Women's History Month

The month of March celebrates Women's History. March became Women's History Month by presidential proclamation in 1980, and it is dedicated to honoring the sacrifices and contributions women have made to American History.

Women's History Month originated as Women's History Week and was celebrated locally in Santa Rosa by The Education Task Force of the Sonoma County Commission on the Status of Women in 1978. The week of March 8 was chosen in order to coincide with International Women's Day.

Women's organizations all over the country rallied together to spread and initiate their own celebrations of Women's History Week the next year. A number of women groups headed by the National Women's History Project — now the National Women's History Alliance — were able to successfully lobby for national recognition of Women's History Week in 1980.

By Dessalines Yamoussou

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Gas prices are something Americans have routinely complained about. This is especially true for Californians who have always had some of the highest gas prices in the nation. Earlier this month we saw a sharp increase in gas prices.

According to The American Automobile Association, the average price of gas this time last year in California was $3.73 a gallon and it is currently $5.28 a gallon. Southern California has gas as high as $6 a gallon.

Experts have been debating where the increase in gas prices is coming from — war in Ukraine, pandemic related, and/or inflation. The increase in gas prices is specifically damaging for low-income residents as the rise in gas does not coincide with wage increases.

Gov. Gavin Newsom recently proposed an $11 billion relief package to assist California drivers facing higher gas prices. Newsom’s proposal would allocate $9 billion in tax refunds to Californians via $400 direct payments per vehicle.

Register vehicle owners in California would be limited to refunds for up to two cars. Additionally, Newsom’s proposal would provide $2 billion for broader relief. The Newsom administration will meet with the legislation to negotiate his proposal. Californians could see payments in July once the proposal is approved through the legislature.

As a college student on a fixed income, there are many stressors associated with the increased gas prices. College students routinely participate in activities on the weekend to de-stress after completing assignments and attending classes during the week. The rising gas prices make it challenging for students to do this.

Students are now more strategic when they leave the house and try to get as many errands done as they can in order to limit their gas usage. The bill proposed by Newsom would be helpful to college students and others struggling with paying these increased gas prices.
Jim Gordon... Wave check?

Meet the Staff

By Clarence Curtis

As time progresses, representation continues to expand. In Matt Reeves’ "The Batman," Officer Jim Gordon, played by Jeffrey Wright, receives a new look.

Originally portrayed as a redhead of Scottish descent, he is now represented as an African American. His character throughout the Batman mythos has always been strategic and trustworthy, with a strong moral compass and a sense of justice.

Gordon encapsulates these values throughout the entire film. He was one of the first policemen to acknowledge Batman’s effectiveness against the criminal opposition.

Within African American history, the relationship with police has always been tense. This conflict starts back centuries ago in the slave era, with the slave patrol. This was one of the first forms of organized policing, and it contributed to creating the Jim Crow era. Laws were put into place to stop the mistreatment, but the damage can still last.

This resulted in skepticism and indifference as African Americans felt disparaged within society. Gordon’s new look is an excellent addition to the reboot as these elements also fall into his character.

By Clarence Curtis

Curtis is originally from Oakland, CA but his family moved to the Central Valley when he was four years old. He has called Fresno home since moving here.

In his free time, Curtis enjoys playing video games on his Nintendo Switch and Playstation 4. He also enjoys watching TV shows and movies.

Rashad Flood

Hey everyone, My name is Rashad Flood. I have lived most of my life in Monrovia, California and now I am a third-year student at Fresno State as a History major. I am an avid gamer and my favorite genres are: RPGs, Beat em’ ups, racing, Fighting games, and Platformers.

Jeffrey Wright, left, as Lt. James Gordon and Robert Pattinson as the Dark Knight in "The Batman." (Warner Bros. Pictures/TNS)
Mental Health in the Black Community

By Zion Sanders

Mental health among the Black community is a topic rarely mentioned. It is seen more as an excuse to get away with things, than an actual health problem someone is going through. The majority of the time, the Black community is told to push their emotions down when it comes to dealing with any form of mental agony.

The depression rate among the Black community is the second-highest rate of 8.9%, among African Americans, Hispanics and whites, according to a 2003 study published in the American Journal of Public Health.

The Black community deals with emotions in an isolated way, keeping to themselves and suffering in silence. Going through depression, stressful times, or even needing to just vent to others about a problem that someone is going through is hard to deal with when being people of color altogether.

Men and women of the Black community go through all types of challenges just like anyone else, but the addition of people looking at them because of their skin color makes it extremely difficult to live a regular life. Black males’ mental health is mostly nonexistent. They are taught at a young age to not show any emotions. They are told to act like a man and are seen as weak if those emotions are shown. Forcing them to bottle up their feelings of sadness, being vulnerable, and the need to cry is not in the cards for them. This leads to adult trauma, addiction issues, and even suicide.

Women have to deal with the label of being called hysterical when they are experiencing any emotional situation. They are labeled as either irrational or hard to deal with. Being told that you’re too emotional to deal with, or that your feelings do not matter can cause mental anguish.

Another issue that goes unspoken of as well is postpartum depression in women. Mothers can go through a period of postpartum depression that causes them to lose a part of themselves mentally after childbirth, according to Mayo Clinic. Going through that healing process alone can cause severe depression, mood swings, and more. Especially when trying to go through life acting like everything is okay. Reaching out to others can help to go through dark times easier.

The Black community as whole struggles but does not struggle alone. Do not be afraid to ask for help when you need it or talk to someone when you are feeling overwhelmed. It is okay to express your emotions and be vulnerable to your human, do not be afraid to show it.

If you or someone you know around campus are dealing with mental health issues or feeling depressed or just need someone to talk to. Reach out to resources such as the Student Health and Counseling Center (SHCC). They help with medical, counseling, wellness and more.

Students can contact Counseling and Psychological Services by calling (559) 278-2734 to schedule an appointment. For Campus Assessment, Response, and Evaluation (CARE), call (559) 278-6777 to refer a student or if you need assistance. Both are located in the SHCC Office, location P30 and P29.

The National Suicide Prevention Lifeline is 1.800.273.TALK(8255).

Brittney Griner detained in Russia

By Rashad Flood

On Feb. 17, 2022, Women’s National Basketball Association (WNBA) star Brittney Griner was detained in Russia for allegedly having vape cartridges that contained hashish oil, which is illegal in Russia.

Griner was in Russia to play basketball before being arrested at an airport near Moscow. If she is convicted, she could be sentenced to ten years in prison.

Her detention caused global worry because of the rising tension between the U.S. and Russia and the invasion of Ukraine had begun a week after her detainment.

According to Deseret News, as of March 25, 2022, Griner is in ‘good condition’ and BBC News reported that a Moscow court has ruled that Griner will be held until May 19, 2022 on the drug charges.

WNBA hall of famer Lisa Leslie said players were told to not publicly speak about Griner so that Russia could not use the desire for Griner to be released as a possible bargaining chip concerning the Russian invasion of Ukraine, according to Yahoo.com.
Meet Marisa Williams, student coordinator of African American Programs (AFAM). She is a third-year communications student, who transferred from Sacramento State.

Williams said she is all about building a community wherever she goes and is looking forward to building up the African American community on campus. In her free time, she enjoys cleaning. Whether it’s cleaning the house, organizing, or taking care of her cat, Williams says cleaning is therapeutic for her.

Born in Visalia, Williams applied to and was accepted to Sacramento State. She says she never felt fully at home there. She explained she never really felt like she was in college, so when the opportunity to transfer to Fresno State presented itself, she applied and transferred.

Get the flier. Don’t just take it and use it as a napkin, read it. Read it and see if you are.

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