

COLLEGE OF THE CANYONS

Bloom: *Voices of the Spring* *Semester*

THE PAW PRINT

SPRING 2025



A Letter From The Editor

Dear reader,

Thank you for taking the time to read our 2025 spring edition of the Paw Print! I'm Ava, and this has been my first semester as the Vice President of Communications, where I usually manage the @ASG_COC social media (the amount of people who know me from our videos is very, VERY amusing!). In the beginning of the year, the initial thought of editing and eventually publishing several articles seemed incredibly daunting. However, helping out with the Paw Print throughout the semester has definitely taught me how to value collaboration with the other talented staff writers, graphic designers, and editors. They all have put in an immense amount effort and time out of their busy college schedules to create something that means so much to them. When reading these articles, I hope you all can learn something new about your community and especially the resources provided for you at College of the Canyons. My main goal that I had for myself when I started my position in student government was to keep students aware of all the opportunities that would benefit their academic and personal aspirations. I can only hope that this edition of the Paw Print can contribute to that. Ultimately, although I cannot fully express my gratitude in words (it would fill up the entirety of the Paw Print and more...) I hope you know how appreciative we all are for your time. Please enjoy!



Ava Hernandez
Vice President of
Communications &
Editor-in-Chief





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Meet The Pawprint Team!



Lucas Franke

Staff Editor

Hey Cougars! I hope you all had an amazing spring semester. I'm a political science major and will be transferring to UCLA in the fall, and I am super grateful I got to be a part of the Paw Print team. I have learned a lot while at COC and highly recommend that you get involved in as many activities as possible on campus. If you put yourself out there, then you are bound to meet people and form relationships that will last forever. I wish all of you the best of luck in your endeavors! Go cougars!



Shaz Ghias

Staff Writer

Hey Cougars! I hope you all had a wonderful Spring semester filled with growth, memories, and prosperity. I'm a business student at College of the Canyons, and I love telling a great story! This semester has been packed with highlights—from exciting campus events like Discover Day to enriching academic workshops, all of which brought our community closer together. I'm incredibly grateful to have been part of The Paw Print this year, creating pieces that celebrate different cultures, spotlight unique interests, and, most importantly, build meaningful friendships. Here's to bright futures and even better beginnings. Go Cougars!



Sienna Gonzalez

Staff Writer

Hello all! I'm Sienna Gonzalez, a first-year student here at COC majoring in filmmaking. I've always loved telling stories, whether it's through a camera lens, a journal, or just a conversation with friends. I have loved every second of being a part of The Paw Print this year and can't wait to share fun, inspiring, and creative content with you all!



Kaiwen Zheng
Graphic Designer



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believe that the way in which we take notes can truly affect the effectiveness of them.*

Ink vs Pixels: The Battle of Note-Taking

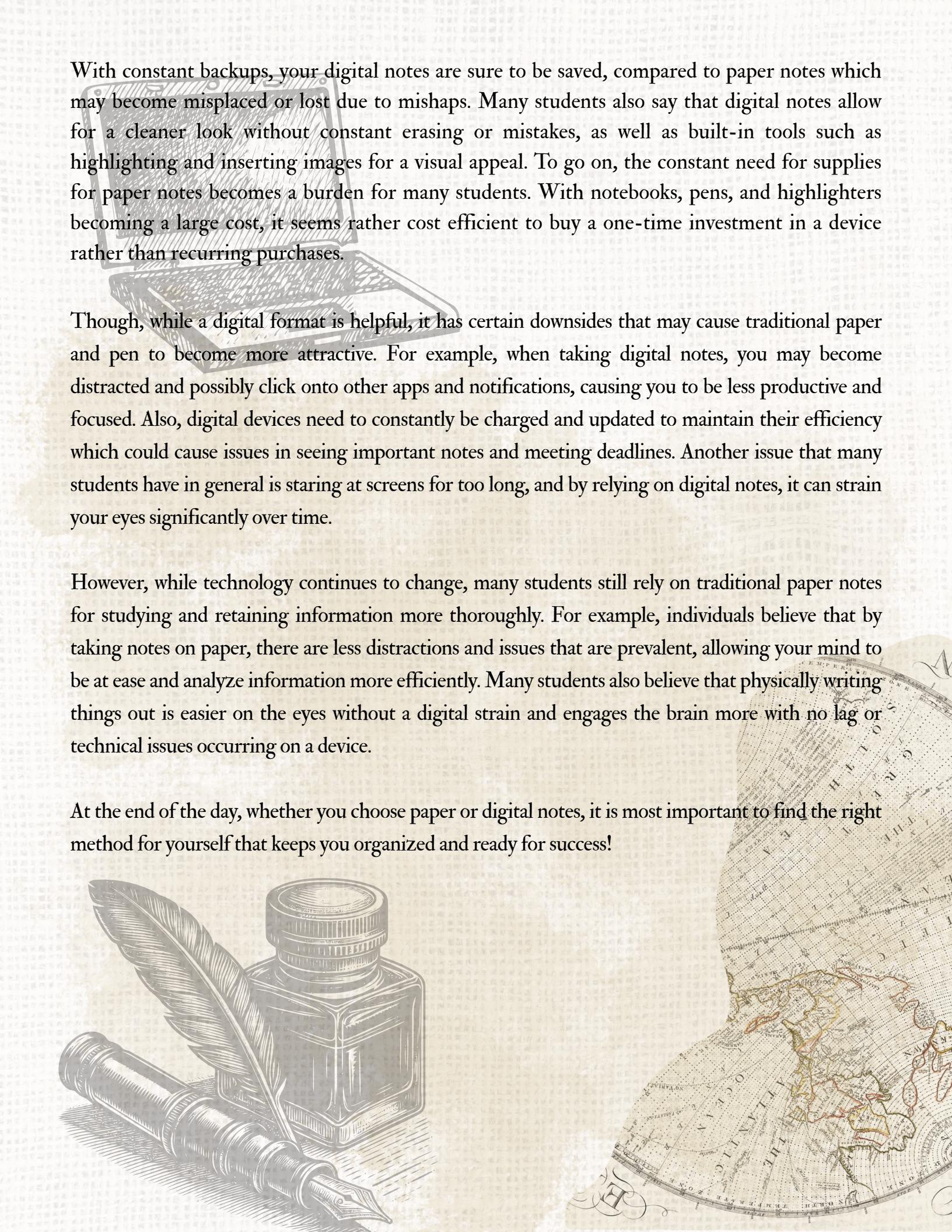
By Shaz Ghias

As students, we take tens to hundreds of notes per school year. But what is the most effective way to take notes and truly expand our knowledge? On a daily basis, we take notes to write down lecture material, organize key points, and even to prepare for exams. However, many people believe that the way in which we take notes can truly affect the effectiveness of them.



In 2025, thanks to advanced technology, we have the opportunity to use digital notes through a variety of products offered such as Apple's iPad and Apple Pencil, as well as Samsung's Galaxy Tab Series + S Pen. Though these new products are efficient, many individuals tend to stick to traditional pen and paper as it helps improve retention. But to see what the ultimate method is, let's go through the pros and cons!

For starters, with computers and tablets becoming more efficient, digital note taking has continued to rise with more advanced features and upgrades, making it easier than ever. The main attraction point for several digital note takers is the fact that it makes life simple. With easy access to the web for researching, and keeping everything organized in one place, there is no worry about losing notebooks or other materials.



With constant backups, your digital notes are sure to be saved, compared to paper notes which may become misplaced or lost due to mishaps. Many students also say that digital notes allow for a cleaner look without constant erasing or mistakes, as well as built-in tools such as highlighting and inserting images for a visual appeal. To go on, the constant need for supplies for paper notes becomes a burden for many students. With notebooks, pens, and highlighters becoming a large cost, it seems rather cost efficient to buy a one-time investment in a device rather than recurring purchases.

Though, while a digital format is helpful, it has certain downsides that may cause traditional paper and pen to become more attractive. For example, when taking digital notes, you may become distracted and possibly click onto other apps and notifications, causing you to be less productive and focused. Also, digital devices need to constantly be charged and updated to maintain their efficiency which could cause issues in seeing important notes and meeting deadlines. Another issue that many students have in general is staring at screens for too long, and by relying on digital notes, it can strain your eyes significantly over time.

However, while technology continues to change, many students still rely on traditional paper notes for studying and retaining information more thoroughly. For example, individuals believe that by taking notes on paper, there are less distractions and issues that are prevalent, allowing your mind to be at ease and analyze information more efficiently. Many students also believe that physically writing things out is easier on the eyes without a digital strain and engages the brain more with no lag or technical issues occurring on a device.

At the end of the day, whether you choose paper or digital notes, it is most important to find the right method for yourself that keeps you organized and ready for success!



2025 Grammy Awards Ceremony & other upcoming events

by Sienna Gonzalez

It is without a doubt that 2025 has already been filled with significant events just a few months into the year. The events that have occurred leading up to now have shaped the entertainment landscape in a major way. Here are some of the highlights of the year 2025 so far:

The 2025 Grammy Awards: A Night to Remember

The 66th Annual Grammy Awards, held on February 2, 2025, at the Crypto.com Arena in Los Angeles, was an evening of groundbreaking moments and unforgettable performances. One of the most talked-about victories was Taylor Swift winning Album of the Year for The Tortured Poets Department, making her the first artist to ever win this prestigious award five times. Swift, known for her lyrical storytelling and record-breaking tours, delivered an emotional acceptance speech that resonated with fans worldwide.



2024 Album of the Year winner, Beyoncé

22x Grammy winner, Kendrick Lamar



From Beyoncé's *Cowboy Carter* making history, winning her first Album Of The Year award and becoming the first Black woman to ever take home a golden gramophone in the Best Country Album, to Kendrick Lamar's "Not Like Us" sweeping in all five categories he was nominated in, the 2025 GRAMMYS were a monumental show that showcases why GRAMMY Sunday is Music's Biggest Night. Aside from notable award wins, electrifying performances from artists like DoeChii and Chappell Roan rattled Crypto.com Arena and entirely transformed the energy in the room." (Nina Frazier 1)

Super Bowl Halftime Show: Kendrick Lamar vs. The System

Another event that has been on everyone's feed was the Super Bowl Halftime Show starring Kendrick Lamar, featuring SZA and Samuel L. Jackson. The entire event was a dramatic and musical storytelling of the wrongful treatment toward African Americans and signaled a revolution. Before the show, there was a lot of speculation as to what would happen during Lamar's performance and whether or not he would perform his award-winning song *Not Like Us*. During the show many fans were quick to notice the many uses of symbolism



throughout the show. Now, whether the symbolism Lamar used during his performance is accurate or not, he definitely told a story.



Close contenders include Brady Corbet's *The Brute* and the highly anticipated adaptation of *Wicked*, each securing 10 nominations. Sean Baker's *Anora* has also garnered significant attention with six nominations.

A notable highlight this year is Timothée Chalamet, who, at 29, has become the youngest actor since James Dean in 1957 to receive multiple nominations in a single year. Chalamet is recognized for his

leading role in James Mangold's *A Complete Unknown* and has also earned a nod for Best Original Screenplay for the same film. On March 2, 2025, Conan O'Brien marked his first appearance as an Oscars host. Attendees can look forward to a special performance by Ariana Grande and Cynthia Erivo, who brought a piece of *Wicked* to the stage, offering audiences a glimpse into the magic of the beloved musical's film adaptation.

Oscars

As the 97th Annual Academy Awards approach, anticipation is building for a ceremony filled with historic milestones and remarkable achievements. Leading the nominations is Jacques Audiard's *Emilia Pérez*, which has made history as the most-nominated non-English language film with 13 nods.

BTS: How Campus Events Are Organized

by Sienna Gonzalez

Interviews: Taha Saiyed

Can you introduce yourself and your role in the Associated Student Government (ASG)?

I'm Taha, I am an activities director, I help plan activities on both the Valencia and Canyon Country campus.

What is ASG's main goal when it comes to organizing campus events?

The main goal is to get student engagement and create events that get students to be more involved on campus and bring people together

How does ASG collaborate with other campus organizations or departments for events?

In the past we've collaborated with other clubs to try and promote our events if the club coincides with the values of the event.

How does the process of planning an event typically start?

We look into upcoming national holidays and use them as inspiration for our events. For example the first event that I organized was for National Donut Day and I began organizing this event by first looking up upcoming national holidays and felt inspired by National Donut Day and set up our event to pass out free donuts, there was a lot of student interaction with this event and I was happy that the event was a success.

What challenges do you often face when planning events, and how do you overcome them?

Sometimes the timing of events can be a challenge, like for example the last event I did was for International Women's Day where we passed out free flowers and cookies to women. The timing of certain events is super important like we have to calculate what time of day will have the most food traffic on campus and oftentimes we have to work around that. When it comes to planning these events we just really have to calculate the adequate amount of supplies or materials needed so we don't run out.



How do you ensure student engagement and high attendance at these events?

Promotion plays a big role in calculating student engagement. We have an amazing social media team that makes flyers and posts them on our instagram.

How do social media and other online platforms play a role in event marketing?

We use our social media platforms to spread awareness of our events.

What has been one of the most successful events ASG has organized, and what made it stand out?

We had an interactive event where we asked students to write down their favorite song on a poster just to engage with our class and see what was popular at the time, it was one of the first events I was able to get involved in and it was really cool to see how engaged people were and how popular this event became.

Upcoming events?

An event that is currently in the works is a possible hot chocolate bar....



Ana Perez

Can you introduce yourself and your role in the Associated Student Government (ASG)?

I'm Ana Perez, and I am a part of the Activities Team at the Canyon Country campus.

What is ASG's main goal when it comes to organizing campus events?

Our main goal is to bring a community together where we host events that will be overall inviting while bringing up school spirit!

How does the process of planning an event typically start?

We try to look into National Holidays and important months and base our activities off of that to bring the community together.



What challenges do you often face when planning events, and how do you overcome them?

Time management is my biggest challenge due to my busy schedule. I work on campus at the volunteer bureau while I'm also taking in person classes. It can be difficult at times to maintain a balanced schedule, but it is something I'm learning to do each day.

Do you collect feedback from students? If so, how does that shit future events?

To gain more feedback we highly recommend using our suggestion box all are welcome to submit ideas

What has been one of the most successful events ASG has organized, and what made it stand out?

International women's day was one of our most successful days.. Giving our flowers and cookies

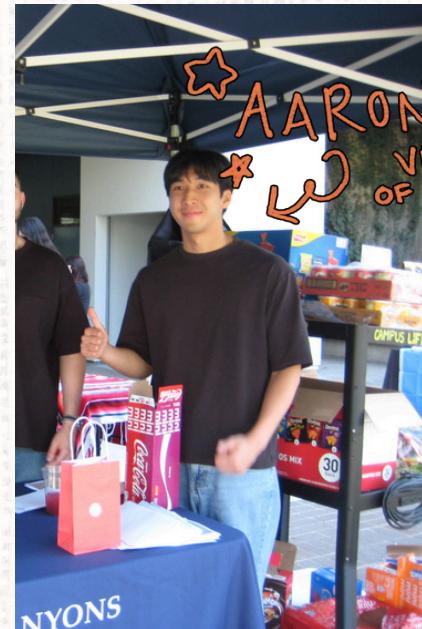
Aaron Lin

Can you introduce yourself and your role in ASG?

My name is Aaron Lin, and I serve as the Vice President of Activities in ASG. I oversee events across both the Valencia and Canyon Country campuses, working closely with the activities board directors to plan, organize, and execute engaging and meaningful events.

What is ASG's main goal when it comes to organizing campus events?

We strive to create events that are both educational and entertaining. Our goal is to bring vitality and diversity to the campus. We hope the events serve as a supportive force for students to connect, engage, and unwind—helping them relax while staying focused on achieving academic excellence.



What are the key roles and responsibilities within ASG when executing an event?

Making sure that the activities align with the student's interest and needs, creating enjoyable and relaxing events for them. How do you ensure student engagement in high attendance at events? We typically schedule events around noon, between 11:00 AM and 1:00 PM, in high-traffic areas to maximize visibility. At the Valencia Campus, the flagpole is the prime location, while at the Canyon Country Campus, events are best held at the upper plaza. Additionally, we ensure ample time for promotion to increase event reach and exposure and ultimately boost attendance and engagement.



What strategies does ASG use to promote events on campus?

We actively utilize ASG's Social Media Spotlight Request form, which is accessible to everyone, not just ASG members. By submitting the form along with an event flyer or relevant information, your event can be featured on ASG's Instagram. It helps to increase the exposure of the event. Additionally, word-of-mouth promotion is another powerful tool for spreading the word and attracting more students is extremely helpful. Sometimes, all it takes is one student to bring many others to your event.

Have there been any creative or unique promotional tactics that work particularly well?

Food! Everyone loves it, and it's undeniably one of the most effective ways to attract students and boost engagement at events. However, beyond just food, providing students with a platform to express themselves is equally important. I've noticed that participation increases significantly when events allow students to showcase their interests and creativity—whether it's sharing their favorite music on a board to be played aloud on campus or engaging in other interactive activities.

Do you collect feedback from students? If so, how does that shit future events?

Yes! Our events are designed specifically for students, and we highly value their feedback. We actively listen to student input and use it to shape future events, ensuring they align with student interests and needs. Your voice matters to us, and we strive to create experiences that are engaging, meaningful, and enjoyable for everyone!

Are there any upcoming events students should be excited about?

Yes! Multicultural Day will take place on April 21st from 1:00 to 3:00 PM. It is one of the biggest events on campus, hosted annually by ASG to celebrate diversity. This event offers a unique opportunity to explore and appreciate different cultures through engaging showcases, interactive experiences, and educational activities. Join us on this journey to broaden your cultural perspective while enjoying a variety of delicious cultural foods!

How do you see campus events evolving in the future?

Over the years, ASG has increasingly collaborated with various departments, including the Intercultural Center (ICC), International Services & Programs (ISP), and numerous student alliances. We look forward to even more collaborative events that amplify diverse perspectives and bring us one step closer to achieving equity on campus.

What advice would you give to students who want to get involved in planning events or join ASG?

If you're looking to make a meaningful impact on campus and build a strong connection with the COC community, ASG is the perfect place for you! Join us and collaborate with passionate leaders and fellow members who share the same vision. Connect, learn, and grow as you make a difference!



Crescent & Commitment

By Shaz Ghias

As the crescent moon marks the beginning of Ramadan, millions of Muslims worldwide partake in the month-long journey of fasting, prayer, and reflection. This year, in 2025, Ramadan takes place from March 1st to March 29th, with Eid on March 30th. For many members of College of the Canyons, Ramadan becomes not only a sacred time for self evaluation, but also an opportunity to understand and support those who are participating in this religious practice.

Ramadan,

which is the ninth month of the Islamic lunar calendar, is usually viewed as the period of fasting from dawn to sunset. This takes place every year and honors the month in which the Quran was revealed to Prophet Muhammad. In the fast, there consists of the pre-dawn meal, suhoor, and the breaking of the fast at sunset, known as iftar. Muslims must refrain from eating, drinking, or any other physical needs during the daylight in an attempt to purify and discipline oneself (and yes that means water too).



While Ramadan causes one to abstain from food and drink, there are other activities to partake in including additional prayers, reading the Quran, and doing charity. Charity, also known as zakat, is a evident part of Islam, where many donate to those in need as an act of kindness. The sense of community is also especially strong during Ramadan with constant activities and events such as community iftar,

scholar speaker programs, and a special nightly prayer called Taraweeh. There is also a festival that takes place on the eve of Eid and one local mosque that annually partakes in the festival is the Unity Center of Santa Clarita, one of the community's beloved mosques that is welcome to all. During this festival there are a variety of games, food, clothing, and henna stalls that are open to everyone and a strong feeling of community as we celebrate the end of another Ramadan. Don't forget, the majority of the proceeds that each stall makes will be donated to the mosque

For Muslim students at COC, creating a balance of academics and fasting may become challenging with large course loads, odd class times, and long study hours and exams. However, it can ultimately be rewarding as well, with spiritual growth and self discipline. With both faculty and peers supporting one another by acknowledging the holy month of Ramadan, it will lead to a positive environment that is mindful of student needs and embraces inclusivity for all.



Shaz - Our
Staff Writer



other ASB
members together
on Eid!



Sip Into Spring

By Lucas Francke

When it comes to the Spring season, many people look forward to the different seasonal drink items that our favorite food places have to offer. Whether it is going for a treat after class, getting a fun beverage with your friend, or just wanting to try the newest social media trend, people every Spring season look forward to trying these unique beverages. Seasonal drinks help businesses as they attract people in, and more people look forward to coming to the restaurant to try these seasonal goodies. People can often get bored with the normal menu, so adding seasonal items allows people to try something new and unique. Here are a few popular Spring seasonal items that you may or may not have heard of before:

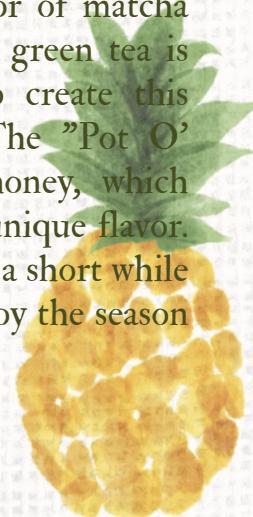
McDonald's Shamrock Shake:

A popular seasonal treat, the McDonald's Shamrock Shake returns each Spring, typically around St. Patrick's Day. A smooth vanilla base is combined with mint-flavored syrup to create this minty, creamy milkshake, which is then garnished with whipped cream and a maraschino cherry. Fans of mint flavored desserts will find it to be a fun and refreshing option because of its vivid green color, which gives it a festive, St. Patrick's Day vibe. Because of its cool, decadent flavor, the Shamrock Shake has become a fan favorite, and many people look forward to its annual return.



Peet's Coffee Pot O'Gold Iced Matcha Latte

A vibrant, seasonal beverage, the Peet's Coffee Pot O' Gold Iced Matcha Latte blends the earthy, rich flavor of matcha with a smooth, creamy finish. Premium matcha green tea is skillfully combined with cold milk and ice to create this delightfully cool and subtly sweet beverage. The "Pot O' Gold" twist is created by a hint of golden honey, which naturally sweetens the matcha and enhances its unique flavor. This iced matcha latte, which is only available for a short while in the spring, is a tasty and refreshing way to enjoy the season with a little indulgence.



Starbucks Iced Cherry Chai

A tasty and refreshing blend of spiced chai and sweet cherry, the Starbucks Iced Cherry Chai is a seasonal take on the traditional chai latte. The fruity cherry syrup and strong, fragrant flavors of chai tea are combined in this iced beverage, which is finished with cold milk and ice for a cool, creamy finish. The end effect is a distinctive harmony of tart cherry and warming spices, which makes it the ideal beverage for anyone seeking a bright and cool springtime treat. Available for a limited time, the Iced Cherry Chai is a fun and exciting way to enjoy the comforting flavors of chai with a fruity, seasonal flair.

Dutch Bros Poppin' Boba Hyperchrome Rebel (Blue Raz)

The Dutch Bros Poppin' Boba Hyperchrome Rebel (Blue Raz) is a fun and vibrant drink that combines the bold flavor of blue raspberry with the excitement of popping boba. This blue raspberry Rebel-based frozen energy drink is blended with ice for an icy, cold texture and topped off with popping' boba that bursts with sweet fruit flavor every sip. Including these colorful, fun bubbles in the drink adds a playful element, and it is a favorite among consumers who desire a sweet, refreshing pick-me-up with a bit of excitement. Perfect for spring, the Poppin' Boba Hyperchrome Rebel is a photo-worthy, flavor-rich way to add some spice to your day.



Drawings
by
Kaiwen Zheng

Global Warming Update & Concerning New Policies

by Sienna Gonzalez

As the climate crisis continues to dominate global discussions, recent policies introduced by President Donald Trump have raised concerns about exacerbating global warming and endangering national forests. The administration's moves indicate a significant shift in environmental policy, prioritizing industrial expansion over conservation efforts.



Impact on Global Warming

One of the administration's most controversial decisions has been the withdrawal of the United States from the Paris Climate Agreement, signaling a retreat from international climate commitments. This move has sparked criticism from environmental advocates and world leaders, as the agreement was designed to unite global efforts in reducing greenhouse gas emissions. (The Guardian)

Threats to National Forests

Accelerated Development in Protected Areas

The administration has introduced an "emergency" permit designation to expedite infrastructure projects in national forests, leading to increased logging and energy development without thorough environmental assessments. Conservationists argue that such actions threaten biodiversity and disrupt natural ecosystems. (The Guardian)



A Shift in Priorities

These policy decisions suggest a move towards prioritizing industrial and energy development over environmental conservation. The potential consequences include rising global temperatures, increased deforestation, and weakened climate resilience. With the growing urgency of climate action, many environmental groups and concerned citizens are advocating for stronger policies to protect natural resources and combat global warming. ([Time](#))

For students and faculty at College of the Canyons, staying informed about these policy shifts is essential. The future of environmental conservation depends on public awareness and engagement in advocating for sustainable policies.



Polar Bear spotted on melting ice



Spring Break: LA Edition

By Shaz Ghias

As spring break arrives, the culturally rich city of Los Angeles becomes a playground with gorgeous views, restaurants, and attractions that define LA. From the scenic views of Downtown Los Angeles, to the light breeze surrounding Santa Monica Beach, there are places for everyone that are perfect for Spring Break. Here are the top five places to visit that you may not know about!

Huntington Library:

The Huntington Library, a hidden gem set in the heart of Pasadena, is an oasis that offers more than just thousands of books. It's a peaceful retreat where many go to explore the 120 acres of themed botanical gardens. There are several themed gardens such as the Japanese Garden with koi ponds, the



Inside view of Huntington Library

Desert Garden filled with cacti, the Chinese Garden surrounded by pavilions, and more. Inside the three art galleries (European Art, American Art, and Rotating Exhibitions), there are iconic paintings, sculptures, photographs, and even whole collections of invaluable work as well. With stunning gardens and mesmerizing history, what else could you ask for?



Japanese Gardens



L'Amour Captif de la Jeunesse

Eaton Canyon:

Eaton Canyon is the perfect place to hike and explore, offering many paths including rocky crossings, spaces filled with wildflowers, and the most mesmerizing 40 foot waterfall. This waterfall is truly the cherry on top of this trail, making it one of Los Angeles' most visited attractions. This trail is located in Pasadena and the entire trail is around 3.5 miles total, offering a peaceful getaway that is enticing and allows visitors to have a swim and admire the natural beauty that surrounds Los Angeles. Don't forget, bring your camera! (It's most definitely Instagrammable).



Eaton Canyon Waterfall



Cherry Blossom Festival:

As spring arrives, the city of Los Angeles comes alive with the beauty of cherry blossoms! Each year, the blooming of these flowers are celebrated. For 2025, the Cherry Blossom Festival is being celebrated from April 12-13 at Barnes Park, and is hosted by The Cherry Blossom Committee and the City of Monterey Park. The entry to the annual festival is free, with traditional dancing, drum performances, ceremonies, and a vast amount of Asian-inspired foods. This event is perfect for family and friend gatherings, kids of all ages, and it is one of the most celebrated festivals yearly in all of Los Angeles!

<https://www.montereypark.ca.gov/673/Cherry-Blossom-Festival>



Petersen Automotive Museum:

If you're in love with cars, you'll definitely fall in love with this place! Located on Wilshire Boulevard, a showcase of 300 cars are on display, ranging from classics to futuristic concept cars. The museum also has The Vault which houses some of the most historic and rare cars from movies, celebrity owned vehicles, and multimillion dollar 1 of 1 cars. Visitors are able to see the history of the automotive industry and even experience the Forza Motorsport Experience where you can race in a driving simulator! The tickets start at \$19 for adults and \$12 for students. Overall, this is a fun and interactive experience that is worth visiting over spring break.

<https://www.petersen.org>

Aquarium of the Pacific:

If you're looking for a fun and educational experience over spring break, this might just be the one. The Aquarium of the Pacific in Long Beach is filled with over 12,000 marine animals, from sea otters, to sharks, and even colorful coral in the exhibitions. The most famous attractions are the shark lagoon and touch pools where you can feel bat rays, sea stars, and sea cucumbers. As a kid, I remember always having the best time when visiting this aquarium with all the interactive experiences and different galleries of seahorses and clownfish. Tickets cost \$44.95 for adults and students and children are \$34.95. Overall, whether you want to learn about marine life, or touch a stingray, the Aquarium of the Pacific is a great visit!



Inside of the Aquarium



<https://www.aquariumofpacific.org/>

Earth Day

By Sienna Gonzalez

Earth Day started in 1970 as a powerful call to action, the goal was to unite millions to demand environmental reforms. The movement led to groundbreaking policies like the Clean Air Act and the Clean Water Act, proving that collective action could drive real change. However, in recent years, the original message of Earth Day has been overshadowed by commercialization and superficial gestures. What was once a day of activism has increasingly become a marketing opportunity for corporations looking to profit off eco-conscious consumers.



Earth Day should not be about one day of symbolic action but rather a renewed commitment to sustainability every day. Instead of allowing corporations to dictate how we observe it, we must reclaim Earth Day as a day of genuine activism and accountability. By shifting our focus from consumerism to action, we can honor the original intent of Earth Day and take meaningful steps to protect our planet for future generations.



Many companies now use Earth Day as a marketing tactic. Fast fashion brands promote “sustainable” clothing lines while continuing environmentally destructive practices. Businesses sell reusable water bottles, tote bags, and eco-friendly packaging, yet rarely address the root problem: overconsumption. This commodification of Earth Day shifts the focus from systemic change to individual purchasing choices, making people feel like they are helping simply by buying something labeled as “green.”



How We Can Truly Help This Earth Day ?

To return to the true spirit of Earth Day, we must go beyond performative actions and engage in meaningful activism. Here's how:

Advocate for Policy Change –

Contact local representatives to support legislation that protects forests, limits carbon emissions, and promotes renewable energy. Attend city council meetings or sign petitions for environmental policies.

Reduce, Reuse, and Resist Overconsumption –

Instead of buying “eco-friendly” products from corporations, focus on reducing waste. Repair items, swap clothes with friends, or repurpose old materials before purchasing new



Educate and Spread Awareness –

Use social media to share resources, but also engage in real conversations. Encourage friends and family to take part in Earth Day activities that promote long-term environmental responsibility.

Plant Trees and Restore Natural Habitats –

Join reforestation efforts, support conservation organizations, or plant native species in your community to enhance biodiversity and combat climate change.

Participate in Community Cleanups – Organize or join local cleanup events in parks, beaches, and neighborhoods. Removing waste from natural spaces has a direct and positive impact on the environment.

Support Sustainable Businesses, Ethical Brands – If you *must* buy something, choose companies that are genuinely committed to sustainability, use ethical sourcing, and minimize waste.



Ending The Stigma Around Mental Health

By: Lucas Francke

Whether it is stressing over grades, worrying about college decisions, or having anxiety about everyday life, students battle challenges all the time. Prioritizing your mental health is essential to a balanced life. Spring, a season known for renewal, growth, and transformation, offers the perfect opportunity to address one of the most pressing issues of our time, the stigma surrounding mental health. Despite growing awareness, many people still feel ashamed or isolated when dealing with mental health challenges. Understanding practical steps to break down those barriers, encouraging open conversations, supporting mental health resources, and fostering a compassionate community especially during the vibrant and hopeful spring months all help with a happier and healthier mind.

Let's talk to some Cougars about how they take care of their mental health during the Spring season!



Hunter Dustin:

Everyday that I wake up, I like to meditate and relax and in order to take care of my brain. I don't really like to go on my phone for a few hours of the day, as I like to take this time to just reflect with myself. Sometimes I read, but I have not done that for a while because I become more stressed about making sure to read then actually getting to enjoy it. COC has a lot of great mental health resources that I like to use. During the immersion day, I was able to become aware of all these resources and I recommend people go to it to learn a lot of information. I think people do not understand how important mental health is, as fighting challenges against yourself is super difficult. I think as a society we need to become more accepting of everyone and understanding of people battling mental health issues.



Jacob Stokes:

Honestly, balancing mental health in college has been a learning process for me. At first, I used to just push through stress, thinking I could handle everything on my own, but that only led to burnout. Now I try to be more intentional with my time. I keep a planner to organize my workload so I don't procrastinate (too much), and I make sure to schedule in things that make me happy whether that's a walk with just me and my thoughts, grabbing coffee with friends, or just watching a show to relax. I've also started setting boundaries, which has been a game changer for me. If I'm mentally drained, I'll say no to plans or take a break from studying instead of forcing myself to keep going. Therapy has also helped me a lot, and I remind myself that I don't have to have everything figured out right now. Some days are harder than others, but I've learned that taking care of my mental health isn't selfish and that it really is necessary.



Sierra Young:

Balancing mental health in college is honestly a challenge, but I've learned that small habits make a huge difference. I try to keep a routine nothing too strict, but enough to give my days some structure. Sleep is a big one for me cause if I don't get enough, everything feels ten times harder. I also make time for things that help me reset, like going to the gym, journaling, or just hanging out with friends without the pressure of schoolwork. I've realized that asking for help isn't a weakness, whether it's talking to a professor when I'm overwhelmed or venting to a friend. There are weeks when everything piles up, and it's easy to spiral, but taking breaks and reminding myself that one bad day doesn't define me helps a lot. It's all about balance and some days I'm super productive, and other days I just need to rest, and that's okay.



Spring into Summer

by Sienna Gonzalez

As we move further into 2025, pop culture shows no signs of slowing down. With Coachella, the Met Gala, and highly anticipated album releases from artists like Rihanna and Harry Styles, fans can expect another thrilling year in entertainment.

Some upcoming events to highlight this summer:

- The Hollywood Roosevelt Hotel will host a poolside screening of some local favorite films featuring the beautiful city itself, ticket prices are about \$12, and all proceeds from sales will go toward wildfire relief efforts. Towels, blankets and heaters will be provided on a first-come, first-served basis. Find the series running every Thursday night through the end of June.



- On the first Friday of every month from March through June, the **Natural History Museum** comes alive after hours with music, art, and science! Presented by KCRW, this all-ages event features live musical performances, DJ sets, art installations, guided museum tours, and expert-led talks in the new NHM Commons. This year's theme, "AMPLIFIED," celebrates the power of sound and music. Check the museum's website for advance tickets and lineup updates, and don't miss this unique fusion of entertainment and education!



- Calling all nature lovers! Celebrate spring with a visit to the **Natural History Museum's Butterfly Pavilion**, open from March 23 to August 24. This seasonal outdoor exhibit offers a chance to walk among hundreds of butterflies from up to 30 different species, alongside a variety of California plants. Perfect for all ages, this immersive experience lets you get up close to nature, with butterflies even landing on your arms or shoulders. For the best chance to see them in action, visit between 10am and 11am, when they're most active. Don't miss this magical opportunity to witness these beautiful creatures up close!



- The **Rose Bowl Flea Market** is perhaps the LA area's most iconic flea market, this event around the exterior of the Rose Bowl is huge. The sheer size and scale of this flea market entails that it contains a wide variety of all kinds of merchandise, ranging from art, to vintage tees, to records, this flea market has it all.



- **Street Food Cinema** brings the ultimate dinner and a movie experience to L.A. this spring, summer, and fall! This outdoor event series combines fan-favorite movie screenings, live music from local bands, and a lineup of gourmet food trucks for a night of entertainment under the stars. Held at different venues across L.A. each week, some locations are even dog-friendly, so your four-legged movie buff can tag along. Be sure to check the schedule and catch one of the season's best outdoor movie nights!



Ticket Prices:

Adults: \$44

Seniors (62+) & Military: \$39

Kids (5-12): \$22

Kids 4 & under: Free (because even tiny peasants deserve some fun)

Season Pass: \$250 (for the true Ren Faire enthusiast)

Parking will set you back \$12, or \$25 if you prefer the VIP treatment (because why should knights have all the luxury?). Ready thy coin purse and prepare for merriment!

- **Locals Night on the Santa Monica Pier** Every third Thursday from September to May, you'll find everything from live music to storytelling to a classic car show on the Santa Monica Pier, all free to attend.



• Hear ye, hear ye! Dust off your finest Renaissance garb and mark your calendars—the oldest Ren Faire in the country is making its grand return! Spanning 20 acres of Elizabethan-themed fun in **Irwindale**, the **Renaissance Pleasure Faire** is packed with entertainment fit for a queen (literally—you can have tea with her). Expect thrilling jousting tournaments, captivating stage performances, whimsical rides, lively games, and, of course, plenty of food and ale to keep your spirits high. The festivities will take place every Saturday and Sunday from April 5 to May 18, 2025, at the Santa Fe Dam Recreation Area. Be sure to grab your tickets in advance from the ye olde online box office.

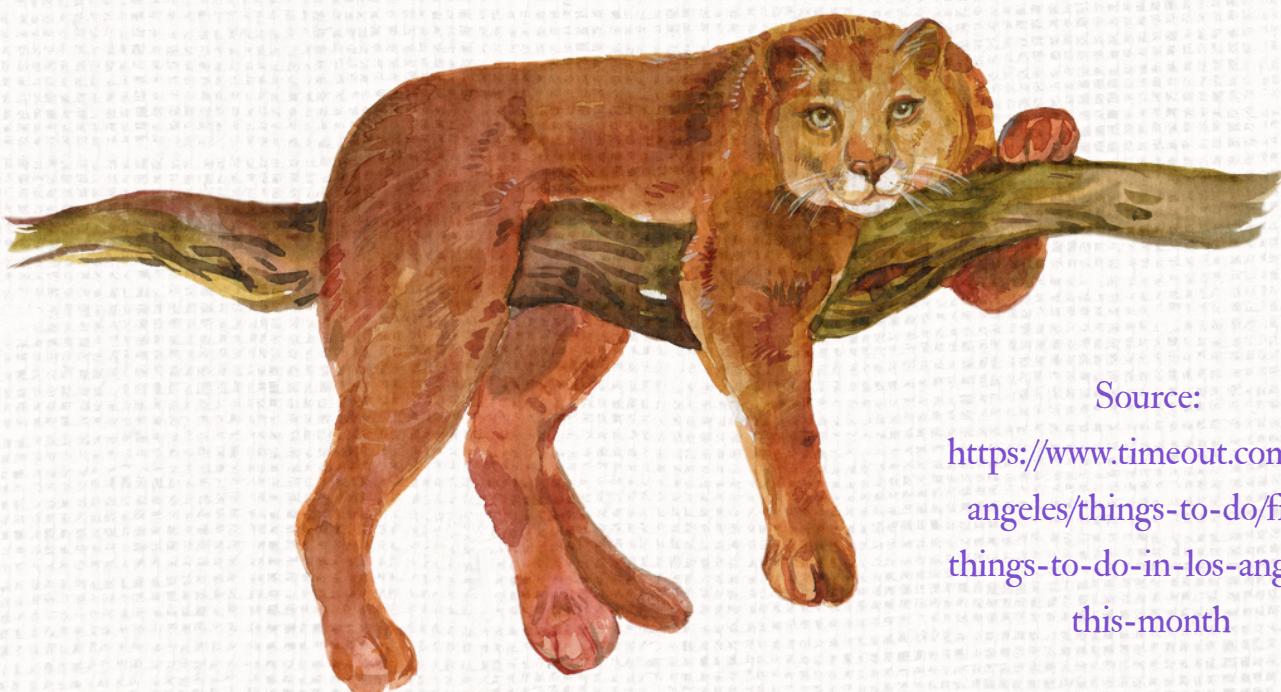
- **Just Like Heaven**, the music festival that brings together all your favorite 2000s indie bands, is back for its fifth edition! Taking place on May 18, 2025, at the Brookside Golf Course next to the Rose Bowl, this year's festival features an incredible lineup, including Vampire Weekend, Empire of the Sun, and Bloc Party, along with performances from Slowdive, The Drums, and more. Get ready for a nostalgic day filled with indie classics and unforgettable vibes!





- Since its start in 1921 as an agricultural fair, the **L.A. County Fair** has evolved alongside the city, but it still holds onto its farm-friendly charm. Expect livestock beauty contests, fresh local produce, and wine tastings, along with modern attractions like exhibitions, concerts, a skating rink, and carnival rides. This year's fair, themed "Art Unleashed," will celebrate culinary, visual, performing, and fine arts. Headlining the concert lineup are War, Shaggy, and Cheap Trick, adding to the excitement of this beloved annual tradition.

• Get ready for three days of music by the beach! **The BeachLife Festival** returns to the Redondo Beach coastline this May, bringing a stacked lineup of legendary artists. This year's headliners include Lenny Kravitz, Sublime, Alanis Morissette, Train, Cake, Pretenders, O.A.R., Mt. Joy, and Jackson Browne. With the ocean as your backdrop, enjoy incredible live performances, great food, and the ultimate laid-back festival vibes. Don't miss out on this perfect blend of music and beachside fun!



Source:
<https://www.timeout.com/los-angeles/things-to-do/free-things-to-do-in-los-angeles-this-month>



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