on Thursday, Nov. 11 in honor of the Veterans Day holiday.

Nov. 12

The filing period for petitions to graduate closes on Nov.12. Students looking to transfer must complete this process in order to be a part of next year’s graduation.

Nov. 21

The last day to drop an online course with a ‘W’ for the fall semester is Nov. 21.

These features and more can be found in full @ www.thevalleystarnews.com

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Halyna Hutchins’ death may lead to prosecutions

Criminal charges have not been ruled out in the ongoing investigation into the accidental shooting of the cinematographer of “Rust” by actor Alec Baldwin.



GRAPHIC ILLUSTRATION | VICKIE GUZMAN
SAFETY- The accidental discharge resulting in Halyna Hutchins’ death has sparked conversations around firearm safety on sets.

ISAAC DEKTOR
NEWS EDITOR

Involuntary manslaughter charges are not off the table for Alec Baldwin and others involved in the death of cinematographer Halyna Hutchins. Baldwin fatally shot Hutchins during a rehearsal on the set of the movie “Rust” after a live round was left in a prop gun. A “lead projectile” was recovered from director Joel Souza’s shoulder, according to Santa Fe County Sheriff Adan Mendoza. Authorities believe to have discovered additional live rounds from the set. As the investigation continues, it is unknown how the ammunition got on set. Items of evidence are being analyzed by the FBI. Hannah Guterrez-Reed, the 24 year-old armorer for “Rust,” has come under fire for her lack of experience and some have cited reports of additional accidental discharges of prop firearms on the set. An armorer is a crew member on film sets who works under the prop master and is responsible for maintaining any weapons being used.

“Safety is Hannah’s number one priority on set,” said Guterrez-Reed’s attorneys in a statement. “Ultimately this set would never have been compromised if live ammo were not introduced. Hannah has no idea where the live rounds came from.” The statement continues to assert that Guterrez-Reed was hired for two positions on “Rust,” which sources within the production of the film disputed, telling NBC News that the inexperienced armorer only worked two days in another department and never had responsibilities overlap as a result.

“I almost didn’t take the job because I wasn’t sure if I was ready,”
- Hannah Gutierrez-Reed

In a podcast that aired on Sept. 11, Guterrez-Reed discusses her first film working as a head

armorer on the set of “The Old Way” starring Nicholas Cage. “I was really nervous about it at first and I almost didn’t take the job because I wasn’t sure if I was ready, but doing it - like it went really smoothly,” said Gutierrez-Reed. While the up-and-coming armorer is young and lacks experience, her father, Thell Reed, is a prolific armorer and gun specialist that has been working with weapons on films for nearly 30 years. Other than Baldwin and Guterrez-Reed, the only crew member who inspected the loaded gun before it was fired was Assistant Director Dave Halls. Halls reportedly handed the gun to Baldwin after inspecting it and yelling out “cold gun” to indicate the weapon was not loaded. The assistant director has multiple safety complaints from two productions in 2019, according to CNN. Intent and criminal negligence are the lynchpin for criminal charges to be pursued by the district attorney, according to Jeffrey Harris of the Georgia-based firm “Harris Lowry Manton.”

“I think having live ballistic rounds on a movie set is inexcusable and rises to the level of gross negligence that you see in a criminal charge,” said Harris. While the production of “Rust” adhered to union guidelines, members of the film crew walked off due to what they claimed were unsafe working conditions and lack of housing. The low-budget feature film did not provide housing for local crew members, forcing them to make long drives to and from work following a rigorous shoot day. Fatal accidents on movie sets are rare but deaths have occurred throughout the history of film production. Brandon Lee, son of actor and martial artist Bruce Lee, was shot on the set of “The Crow” after a bullet became stuck in the .44 Magnum being used by Lee’s co-star, actor Michael Massee. When Massee performs a scene in which he shoots Lee as he enters the room, the blank round projects the bullet at nearly full force, shooting Lee in the stomach. No charges were filed as a result of Lee’s death.

Democrats lose momentum; Virginia goes red after electing Youngkin

With Virginia historically being a bellweather of the electoral tide, GOP makes gains on Election Day, reshaping the American political landscape.

MATTHEW ROYER
STAFF WRITER

Virginia has a new governor, New Jersey is too close to call and NYC turns a corner after electing their second-ever African American mayor. A year after Americans arrived at the polls to elect their next president came an Election Day that echoed recent historical responses. With a Democratic trifecta holding the executive and legislative branches of the national government, voters had their first chance to give input on how President Biden’s governing

has affected them. With gubernatorial elections in both Virginia and New Jersey, two states Biden won handily last year, GOP candidates made headway, running on education and vaccine mandates, among other issues, sparking parental rights activists across their regions. Glenn Youngkin, the Republican candidate for Governor in Virginia, won a tightly contested race against former Gov. Terry McAuliffe. After the upset, Youngkin displayed how his campaign left a path for Virginians and Republicans running in the subsequent 2022 midterm elections.

“The challenge of overcoming a culture where the state overwhelms self-empowerment is all too common,” said Youngkin in his victory speech. “For far too long, we have been expected to shelve our dreams, to shelve our hope, to settle for low expectations... But, friends, all of that has changed tonight.” Voters echoed similar calls in New Jersey, where incumbent Gov. Phil Murphy (D) faced off against Republican challenger Jack Ciattarelli. While Murphy is on pace to outlast the former state assemblyman, the election is much closer than pollsters expected. Leading up to the

election, Monmouth University had Murphy up as much as 11 percent. However, election night painted a different picture for the governor. While currently pictured to squeeze out reelection, the race is still too close to call as vote tallying enters its second day. In neighboring New York, the story was different. Eric Adams, Democratic nominee for mayor in NYC, defeated Curtis Sliwa (R) by a significant margin, becoming the second African American to hold the position in the city’s history. A former police captain, Adams represents a pace of change for the town, which

progressive Mayor Bill de Blasio has governed since 2014.

“Parents are clearly concerned about schools,”
- GOP strategist Lance Trover

The races in the Eastern United States show the opposite of what happened in the California recall election a few months ago. While Youngkin and Ciat-

tarelli paint a path for family-oriented conservatives, Larry Elder, who has yet to announce his plans for 2022, ran a more aggressive campaign aligning closely with former President Donald Trump. While it has yet to be seen, movements closer to Youngkin’s could see new results for the California GOP. “Parental frustration is not necessarily unique to Northern Virginia,” said California-based GOP strategist Lance Trover to the SF Chronicle. “Parents are clearly concerned about schools.”

California plays catch up

Los Angeles and California scramble to vaccinate and test employees.

EMILY GRODIN
STAFF WRITER

LA City Council approved a plan in late October to give city employees more time to get vaccinated, or face corrective action. City workers will now have until Dec. 18. This plan comes at a time when the state of California as a whole is struggling to keep up with vaccine mandates already put in place. In July Gov. Gavin Newsom announced that all California government workers must be vaccinated or submit to weekly testing. Agencies were required to collect vaccine records from their employees and report to the California Department of Human Resources in which many state agencies, such as the DMV and CHP, have reported low vaccination rates. One local agency is ignoring the mandate altogether. LA County Sheriff Alex Villanueva said that he will not enforce the mandate with his deputies. On a Facebook Live video, the sheriff explained that large numbers of his force were willing to sacrifice their job over the mandate. “I don’t want to be in a position to lose 5 percent or ten percent

of my workforce overnight over a vaccine mandate,” said Villanueva in the Facebook Live video. Some agencies have fallen further behind the mandate

“We are continuing to expand the testing program, but given the complexity and novelty of the task, we think the program is going quite well,”
- Camille Travis, representative of CA department of human resources

than others. The Department of Forestry and Fire Protection, otherwise known as CALFIRE, reported that just 30 percent of their employees are vaccinated. The department claims a total of

roughly 8,000 employees, meaning that 2,400 are fully vaccinated. The state agency responsible for the State Fair, or California Exposition, currently has the lowest vaccination rates in the state. The data shows that 23 percent of their employees have been inoculated. The agency has 46 employees. The vaccination requirement is only half of the mandate. Many government agencies are not testing unvaccinated employees according to the LA Times. CALFIRE, for example, is testing just 75 of more than six thousand unvaccinated workers, with seemingly no indication of who is tested and why. The DMV said that they are testing 411 of their employees, while the data shows they have about 3,600 unvaccinated workers. Of 59,000 state employees, roughly half submitted to testing during the first week of October as required. A representative from the CA dept. of HR said Monday, “We are continuing to expand the testing program, but given the complexity and novelty of the task, we think the program is going quite well thanks to the hard work of health and safety coordinators and leadership at many state departments.”



THE VALLEY STAR | LUIS FLORES
MANDATE- Fulgent Genetics staff Melvin Alloveros administers Valley student Natalie Moran’s second COVID-19 vaccine at the Fulgent testing popup in parking lot A on campus.

Arakelyan From page 1

EDWARD SEGAL
STAFF WRITER

“Let’s say you’re taking a class at the behavioral sciences building, you had to walk all the way to the theater building on the other side of the campus to go to the restroom, you miss 10 to 20 minutes of your class,” said Arakelyan. After the bathrooms materialized, Arakelyan set her focus to making the LGBT community feel even safer at Valley, starting with making the Gay Straight Alliance Club visible and chartered. The LGBT advocate hung posters around campus, welcoming all students to the club’s weekly meetings. “For a heterosexual person, it may not mean anything, but for an LGBT person, when they look at something that represents their identity, they feel so much

more comfortable and safe being in that environment,” said the professor. Arakelyan also used her own funds to start the “Rainbow Pride Scholarship,” a scholarship dedicated to students within the LGBT community. Every year, the advocate donates her money to keep the scholarship going in order to make sure her students are supported throughout their college journey. But she isn’t done yet.

“It’s okay to be homophobic, but it’s not okay to stay homophobic after this class.”
- Valley College Psychology Professor Hasmik Arakelyan

Arakelyan’s plans for Valley’s future revolve around the LGBT

branch of the multicultural center where various events, ranging from workshops to movie nights, will take place in the spring of 2022. She is also looking forward to the college offering the first introduction to LGBTQ+ studies course offered in California if the state approves the curriculum and hopes to create an entire LGBT department at Valley. The 700-book library she will bring to Valley, featuring both fiction and nonfiction award-winning books written by and about the LGBT community, will certainly boost her aspirations of achieving the feat. For her efforts, Arakelyan received the “Outstanding Service & Mentoring to Students” award in 2017, which is bestowed to a person who helped one or more students by enhancing their education, personal lives, or career goals. That same year, the professor received the “Standout Educator” award, one of five Apple Awards coordinated by students of Tau Alpha Epsilon (TAE) to show their appreciation of certain

faculty members, according to the college’s website. Kimberly Robeson, co-advisor of the GSA club, said she admires the psychology professor greatly and feels privileged to work with her. “She [Arakelyan] is our top LGBTQ+ advocate at LAVC,” said Robeson, who has known the psychology professor for nearly six years. “She is a dedicated person and has done so much for LGBTQ+ visibility at Valley.” What Arakelyan loves seeing most in teaching is when her students go from opposing the LGBT community to respecting its people as the individuals that they are. “It’s okay to be homophobic,” she tells her students, “but it’s not okay to stay homophobic after this class.” Seeing the growth of her students is what drew her to working as a professor, not just her ability to teach psychology. “Education is the best form of evolution,” said Arakelyan.

Ethnic Studies From page 1

EMILY GRODIN
STAFF WRITER

These groups are African Americans, Native Americans, Latinos and Asian Americans. Data from Stanford University reveals the long term effects that ethnic studies has on students. The study took place by examining ninth grade students in the San Francisco Unified School District in 2009. The program assigned freshman students to an ethnic studies class if they had a GPA of less than 2.0. The effects of the course lasted long after the ninth grade with some measurable successes. One of these was improved attendance, with students attending one extra day for every two weeks compared to peers. Another positive outcome was that these students passed about six more classes than students who did not take the course. Students

were 15 percent more likely to become college students within six years than the comparison group. School districts within California are ahead of the statewide bill. LAUSD is already on track to require ethnic studies to graduate by 2024, with Fresno and San Francisco following closely behind. Chicano Studies professor Pete Lopez feels it is a good idea to require ethnic studies for high school students. “It affords students’ opportunities to learn about other ethnic cultures in the United States that perhaps they were not familiar with previously, even though they may interact with them in school or at work,” said Lopez. “In the current political climate, it is imperative that we provide young people the tools and skill set that allow them to address and discuss their own feelings and understanding of the current discourse on immigration locally and nationally.”

Chess club’s Lucas Lepejian is looking for a match on campus

The Monarch shares his experience in chess and the history of how he learned to play in hopes of finding other chess players to join his club.

NATALIE METCALF
SPECIAL TO THE STAR

Check with your mates because Lucas Lepejian started a new chess club on campus and is looking for a few matches. The second year business major started playing chess at 7-years old, honing his skills at school and home - now he hopes to bring chess to Valley. Lepejian began moving the pieces around the board with his late grandfather, Isgo Lepejian, and with his father Baret Lepejian. The Valley College student describes the matches as friendly, family-affairs but still competitive, something that helped him win his first chess competition in middle school. “There were about thirty of us and I went one-on-one,” said Lepejian, referring to the chess competition. “I won my first game and moved onto the next.” Lepejian says the hardest part of chess is understanding the game and applying strategies to become better. He added that skilled chess players maintain a certain level of focus and plan the entire game in their heads anticipating the next move their opponent will play. Chess originated in India around the eighth century and has since been played in various cultures. The game gained popularity when it arrived in Southern Europe in the 9th century. Last year Netflix released “The Queen’s Gambit,” which tells the story of the chess prodigy and competitive player, Beth Harmon. The show received an Emmy award for outstanding limited or anthology series. The period drama was watched by 62 million household viewers in its first 28 days, according to business insider. As stated in Towards Data Science, “The Queen’s Gambit has motivated existing users to play more online chess.” Since the release of the series



VALLEY STAR | JEREMY RUIZ

CHECK- Chess club founders Ivan Cabrerias (right) and Lucas Lepejian (left) play a match where Cabrerias is winning outside the Buisness Journalism building at Valley College. last October, online chess games have seen an increase in players. “[Chess is] kinda like a culture,” said Lepejian. “People that play chess are very smart intellectuals and [have] distinct taste in their spare time. For those who know and play chess.” However, online and in-person chess are two different experiences. Online chess players are pitted against a computer serving an Artificial Intelligence challenge for players. “In-person chess is better in my opinion,” said Lepejian, whose favorite part of the game is meeting people. “[There are] less distractions and [players are] able to focus more with [their] opponent in front of [them].” Lepejian wants to share the joys of chess by creating the new campus club. As of now, he is working on forming the group. There is no set meeting time or place yet, as he looks to spread the word and see if anyone is interested. On the club’s flyer, “No experience necessary” is printed on the front with the newfound club leader searching for different types of members. “One step at a time,” said Lepejian in regards to the beginning of his club. “[I am] just trying to form it and see how good we all are.”



VALLEY STAR | JEREMY RUIZ

PAWN- Lucas Lepejian moves a piece on the board while playing with Ivan Cabrerias.

“No estoy crazy”: Understanding mental health in the Latino community

Representatives from the Tarzana Treatment Center spoke to Valley students aiming to destigmatize and spread awareness of mental health services.

MARCOS FRANCO
MANAGING EDITOR

Tarzana Treatment Centers hosted a mental health awareness workshop on Oct. 26 titled “No estoy crazy,” addressing the stigma surrounding therapy in the Latino community. The event held on the second floor of the Student Union building was led by Mental Health Therapist Ashley Gomez and Medical Case Manager Hilary Noori. The hour-long meeting opened with a discussion of how mental health is perceived in a Latino household. Since the population that Gomez and Noori serve is predominantly Latino, they are driven by a duty to advocate for mental health treatment in the hispanic community as well as spread awareness across cultures. “We all want to be culturally empathetic towards all cultures so we have a better

understanding of their background and where they come from,” said Gomez, who is from a Salvadorian background. “In my household, if you’re angry, sad or frustrated, it is presented as anger rather than stress.” Cultural barriers often prevent people from seeking guidance in a mental health professional. In the Latino community, religion, language, lack of knowledge and negative stereotypes portrayed on television created barriers around mental health and therapy. In some cultures the practice of curanderismo — a folk healing system originating in Latin America — is used to ward off both physical and mental health diseases. Tradition, religion and spirituality are passed down to generations paving the way for how mental stresses and burdens should be handled. Gomez and Noori explain that limited participation



VALLEY STAR | CARMELITA THOMAS

HELP- Ashley Gomez (left) and Hilary Noori (right) spoke on Oct. 26. from parents is a challenge when working with kids. Since most people head into therapy not knowing what to expect, it can be an uncomfortable situation at the start which is why earning the trust of patients early on is crucial. “The first couple meetings are used to make therapy a collaborative experience,” said Gomez. “Rather than trying to

change them [patients], we work jointly to help them, emphasizing that the time is theirs and that they are a priority.” The two discussed the belief of some Latino households, in which personal problems are kept within the family, and never aired out. Releasing bundled up emotions is either seen as weakness or complaining, a belief that is reinforced in children and passed down generations. Gomez and Noori encourage patients to make time for themselves by scheduling at least 30 minutes per day to do something that they enjoy. Prioritizing one’s mental health can help to release pressure and tension. According to the 2019 census there are 60.5 million hispanics in the United States, accounting for 18.5 percent of the total population. Latinos have the highest uninsured rates over any culture. Data shows that Prior to the Affordable Care Act,

nearly one third of nonelderly Latinos were uninsured compared to 13.1 percent of those who are White according to the Kaiser Family Foundation. It is possible that for this reason, the Latino population lacks the proper knowledge of benefits that therapy has to offer. “Therapy could also be used as a preventative measure,” said Gomez. “If you’re able to catch that soon, go on and talk to somebody. We want to be conscious of when our mental health is affecting our daily functions. When those things are compromised, we want to look into services so we can remedy those feelings.” The health center, located on the first floor of the Student Union building adjacent to the cafeteria, offers free on-campus mental health and psychological presentations and services. Students are covered by their \$19 student health fee due at the start of each semester.

VALLEY VIEW | WHAT IMPACT DOES SOCIAL MEDIA HAVE ON YOUR LIFE?

TEXT BY MATTHEW ROYER
PHOTOS BY JEREMY RUIZ



“It was a lot of negativity I would see. It honestly got really annoying. Now all I use it for is to communicate with my friends, that’s all.”
- LEXI ISSAGHOLIAN, THEATER ARTS: TECHNICAL



“I don’t like it. It’s annoying. If I could, I would cut it down and slash it in half with a machete. It messes with people’s minds creating jealousy and envy. I just don’t like it.”
- CHARLIE SOSA, FINANCE



“It doesn’t have an impact on my life since I’m too busy with school, studying and now that I have a job, working. I’m not on it much to be honest, but I still use Snapchat to keep in touch with friends.”
- CARLOS RAMIREZ, KINESIOLOGY



“I believe it influences a lot of my awareness to topics like climate change, political issues and being more aware with what is going on in my community.”
- RYN HERNANDEZ, PSYCHOLOGY



Valley Star | Ava Rosate

An Aztec flute, a conch shell and traditional drums were played during Tuesday's ceremony.



Dried food offerings atop the altar next to photos of deceased loved ones are used to entice the spirit to return.

Valley Star | Ava Rosate



Valley Star | Jeremy Ruiz

Dancers recreated the "New Fire Ceremony," a traditional ritual that was danced once every 52 years to stave off the end of the world. The ritual consists of a live flame and the performers dancing around the fire and placing their feet and their legs into the open fire.

Dia de los Muertos

Mi Comunidad, an on campus volunteer organization, partnered with the Chicano Studies Department to host a Dia de los Muertos ceremony on Tuesday. A community altar was set up in

front of the Student Service Center where Valley College students and faculty, alongside community members, could place their loved one's favorite food. The ceremony is open to the dead, known as



Valley Star | Ava Rosate





Valley Star | Ava Rosate

os honors COVID losses

Services Placed at the altar, including pan de muerto, fruit and prepared dishes. The treats and photos sat atop the altar that was decorated with calaveras and marigolds. The event started at 1:00 p.m. and concluded at 2:30

p.m. Dances were performed by In Tlanextli Tlacopan to pay homage to loved ones who have passed on from the pandemic.

- Ava Rosate, Photo Editor



Valley Star | Ava Rosate



Valley Star | Ava Rosate



Valley Star | Ava Rosate

Marigolds symbolize death - their strong fragrance are meant to help lead the dead back to their altars.



Valley Star | Ava Rosate

Copal incense, a resin made from the bark of trees, is burned on altars to purify the souls of spirits and to elevate the prayers of family and friends.



Valley Star | Ava Rosate

Sugar skull make-up is used to symbolize the skulls of loved ones who have passed away.



Valley Star | Jeremy Ruiz

Dia de los Muertos has origins that can be traced back to pre-Columbian Aztec/Mexica practices, which the group In Tlanextli Tlacopan demonstrates through their dances.

(Far Left) Dancing is a large part of the Dia de los Muertos event. The performances pay homage to ancestors, bringing their spirits back to honor their lives.

(Middle) Favorite foods of deceased loved ones are placed on the altar as an offering in the afterlife.

(Right) La Danza de Fuego - 'Dance of the Fire' and La Danza del Venado - Dance of the Deer are among the ritual dances performed.

(Center Top) La Danza de Fuego - 'Dance of the Fire' performed by In Tlanextli Tlacopan.

Valley College athletics must modernize

With the NCAA steamrolling the market for collegiate sports, it is up to Valley to make student-athlete successes more relevant.

BENJAMIN ROYER
Valley Life Editor

Fancy cars and thousand-dollar deals have become the regular for top-level NCAA athletes with name, image and likeness now allowed. Community college athletes deserve a chance at the same, starting with some well-deserved attention and respect.

When Baylor University won NCAA March Madness in the spring, a campus-wide celebration followed with students enjoying a well deserved distraction from the chaos that was 2020. Flip the script and just the opposite took place. In the community college world, teams did not hit the pool, field and court for a game, creating a bizzaro world watching from home as their same age group competed on the grandest stage of collegiate sports. Community college is a much different environment compared to the glory of Division I, but when it is all said and done, the athletes get much less out of the experience than their higher-level counterparts. Valley College needs to make fan experiences accessible and promote their players just as much as Division I schools do.

The first step that should be taken is the marketing and

promotion of the players.

A way to present in a modern way would be to treat the community college student-athletes like the rockstars they are. For example, at UCLA, Athletic Director Martin Jarmond preaches student athletes' successes constantly - posting videos, photos and press releases about the players.

Valley Athletic Director Dave Mallas could do the same in the public eye. Getting the student population excited about their teams just by speaking admirably about the athletes could be just what is needed to rejuvenate Valley's sports programs. It is certainly a possibility that this is happening, but a walk through campus will show that there is zero promotion of the sports teams and when they play.

Another leap in the right direction would be an online presence. On the Monarchs' sports team's websites, rosters are not accurately updated and what is presented is a 90's style design that pushes people away who visit from the web.

The athletics Twitter is inactive, only carrying info about occasional results that Valley achieves. There is a dire need to develop a social media presence.

This is something that women's basketball does well.



Valley Star | Adrian Ramirez

BLEACHERS- Valley College must promote its sports teams in order to fill Monarch Stadium with fans.

With over 1,000 followers on Instagram and making TikTok videos that keep with modern trends, they are doing seemingly everything right on that end. The other programs need to take a page out of coach Monica Hang and her staff's book.

To accomplish social media activity and revitalize communication with the student body, the Athletics Department needs to hire a full-time director of communications to control this aspect of sports.

This position would allow for someone to push Valley in

the right direction towards their community college counterparts and even past where other programs lie.

Valley can become a community college juggernaut. There is so much firepower within the Valley Glen area, but the potential is still untapped.

Facebook: Cosmetic changes, not cosmic effects

Meta, Facebook's recent rebranding, reminds internet users more of a famous idiom than the futurization it meant to inspire.



Graphic Illustration | Vickie Guzman

LIPSTICK - Facebook's rebranding as "Meta" is not enough to conceal the company's ugly history.

MATTHEW ROYER
Political News Editor

COVID-19 has a stranglehold. At the beginning of October, Facebook and its subsidiaries disappeared from the internet. For a moment, there was peace. But a few weeks later, instead of peace, we have Meta and a Mark Zuckerberg digital avatar available to haunt dreams at night.

"Nobody asked for this," cried anybody who watched Zuckerberg's Thursday press conference where Facebook changed its corporate name to Meta. A play on metaverse, the new name represents the digital world the multi-billionaire plans to build through his technology, hoping to display a reboot for those working at the company. However, for the consumer, the

name Meta will not make the world forget how the company deceived users into viewing waves of misinformation on their platform, sewing distrust into an already misguided American society. The word itself comes from Greek origin, meaning beyond, but instead can remind people that if you put lipstick on a pig, at the end of the day, it is still a pig.

By designing a press moment for the technology conglomerate, Zuckerberg succeeded in making cosmetic changes to the brand that seems to spend more time testifying in front of Congress than making actual progress in correcting past misgivings.

While the company itself could be the focus of the distrust created over the years following the 2016 Presidential Election, in which Facebook was cited as being used by foreign agents to create chaos within the American populace, the man behind it all is most to blame. Zuckerberg, the only major tech executive with a film serialization of his life, is closer to representing the character written by Aaron Sorkin in 2010's "The Social Network" instead of the hero once believed to have what it takes to bring the world together through communication.

This transformation for the Facebook company may be more of a personal ploy for Zuckerberg than a corporate one. With Facebook becoming a net-negative in the public social lives of Americans, by giving himself a new title, the Harvard dropout paved a new path for himself. Zuckerberg is choosing to focus on the possibilities of a three dimensional virtual reality world to live in, rather than the current reality which has painted him as

a supervillain in the style of DC Comics' Lex Luthor.

One could believe that Facebook looked to pivot after whistleblower Frances Haugen came out against the company. She reflected on the years of lies the company crafted to protect their profits, providing materials along the way.

"[Haugen's] key revelations included how Facebook executives handled politicized lies, including Donald J. Trump's claims of election fraud," wrote Ben Smith of the NY Times. "Often, the company chose to let misinformation spread widely to keep more people logging on. The series also noted the lengths that Facebook went to in its desperation to hang on to its audience as young people drifted away from its platforms."

The company's allegations and proven misconduct would be enough for any ordinary executive to curl up and resign. Still, for Zuckerberg, it allowed an opportunity others would not take. Zuckerberg twisted the bottom of the lipstick tube, told the pig that is Facebook to pucker up and messily smothered the area below the snout. Instead of going beyond, or meta, Facebook went for the media attention, which ultimately succeeded. Although, the company now exists in infamy, just as Sorkin's characterization did more than 10 years ago.

An inventor never dies, his inventions live on

Tom Morey, the engineer turned surfer who made wave riding accessible to beachgoers, died at age 86 on Oct. 14.

ISAAC DEKTOR
News Editor

On a hot summer day, when the water temperature in Southern California nears 70 degrees, one can expect a number of things: congested freeways due to "beach traffic," umbrellas poking up out of the sand and individuals of every age grinning tooth to tooth as they ride from the break to the shore on their bellies.

Tom Morey's name is unfamiliar to most, but his invention made riding waves possible for many in 1971 when he designed the first prototype of the boogie board. Three years later, Morey began to produce his design at scale. Sales took off in 1977 and boogie boarding became as popular as skateboarding according to The New York Times.

Morey died on Oct. 14 at 86 due to complications of a stroke according to his son. Morey worked as an engineer at Douglas Aircraft for several years in the 1950s after serving in the National Guard. At the Aerospace company, he worked with composite materials, which is also used in surfboard design by combining foam and fiberglass. Morey left the company to start a surf shop in Ventura and work as a board shaper.

"Tom Morey's invention allowed more people to experience

wave riding than any person in the history of surfing," Jim Kempton, president of the California Surf Museum in Oceanside, said in the article. "It didn't create radical surfing performances, but it was a really fun and simple way for people to understand wave riding."

Boogie boarding is extremely accessible. It's only prerequisites are tiny swells and an enjoyment of being in the water. Casual beachgoers can wade out into the water without even having to paddle.

It is even fathomable for the sunbather who chose to venture into the water to get barreled, which is possible when a wave pitches over on itself and forms a hollow cavern big enough for a human to fit into. Riding a wave in the barrel has been described by many as addicting due to the sensation of moving with speed inside of a wave and the treasured view one gets from inside. FBI agent Johnny Utah (Keanu Reeves) expresses the fixation of barrels in the 1991 surf-heist film "Point Break" after being scolded by his boss Ben Harp (John McGinley). "Caught my first tube this morning, sir," said Utah, standing with an eight foot pink foam board.

Despite the undeniable success of the boogie board, Morey didn't get rich off of his invention. He sold his boogie boarding company in the late 1970s to

the toy manufacturer Kransco for far less than it would be worth once the surfing boom really took off.

Morey explained to The Los Angeles Times in 2003 that getting rich was never his intention. "Say I had sold this for a billion dollars," said Morey. "I'm still going to be sitting here in my bathing suit. I'm not going to eat any more than I'm eating."

Morey was a father, a husband, a surfer, an ocean-lover and a brilliant inventor whose ideas did not stop at wave riding. While he worked on innovating the football, the sailboat, chess, and even tried inventing a hovercraft, his work on the boogie board remains paramount as it entirely changed beach culture.

EDITORS' NOTE

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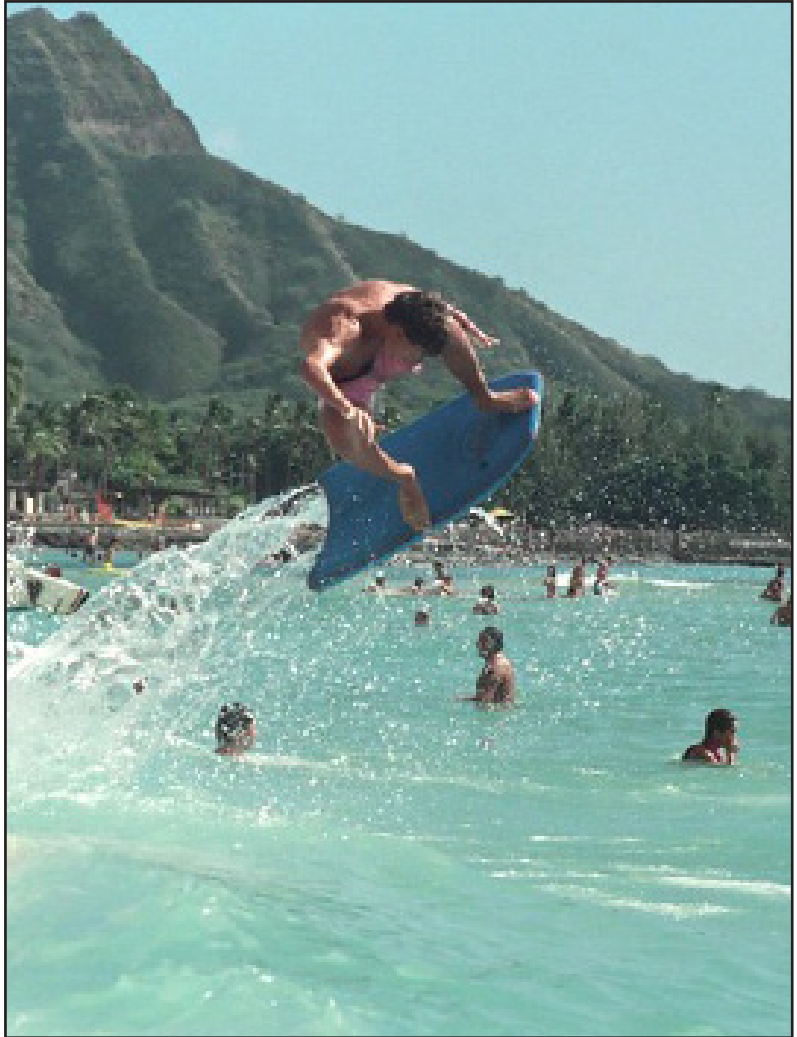


Photo Courtesy of | Alan Light

SURF- A man rides a wave in 1989 at Waikiki Beach in Honolulu, HI.



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GOT A LETTER TO THE EDITOR?

Letters to the editor can be submitted online at www.thevalleystarnews.com. Letters must be limited to 300 words and may be edited for content. Full name and contact information must be supplied in order for letters to be printed. Send by Thursday for the following week's issue.

Monarchs fold late, lose to Raiders at home

Several flags and turnovers left Valley unable to build offensive momentum resulting in a 21-20 loss to Moorpark.

EDWARD SEGAL
STAFF WRITER

Flags rained on Valley's parade as the Monarchs built a 12-point lead in the first half, only to blow it with the Raiders holding them scoreless in the second half.

Both Valley football (2-6, 1-2 SCFA) and Moorpark College (3-4, 2-0 SCFA) were playing to gain a stronghold on the conference, and the Monarchs looked ready for the challenge to start the game, scoring on a fake field goal pass from sophomore quarterback Isaiah Johnson to sophomore wide receiver Dallas Martin. The Raiders' stifling defense, however, gave the Monarchs little room to breathe, scoring off of three Valley turnovers.



SIGNALS- Football referee motions unsportsmanlike conduct during Monarchs game against Moorpark. Valley and Moorpark totaled 31 penalties on Saturday.

"We have to take care of what we can control," coach Lester Towns told his team before the game, and with the amount of turnovers and penalties the Monarchs conceded,



TACKLE- Monarchs defensive back Takashi Drayton (6) and linebacker PJ Trusty (31) tackle Raiders running back Tyree Morrison at Monarch Stadium. Monarchs lost 21-20 against Moorpark on Saturday.

those little things let the team down on Saturday night.

All but one score the Raiders put on the board was off a Monarch turnover, namely a safety, a fumble in the end-zone, and an interception in the backfield. Despite four lost fumbles, four thrown interceptions and 17 penalties resulting in 209 yards gained for the Raiders, the Monarchs were able to keep the game close until the final minute.

Moorpark's offense was not much better with one lost fumble, three thrown interceptions and 14 penalties resulting in 150

yards gained for Valley, but their defense capitalized on opportunities more efficiently than the hosts.

After the Raiders took the lead 8-7 following a safety and a fumble recovered by freshman defensive back Devin Harper, the Monarchs responded, scoring on two plays from Johnson. The sophomore scored a 12-yard rushing touchdown and two possessions later a 42-yard touchdown pass to take the lead 20-8.

The tables turned when freshman linebacker Robert Cosby intercepted a pass at the Valley 3-yard-line returning the

2:46 left to play, but the comeback was all for naught.

After making it to the Raiders' 20-yard line, the Monarchs decided to risk it on fourth and 14, only to lose five yards on a false start penalty, and then get sacked for a loss of 14 yards after a bad snap.

The turnover on downs allowed the Raiders to run out the clock and snatch a late win giving the Monarchs a taste of their own medicine from last week.

Towns said the team went for it on fourth down because the possible game-winning field goal attempt was "out of our kicker's range, and it had to be inside the 20 [yard line] for him to kick." After the other two kickers left the team, Towns asked freshman wide receiver Daniel Mauricio to be the kicker, but did not believe he had the range to attempt a kick from the Moorpark 20-yard line.

From the start of the second quarter, it seemed like enough flags were thrown to cover the entire field. A total of 31 penalties were given in the game, mostly for holding and false starts, but this proved significant as the stoppages in play did not let Valley gain momentum in the second half.

"If it hurts, that's because the game means something to you," said assistant coach Ricardo Zepeda in the huddle after the game.

Valley is now fourth place in the conference, and will look to recover against last place Santa Monica College.

UP NEXT
Monarchs
at SMC
Nov. 6 @ 1pm



SPORTS ANALYSIS

Lakers and Clippers off to a rocky start

Both teams entered the season with finals aspirations, but have started slow.

EDWARD SEGAL
STAFF WRITER

The Los Angeles Lakers (5-3) and Los Angeles Clippers (2-4), two of the NBA's title favorites, have had a dysfunctional start to the 2021-2022 season.

Over the last few years, the challenge for the Lakers has been beating teams projected to make the playoffs. Last year, the Lakers' record against teams who made the playoffs (without the play-in) was 10-20. This year, they seem to have the same problem.

The Lakers' dysfunction is caused in part by Anthony Davis playing at the power forward position next to a center who can't shoot. The former first overall pick's refusal to start at center has been an area of concern for the Lakers since he came to the team, resulting in him taking outside shots rather than attacking the rim.

DeAndre Jordan, the Lakers new center, has been inconsistent at best. In his first eight games, the former Brooklyn Nets big man has averaged 5.6 points, 5.8 rebounds, and 1.3 blocks in 14.3 minutes.

However, the Lakers' biggest struggle has to do with the player the team traded for to make its "big three."

In his first year in his hometown since his days at UCLA, point guard Russell Westbrook's play has been ugly to say the least. The former Washington Wizards ball handler has shot the ball on impulse and has



BASKETBALL- NBA 2021-22 season began on Oct. 19, 2021, and is scheduled to end on April 10, 2022

missed most of his shots. With his 4.9 turnovers per game and shooting 58.1 percent at the free throw line, all he has accomplished is putting the Lakers on pace for their third failed super team in the last 20 years.

In a loss against the Oklahoma City Thunder, Westbrook secured a quadruple-double, with 20 points, 13 assists and 14 rebounds, but turned the ball over 10 times.

Westbrook and the Lakers need time to gel, as they only have three players who played on last season's team. Lakers head coach Frank Vogel says

that everything will work out with Westbrook and that he needs time to build chemistry with his new teammates. Vogel believes former most valuable player LeBron James will find a way to bring the team together and win the championship.

"All these other stars that [James] has played with, he adapted his game," said Vogel on Lakers' media day. "He's done whatever is necessary to win and put himself in position for the ultimate goal."

After losing to Oklahoma City in what was for the Thunder a 26-point comeback win, the

Lakers pulled off a three-game win streak upon LeBron's return, beating the Cleveland Cavaliers and the Houston Rockets twice.

As for the narrative that they are old, the Lakers shrugged it off.

"I don't think we would be here, regardless of age, if we didn't believe in our ability and what we can do," said Davis on media day.

The Clippers have struggles of their own to deal with.

The Clippers are dealing with many injuries, including their team captain, forward Kawhi Leonard, who will miss most of the season with a torn ACL sustained last postseason. In addition, forwards Serge Ibaka and Marcus Morris have missed games as well, resulting in a lack of depth in the front-court.

Various players have stepped up in each game for the Clippers. Shooting guard Luke Kennard's 23-point performance off the bench against the Portland Trail Blazers got the team its first win of the season. Small forward Paul George, their de facto leader, grabbed eight steals on the defensive end.

In their fourth game of the

season against Cleveland, no one stepped up. The Clippers had no offensive production, shooting 9-41 from three, with George missing all eight of his attempts.

Figuring out the best lineup to close games is something the Clippers are known to have had problems with, and without Leonard, it became a greater challenge. Their biggest struggle has been finding offense in the fourth quarter, averaging just 23.8 points in the final frame through their first four games.

Other than George, the Clippers have no one they can rely on to step up on a daily basis. Various role players such as Morris, Kennard, and guard Terance Mann are expected to have their share of outstanding performances, but until Leonard returns, George will have to carry the team independently.

"We all [have] got to do better," said power forward Nicolas Batum on Clippers' media day, "but I am pretty confident in [George] leading."

The Clippers are looking like a play-in team at best without Leonard in the deep western conference. They will need consistent production from their role players if they want to make the playoffs directly.

"When you're missing a guy like Kawhi [Leonard], you got to be really good at executing," said Clippers Head Coach Tyronn Lue on media day. "That's what we got to work on this season."



VALLEY STAR | PHOTOGRAPHS BY LUIS FLORES
ANEI DANELYAN successfully blocks a goal against Pierce college. Danelyan accounted for two goals during their victory over Brahmas. Lady monarchs next game will be Nov. 5 at Citrus College for the Western State Conference Tournament.



VALLEY STAR | PHOTOGRAPHS BY LUIS FLORES
DANIEL SMKOVSKY throws a wet pass during a home game against Santa Monica. Smkovsky had three assists in Valley's 20-7 victory against Corsairs.

Monarchs advance to WSC Tournament



TATEV AGHASARYAN blocks Braham Allison Schamber from passing the ball during Monarchs home game. Aghasaryan accounted for one goal in Monarchs 18-4 victory over Pierce College.



CARLOS TADEO prepares to shoot a goal against Santa Monica at the LAVC Aquatics Center. Monarchs' next game will be Nov. 5 at Citrus College for the Western State Conference Tournament.

“We were making some adjustments both offensively and defensively. We started out a little slow but overall was very happy with the overall performance by the women.”

- Pete Loporchio,
Women's water polo head coach
on 2020-21 team and WSC Tournament



SERA SHAHBAZIAN fights for the ball at LAVC Aquatics Center during their home game against Pierce College.



MAX AYRAPETYAN throws the ball. Ayrapetyan accounted for two assists during Monarchs home game against the Corsairs.

“Since August and now they’ve improved greatly. That’s how I judge success, how much [they’ve] improved.. with the conference tournament [Ventura] is our next game so that’s what we’re focused on.”

- John McMillan,
Men's water polo head coach
on 2020-21 team and WSC Tournament










COACH PETE LOPORCHIO (back R) gives his team a speech alongside Sona Aghasaryan (back L) in between quarter three. The Lady Monarchs played Pierce College after the men's water polo win against Santa Monica.



HEAD COACH JIM MCMILLAN, President Barry Gribbons and Athletic Director Dave Mallas exchange words after the Monarchs 20-7 victory against Santa Monica Corsairs.









MONARCHS RESULTS

FOOTBALL			
34	VALLEY		
30	SANTA BARBARA		
20	VALLEY		
21	MOORPARK		
Overall W-L		2-6	Streak
PCT		0.250	Home
Overall Ranking		5th	Away

Next:

**Santa Monica College**
at Santa Monica
Nov. 6 @ 1pm

**Pierce College**
at Valley College
Nov. 13 @ 6pm

MEN'S WATER POLO			
16	VALLEY		
14	SIERRA		
20	VALLEY		
7	SANTA MONICA		
Overall W-L		7-12	Streak
PCT		0.368	Home
Overall Ranking		4th	Away

Next:

Western State Conference Tournament

**First WSC game**
vs Ventura at Citrus College
Nov. 5 @ 11a

















Second WSC game at Citrus College
Nov. 6 @ TBA


MEN'S BASKETBALL			
Next:			
LA Valley Tournament			
	Santa Barbara City College	at Valley College	Nov. 10 @ 7pm
LA Valley Crossover			
	Oxnard College	at Valley College	Nov. 12 @ 5pm

WOMEN'S BASKETBALL			
Next:			
	Victor Valley College	at Valley College	Nov. 13 @ 3pm
	Santa Barbara City College	at Valley College	Nov. 17 @ 5pm

WOMEN'S SOCCER			
1	VALLEY		
0	SANTA MONICA		
1	VALLEY		
1	CITRUS		
0	VALLEY		
1	WEST LA		
0	VALLEY		
7	CANYONS		

Overall W-L-T		4-11-2	Streak
PCT		0.294	Home
Overall Ranking		6th	Away
Next:			
	Bakersfield College	at Valley College	Nov. 5 @ 3pm
	Antelope Valley College	at Antelope	Nov. 9 @ 1pm
	Santa Monica College	at Valley College	Nov. 12 @ 3pm

WOMEN'S WATER POLO			
18	VALLEY		
4	PIERCE		
5	VALLEY		
9	SANTA BARBARA CC		
2	VALLEY		
13	UC SANTA BARBARA		
15	VALLEY		
2	SANTA MONICA		

Overall W-L		9-9	Streak
PCT		0.500	Home
Overall Ranking		4th	Away
Next:			
Western State Conference Tournament			
	First WSC game	at Citrus College	Nov. 5 @ TBA