

## NEWSLETTER

# Office of First Generation & Peer Mentoring Programs

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We are in the midst of an election season that is unlike any other. There is so much at stake with this election, but what strikes me the most is the divisiveness that we see taking place between party lines. I often pause to ask myself the following, why is it so difficult to step outside our own socialization? There are millions of people who continue to be affected by systemic issues that perpetuate oppression and racism... Why can't we see that our health care system is not designed to benefit those who need it the most?" I also wonder how often we do the introspective work that allows us to ask ourselves difficult questions like; What are my biases? Who do I exclude and why? What are my values and where do they come from? What do I challenge and why? When I feel uncomfortable with a topic or a person, do I ask myself why? These questions help me step outside my comfort zone and help me see my own points of privilege and biases. This is not easy work and it doesn't happen overnight; it can be uncomfortable, but it's the type of work that yields positive results -when we choose to learn and do something different- it brings us together and narrows the divisiveness that ignorance often creates.

With the election dominating our media feeds, I encourage you spend a moment in reflection. What are the feelings that arise, where do these feelings come from? Can we commit to maintaining a sense of open mindedness that includes compassion and generosity toward ourselves and others?

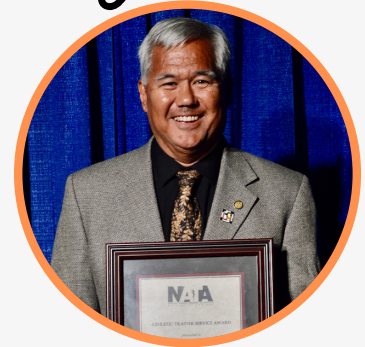
In community,

Aracely Torres

NEWSLETTER

# Staff/Faculty Spotlight

## Paul Alvarez



### WHAT SCHOOLS DID YOU ATTEND?

#### Undergraduate

California State University, Sacramento  
BS in Physical Education

#### Graduate

University of Oregon- MS in Physical Education  
University of California Riverside- PhD in Education

### WHAT IS YOUR TITLE & WHAT DEPARTMENT DO YOU WORK IN?

I work in the Kinesiology Department as a Professor of Kinesiology and the Athletic Training Program Clinical Coordinator

### FAVORITE SONG?

"Chase the Clouds Away"

### RANDOM FACT?

I have been to six different countries as part of the Medical Staff for the USA Team to the World University Games

### WHAT DO YOU LIKE TO DO FOR FUN?

Play in the dirt! (working in the yard)

### ARE YOU FIRST GEN?

No, I was fortunate that my father earned his Bachelors and Masters degree and always said it was not whether we would go to college- it was what college we would go to

NEWSLETTER

# Student Spotlight

## Carla Espinosa



### WHAT MAJOR AND YEAR ARE YOU?

I am a 4th year History major with a minor in Political Science

### FUN FACT?

I studied abroad during Jan Term of 2020 in Italy

### FAVORITE SONG?

John Mayer: Waiting On the World to Change

I liked this since I was little thanks to PBS Kids and I still love it because it speaks truth.

### WHAT DO YOU LIKE TO DO FOR FUN?

I enjoy reading a range of books, from biographies to novels. I also enjoy embroidery, which is a new fun hobby for me. When it's not too hot, hiking is what I love to do with my family.

### FAVORITE MEMORY AT LA VERNE?

Remembering the first events in the orientation I attended during the summer of 2017 before school started brings me back to this nervous excitement that I had to start at La Verne, not knowing what would happen and what to expect. Going to those events made me feel at home, made me realize I did belong, and that I could achieve greatness if I allowed myself to do so.

## NEWSLETTER

# Mail Ballot Tips

## 4 MISTAKES THAT CAN DISQUALIFY YOUR NOVEMBER BALLOT AND HOW TO AVOID THEM.



### 1) Improperly filling out your ballot

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- When you get your mail ballot, be sure to fill it out on a flat dry surface and carefully follow the instructions.
- Just like any scantron test you've taken, ballot scanners can accept only certain colors of ink and that are filled out properly. Ballots can't have streak marks or multiple choices filled in for the same office. In a vote-by-mail system, you don't get that second-chance opportunity.

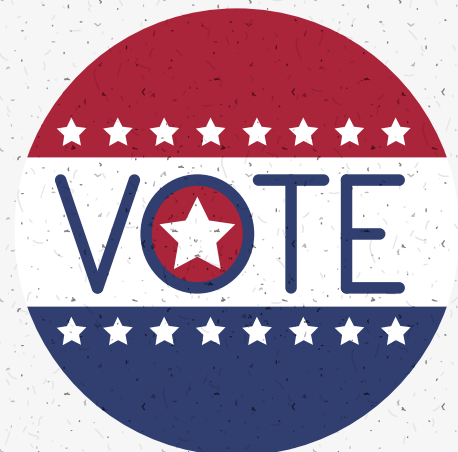
- ### 2) Forgetting to sign your envelope
- Every state requires a voter to sign an affidavit on the outside of the envelope containing their mail ballot affirming their identity and eligibility to vote, so make sure you sign in every place that requires a signature.
  - Using a different signature from what your state has on file.

### 3) Not including required additional documentation

- Some states require voters to take additional steps, like having a signature from a witness, to authenticate their ballots
- 13 states require all or some voters to submit a copy of their photo ID with their absentee ballot
- If you need help navigating the voter-ID laws in your state, affording the cost of obtaining an ID, or making a photocopy to send in with your ballot or application, organizations like VoterRiders can help

### 4) Sending your ballot back too late

- One of the most common reasons mail ballots are rejected is that they arrive too late or lack a postmark
- This year, 27 states require ballots to be received by Election Day or the day before in order to count, while 23 states and the District of Columbia require ballots to be postmarked by Election Day or the day before. If you're in a state where a ballot must be received by Election Day, the Postal Service recommends that you put your ballot in the mail at least a week in advance.

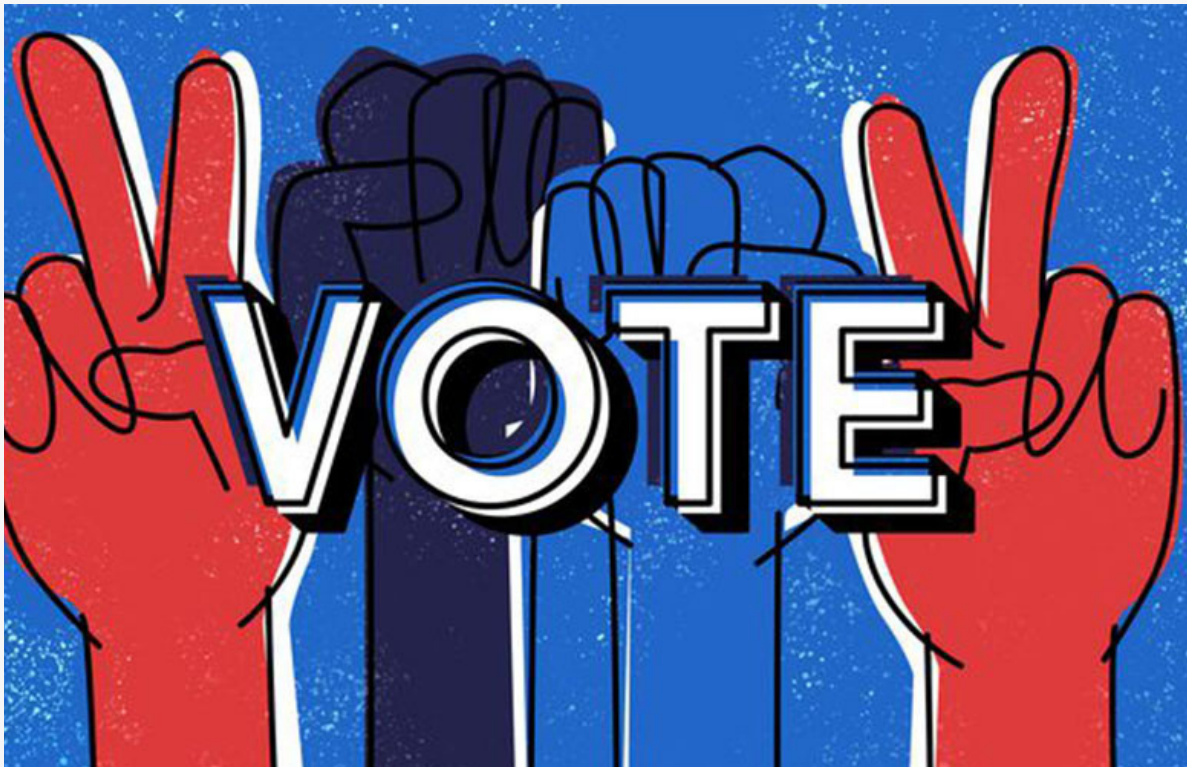


## NEWSLETTER

# Important Reminder

**Election Day is on November 3rd!**

Get out and make your vote count! Set a reminder on your phone or block off some time in your calendar to go to the polls or fill out your ballot. Voting day has turned into voting month, so don't procrastinate.





## NEWSLETTER

# Cassie's Message

Voting may be a little different during a global pandemic, but it is as important as ever! It is so easy to think that your vote may not matter, but during these moments of injustices and reform, your vote matters the most. Let's be real, voting can be intimidating and confusing, especially when it comes to local government and propositions. The best thing to do is take some time, sit down and do some research, and properly inform yourself on what is on the ballot. It is also easy to think that what is being voted on may not affect you, maybe you do not fall under the category of those whose policy directly affects you, but it can affect your peers, your neighbor, a family member, or your future. Lastly, voting means using YOUR voice. You may not see eye-to-eye on this election, but remember it is okay to vote differently than your family, significant other, friends, co-workers or church. It is YOUR vote. Check out the following link for more information on [Navigating The Election Process For Students and First Time Voters.](#)

