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THE UNBEATABLE PANTHERS

News & Updates from CCSG
to our Panther Community



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Message from CCSG President



Hello, everyone!! Happy Spring Break!

I know it doesn't seem like such a great year with the fact that the Country shutdown to the point that we couldn't go and see our aunts, uncles, cousins, grandparents in different areas in the state, or in a completely different state or even country due to the Pandemic. I also know that it is extremely hard to concentrate on schoolwork when you do NOT know how any of your loved ones really are then you get that call that changes your life Forevermore, that your loved one passed away with this horrific illness, COVID-19. I know exactly what many of you are going through from NOT being able to see your loved ones at all to NOT going to the hospital to visit them. I am here to tell you and show you that things WILL get better. With the help, support, and encouragement of your friends, family, classmates, coworkers, administrators, we WILL be successful.

My name is Lauren Sanders. I have been a Chaffey student for the past 3 years and along the way I have dealt with some issues where many might have said I have to let school go. I kept going in the midst of those trying times and with you will continue to persevere in the midst of this national health issue where we have been mandated to stay home and/or lessen the times we are able to go out. We are dealing with the new normal to help prolong our lives and the lives of our loved ones. My words of wisdom to you is never, ever give up!! Persevere through all the various trials and tribulations that life brings you. Make sure you have an excellent support system of friends, family and also have a great rapport with your instructors. I want to continue listening to the Students & incorporating their ideas into what we do at Chaffey College. I'd also like to get the Students more involved in campus & community life so that students are NOT afraid to ask question from instructors, administrators, counselors, etc. In the words of President Barack Obama, Yes We Can!!"

1.1 MESSAGE FROM THE CCSG PRESIDENT:

Welcome back to the Chaffey College Community. In the midst of these trying times of nationwide Pandemic, we Will do our best to have a great productive year. The purpose of CCSG is to help provide students with many valuable resources on and off campus especially in the midst of this nationwide health Pandemic where we have had to change to online classes, which for many has been quite scary. CCSG intends to provide students with a Voice where they Can & Will be heard. We can NOT be afraid to ask for help during our life journey. We are there to assist you in your educational journey. In the words of Former President Barack Obama and our new President Joe Biden, "Yes You Can!"

Edited By:

Marlene Avalos Mier

Meet Your CCSG Delegation Committee



Hi everyone, My name is Keziah Thomas and I am the Vice President of CCSG. I came from India about three years ago. I have been a student at Chaffey College for the past one and half years. My major is Biology. I used to volunteer at Kaiser Permanente Medical Center and I am currently volunteering at India Christian Assembly Church. Furthermore, I feel very comfortable meeting and interacting with new people and try my best to participate in many different activities that are held on campus. This has enabled me to connect with a wide range of people. I appreciate different viewpoints as each viewpoint is fascinating in its own way. I believe that everyone is beautifully gifted and talented. Thus, if we all come together, we can gather enough strength to accomplish many things. So let's make a difference together!

Lastly, as a student representative, I want to be an international and intercultural voice and advocate on behalf of my colleagues. I will try my best to stay active and engage in ways to make the community a better place for college students. Stay Safe! Have a great Spring Break!



Hello, My name is Rousselle Dougé and I am a CCSG Senator. I have participated in student government since elementary school. I was born and raised in Rancho Cucamonga, CA. I obtained my degree in Public Policy with a minor in Women's Studies from the University of California, Riverside. I took classes at Chaffey College in high school and have come back to the college in preparation for graduate school while also working on obtaining AA degrees in my other interests. I am Secretary for The Black Caucus California Community Colleges, an active member of my church, and enjoy spending time with my family and pets. Chaffey College is a beautiful community full of diverse students working hard to achieve their aspirations, and as a senator, I endeavor to advance these pursuits. I also advocate for DPS students, ensuring that the campus is inclusive to all. As a community, each one of us is important in our tapestry of excellence. There have been some new challenges this year, yet we have made adjustments and have continued to thrive showing that we are also a campus of resilience and will continue to be. Invest in kindness to people and animals, reap its rewards. I hope your spring semester is a great success!

Edited By:
Marlene Avalos Mier

Meet Your CCSG Delegation Committee



My name is Jett Benavidez and I am currently a student at Chaffey College working to transfer to a university. I intend to major in political science and one day earn my teaching credentials and become a high school teacher. I have a passion for politics and local government and I hope to continue to serve in the community the best I can.



“Hi everyone my name is Josh. I am in my second year here at Chaffey College. I am double majoring in political science and Spanish. I’ll be transferring to a UC next fall where I plan to study abroad. My goal is to become a lawyer and help people.”

Edited By:
Marlene Avalos Mier

MOVIES & SHOWS FOR 2021

BY: JOY MARINA

The new year has started and so did a new semester! Disney Plus and Netflix have all the shows and movies for you! Friday, Saturday or even a Tuesday night wind down with a new TV show or movie or even a throwback! Here is a list of some of the top picks along with future shows that Disney Plus are releasing.

Disney+ Top Picks:

- Wandavision
- The Mandalorian

Disney+ Throwbacks:

- Toy Story Series
- The Muppets
- Big Hero 6
- Star Wars
- Up

Netflix Top Picks:

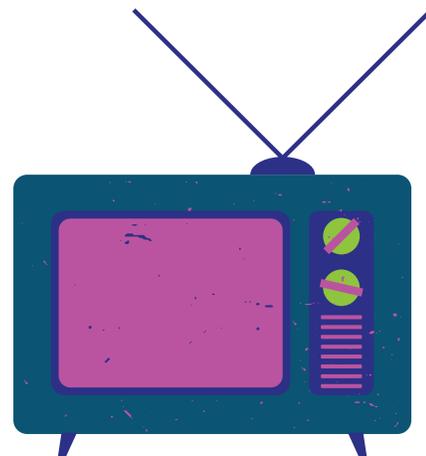
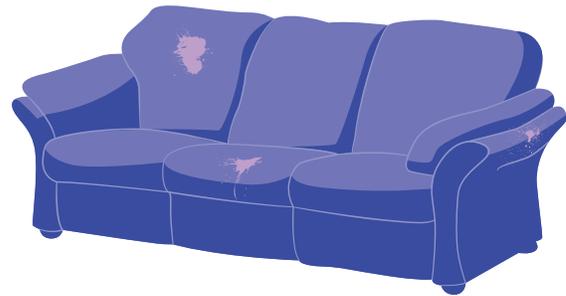
- New Girl
- Criminal Minds
- Grey's Anatomy
- The 100
- NCIS

Netflix Throwbacks:

- Avatar the Last Airbender
- The Legend of Korra
- iCarly
- Victorious
- The Originals
- Glee

Any Marvel fans out there! Well, Disney Plus has some upcoming shows for you this year!

- The Falcon and the Winter Soldier (March 19th)
- Black Widow (May 7th)
- Loki (May 2021)
- Marvel's What If (Summer 2021)
- Hawkeye (Fall 2021)
- Spider-Man No Way Home (December 17th)
- Black Panther II (July 8, 2022)
- Captain Marvel II (November 11th 2022)



Self Care



Mental Health can be a daunting task when students and faculty are faced with multiple obstacles, while maintaining academic integrity. Based on an article by the American Psychological Association, “Stress in America 2020 Survey Signals a Growing National Mental Health Crisis,” states “stress from COVID-19, health-care, the economy, racism and the presidential election – [are] seriously threatening the mental health of our country, particularly our youngest generation, according to a new national survey from the APA.” Which is why it is important to do a little self-care, whether you’re a male, female, or non-binary.

I’ve made an à la carte menú below. Enjoy!



SELF-CARE à la carte menú



- Take (3+) deep, long breaths.
- Separate from your screen(s).
- Declutter your space.
- Take breaks, when necessary.
- Make sure you eat throughout the day.
- Meditate (wherever you’re comfortable).
- Go for a walk/jog around your ‘hood.
- Do something creative, draw or dance.
- Ride a bike, take a hike, run with your dog.
- Talk to a friend – re-connect!
- Journal Writing (declutters the mind).
- Hug your family & pets, you are loved.
- Go to bed early and get yo’ rest on!



The list is endless,
find what makes you happy!



Written By: Mariaelena "Mea" Montañez

Reference:

American Psychological Association. (2020, October 20). Stress in America 2020 survey signals a growing national mental health crisis

<http://www.apa.org/news/press/releases/2020/10/stress-mental-health-crisis>

Image Artist: “Green Interior” by Cooper IG @iam.cooper and “Inner Balance” by Asja Boroš IG @asjaboros

BLACK NATIONAL ANTHEM

ARTICLE BY: NATALYA (WYNTER) MURO

LIFT EVERY VOICE AND SING

The Black National Anthem

Lift every voice and sing, till earth and heav'n ring,
Ring with the harmonies of liberty;
Let our rejoicing rise, high as the list'ning skies,
Let it resound loud as the rolling sea.
Sing a song full of the faith
that the dark past has taught us,
Sing a song full of the hope
that the present has brought us;
Facing the rising sun of our new day begun,
Let us march on till victory is won.



James Weldon Johns

Stony the road we trod, bitter the chastening rod
felt in the days when hope unborn had died
yet with a steady beat, have not our weary feet
come to the place for which our fathers sighed
we have come over a way that with tears has been watered
we have come treading a path through the blood of the slaughtered
out of the gloomy past till now we stand at last
where the white gleam of our bright star is cast.

God of our weary years, God of our silent tears
thou who has brought us thus far on the way
thou who has by thy might led us into the light
keep us forever on the path we pray
lest our feet stray from the places oh god where we met thee
lest our heart drunk with the wine of the world we forget thee
shadowed beneath thy hand
may we forever stand
true to our God, true to our native land.

JamesMooreLuveniaLaws.com

This is what is known as, the Black National Anthem. “Lift Every Voice and Sing” was originally written as a poem by the NAACP leader, James Weldon Johnson (1871-1938). His brother, John Rosamond Johnson (1873-1954) then set the poem to music in 1899. It was first performed in the public within Johnsons’ hometown of Jacksonville, Florida, as a part of the celebration for Lincoln’s Birthday on February 2nd, 1900. Weldon created this piece as a way to shine a light on African American folks, and give light to the fact that despite the past, they were very determined and strong.

Edited By:
Briana Aguayo

BLACK HERSTORY MONTH

As the month of February passes by us, it is important to reflect that this month brings importance and legacy. Black history month is a time to uplift those around us, who celebrate. It is also pivotal to take this time to bring the spotlight to members of the black community. CCSG has interviewed staff and students regarding their culture and what it means to be so tied into who they are.

Dr. Yolanda Friday of Chaffey College reflects on what some of her favorite elements of her culture are, she notes, "Some of my favorite things about the African American culture revolve around close-knit family relationships, respect for the elders of our communities, and when passing other African Americans in the street or when out and about, there is a definite acknowledgment, a smile, a nod in recognition of "I see you, brother, or I see you, sister." The tight-knit bonds that she has formed along the way, whether it be through family relations, or through strangers with whom she shares a common thing, is especially important to her. Another element of importance for Dr. Friday resides in her favorite dishes! She mentions that because "...many African Americans have their roots in the south, [she] enjoy[s] typical 'southern' foods." Soul food is comprised of many different dishes, from various vegetables such as sweet potatoes to the desserts like cornbread and hush puppies, this cuisine is filled with a variety of yummy and tasty meals. Dr. Friday's favorite? She exclaims, "If I can get my hands on a delicious pot of seafood gumbo, I'm in!" In terms of what was important to her in the arts and media, Dr. Friday informs that some of her all-time favorite films are in connection to her favorite directors, actors, and actresses. She goes on with, "Gordon Parks is a favorite of mine, and his film, "The Learning Tree" is not talked enough about now." Speaking on her other favorites, she voices, "Cicely Tyson was one of my favorite actresses, and the film she did with Paul Winfield the year I was born, "Sounder," is probably my all-time favorite movie.

It tells the story of a sharecropping family in the woods of Louisiana in the early part of the 20th century and shows the strong familial bonds between parents, their children, and the struggle many black people endured just to get a BASIC elementary school education.



My father's family is from a similar area in Louisiana and my grandmother was a one-room schoolhouse teacher." In terms of music, she recognizes Helen Forcade Adu, A.K.A also known as "SADE" as her absolute (and forever) favorite artist. When speaking on the art of reading, Dr. Friday iterates how, when she was a little girl, her mother taught her to read at the small age of two, and she highlights, "...I became a VORACIOUS reader." She expresses how, as a young girl, she was, "...really obsessed with Gothic Novels about 18th and 19th century England." However, as she matured, and began to obtain more knowledge regarding black literature, her new favorite became the novel, "The Best of Simple" by the *brilliant* Langston Hughes. She points out that it was her favorite because, "...it reminded me of my Great Uncle, Joshua Gable, who came to Los Angeles from New Orleans in the late 1930s." She explains how the novel speaks on "...the funny stories of our elders and their migrations from being country people to city people and all the foibles that came with it." Growing up, Dr. Friday reminisces on two of her fondest childhood memories, "I have two- my mother teaching my brother and me how to tell the time when I was about 4 and he was 5, and Halloween in my household was always fun. My father was a distributor for Hostess Cake, so all the neighborhoods would love to come to our home for 'the good stuff.'" Dr. Yolanda Friday speaks fondly of her culture and admires many of the attributes the come with it.

***Edited By:
Briana Aguayo***

BLACK HISTORY MONTH

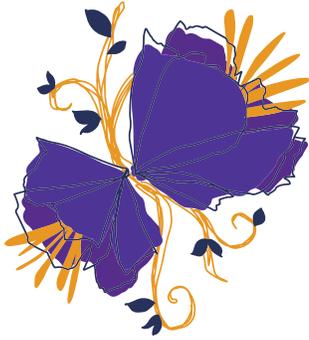
Mr. Ray Austin, *Basketball Coach* of Chaffey College and he details some of his favorite parts with regards to his culture. In terms of dishes, nothing screams joy to him more than devouring some chitterlings, black-eyed peas, dirty rice, greens, corn bread, potato salad, and grape kool-aid with lemon put in it! The yummiest meals you could think of. When asked the importance of family, Mr. Austin iterates, *“Family equates to generations of history and traditions, [while] food brings about conversations.”* Reflecting on the arts and media, Mr. Austin points out how Denzel Washington and Viola Davis are some of his favorite actors and actresses.

In terms of directing, he notes Spike Lee is his favorite director. Speaking musically, he adds that Luther Vandross, Tupac, Notorious BIG, and Sam Cooke are his favorite musical artists, with “Change is Gonna Come” being his most admired song from the artist, Sam Cooke. Wrapping up, Mr. Austin leaves us with his fondest childhood memory, and how it was “... making the weight for Jr. All American Football (I wanted to play football at 9yrs old... But I weighed too much). I weighed 112 lbs and I needed to be 85 lbs to play. One of the coaches wanted me on his team and told me if I was willing to work, he would work with me to make the weight. I lost 31 lbs in four weeks. That was an accomplishment and accolade that I will never forget for so many different reasons.”

Edited By:
Briana Aguayo



BLACK HERSTORY MONTH



Ms. Lauren Sanders, President of Chaffey College's Student Government (CCSG).

Thinking of the important moments of her life, Sanders speaks on what is truly important to her, “[the most important part of who I am is] Family, especially during the holidays. Some of my relatives usually come out for Thanksgiving so we usually have a full house which is good because it is [typically] the 3 of us [referencing to her, her mother, and her sibling]. I’ve been in California for 39 years.” In terms of the comfort meals that remind her of her culture and family, Sanders states, “[there were] Special dishes, like my grandmother was the one who made chess pie, which was almost like a sweet potato pie. [Alongside] other meals from the African American community.” A huge component of our lives and culture revolves around the arts and music that create who we are; Sanders emphasizes, “Music, music is a big thing for me, it’s my go-to, for most of the time.” Speaking to the music, she makes a point to note that some of her favorites come from renowned musicians such as Patti LaBelle, Michael Jackson, Babyface, Luther, and Whitney Houston. Highlighting one artist, she gives insight into the fact that, *Here and Now*, by Luther, has a sentimental value to it, and carries a special place in her heart.

And like the magic of music, it is so pivotal to see representation and our favorites within the films we watch. Sanders notes, that some of her favorite actors consist of; Tyler Perry, the Rock to which she states, “I enjoy the *San Andreas Movie!*”, Will Smith, Denzel Washington, and Jamie Fox, specifically speaking to a favorite role of his being when he portrayed the famous Ray Charles in the film, “*Ray*”. To close us off, reflecting on her childhood and her favorite memory growing up, Sanders recollects from a moment when she was about 3 or 4 years old, “My mom, my dad, and I, we were going to go visit [California] but not by plane, but by car. And I was able to tell Landmarks. My uncle, came out here one day and I was able to tell him how to get to school from my house, and he was just like, ‘Oh my gosh?’. [Another thing] I recall, [is], because my parents always read to me, I have a love of reading. Everyone around me always read, and you would always find me reading. We were the reading house!”



***Edited By:
Briana Aguayo***

BLACK HISTORY MONTH



Ms. Robin Givan, *Senator of Chaffey College Student Government (CCSG)* and is also a member of the Activities Committee. When speaking about what is important to her, she emphasizes the big three 'F's, Family, Fun, and Food! With regards to her favorite food, Givan states, "Anything that tastes good and is cooked with heart and soul, is good food. My favorite dishes are Italian food, Mexican food, and of course, soul food." Bringing light to the importance of what the arts mean to her, she speaks on music and gives us a taste of some of her favorite hits, "Home by Stephanie Mills, Luther, Patti LaBelle, Uncle Charlie, Gerald Levert, Teddy Pentagram, all of the old school hits!" Compiling another list of her favorite actors and actresses, Givan highlights that some of her favorites include; Denzel Washington, Angela Bassett, Jamie Foxx (her absolute favorite), Will Smith, and Dolly Parton. Like her closest friend, Lauren Sanders, Robin Givan also shares an immense love for books. "I'm a bookie, all I do is read! I love J.R. Ward. I've been reading ever since I was like, 7 or 8 years old. I live in a library. And I always find me a library and a thrift store. I collect hard back books; I like to feel, touch, and smell the novels.



I try to collect as many as I can!" Referencing the latest book she's read, Givan touches on the novel series, *Black Dagger Brotherhood* by J.R. Ward, "This is my third time re-reading. Every time a new book comes out, I come back to reread this series. I usually read a book a day." Leaving us with her favorite childhood memory, Givan reflects back to her favorite place as a child, I'm from back east, so I love the snow. My favorite memory is snow making igloos that we could get into. Also, Ice skating! We would go down the streets. Being in the snow was my favorite thing. Christmas doesn't seem like Christmas anymore because of the snow. I come from a family-oriented background and at least 5-6 times a year we get together and meet at each-others houses but because of the virus, we can't get together as we used to, I miss the family time!" Robin Givan (CCSG senator)

***Edited By:
Briana Aguayo***