

Sun-Reporter



A NEWS JOURNAL DEDICATED TO THE CAUSE OF THE PEOPLE * 77 YEARS OF SERVICE TO THE ENTIRE BAY AREA

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SUN-REPORTERS OPPORTUNITIES FOR ALL INTERN EDITION 2023



Sun-Reporter 2023 OFA interns pictured above: l-r, Logan Dang, Toshiro Cabrera-Scarlata, Sebastian Giron, Khloe Elmore, Samantha Xu, Mateo Martinez, Publisher Amelia Ashley-Ward, Shakale Carson, Sun-Reporter Editor Evan Carlton Ward, Jaida Allen, Nicholas Low, and Gabriela Tzaj Lopez. Not pictured is Brianne Yu.

About Opportunities For All

San Francisco, Ca

Program again this year.

who live in SF, to

through workforce

the program she started,

path for our diverse

The Sun-Reporter is proud to work with the

The summer intern program offers a brilliant connection for

paid employment, job training and mentorship opportunities.

and job resources for both job seekers and employers.

and is spearheaded by SF Human Rights Director Dr. Sheryl

young people to connect a more successful future and make our City

San Francisco Mayor's Opportunities For All

young people ages 13-24, of all backgrounds,

access to job training

London Breed is proud of

For All will provide a

stronger," she said.

"Opportunities for all will provide a path for our diverse young people to connect to a more successful future and make our city and all of our communities stronger."

— Mayor London Breed



OFA photo

Sun-Reporter OFA Interns Meet SF Mayoral Chief of Staff Sean Elsbernd



(From L-R) Nicholas Low, Toshiro Cabrera-Scarлата, Sean Elsbernd, Jaida Allen, Logan Dang, Sebastián Giron,

My Tour At San Francisco City Hall

By: Logan Dang, Opportunities for All Intern

My first time coming to City Hall was for a celebratory party for the Dreamkeeper Initiative or more specifically Opportunities for All.

At the time, I hadn't entered any other rooms apart from the big hall the party was in, but it was cool to see weddings take place there. I also really admire the architecture and the interior design with the Greek and Roman aspects. I was a bit fascinated by the pillars,

specifically the great size ones with decorative pieces or perhaps the Corinthian order, a classical architecture method of the Greek and Roman eras. The high reliefs (wall sculptures that protrude a little out) were also an amazing sight and it was nice to read about the meanings behind those such as the Medallion of Liberty which "extends an olive branch in a gesture of peace and liberty to all people of the world." Of course, there are other great details and stories behind the design of each space and I only explored a small portion of the entire building. You can find

more information from online virtual tours of City Hall or perhaps visit there yourself.

Today, we had the opportunity to potentially meet the district supervisors, but unfortunately were on summer recess which is fine as a vacation or break is what we all need a bit in our lives especially when the job can be demanding physically and/or mentally. Instead, we met the Chief of Staff, Sean Elsbernd, who gave us a tour of the mayor's office. My first impression of Mr. Elsbernd was family-oriented and it was great to meet him. He recently coached for his daughter's sports team which I

unfortunately can't remember, but I did always wonder how often politicians and/or those involved in political affairs spend time with their families despite how busy they can be so hearing about that was great. Making the effort to be with families in these crazy times can be really comforting, although not everyone, unfortunately, has the ability, option, or feel the same way depending on circumstances.

The other staff members were also very welcoming despite their busy schedules. I personally never thought I would have an opportunity

to go inside the office of the mayor, but to describe it, it felt comfy like having a little office in your own house. I was also surprised to see the honoring of the mayors of the old San Francisco dubbed Yerba Buena when it was owned by Mexicans.

It made me realize that I never thought about it nor know much about the history of San Francisco in an extensive manner. The offices of the supervisors were also nice to see as each had its own unique little differences in how they decorated the room.

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Carlton B. Goodlett, PH.D., MD., Editor/Publisher 1945-1997

Amelia Ashley-Ward
Editor/Publisher



Sun-Reporter Editor Evan Carlton Ward addresses OFA assembly

WHO IS STEPHANIE SOO?

By: *Brianne Yu*
Opportunities for All Intern

Stephanie Soo may not be a world-famous actress, but she does create content that comforts many and puts a smile on their faces. Although the topics of many of her videos aren't necessarily happy or joyous, her energy and charisma keep her viewers engaged.

Stephanie Soo is a YouTuber who posts mukbangs, but labeling them simply as mukbangs would be a disservice. Mukbang is a Korean term that translates to "eating show". Typically, content creators sit in front of the camera with a large quantity of food spread out and eat while addressing the audience. These videos are

particularly popular in Korea, and in recent years, they've gained abundant popularity around the world. However, Stephanie's mukbangs go beyond just eating. She discusses past and current true crime cases while enjoying delicious foods with her now-husband, whom she was engaged to at the time.

Stephanie started her channel in 2017 and has since transformed it from a simple mukbang channel to a true crime and eating hybrid, allowing her to share her findings and research with her 3.25 million subscribers. However, her focus extends beyond this. Over the recent years, she has diversified her content, leading to the creation of two additional channels. Her primary mukbang channel

bears her name, Stephanie Soo, while she also operates a vlog channel under the name MissMangoButt, and a podcast channel named Rotten Mango. In Stephanie's vlog channel, she exudes the same charisma displayed in her main channel, offering viewers a glimpse into her everyday life. This channel humanizes her and allows the audience to see who she is, or at least as much as she chooses to reveal, forging a different connection compared to her true crime/mukbang videos. This platform also gives Stephanie room to explore and initiate a series called "Baking a Murder". In these videos, she talks about mystery or thriller books she's just read while baking delightful desserts. This idea resonated

well and expanded her reach to include not only food lovers and true crime enthusiasts but also bookworms.

On her newest channel, a podcast platform, Stephanie delves deeper into darker, more sinister crime cases. Cases that might be too disturbing for her regular mukbang content find their place here, creating a separate channel for her avid crime fanbase.

I discovered Stephanie's Mukbang channel in 2019 and couldn't stop watching her content. Her creativity in preparing food and her dedication to each video, from food placement to background settings, truly captivated me. It brought me immense joy and comfort to watch her savor delicious food and witness her growth and

achievements through her vlog channel. Especially during the challenging years of the Covid pandemic, Stephanie continued producing content and maintaining her positive attitude. Over time, I got to know various facets of Stephanie, feeling like I could relate to her and derive solace not only from her familiar presence online but also from her personality and her transparency in her vlogs. She openly discusses her mental health challenges and daily hardships, making me feel less isolated. Stephanie is someone I would love to meet and converse with at length. From her true crime videos that I binged to her daily life vlogs, I wish I could discuss it all and more with her. Her videos have been a lifeline during



Brianne Yu

both my hardest and happiest times, and I am genuinely grateful for her.

She's an outstanding content creator, and I would highly recommend her to anyone interested in true crime or simply seeking a connection to alleviate feelings of solitude.

Hope, Peace, and Self-Esteem: Bob Marley's Enduring Influence

By: *Shakale Carson*
Opportunities for All Intern

Bob Marley aimed to infuse his listeners with ideals like hope, peace, and self-esteem through his music. He sought to create a positive impact rather than merely chase profits, solidifying his status as a hero.

His music served as a tool for the revolution occurring in Jamaica during that era. The politically charged nature of Bob's music made him a target, culminating in an assassination attempt on December 3, 1976, driven by a desire to silence not only his voice but also those of

fellow reggae artists.

My father once told me that Bob Marley's music is akin to a bible for Black people globally. It conveys the rejection of a government that has historically oppressed them. Being born in the 1970s, my father has had access to Bob Marley's music throughout his life. This connection has cultivated his confident and open-minded demeanor, treating others as he wishes to be treated. His outlook influenced me to view myself as a powerful force, enabling me to set high standards and achieve more.

Bob Marley's music emboldens me to remain true

to myself, even in the face of those who doubt me. It encourages me to excel in various settings, whether it's academia, where I might be a minority, or in professional situations where others have more experience. His wisdom resonates even in personal spaces like the gym. He prompts me to maximize life's potential as we only get one chance, epitomized by his quote, "Love the life you live, live the life you love."

Bob Marley dedicated his existence to helping the disadvantaged. His words, "Better to be fighting for freedom than be a prisoner all the days of your life," urge us to act for change

instead of remaining trapped in complacency. He tirelessly worked for progress, leaving no room for excuses.

Every lyric from Bob Marley serves to enhance one's perspective on life. "Open your eyes, look within, are you satisfied with the life you're living?" prompts us to perpetually seek personal growth and happiness. His music motivates us to rise above despair and strive for improvement.

Bob Marley's impact has been resoundingly positive. His reggae classics such as "One Love," "Redemption Song," and "No Woman, No Cry" transcend boundaries,

promoting love, unity, and cultural harmony. His music highlights Rastafari principles like respect for nature and human unity. Through his humanitarian efforts, he orchestrated concerts to raise funds, particularly for children. His messages of peace and unity reverberated on a global scale.

I queried my younger family members, aged 12 and 14, about their feelings when listening to Bob Marley's music. My 12-year-old niece conveyed that the tempo, background vocals, and lyrics transport her to "a hammock on a beach." My 14-year-old sister shared that his music initially inspired her



Shakale Carson

to unwind and "meditate," an uncommon practice for her.

Bob Marley's music may affect each of us differently, but the common thread is its positive impact, spreading joy and serenity throughout society.

Michael Jackson: The King Of Pop

By: *Khloe Elmore*
Opportunities for All Intern

Michael Joseph Jackson, also known as the "King of Pop," was an American singer, songwriter, dancer, and philanthropist.

Jackson influenced many artists across different music genres. He had 13 Billboard Hot 100 number-one singles, 15 Grammy

Awards, 6 Brit Awards, 1 Golden Globe Award, 39 Guinness World Records, and many more accolades.

Michael Jackson has always inspired me to express myself and be true to who I am. Observing him pursuing his passions and embracing his authenticity has been thought-provoking. In my life, I've faced judgment and felt constrained in expressing

my genuine self. Yet, witnessing his remarkable achievements has led me to understand that I need not be concerned with others' opinions, as their negativity holds no significance. I can confidently express my identity without being burdened by others' perceptions.

Since I first learned about Michael Jackson, I've harbored a strong

desire to meet him. His exceptional talents across various domains have left a deep impression on me. His fashion choices and outfits are breathtaking. His dance prowess is unparalleled. His songs and voice are nothing short of spectacular. I lament not having had the opportunity to meet him in person. He remains an enduring source of inspiration.



Michael Jackson

In conclusion, Jackson stands among my most admired celebrities. His legacy is deeply missed and cherished, and I



Khloe Elmore

hold immense respect for him. Rest In Peace, Michael; your absence leaves a void that millions will keenly feel.

The Legend Of Vincent Van Gogh

By: *Samantha Xu, Opportunities for All Intern*

Throughout history, the world has witnessed the rise of numerous iconic figures who have left lasting impressions on humanity.

Among them, Vincent van Gogh, the celebrated Dutch post-impressionist artist, stands as a towering figure in the art world. Van Gogh's extraordinary talent, coupled with his turbulent life and emotional struggles, has produced an assortment of breathtaking artworks and serves as an enduring source of inspiration for countless individuals, myself included. If I were granted the extraordinary opportunity to meet any famous person, it would undoubtedly be Vincent van Gogh.

Vincent van Gogh's

artistic brilliance remains unparalleled, even centuries after his passing. His distinctive style, characterized by bold brushwork, vibrant colors, and expressive forms, continues to captivate the imagination of art enthusiasts worldwide. From the mesmerizing "Starry Night" to the haunting "Self-Portrait with Bandaged Ear," Van Gogh's artworks are not merely paintings; they are windows into the depths of his soul. Each stroke on the canvas seems to convey emotions that transcend time, leaving a profound impact on anyone who gazes upon his masterpieces.

What makes Vincent van Gogh even more inspiring is the profound personal struggle he endured throughout his life. Van Gogh battled mental illness and emotional turbulence, which often manifested in his artwork. Despite facing countless challenges and

setbacks, he never ceased to create, channeling his emotions onto the canvas with unwavering dedication. The rawness and authenticity of his art reflect the depth of his torment and the immense strength required to transform his pain into extraordinary works of art. Van Gogh's ability to find solace and purpose in creativity serves as a reminder of the healing power of art and the resilience of the human spirit.

One aspect of Vincent van Gogh's art that deeply resonates with me is his ability to find beauty in the seemingly ordinary. From sunflowers to starry nights, he transformed mundane objects and landscapes into captivating masterpieces. His remarkable capacity to appreciate the world around him with fresh eyes challenges me to do the same, to seek beauty in the minor details of life and

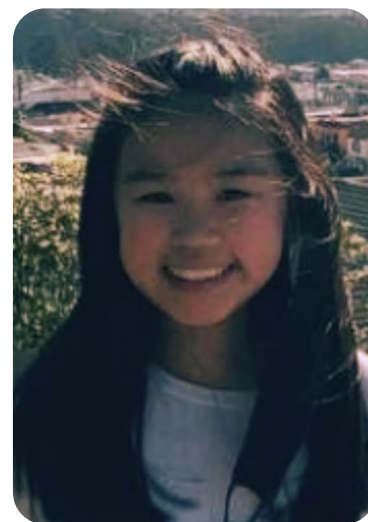
derive inspiration from the simplest of things. Van Gogh's unique perspective encourages me to immerse myself in the world's wonders, sparking creativity in my own pursuits.

Even though Vincent van Gogh's life was tragically cut short, his impact on the world of art endures to this day. His paintings continue to be celebrated and exhibited in prestigious galleries worldwide, drawing admirers from diverse backgrounds and cultures. This lasting legacy serves as a testament to the enduring power of creativity and art. Van Gogh's influence transcends time, inspiring generations of artists and art enthusiasts to push the boundaries of imagination and artistic innovation.

One of the most inspiring aspects of Vincent van Gogh's journey is his willingness to embrace imperfections in both

himself and his artwork. He did not conform to societal norms of perfection but rather celebrated the uniqueness of his artistic vision. His bold and unapologetic approach to art encourages us to embrace our own flaws and imperfections, fostering self-acceptance and authenticity. Van Gogh's legacy reminds us that beauty can be found in the most unexpected places and that our vulnerabilities can serve as powerful motivations for creativity and self-expression.

Vincent van Gogh, the iconic artist with an irrevocable impact on art and humanity, remains an unparalleled source of inspiration. His transcendent artistry, personal struggles, and unwavering passion have left an indelible mark on the world, captivating hearts and minds for generations. I find myself deeply inspired by Van Gogh's unyielding dedication to his



Samantha Xu

craft, his resilience in the face of adversity, and his ability to convey profound emotions through his art.

If given the opportunity, meeting Vincent van Gogh would be an extraordinary privilege, providing a glimpse into the mind of a brilliant artist and a chance to gain valuable insights into the depths of the human spirit.

MY INSPIRATION, MALALA YOUSAFZAI

By: *Logan Dang, Opportunities for All Intern*

My inspiration comes from Malala Yousafzai, a woman who advocated for education for women which was met with retaliation from the Taliban.

In 2007, the Taliban destroyed many girls' schools and prompted Yousafzai to take her first steps into the world of politics at age 11 when she created her renowned speech, "How Dare the Taliban Take Away My Basic Right to Education."

Despite an attempted assassination with a bullet to

the head in 2012, she survived and showed no hesitation to continue her cause after her recovery in 2013.

She has won many awards at a young age including the famed Nobel Peace Prize in 2014, the United Nations Human Rights Prize, the Liberty Medal, and much more.

While I may not relate to women and others having their education controlled or revoked, Yousafzai's tenacity in her ideals is highly admirable especially when her life is at stake at such a young age. In America, nearly everyone receives an education, but it's worrying that an increasing number of

people are not taking school for granted when so many others are fighting for a chance to have what we have.

However, the growth of homeschooling is increasing much more such as the increase from working from home, various sensitive topics such as books that talk about sexuality in elementary schools, and school shootings, among other factors. Teachers are also not getting the pay they deserve and classrooms feel suffocating. It was often that I felt dreadful about assignments, but I thank Yousafzai and the many others like her that helped me develop the mindset of

finding joy in what I do and what I see. It is through this mindset that I can be more tolerant, empathetic, and open to new environments.

From The Khaama Press News Agency, a dedicated online news service for Afghanistan, Yousafzai said, "We must not allow them to silence the voices of women and girls. Since the Taliban took control of Afghanistan, it has issued some suppressive decrees which banned women and girls from attending secondary schools in March

2022." The Taliban would also prohibit women from attending university and working with aid agencies.

Some or perhaps many courageous women took to online learning as an alternative. The Taliban made claims that their actions were following Islam, but Islam does not prohibit the right to education for women as the Quran wants education to be part of the lives of everyone.

I do believe in a way that learning about Yousafzai provided me an insight into Islam as I was quite influenced by the media to perceive the religion as a danger to the world. I am inspired to learn more about Islam and it was this negative influence that helped me become more skeptical of what is



Logan Dang

said about others than taking it for face value.

After all, a horrific event done by one group does not mean the entire society is at fault.

Look At Curry Man, So Inspirational

By: *Nicholas Low, Opportunities For All Intern*

Stephen Curry recently released his own documentary called "Underrated" and upon watching it, I've gained a deeper admiration for his talents and work ethic.

Breaking the 3-point record, 4 rings, 2 MVPs, finals MVP, 9 all-star appearances, all NBA, and the greatest shooter of all time are just some of his accolades. No one could've predicted Curry's success. "If you walked into a gym and saw me 20 years ago, there's no way you would think any of this was possible. And that feeling of being overlooked or underrated will always be part of the drive that keeps me going." - Curry

I've always been drawn to underdog stories because they overcome all odds and it's often relatable. Not everyone is gifted with size or freakish

athleticism and Curry was no exception. In high school, Stephen Curry was underrated and relatively unknown. He went on to get recruited by Davidson which was among the lower-ranked schools in DI college basketball. Being the undersized scrawny kid many people doubted Curry's game especially when he played poorly during his college debut with 13 turnovers. But Curry's unwavering perseverance proved that he belonged, seizing every opportunity he got. He proved this during the 2008 NCAA Tournament, March Madness, where Curry lead Davidson to one of the greatest Cinderella runs in the history of March Madness. Everyone slept on Davidson and no one could've predicted their success. As the 10-seed Davidson beat 7-seed Gonzaga, 2-seed Georgetown, and 3-seed Wisconsin, and eventually lost to the number 1-seeded Kansas in a 2-point nail-biter game. Curry's

Davidson run was the story of the tournament and watching the underdogs that no one expected to surprise everyone is inspiring and motivating because despite facing an uphill battle they still persevered through the tournament proving everyone wrong.

Even in the NBA from the start of his career till recently he was still doubted heavily by the media. At first, analysts said "Far Below NBA standard in regard to explosiveness and athleticism. Extremely small for the shooting guard position, do not rely on him to run your team." It's funny to look back now and scoff at journalists who claimed him to be a liability, but Curry proved them wrong with his craft. Working in the gym to become the greatest shooter of all time is not something done overnight and includes tons of sacrifice and tenacity. The reason he is so successful is not because of his size or athleticism, but his

work ethic. Work ethic is an admirable trait that everyone looks up to and when you are the underdog you need to take what's not given to you.

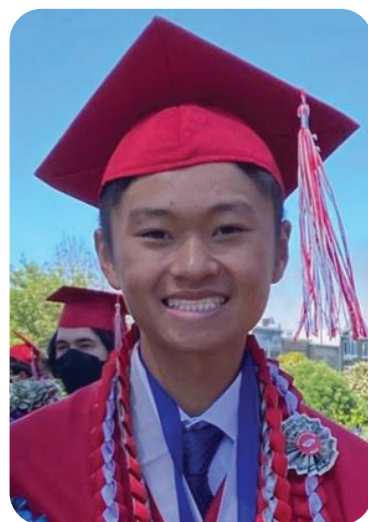
During the 2022 NBA season Curry and the Warriors were not predicted to win the title. Once again, being underrated. Coming off of core player injuries, roster changes, and some of the worst seasons of Warriors basketball, Curry was predicted to never win another ring. The Warriors were "getting old" and "can't win without Kevin Durant" yet Curry proved them wrong. Again. Curry lead the Warriors to another ring averaging 31.2 points per game. Even though it was his fourth ring this one meant a lot more because of the Warrior's ups and downs as well as finally winning the Finals MVP, something that cements him as arguably a top 10 player of all time.

Off the court, Curry continues to be an inspiration to the community and youth

committing his time to many charitable causes and traveling around the world to meet fans to grow the game of basketball. He's someone who is extremely humble and puts family first. He

recently graduated from Davidson receiving his diploma, with a bachelor's in Sociology. Education is another thing Curry values immensely and getting his diploma was important to himself as well as being a role model to his kids and the youth of the community.

With that being said Stephen Curry will continue to strive to win his 5th ring, with the recent acquisition of Chris Paul many are wondering how they will play together. He is an inspiration to me and others because of his relentless persistence and work ethic toward his skills. Being underrated his whole life is a symbol of hope to many kids who feel the same. He continues to show



Nicholas Low

everyone that despite all the odds, anyone can succeed with his story being a testament where he overcomes adversity time and time again.

His humble view on life makes him a great role model and a team leader. He's inspired me and countless others to ignore external opinions and trust the process. With skeptics creating questions and Curry answering all. What are they going to say now?

SAN FRANCISCO RESIDENTS LEAVING FOR MORE AFFORDABLE AREAS

By: Logan Dang, Opportunities for All Intern

San Francisco residents are moving to other counties and out of state due to the cost of living being too high. People are leaving San Francisco and moving to more affordable areas due to high housing costs, taxes, and the crime rate.

The Bay Area Equity Atlas noted that "nearly half of all

five-county Bay Area residents are low income or very low income (<\$60,000)." Black and Latino residents combined represent 45% of the very low-income population. According to Insider, less than 6% of San Francisco's population is Black, and more than half of them have considered moving out of the state due to housing costs and taxes, which range from 1% to 8% in income taxes for single/married filing separately and 1% to 4%

for married filing jointly or qualifying widow(er).

The SF Chronicle has provided an FBI investigation of crime rates, recording San Francisco's property crime rate at 4,437 per 100,000 in 2020, which is higher than the average of 3,142 for 21 major U.S. cities. However, the violent crime rate is low at 544 compared to the average of 688 per 100,000 for other major cities. In addition to the

increase in crime, the median listed price for homes in San Francisco is prohibitively high, providing further reason for people to leave.

It's important to note that the median home sale price in San Francisco is \$1.3 million, and housing prices have also increased in the areas that San Franciscans have moved to or are considering, such as:

Sacramento, CA, with a median listed price of \$500,000

Portland, OR, \$574,000

Salinas, CA, \$771,000

Las Vegas, NV, \$434,000

Fresno, CA, \$388,000

New York, NY, \$750,000

Other popular locations were listed by Redfin, but it's advisable to check with a Realtor for up-to-date median prices.

If considering a move, factors such as income, crime rate, taxes, utilities,



Logan Dang
gas prices, the type of neighborhood to aim for, and the community should all be taken into consideration.

Hip Hop Turns 50

By: Jaida Allen, Opportunities for All Intern

On August 11th, 2023, Hip Hop turns 50. Hip Hop was created by DJ Kool Herc, a Jamaican American. Clive Campbell, his real name, moved from Kingston, Jamaica to the Bronx, New York, and became our very first rapper.

Clive Campbell, better known as DJ Kool Herc, is the founder of Hip Hop. He was influenced by artists like James Brown, Jimmy Castro, Booker T., and The

MG's. DJ Kool Herc had a significant impact on our Hip Hop community and inspired many of our rappers. Artists like Afrika Bambaataa and Grandmaster Flash started DJing like DJ Kool Herc. DJ Kool Herc earned his nickname from being called "Hercules" when he moved to New York due to his height and demeanor on the basketball court.

Hip Hop is one of our most popular genres, thanks to artists like The Notorious B.I.G., Kanye, Jay-Z, Drake, Tupac, J. Cole, Dr. Dre, and other great Hip Hop artists. Hip Hop started with beats and DJing but later evolved

into lyrics, poetry, and dance. Hip Hop became a platform to share stories through music, like Tupac Shakur did in his song "Dear Mama," where he shared his life story through music. Hip Hop is especially popular among Black, Latino, and Caribbean youth. It is also enjoyed by our elders and blends elements from jazz, rock, and fusion.

Hip Hop emerged in the 1970s and became the most consumed genre in the United States. In the 1980s, it started gaining recognition worldwide and became even more popular. The first Hip Hop song, "Rapper's Delight,"

was released in 1979 by The Sugarhill Gang. Rap battles became a prominent feature in the 1980s, with notable ones like Juice Crew Vs. Boogie Down Productions and Kool Moe Dee vs. LL Cool. In 1981, Kool Moe Dee and Busy Bee had the first modern rap battle in Hip Hop history, revolutionizing the art of rhyming forever.

On the East Coast, we had Hip Hop artists like The Notorious B.I.G., Nas, and A Tribe Called Quest. On the West Coast, we had Tupac Shakur, Dr. Dre, and N.W.A. In the South, artists like Juicy J, OutKast, and 2 Chainz

emerged. Hip Hop transcends regional boundaries and is popular throughout the United States. In the late 1990s, the Hyphy culture rose to prominence in the Bay Area, followed by the early 2000s.

Hip Hop is important to our Black community because it provides a platform to share our history and experiences in a way that people will listen. Hip Hop matters to all of us because we can relate to the stories and messages in the music. It gives us a means to express ourselves through dance, fashion, rap, and more. **Hip Hop is important because it**



Jaida Allen
influences our youth, and we want this genre and culture to remain significant. It allows us to bond, improvise, and freestyle, providing an avenue of expression for our young people.

The Story of Félicette, The First Cat in Space

By: Sebastian Giron, Opportunities for All Intern

The story of Félicette, the first cat sent to space, is a fascinating and often overlooked tale compared to the more well-known animals like Laila the dog in 1957 and Ham the chimpanzee in 1961. However, Félicette's contribution to

space exploration should not be underestimated.

Félicette, a small stray cat from France, was chosen by scientists for her good manners. On October 18, 1963, she became part of a mission launched by a rocket in the Algeria Sahara desert. In just 15 minutes, she traveled to the edge of

space. During the mission, French scientists implanted electrodes to monitor her breathing and heart rate, gathering valuable data.

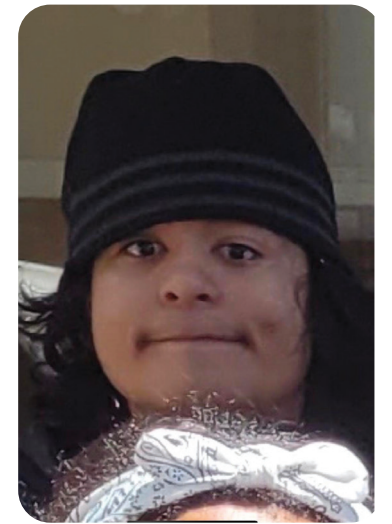
This pioneering feat helped France establish its presence in the space race and made Félicette a symbol of their achievement. In 2019, a statue of Félicette was erected at the International Space University

Campus in Strasbourg, honoring her historic role.

While it is unfortunate that Félicette was euthanized two months after her space journey for brain study purposes, her sacrifice should be seen as a heroic contribution to the advancement of space exploration. Her participation paved the way for humans to venture into space and learn

more about the challenges and effects of space travel.

Félicette's story serves as a reminder that even animals have played a significant role in our journey to the stars. Her recognition is long overdue, and she deserves to be celebrated as a trailblazer who helped pave the way for human exploration of space.



Sebastian Giron

Animal Abuse Is Bad, Don't You Think?

By: Khloe Elmore, Opportunities for All Intern

Definition of Animal Abuse: Animal abuse is when animals are harmed or mistreated by humans.

Why is Animal Abuse Bad? Animal Welfare: Animals have the right to live free from suffering and harm caused by humans.

Emotional and Physical

Impact: Animals experience emotional and physical pain. Abusing animals can cause trauma and negative effects on their well-being.

Future Violence: People who abuse animals are more likely to harm others and exhibit aggressive behavior.

Environmental Impact: Illegal hunting and habitat pollution can disrupt the ecological balance and

endanger species.

How Animal Abuse Makes Me Feel: Animal abuse makes me sad and angry. Witnessing the suffering inflicted upon animals deeply disturbs me. People who derive pleasure or motivation from harming animals are truly reprehensible. The cruelty and suffering that animals endure is profoundly upsetting. Overall, animal abuse has a strong

emotional impact on me.

How to Stop Animal Abuse: Report Suspicious: If you suspect or witness animal abuse, report it to the authorities, such as animal control or animal welfare organizations.

Promote Education and Awareness: Raise awareness through social media, events, and campaigns to educate others about animal abuse and

its consequences.

Be a Responsible Consumer: Choose cruelty-free products that are not tested on animals, and research companies' animal testing policies.

In conclusion, animal abuse is a serious issue. It is not only morally wrong, but it also inflicts pain and suffering on innocent animals. By actively advocating against animal abuse, pushing for stronger



Khloe Elmore
laws, and supporting animal welfare organizations, we can work towards creating a better world for animals.

The Gateway Drug Dilemma: Understanding the Path to Substance Abuse

By: *Samantha Xu,*
Opportunities for All Intern

Gateway drugs have been a topic of ongoing concern and exploration within the realm of substance abuse. These substances are believed to serve as stepping stones, leading individuals down a treacherous path toward experimenting with more addictive and potent drugs. The concept of gateway drugs raises important questions about the factors contributing to their allure and the subsequent progression to harder substances. By delving into the complexities of this phenomenon, we can gain a deeper understanding of the impact of gateway drugs on individuals and society as a whole.

Gateway drugs are substances that are believed

to serve as an entry point or introduction to substance abuse. They are typically legal, socially accepted, and frequently encountered in various social settings. Examples of commonly recognized gateway drugs include alcohol, nicotine, and marijuana. These substances are often accessible, and their use can precede experimentation with illicit or more potent drugs.

Gateway drugs possess properties that affect the brain's reward system, leading to the release of dopamine, which produces pleasurable sensations. Continued use of these substances can create a sense of dependence and pave the way for seeking stronger, more intense experiences. Additionally, some individuals may have a genetic predisposition to substance abuse, making them more susceptible to the allure of gateway drugs.

Psychological and social factors also play a significant role in the gateway drug phenomenon. Peer pressure, curiosity, a desire for acceptance or social bonding, and the need to cope with stress or emotional issues can contribute to the initial experimentation with gateway drugs.

While not everyone who uses gateway drugs will progress to harder substances, research has shown a correlation between early exposure to these substances and an increased likelihood of experimenting with illicit drugs. The progression is not linear or predetermined, but it can be influenced by a combination of genetic, environmental, and personal factors. For example, individuals who experience heightened pleasure or relief from gateway drugs may seek stronger substances to replicate or intensify those feelings.

Prevention and intervention strategies are crucial in addressing gateway drugs and curbing substance abuse. By targeting education and awareness programs for adolescents and young adults, society can provide them with accurate information about the risks associated with substance abuse. Prevention efforts should focus on dispelling myths, promoting critical thinking skills, and fostering resilience to withstand peer pressure.

Creating supportive environments is crucial in preventing gateway drug use. Families, schools, and communities should promote open communication, nurturing relationships, and healthy outlets for stress and emotions. By fostering a sense of belonging and offering positive alternatives to substance use, individuals may be less likely to turn to gateway drugs as a means of

copied or seeking acceptance.

For individuals who have already fallen into the trap of substance abuse, it is vital to ensure access to appropriate treatment and support services. These may include counseling, therapy, rehabilitation centers, and support groups. Addressing the underlying issues driving substance abuse, such as mental health disorders or trauma, is essential in breaking the cycle and preventing further progression to harder substances.

Gateway drugs continue to present a complex challenge in the realm of substance abuse. While not everyone who uses gateway drugs will inevitably progress to harder substances, understanding the factors contributing to their potential as stepping stones is essential for prevention and intervention efforts. By creating



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supportive environments and ensuring access to treatment and support, society can work towards reducing the impact of gateway drugs and curbing the devastating consequences of substance abuse. Ultimately, the goal is to empower individuals to make informed choices and lead healthy, substance-free lives.

Affirmative Action: The Helping Hand of America

By: *Shakale Carson*
Opportunities for All Intern

Since the establishment of education systems in the United States, there has always been a form of favoritism at play, resulting in a disproportionate difference in the level of education between people of color and white individuals. This disparity, commonly known as the education gap, has been a persistent issue. However, on March 6, 1961, President John F. Kennedy implemented a law called Affirmative Action to address racial discrimination in the workforce and education system.

Affirmative Action is a beneficial law that aims to provide equal opportunities to everyone and should be upheld in the United States.

Controversy has surrounded affirmative action since its inception. Critics argue that it is a narrow-minded and backward approach that discriminates against Asian and white applicants. However, the purpose of affirmative action is to eliminate discrimination by promoting equality, not to perpetuate racial discrimination. Affirmative action remains relevant in today's society and should be continued because it serves multiple purposes: it diversifies our experiences, enhances social awareness, exemplifies true American values, promotes equality, and works to address the inequality and racism faced by ethnic groups in America.

When considering the necessity of affirmative action in our nation, it is important to recognize the value of diversity and the benefits it brings to any space where it is implemented. The United States Supreme Court has shown that its

most intelligent decisions are made by a diverse group of individuals. This is because a diverse group brings together different backgrounds, life experiences, and perspectives, allowing each member to learn from one another and contribute to a well-rounded and sound decision-making process. Diversity encourages us to change our thinking, how we treat others, and pushes for equity.

Affirmative action has positively impacted the education system. It works to address the racial oppression ingrained in our society by targeting the root cause of prejudice: the schooling system. Research conducted by Leah Shafer, an advocate for advancements in education and racial equity, reveals that African Americans who benefit from affirmative action are more likely to graduate from college, obtain professional degrees, and have higher incomes compared to African Americans who did not benefit from the policy. Affirmative action provides ethnic groups with opportunities for higher education, thereby narrowing the education gap. This policy challenges societal norms and offers minorities newfound opportunities that would otherwise be difficult to attain.

In 1920, Lydia C. Chamberlain created a scholarship that exclusively allowed white students born in Iowa to attend Columbia University. This scholarship sparked controversy regarding its fairness and ethics, as some people argued that it was discriminatory. It's important to note that comparing white-only and black-only scholarships is not a valid comparison.

Black-only scholarships were created to address historical disadvantages faced by Black Americans, such as limited access to education due to the wealth gap and

financial constraints. These scholarships aim to provide opportunities to individuals who have historically been marginalized and underrepresented in higher education. On the other hand, white-only scholarships do not serve the same purpose, as white individuals have historically held advantages in terms of wealth and access to educational opportunities.

When discussing affirmative action, some individuals may attempt to draw parallels between black-only scholarships and the policy, arguing that both prioritize ethnic groups while leaving white individuals behind. However, the intent of affirmative action is to level the playing field and provide opportunities for disadvantaged students, not to grant further advantages to those who already have privilege.

The purpose of affirmative action is to address systemic inequalities and promote equality by providing a fair chance for underrepresented groups to access education and employment opportunities. It aims to create a more inclusive and diverse society, where individuals from all backgrounds have an equal opportunity to succeed.

Affirmative Action has broader benefits beyond assisting minorities in need. Research conducted by Leah Shafer highlights that white Americans or students from higher economic backgrounds who attend diverse educational settings show more positive racial attitudes towards minorities, demonstrate greater cognitive capacities, and engage in higher levels of civic participation. These findings suggest that exposure to diversity in education positively impacts white individuals as well.

This is significant because

individuals raised in racially biased environments can carry those biases into their professions, including doctors, lawyers, and teachers. Studies, such as Project Implicit, have shown that when teachers hold implicit racial biases, it negatively affects the learning outcomes of their black students. However, if these teachers had received their education in a diverse environment, they would have been exposed to different perspectives and experiences, fostering a more equitable and inclusive education for all students.

When white students or those from higher economic backgrounds attend diverse educational environments, they are more likely to develop respect and non-biased attitudes towards individuals from different racial and ethnic backgrounds. Jeff Raikes, a white individual who attended Stanford, emphasized the importance of a diverse student body in fostering understanding and respect for diverse perspectives.

These findings support the notion that Affirmative Action benefits society as a whole, challenging the argument that it solely favors minorities. Affirmative Action aims to create diverse educational environments that promote understanding, respect, and equal opportunities for all individuals, regardless of their background. By fostering inclusivity and breaking down racial biases, Affirmative Action contributes to a more equitable and united American society.

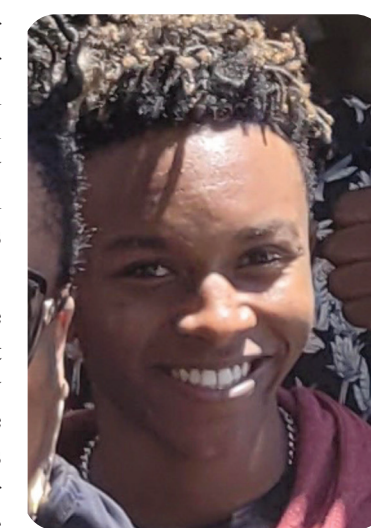
Affirmative action serves as a crucial tool in addressing centuries of ethnic and racial disparities within our education system and society at large. It aims to break the cycles of inequality by providing opportunities for ethnic groups that have historically received less education and

faced fewer opportunities for success compared to their white counterparts. Given the persistence of racial inequality in contemporary America, Affirmative Action remains necessary to address these disparities.

Critics argue that Affirmative Action discriminates against white individuals, but they often fail to acknowledge the ongoing racial disparities in our communities. For instance, in California, where Affirmative Action was banned in 1996, studies have shown a decline in employment among people of color. A 2013 study found that the removal of Affirmative Action laws led to a 7% decrease in state and local government jobs for Hispanic men, a 4% decrease for Black women, and a staggering 37% decrease for Asian women (Harvard Public Policy Program). Meanwhile, white men experienced a 4.7% increase in employment. These findings indicate that the critics who claim Affirmative Action discriminates against white individuals are often more concerned with maintaining white dominance in employment demographics than addressing discrimination.

Over the 17 years following the ban on Affirmative Action, employment demographics clearly demonstrate the regression of progress made by the policy. The employment gap that Affirmative Action sought to close has been reopened, highlighting the need for its continuation to ensure equal opportunities for all individuals.

The dismantling of Affirmative Action not only widens the employment gap but also steers America in an "Un-American" direction, as pointed out by Jeff Raikes. As one of the most diverse countries, America should embrace and celebrate its diversity in all spheres.



Shakale Carson

President Lyndon B. Johnson recognized the importance of embracing diversity and addressing inequality in order to build a stronger society, which he referred to as the "Great Society."

Critics may argue that Affirmative Action is Un-American because it violates the 14th Amendment, which prohibits classifying people based on race. However, it's important to note that the 14th Amendment also protects individuals from being deprived of life, liberty, or property. By removing Affirmative Action, racially biased individuals would be able to make decisions that favor the more privileged, while depriving ethnic groups of their liberty to pursue equal opportunities.

In conclusion, Affirmative Action provides opportunities to disadvantaged ethnic groups that have historically been intentionally hindered from achieving the same accomplishments as their white counterparts. It fosters diversity in education, the workforce, and society as a whole. Affirmative Action promotes social change, benefits everyone by promoting awareness of privilege, and upholds the core values we should hold as citizens of the United States of America.

Sriracha Sauce is Selling For Astronomically High Prices Amid Shortage

By: *Brianne Yu*
Opportunities for All Intern

The Sriracha shortage is throwing restaurants and consumers into a frenzy as they surge stores and websites to find this now high-value hot sauce.

As ABC7 states, experts have told reporters that the shortage is mainly due to the red jalapeno chile pepper shortage that Huy Fong Foods uses to produce Sriracha. Fox 8 has come out to say that the shortage is also due to Sriracha's link to ongoing droughts. It had already been announced in 2020 that there would be a shortage of the red chili pepper, and last year "weather conditions were affecting quality and

sparking an even 'more severe' shortage" (Fox 8). Huy Fong Company's spokesperson commented that there is not yet an estimate on when the raw materials will increase, which leaves loyal Sriracha fans hoping and waiting.

Due to this shortage, many consumers and devotees turned to the internet to look for possible sellers online. However, prices for this hot commodity are now soaring. Fox 8 has stated that Sriracha now goes for as much as \$500 on eBay, but sales mainly stay in the range of \$16-\$60. Yet, these "low prices" are still a far stretch from their original cost of \$3-\$5. Many restaurant owners all around the United States have been on the hunt for more affordable Sriracha with abysmal luck. Most of

these owners sell Asian cuisine where Sriracha is a staple. From Vietnamese restaurants to Korean ones, many owners have stated that Sriracha has the perfect amount of flavor and spice to complement their cuisine, and no other hot sauce can compare.

ABC7 has taken to asking a local Korean Restaurant in the Excelsior District about their Sriracha situation. To my surprise, their problem is with a surplus of the hot sauce rather than a shortage. This Korean Restaurant bought 75 bottles when prices were low and was having a difficult time deciding what to do with all this supply. Jungjin Lee from The Korean Store Bites and Vibes decided to give out a Sriracha with every purchase of their new Haemul

Jjim dish. They also added an additional deal of one free Sriracha bottle with every purchase of two premium soju bottles. With these giveaways, The Korean Store is able to promote their new dishes as well as other products.

Although this Korean Store was able to find good in an otherwise detrimental situation to the Asian community, the everyday consumer hasn't been so lucky. As a Chinese American who has lived in a household with Sriracha always readily available, I can confidently say it has taken a slight toll on how home-cooked meals are complimented. However, in my humble opinion, this Sriracha hysteria has been blown out of proportion. In spite of the fact that Sriracha

has its unique spice and flavor, this simple condiment should not be auctioned and bought for hundreds compared to its original low price. This unique hot sauce has made its name in the Asian community since the 1940s, yet I don't believe it's worth the money and energy people are willing to exert to find every last drop.

There has been an abundant amount of coverage on this shortage; however, I want to bring more light on the situation and a new outlook. Many sources simply state the facts about the shortage and almost encourage the insanity of it all, but the fact I want to bring to light is: Sriracha is a simple condiment. Although it's a well-known and beloved sauce that has been deeply



Brianne Yu

rooted in the community, many other brands are coming out with amazing alternatives that give consumers similar flavors. These other brands can be just as great; consumers just have to be willing to give them a chance.

New Stakes in the NBA

By: *Nicholas Low*
Opportunities for All Intern

For the first time in NBA history, the league announced a brand new In-Season Tournament that takes place from November 3rd to December 9th.

The tournament starts with "Group Play," which splits all 30 teams into 6 groups (3 East and 3 West) based on a random draw that was revealed on July 8th. Teams in each group play against each other one time, and the teams with the best records advance to the knockout round. Additionally, there is a runner-up wild card from each region, resulting in 8 teams in total. During the knockout round, games are single elimination, meaning

high stakes. Finally, the last four teams standing will go to Las Vegas to play out the rest of the tournament. The Semi-Finals and Championship will both be single-elimination games, and the first-ever NBA Cup winner will be unveiled.

West Group A : Memphis Grizzlies, Phoenix Suns, L.A. Lakers, Utah Jazz, and Portland Trail Blazers.

West Group B: Denver Nuggets, LA Clippers, New Orleans Pelicans, Dallas Mavericks, and Houston Rockets.

West Group C: Sacramento Kings, Golden State Warriors, Minnesota Timberwolves, Oklahoma City Thunder, and San Antonio Spurs

East Group A: Philadelphia 76ers, Cleveland Cavaliers,

Atlanta Hawks, Indiana Pacers, and Detroit Pistons

East Group B: Milwaukee Bucks, New York Knicks, Miami Heat, Washington Wizards, and Charlotte Hornets

East Group C: Boston Celtics, Brooklyn Nets, Toronto Raptors, Chicago Bulls, and Orlando Magic

Opinions on the in-season tournament vary among both players and fans. On one hand, some fans are excited about the league's innovative approach to increasing competition and incentives in the regular season. The tournament is believed to increase excitement and viewership during the first half of the NBA season, which seems promising. However, there are skeptics who view the tournament as lacking

significance and diverting attention from the ultimate goal of clinching the prestigious Larry O'Brien Trophy.

Notable figures like former NBA player JJ Redick and current player Gabe Vincent have expressed their reservations about the tournament. During a podcast, Vincent said, "In terms of the in-season tournament, it just doesn't resonate with me." He highlighted how the bonuses offered during the mid-season tournament actually surpass those given at the finals, leading to a situation where the tournament has higher incentives, shifting the focus away from the finals. Players who care deeply about winning a title like Vincent raise an important question: besides financial incentives, are there

any other significant perks for players? To truly incentivize players, the tournament should contribute more directly to the overarching goal of winning the NBA finals. Extra money cannot motivate all players, leaving skeptics concerned that teams may tank the tournament and preserve players' health through load management to ensure better results for the "real goal."

Overall, the league's new implementation of the tournament can go both ways. On one hand, it can improve retention and competition during the regular season, or it will fall flat due to players focusing on the playoffs. It will be interesting to see how the in-season tournament will affect players' legacies, and I



Nicholas Low

wonder if fans will take into consideration winning an NBA Cup when comparing players' accolades. The NBA has already implemented the play-in tournament that players and fans love, but now, is the in-season tournament the next step?

Ocean Gate Expedition vs Immigrant Boat

By: *Gabriela Tzaj Lopez*
Opportunities for All Intern

Ocean Gate was a diving company that provided customers with submersibles for tourism, research, and explorations. They became famous for offering customers a firsthand experience of the infamous Titanic.

Five passengers were set to board this exploration: Stockton Rush, Shahzada Dawood, his son Suleman Dawood, Hamish Harding, and Paul Henri. Each "ticket" cost about \$250,000, making it unaffordable for people of the middle class or below. On Sunday, June 18, at 8 am, the submarine began its journey with only about 96 hours of

oxygen, as it was supposed to resurface the same day. The trip was expected to take 8-10 hours, but at about 1 hour and 45 minutes in, the submarine lost contact with the surface. The search began for the missing submarine, and the clock was ticking as the oxygen supply was limited. Researchers estimated they had about 5 days until the 5 passengers ran out of oxygen. As time passed, people began to worry until, on June 21, researchers released a statement claiming that a Canadian aircraft had detected underwater noises within the search area. Unfortunately, this good news would be the last update on the submarine and the people in it. On June 22, OceanGate released a statement declaring that all

5 people were assumed dead.

About one week before, a boat carrying about 750 immigrants capsized, resulting in the deaths of most of the passengers. The boat was believed to be carrying immigrants in search of a better life from Pakistan, Syria, Egypt, and Palestine. Only 104 migrants were rescued, meaning that more than 600 were presumed dead. These people risked their lives for a better future in Europe, fleeing from their countries, but ended up facing disaster.

The significance of both of these events lies in the double standard present in our society. When these 5 millionaires were underwater, search teams, drones, and the U.S. Coast Guard were actively looking for them.

Their disappearance made global news, and daily reports were aired on whether the submarine had been found or not. In contrast, when it came to the situation of these immigrants, little to no attention was received. There was no mention in the news, let alone any help. It was even believed that the reason for the boat capsizing was due to Greek police intervention. The passengers on board claimed that if the Greek officials had not interfered and tried to make them go back, the boat would not have capsized. They believed that the intervention of the Greek officials caused the tragedy. For the millionaires, resources were used to search for them and their submarine, whereas for the immigrants,

the resources ended up worsening their situation. This is where the double standards come into play. Leaders and officials tend to prioritize efforts where there is money. In this case, search teams and the latest technology were utilized to search for the five men who happened to be millionaires. On the other hand, the immigrants were harassed instead of being helped because they were seen as invaders to the country they were trying to enter. Even former President Barack Obama had to address the situation. Obama stated that double standards were the reason why news and attention weren't brought to the immigrant situation. In the end, hundreds of people were killed due to a lack of



Gabriela Tzaj Lopez

help from professionals in one country, while in another country, people with money were immensely aided. This serves as a perfect example of the double standard, particularly when it comes to wealth. Money played a significant role, which is inherently unfair.

The International African American Museum Grand Opening To The Public

By: Logan Dang
Opportunities For All Intern

On Tuesday, June 27th of 2023, the International African American Museum (IAAM) opened to the public in Charleston, South Carolina at Gadsden's Wharf. The Museum sits at the forefront of around 45% Africans who arrived in the U.S between 1783 and 1808 and sold into slavery.

The Museum has been in works since 2000 after South Carolina's mayor, Joseph P. Riley Jr., proposes

that the city face its past by honoring the lives of African Americans and their history through a museum. The construction behind the IAAM was envisioned to be "floating" as it was aimed to be built on pillars to honor the site as "hallowed ground." Underneath the museum is a memorial garden free to the public and should also be incorporated in your visit.

The director of museum planning and operations, Joy Bivens, and his team decides that the role of IAAM would be to collect artifacts to speak to visitors. The museum offers 12 permanent exhibitions

including nine galleries, one Special Exhibitions Gallery that rotate between two to three annually, and an ongoing series of digital exhibitions with the help of Google Arts and Culture platform.

More regarding the Special Exhibitions Gallery includes a variety of immersion such as traveling shows, followed by historical and artistic displays. The first rotation that opens in the spring or summer of 2024 is sponsored by Michelin, titled Follow the North Star. It aims to explore the literal and figurative theme of mobility throughout African American history. At the core experience

of the permanent exhibitions, visitors will be able to explore more than 150 artifacts, 30 artworks, and digital works such as film and interactivities at nearly 50. A few themes include exploring African Roots, their journeys, the Atlantic Worlds and more.

Another notable offering for visitors is the Center for Family History, a research center aimed to assist individuals reconnect with their ancestry. The center also offers digital archives that contain marriage records, bible records, obituaries, and more. You may find more information at <https://iaamuseum.org/center->

for-family-history/

If planning to visit, please book your reservations at <https://iaamuseum.org>. Tickets costs are:

- adults: \$19.95
- Children under 6: Free
- Youth (6 to 16) \$9.95
- Seniors (62+) and Military with IDs: \$9.95

The IAAM also includes memberships providing four benefits:

- Unlimited general admission (reservations are required) for a year to galleries, gardens, and exhibits including access to



Logan Dang

the Center for Family History

Homelessness is A Big Problem

By Mateo Martinez
Opportunities For All Intern

Homelessness is a big problem in San Francisco. Every time we go outside, we can see at least one homeless person in the street, who may or may not be suffering because of this. Homelessness can occur due to various reasons such as a lack of job opportunities, layoffs, and skyrocketing rents that people may struggle to afford. Many homeless individuals in

San Francisco are minors under the age of 18, and there are also a significant number of veterans.

According to a 2022 article called the San Francisco Standard by David Sjostedt, published on Jun. 07, 2023, "Of the estimated 7,754 homeless people in the city, around 1,100 are under 18, and about 600 are veterans, according to the 2022 Point-in-Time Count. Around 35% of them have been homeless for at least a year or have repeatedly found themselves

without housing." This data highlights the magnitude of the issue, particularly concerning homeless minors who should not be without homes.

Homelessness not only poses risks to the well-being of individuals without homes, but it also impacts the overall conditions of the city. It can deter people from visiting the city and have a negative effect on the city's economic value. According to the McKenzie and Company public sector website's article "The ongoing crisis of homelessness in the

Bay Area: what's working, what's not" published on March 23rd, 2023, some reasons for the homelessness crisis in San Francisco include the inability of many individuals to secure a stable income and the prevalence of health conditions that hinder their ability to work.

Moreover, the high cost of living in San Francisco exacerbates the issue. According to zillow.com, the average cost of housing in San Francisco ranges from \$2,500 to \$3,500 per month. When

combined with expenses for food, electricity, and water, it becomes evident that it is not enough for individuals without decent-paying jobs. The average national salary in 2022, as stated on Sofi.com, is \$60,575, further highlighting the financial challenges faced by many.

Additionally, underage individuals face additional barriers as they require parental permission to work. In certain situations where home conditions are not favorable, these individuals may be

forced into homelessness without the ability to work and support themselves. This can lead to health issues and exacerbate their vulnerability.

In conclusion, homelessness is a significant issue not only in the United States but also in San Francisco. The lack of sufficient income, education, and health conditions contribute to the problem. It is crucial to address these underlying factors and provide support to combat homelessness in San Francisco.

The Negative Impact of COVID-19 on Mental Health

By: Samantha Xu
Opportunities For All Intern

The COVID-19 pandemic has been an unprecedented global crisis that has influenced virtually every aspect of our everyday lives. Apart from its catastrophic effect on physical health, the pandemic has also had an extreme impact on mental health. The necessary measures to control the spread of the disease, such as quarantine, social distancing, and lockdowns, have resulted in prolonged periods of isolation, fear, uncertainty, and disruptions to daily life. These factors have contributed to a rise in mental health issues. This piece of writing explores the various ways in which COVID-19 has negatively affected mental health and discusses the importance of

addressing these challenges.

The uncertainty surrounding the pandemic, coupled with the fear of contracting the virus or losing loved ones, has triggered an escalation of anxiety and stress among people. Individuals have been grappling with concerns related to their health, finances, job security, and the well-being of their family and friends. The constant bombardment of distressing news and the disruptions of daily routines have further contributed to a sense of unease, making it difficult for people to maintain a stable mental state.

One of the most significant factors contributing to the negative impact on mental health during the pandemic is the isolation and loneliness experienced by individuals. Social distancing measures and lockdowns have restricted

physical contact and reduced social interactions, leading to feelings of loneliness and detachment. The absence of face-to-face interactions and emotional support can contribute to the development or exacerbation of mental health issues such as depression and anxiety.

The pandemic has caused immense loss, including the death of loved ones, job loss, and the disruption of normal routines. Dealing with grief and mourning under challenging circumstances, such as limited funeral options or being unable to say goodbye properly, has had a significant impact on mental health.

The pandemic has disrupted the normal routines and activities that provide structure and a sense of purpose in people's lives. School closures, remote work arrangements, and limited access to recreational facilities

have left individuals without their usual outlets for stress relief and social interactions. This loss of normalcy can lead to feelings of frustration, boredom, and a general decline in mental well-being.

The combination of stress, isolation, and disrupted routines has contributed to a rise in substance abuse problems. People may turn to drugs or alcohol as a coping mechanism to alleviate their emotional distress, further increasing mental health issues. The consequences of substance abuse can be severe, leading to a cycle of addiction and worsening mental well-being.

The pandemic has significantly disrupted mental health services, compounding the negative impact on individuals. The overwhelmed healthcare systems have redirected resources toward combating the virus, leading

to a reduction in mental health resources and accessibility. Many individuals who require therapy, counseling, or psychiatric support have been unable to access these services, intensifying their mental health conditions and diminishing their coping mechanisms.

The COVID-19 pandemic has had a profound negative impact on mental health alongside the physical health crisis, affecting individuals of all ages and backgrounds. The combination of increased stress, isolation, grief and loss, disruptions to routine, increased drug use, and limited access to mental healthcare services have collectively contributed to a negative impact on people's well-being. As we navigate the aftermath of the pandemic, it is crucial to prioritize mental health support and



Samantha Xu

address the challenges faced by individuals and communities. By recognizing the importance of mental well-being and taking proactive steps to address the negative impact of the pandemic, we can collectively work towards supporting the recovery and resilience of individuals and communities worldwide.

HIGHRISE IN THE OUTER SUNSET

By: Brienne Yu
Opportunities For All Intern

A proposal by CH Planning has been submitted to construct a 55-story high-rise on 2700 Sloat Boulevard, sparking various opinions and issues within the city of San Francisco.

This residential skyscraper, reaching a height of 589 feet, is planned to have 712 housing units, with 115 units designated for low-income housing. Some sources, such as the SF Chronicle and ABC7, have pointed out that

the building does not comply with existing zoning laws. However, other sources like SF Examiner and SFYIMBY have reported that CH's proposal bypasses height restrictions by utilizing the state density bonus program, which allows developers to increase project density by 50% to encourage affordable housing construction. Additionally, CH has addressed base zoning regulations by designing the building with multiple towers at its base, a concept that hasn't been proposed before in San Francisco.

Despite the high demand for additional housing in the

city, residents hold differing opinions on the skyscraper. In a survey conducted among San Francisco residents, 60% expressed support for the high-rise, while 40% were against it and 1% were unsure. Many proponents believe that the building would help alleviate the housing crisis, while opponents argue that it would appear out of place in the outer sunset residential area. A neighborhood group called "STOP 2700 SLOAT BLVD" has launched a petition opposing a previous 12-story proposal for the skyscraper, aiming to preserve the integrity of the sunset

neighborhood. However, the new proposal seems likely to proceed despite these objections.

Personally, I share the concerns of residents who wish to maintain the character of the sunset district and are against the construction of such a towering skyscraper. I would recommend that developers explore alternative locations in the city that may be better suited for this type of building. However, I recognize the limited available space in San Francisco and the need to address the housing crisis. I understand why the city may consider approving

the developer's proposal. The decision regarding this residential skyscraper is undoubtedly challenging for the city and difficult for residents to accept.

I believe it is crucial to bring more attention to this topic and encourage discussions among San Francisco residents. The community should have a voice in such matters and be fully informed about the construction of these buildings in their beloved neighborhoods. This is not a small event, and my aim is to raise awareness and facilitate conversations



Brienne Yu

that empower individuals to voice their opinions and bring about changes within the community.

The First Black Owned Anime Studio

By Jaida Allen
Opportunities For All Intern

The name of the anime studio is D'art Shtajio. D'art Shtajio was founded in 2016 by Arthell Isom and his twin brother Darnell Isom. D'art Shtajio is located in Mezon Tokyo, Japan. Arthell Isom also studied at the Academy of Arts in San Francisco.

Arthell Isom is one of the first black people to create a major black-owned studio in Tokyo, Japan. Arthell grew up in a poor household in a poor community. At a young age, Arthell loved drawing, and he and his brother shared this

same passion. Arthell said, "Art was kind of an escape" when he was young. Arthell attended Rosa L. School Of Fine and Performing Arts High School and spent four years studying music and saxophone.

Arthell Isom is an anime creator. The anime series Arthell Isom created include "Star Wars: Visions" in 2021 and "Mfinda&Gintama" in 2010. Arthell also attempted to attend Production at Yoyogi, but unfortunately, it took many tries to get in because they didn't accept foreigners. Arthell left San Francisco to transfer to an animation school in Japan. Arthell wanted to change his company not only by making anime

but also by revolutionizing the Japanese anime industry through the introduction of Westernized elements of art and storytelling to the Japanese standard of animation.

Arthell began drawing due to his artistic influences. The first anime he watched was "Ghost in a Shell," and other anime he watched include "Last Exile," "Escaflowne," "Jin-Roh," "Ninja Scroll," and "Patlabor." All of these anime were directed by the same person except for "Escaflowne." The director's name was Hiromasa Ogura-san, and his art drew Arthell Isom into the world of anime art. Arthell said that when he was growing up, there

was always pen and paper, and he simply made art with his brother.

I love Arthell Isom's work because he is able to represent his own culture while appreciating another one. I am also a big fan of anime myself. One of the animes I watched that Arthell created was "Star Wars: Visions," and it was really good. The art and the design of the first episode were perfect.

Arthell Isom is a black artist, and he matters to our community because he stands out to black kids who are into anime. Black artists, in general, matter because they provide another way to share

our stories in a more creative way, a way that people will listen to. As I mentioned before, "Star Wars: Visions" was pretty good, and it is my favorite anime that Arthell created. Arthell makes me believe that anything can be done because he did what no one was even thinking about. It makes me feel that black people are capable of anything.

I would also like to talk about his brother, Darnell Isom. Darnell shared a passion for art with Arthell, and they both wanted to pursue art in the future. When they got older, the two of them created the one and only D'art Shtajio. Darnell and Arthell both worked on



Jaida Allen

background animation with "Studio Ogura Kobo." They contributed to the backgrounds of anime series like "Bleach," "Naruto," and "Black Butler."

What Are Possible Solutions To The Fentanyl Epidemic?

By Nicholas Low
Opportunities For All Intern

As more of San Francisco's population continues to partake in illicit drug use, the drug that is to blame for most overdoses is Fentanyl. The CDC acknowledges Fentanyl as "a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine." What was initially intended to be a painkiller for surgeries has turned into a heroin substitute, due to its relatively low price on the black market and high potency.

In December 2021, the problem got so bad that Mayor London Breed declared a

State of Emergency in the Tenderloin, which is where most overdoses happen. As of July 2023, data on overdoses state all the way to May 2023. This year alone, there have been 275 Fentanyl overdoses on record in the span of January 2023 - May 2023. From the data, we found that if the rate of overdose deaths stays on pace, San Francisco will have more overdose deaths than in the previous three years when the epidemic started to get increasingly worse.

There has been debate on what should be done to combat the epidemic with two different views from Mayor London Breed and previous District Attorney Chesa Boudin. Chesa Boudin

is known for his passive and relaxed approach to crime, while London Breed is taking a more active approach to crack down on dealers. She is taking steps to ensure law enforcement is more aggressive and changing policies for crime. With Chesa Boudin being recalled, a more direct approach has been adopted to face the Fentanyl epidemic.

"It's time that the reign of criminals who are destroying our city...come to an end. It comes to an end when we take the steps to be more aggressive with law enforcement...and less tolerant of all the bullsh*t." - London Breed

Recently, there have been large strides toward

tackling the Fentanyl crisis. California Governor Newsom has revealed his master plan and invested over \$1 billion dollars statewide to track down opioids, enforce the law, educate, and supply naloxone to combat opioid overdoses.

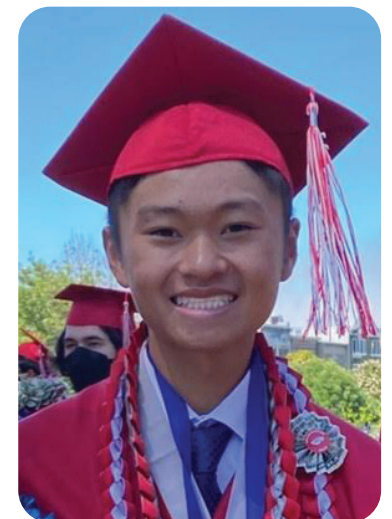
In April 2023, Governor Newsom announced an agreement between the California Highway Patrol (CHP), California National Guard (CalGuard), San Francisco Police Department (SFPD), California Department of Justice (CADOJ), and the San Francisco District Attorney's Office (SFDA) to form a collaborative operation.

"This agreement will lead to the formation of a new collaborative operation

between all four agencies focused on dismantling fentanyl trafficking and disrupting the supply of the deadly drug in the city by holding the operators of large-scale drug trafficking operations accountable."

In June 2023, Governor Newsom announced that within six weeks of the operation, the CHP confiscated over 4.2 kilos of fentanyl along with 957 grams of methamphetamine, 319 grams of cocaine, and 31 grams of heroin. This also meant that arrests were warranted for possession of illicit drugs.

Ending on an optimistic note, only time will tell how the city and state will end the fentanyl epidemic. With the



Nicholas Low

great news of confiscation and the operation tracking down opioid distribution, hopefully overdoses start to slow down and rescind. And maybe an aggressive approach to crime as well as allocating more resources to tracking opioids is the solution to ending the epidemic.

THE RISE OF PESO PLUMA

By Gabriela Tzaj Lopez
Opportunities For All Intern

Peso Pluma has emerged as one of the top-streamed artists on Spotify, gaining fame primarily through social media platforms like TikTok. His breakout hit song "PRC" catapulted him to stardom, and he has continued to rise in popularity ever since.

Born as Hassan Emilio Kabande Laija in Jalisco, Mexico, on June 15, 1999, Peso Pluma is now 24 years old. Not much information is available about his family, except that his father is of Lebanese descent and his

mother was born in Mexico. Peso Pluma is a multi-talented artist, excelling in singing, rapping, and playing the guitar. He specializes in various music genres such as Corridos, Reggaeton, Dembow, and Nortenas, showcasing his versatility and willingness to explore diverse styles. His interest in music expanded when he learned to play the guitar during his teenage years, which led him to focus on writing and singing Mexican corridos.

To grasp the magnitude of Peso Pluma's success, it's important to highlight that he surpassed records set by Bad Bunny, one of the biggest

Latin American artists with over 4.2 billion streams. Bad Bunny's album "Un Verano Sin Ti" was the top album of 2022 (Forbes). This achievement is significant because, between 2012 and 2022, Latin American artists claimed the top spot on the most streamed artist list 3 out of 10 times, with Bad Bunny being the artist each time. The rest of the spots were dominated by American and African American artists. Peso Pluma's rise to fame is crucial in representing Latin American artists and the Latin American community as a whole. He has gained significant recognition within

the Mexican community, particularly through his focus on corridos. His collaboration with Eslabon Armado, a famous Mexican band, resulted in the release of "Ella Baila Sola," the first regional Mexican song to reach the top 10 of the US Hot 100 Billboard. This accomplishment marked a historic moment for the inclusion of a fully Spanish song in the top 10. Social media played a role in promoting the song, with it amassing 4.2 million uses on TikTok and approximately 278 million views on YouTube.

Not only has Peso Pluma found inspiration in writing music, but he has also become

an inspiration for other young songwriters. He has helped aspiring artists achieve their dreams of success in the music industry. His accomplishments have brought attention to other artists within the same genre, as fans of Peso Pluma seek similar music and discover new talents. Collaborations with renowned artists such as Fuerza Regida, El Alfa, and Becky G have further expanded his fan base and allowed him to explore different genres, contributing to his growing fame.

Peso Pluma's notable achievements include:

Holding the record for the first regional Mexican



Gabriela Tzaj Lopez

song to reach the top 10 on the Hot 100 Billboard

Surpassing Bad Bunny's record for the most streamed artist

Having 5 tracks on the Billboard Hot 100

Ranking #5 on Spotify's Global Artists list

Racism Is A Big Problem That Needs To Be Stopped, And Here's Why

By: *Khloe Elmore*
Opportunities For All Intern

Definition of Racism: Racism is the negative judgment or mistreatment of individuals based on their race or ethnicity.

Why is Racism Bad: Racism is detrimental for several reasons:

1. It promotes unfair treatment by discriminating

against individuals based on their race or ethnicity.

2. It divides communities, leading to tension, conflict, and the breakdown of social cohesion.

3. It goes against the principles of equality and human rights by treating people differently solely based on their race or ethnicity.

How Racism makes me feel: Racism makes me feel

upset and hurt. I strongly believe that people should be judged based on their character, not their race or ethnicity. If we all embraced a mindset of judging individuals based on their qualities and actions, rather than their racial background, the world would be a fairer and more equal place. It deeply disturbs me to witness discrimination and mistreatment based on someone's race or ethnicity,

whether it happens to children or adults.

Example of Racism: Adrian, an African-American boy who recently joined a new middle school, finds himself without a place to sit during lunch. He approaches a group of students and asks Kevin, a white student, if he can sit with them. Unfortunately, Kevin refuses and explicitly states that he won't be friends with Adrian because of his race.

Adrian, feeling devastated, leaves the cafeteria in tears.

In conclusion, racism is a problem that results in unfair treatment, division among communities, and the violation of equality and human rights. It creates a toxic, unsafe, and violent world for everyone involved. It is essential for us to actively work towards eradicating racism and fostering a society that values inclusivity,



Khloe Elmore
 diversity, and respect for all individuals, regardless of their race or ethnicity.

WHY I ADMIRE BOB ROSS

By: *Sebastian Giron*
Opportunities for All Intern

Afamous person I admire is Bob Ross. He was an American painter, tv host and art instructor. Bob Ross was a charismatic, deep voice and at the same time had a relaxing voice he used as an art instructor to show viewers in PBS wet on wet oil painting technique lessons in 30 minutes.

Bob Ross inspired people to become interested in Art by exposing it and teaching people how to paint. Ross was born on October 4 1942 and

died on July 4 1995 his legacy lives on The joy of painting and people continue to watch it on his You Tube channel with more than 360 million views.

Bob Ross, often known for his trademark afro hair and serene demeanor, was more than just a TV personality. He served in the United States Air Force for over 20 years, retiring with the rank of Master Sergeant. During his time in the military, he developed his passion for painting and discovered the therapeutic effects of art. This experience would later influence his approach to

teaching art as a means of relaxation and stress relief.

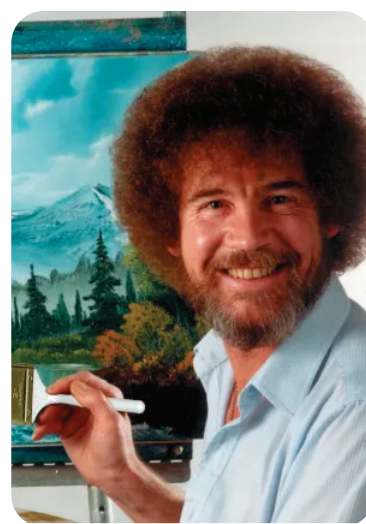
After leaving the military, Ross decided to pursue his artistic calling and started teaching others his unique style of landscape painting. One of the most distinctive aspects of Bob Ross's teaching style was his emphasis on happy accidents and embracing mistakes in art. He coined the famous phrase "happy little accidents" to encourage artists to adapt to unexpected outcomes in their paintings.

Ross believed that art should be a joyful and therapeutic experience, and he strived to

make it accessible to everyone, regardless of their skill level.

His popular TV show "The Joy of Painting" became a beloved fixture on public television, and his positive attitude and soothing presence endeared him to millions of viewers worldwide. Through his show and instructional materials, he not only taught painting techniques but also imparted life lessons about patience, creativity, and the importance of finding beauty in simplicity.

In addition to his instructional work, Bob Ross was also a prolific artist in his own right. He created



Bob Ross

thousands of paintings during his lifetime, many of which depicted serene landscapes, towering mountains, and tranquil lakes. His distinctive style, characterized by soft brushstrokes and a gentle color palette, made his artworks instantly recognizable.



Sebastian Giron

Despite his passing in 1995, his legacy continues to thrive through art workshops, exhibitions, and a devoted community of painters who continue to find inspiration in his techniques and philosophy.

WHO IS MILTON BOWENS?

By: *Jaida Allen*
Opportunities For All Intern

Milton Bowens is a black artist born in Oakland in 1967. As a kid, he was always doodling and scribbling on papers.

Milton was the 5th boy of 10 children in his household, with 5 sisters and 4 brothers. Milton is also an ex-military illustrator. After completing his duty, he returned to art and painting.

Milton marks his paintings as his own by adding "milton 510" to them. The number 510 represents his position as the

5th child out of 10. With 5 sisters and 4 brothers, Milton used to scribble in dictionaries as a child. Dictionaries were among the first books he wanted to read while learning. Milton's interest in art grew after his father's death. He turned to graffiti to make a name for himself, drawing on makeshift sketch pads made by his siblings when they got in trouble.

Formally, Milton began his career in his junior and senior years of high school. His interest in art ignited at the age of five. For the past 20 years, he has been creating powerful art. "Afro-Classical"

has been part of a study course on the Harlem Renaissance at Cornell University since 2009. In 2010, Mayor Kevin Johnson appointed Milton as the Arts and Education spokesperson.

Milton's paintings are collected by Michael Jordan, LeBron James, UC Davis, the Golden State Warriors, San Francisco 49ers, Sacramento Kings, and more. Some of his work was featured on the set of the show "Martin." His pieces can be found in universities and also serve as backdrops for Donna Brazil and Charles Barkley on Zoom calls from their homes.

Milton says, "I make art to educate and not just to decorate." He doesn't leave his work open for interpretation because he aims to document or draw attention to issues or aspects of history. Milton emphasizes, "My work is to inform, not just beautify." He wants his art to be seen by kids who have made questionable decisions, who find themselves in the juvenile justice system. He aims to convey that "we are not defined by one decision in life; we are defined by how we deal with that decision and move forward."

I asked Milton how he handles creative roadblocks



Milton Bowens

or self-doubt. He responded, "I don't. Milton started his art business with 4 people he was friends with in art school and has been successful for the past 20 years. David Bradford is also the reason why Milton is a professional artist. He recalls, "He befriended me,



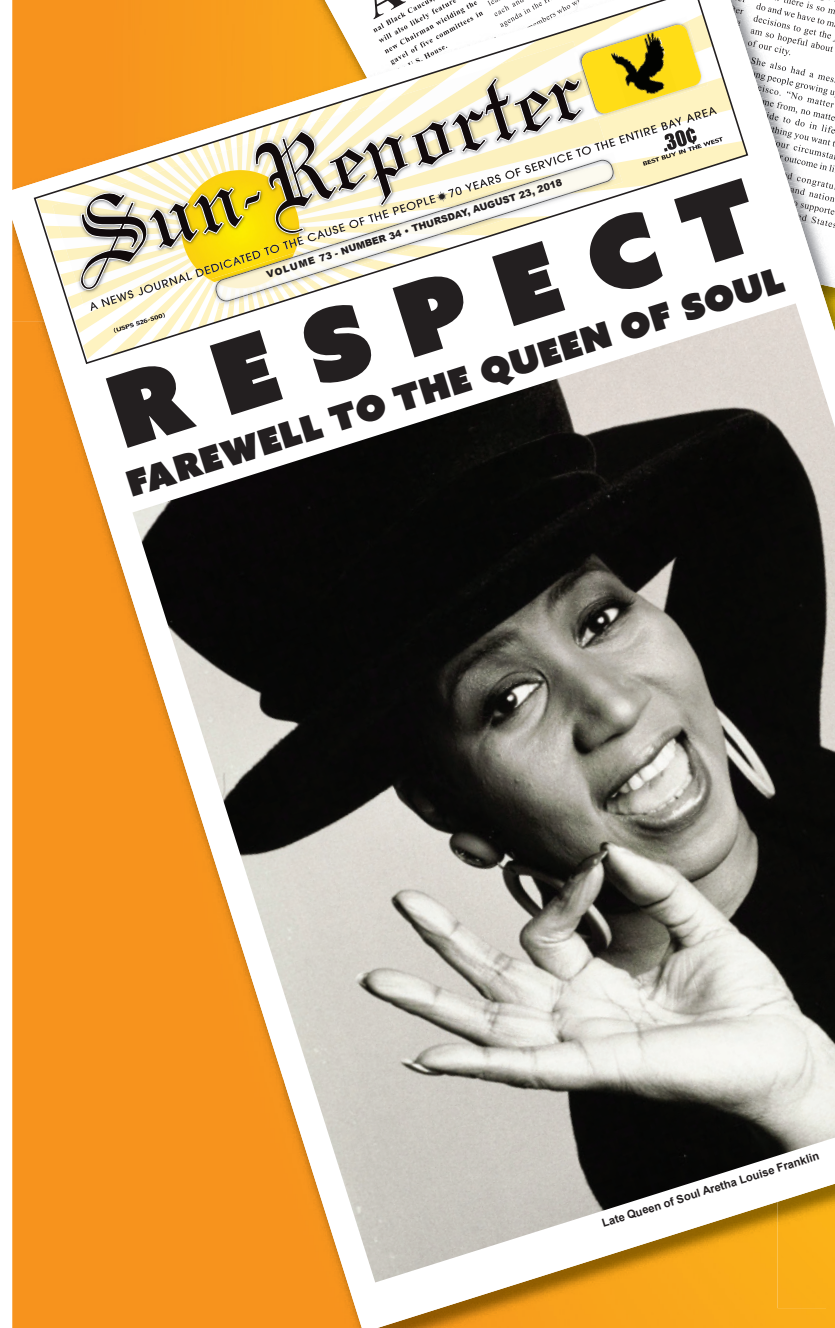
Jaida Allen

took me under his wing, and was a grown man in my life when I needed to see what a grown man looked like." Milton adds that "He wasn't just a role model as a stellar individual in the community; he was also an artist himself."

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