



THE UNBEATABLE PANTHERS



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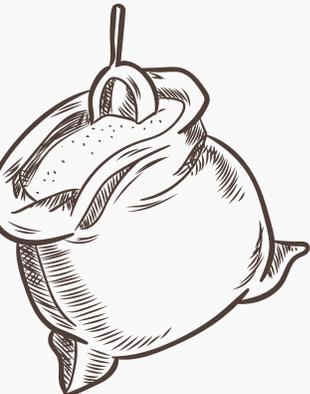
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Chaffey College

1.1 MESSAGE FROM DEAN OF STUDENT LIFE & STUDENT SUPPORT PROGRAMS



"Hello Chaffey College Panthers! I am so pleased to be serving as your Dean of Student Life at Chaffey College. As you continue in this Fall 2020 semester, and you look ahead at Spring 2021 I want to share with you that here in the Office of Student Life we are committed to working with you and encouraging you to take full advantage of the opportunities available to you as a student at Chaffey College.

"We are dedicated to meeting the needs of all students by helping you to access resources to achieve your academic goals. We encourage you to join one or more of our student clubs. All of our Clubs offer opportunities for leadership development, peer support, networking, and personal growth. Our campus leaders are involved in Student Government, Athletics, Peer mentoring, tutoring and the list goes on. Your growth as a college student occurs inside and outside of the classroom, so that is why the Office of Student Life is here to give you opportunities to join clubs, student government, or participate in other social activities. We continue to promote events and coordinate programs to accommodate the changing needs of our students and especially during these times we encourage you to reach out to share ideas that you believe would help us to continue to connect and engage our student body. I am honored to be serving our Chaffey College students".

-Amy Nevarez
amy.nevarez@chaffey.edu

Chaffey College

1.2 MEET YOUR CCSG ACTIVITIES COMMITTEE



"I am applying to transfer this November, which I am super ecstatic about! (Hoping on getting into UC Irvine!) With that, I am eager to start pursuing this major in an effort to become a lawyer in criminal law. When I'm not hitting the books or stress crying over a class, I can be found writing poetry, listening to my favorite artist, Harry Styles, or being a cinephile and binging films nightly! I also like to dedicate my time to researching better ways on how to be an ally to various communities and an advocate for social injustices. Being a first generation female student who comes from a latine household, I am extremely proud of myself for conquering the pathway of community college and I am grateful to call myself a panther. I am looking forward to what my bright future has in store for me! A quote shared by one of my favorite authors that I'd like to leave you all with is, "There is a stubbornness about me that never can bear to be frightened at the will of others. My courage always rises at every attempt to intimidate me." - Jane Austen, Pride and Prejudice."



"Hello students and staff of Chaffey College! I'm Natalya Muro, but I preferred to be called by my middle name, Wynter. I am your Director of Activities! I'm so eager to continue to plan events out for each and every one of you to participate in! I have been a panther since summer of 2019! I am currently studying Administration of Justice and I'm hoping to venture out to the major of Criminology at the University level.



-Natalya "Wynter" Muro
CCSG, Director of Activities



Chaffey College

1.2 MEET YOUR CCSG ACTIVITIES COMMITTEE



Hello Everyone, My name is Robin Givan. I am one of your Student Government Senators and part of the Activities Committee. I am a mother of 5. I enjoy Reading, spending time with my family and friends. I am also an officer in the Business Elites Club, member of Umoja and ICC for Sisters With Success. One thing I enjoy doing is Advocating for others. I am looking to transfer to CSU San Bernardino in Fall 2021 or early 2022 studying Business because I want to further my own Business.

-Robin Givan
CCSG, Senator



My name is Angela Ybarra. I'm a CCSG, Senator and Activities Committee Secretary. I want to go to CSUSB or Cal Poly. My goal in life is to start a Non-Profit business. I would say my one of my quote is stick up for yourself because you know what you need over someone else needs and you may just be that "VOICE". The "VOICE" that people be thinking and no one wants to say but yet they want to but cant.

- Angela Ybarra
CCSG, Senator



Hello! I'm Ayesha, a second year Chaffey student and one of your student government senators! I am an anthropology major with a passion for better understanding different societies and cultures. I'm hoping that this will help in my goal of practicing international human rights law in the future. In my free time I love to garden, bake, do yoga, and practice my less productive hobby of watching hours of cartoons with my little brother.

-Ayesha Baig
CCSG, Senator



Chaffey College

1.2 MEET YOUR CCSG ACTIVITIES COMMITTEE



Hello My name is Rebecca Vega Rodas, I'm originally From the Bay area I moved to Rancho Cucamonga a year ago and this is my first year at Chaffey College. I'm the first out of my family to pursue a degree. I have accomplished many College achievements because Chaffey does care about their students achieving their goals as much as the students do themselves. I thank the Student government letting me be a part of the foundation of the school. I'm here for this journey and wherever it takes me I will savor it every bit of it.

**- Rebecca Vega Rodas
CCSG, Senator**

Hello, Chaffey Panthers! I am grateful and honored to be a Senator and representative for this great Community College. My name is Mariàelená "Mea" Montañéz and my Major is Psychology and Biology. I recently returned back to school this year, after taking a break to pursue a career in Pharmaceuticals. I had the privilege to travel the world and visit destinations I only dreamed of. I would like to continue my education in Psychology and pursue a double-major or minor in Social Ecology or Public Affairs; and advocate for those who are often under-represented, facing adversity and inequality.



**-Mariàelená "Mea" Montañéz
CCSG, Senator**



Chaffey College

2.1 BRIEF FROM CCSG OUTREACH COMMITTEE

Over the past month the Outreach committee delightfully hosted a few events in which included winners! In October we held a Halloween Spirit week in which we had multiple winners in different categories. For our candy corn guess winner, we had Juan Aguilar guess the winning number! (His guess was 300, and the number was 294). For the pumpkin carving contest, we had two winners: Jennifer Vo who carved a Boogeyman inspired pumpkin, and Angelica Fernandez who carved a spooky Chucky pumpkin! As for our costume winners, in first place we had Minerva Ballinas who had dressed as the parents from Tim Burton's Beetlejuice! Second place, we had Blanca Montoya dressed as Dorothy with her partner as the Scarecrow from the Wizard of Oz! And in third place, we had Courtney Ramirez dressed as a scary clown!

Instagram



TOWNHALL MEETING

FIRST 100 GUESTS WILL RECEIVE CHAFFEY PRIZES!

Q & A SESSION WITH
 CHAFFEY COLLEGE PRESIDENT: **DR. HENRY SHANNON**
 CCSG PRESIDENT/STUDENT TRUSTEE: **LAUREN SANDERS**
 DIRECTOR OF ADMISSIONS AND RECORDS: **KATHY LUCERO**
 DIRECTOR OF CAREER AND TRANSFER CENTER: **RUTH VALENCIA**
 HEALTH SERVICES: **CHRIS BRUNELLE**

THURSDAY NOVEMBER 12TH
Meeting ID: 945 7948 6363
<https://cccconfer.zoom.us/j/94579486363>
 Time: 12:30 P.M. to 2:00 P.M.

So many of you showed out your halloween spirit. We were so pleased to have organized an event with SO many participants! In early November, the committee also organized a Townhall event which featured multiple key guest speakers from Chaffey College! Student attendees won a face mask and we also had random winners throughout the meeting for a Chaffey College sweatshirt! We are so happy with our turnouts so far. We appreciate you all and hope to continue these interactive activities during such a difficult time, but we need your participation! We look forward to seeing you all show up for events to come.



3.1 ADMISSION APPLICATION TIPS FOR 2021

University of California (UC), California State Universities (CSU), private & out-of-state colleges

So, you're planning on transferring to a four-year University; a great place to start is at the Transfer Center, right here at Chaffey College. Normally, you would visit on-site; however, due to a mandated shutdown and health precautions, you may setup an appointment with someone online or make a phone call. The Transfer Center can provide you with plenty of services and helpful resources in finding the right school for your career path. Book your appointment today! Be sure to follow the IGETC General Education Pattern, if you plan on transferring to a either UC/CSU. Check private and out-of-state college websites for their guidelines and tips.



MAKE SURE TO PREPARE YOURSELF
AHEAD OF TIME & DO NOT WASTE TILL
LAST MOMENT TO APPLY
BEST OF LUCK!
GO PANTHER!

University of California is made up of nine public universities throughout California. You may setup an appointment by contacting the UC Representative's. If you plan to apply for next Fall (2021), applications are due on November 30th. Be sure to review your Personal. Insight Questions (PIQ's) thoroughly and have someone double-check them.



California State Universities is made up of 23 public universities throughout California. You may setup an appointment by contacting the CSU Representative's. If you plan to apply form next Fall (2021), applications are due on December 4th. Be sure to have all the items off your checklist, before you hit 'submit.'

Written by: Mariálená "Mea" Montañèz

Edited by: Simran Bhatia



3.2 SPECIAL HOLIDAY BAKING

November and December, the holidays are approaching! This year's holiday is going to be a bit different than how the holidays are usually spent but it still can be enjoyable! I love baking all year round, but it becomes even more enjoyable baking during the holidays. I get all of my recipes from Pinterest where I find all these delicious and easy recipes. I hope you enjoy these sweets as much as I do! Here are some quick and easy recipes that are also eggless and vegan. These baked goods are so delicious and will make the holidays even more special.

- Pre-Heat oven to 350F and bake for 50-55 minutes
- Mix dry ingredients: flour, baking soda, baking powder, salt, and pumpkin spice in one bowl,
- Mix sugar, pumpkin puree, butter, yogurt, vanilla extract, and buttermilk in another bowl.
- Combine the dry ingredients into the wet ingredients bowl and whisk together.



1. **Eggless Pumpkin Bread**
Ingredients:
 1 and 1/2 cup all-purpose flour
 1 and 1/2 teaspoons of baking powder
 1/2 teaspoon salt
 1/4 teaspoon baking soda
 2 teaspoons of pumpkin pie spice
 6 tablespoons unsalted butter, softened
 1 and 1/2 cup brown sugar
 1/4 cup plain yogurt
 1 cup pumpkin puree
 1 teaspoon vanilla extract
 1/4 cup buttermilk
 1/3 cup chocolate chips/nuts

2. **Wacky Cake**
Ingredients:
 1 and 1/2 cup of all-purpose flour
 1 cup granulated sugar
 4 tablespoons unsweetened cocoa powder
 1 teaspoon baking soda
 1/2 teaspoon salt
 1 teaspoon vanilla extract
 1 tablespoon cider vinegar
 6 tablespoons of vegetable/coconut oil
 1 cup water
 Chocolate Ganache



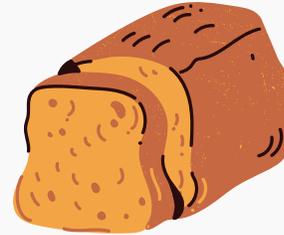


HOLIDAY BAKING

9 ounces of semisweet chocolate chips

1 cup of heavy cream

- heat up pot on the stove and mix heavy cream and chocolate chips together until melted
- Pre-heat oven to 375F and heat for 26 minutes



4. **Chocolate Chip Muffins**

Ingredients:

1 and ½ cup all-purpose flour

¾ cup sugar

½ cup oil or melted butter

1 teaspoon vanilla essence

½ teaspoon baking soda

1 and ¼ baking powder

1 cup yogurt

½ cup chocolate chips

- Pre-Heat oven to 355F for 20-25 minutes



3. **Banana Bread**

Ingredients:

4 very ripe bananas

2 cups flour

1 cup sugar

2 teaspoons baking soda

½ cup of vegetable oil

2 tablespoons lemon juice

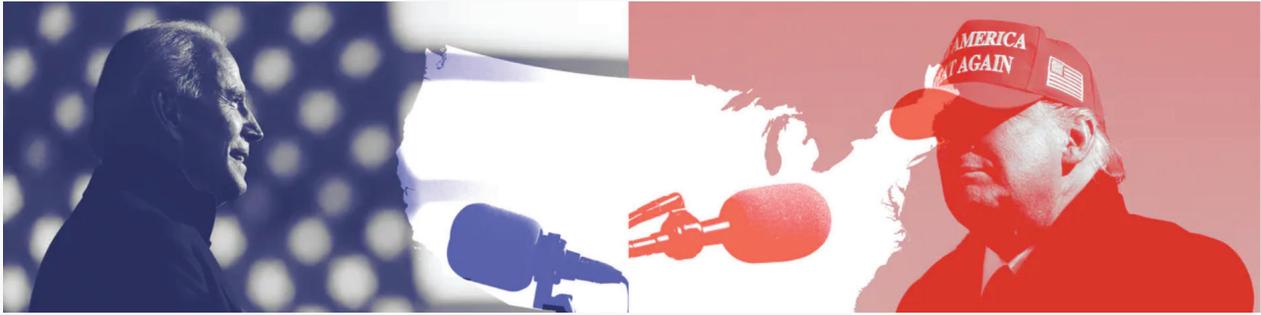
- Preheat oven to 350F for 50 minutes
- Mix flour, sugar, and baking soda in one
- Mash bananas then add to dry ingredients
- Add oil and lemon juice into bowl



Written by: Joy Marina

Edited by: Briana Aguayo & Simran Bhatia





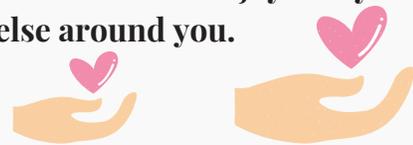
3.3 ELECTION ANXIETY

Election anxiety is when people’s anxiety is heightened during our presidential debate times. According to a survey conducted by The American Psychological Association (APA), they found that 52% of Americans said that the election “is a very or somewhat significant” source of stress in their lives. People who already struggle with anxiety prior to elections now face heightened anxiety due to how important or life changing this election could be for some. Scelhealth.org gives some advice on how to push through these already challenging times



“First, take care of yourself”. As anxiety comes with many physical symptoms, it is important to get enough sleep, eat well and exercise to help those symptoms. Going to bed early or even going on a run can help you escape dangerous binge watching on election news. One tip I found extremely helpful was “watch just enough TV to stay informed”. Watching the news for long periods of time has shown harmful effects, especially during this pandemic and debate.

“News can be anxiety-inducing so spare yourself attack as and fear tactics”, says scelhealth.org. Another tip they present is to vote as early as you can. The only part of this election that you control is you voting! So, go out as soon as you can to help avoid that anxiety. The last tip I found very helpful is to avoid overly opinionated people. As we know, politics can be a touchy subject that many people are very passionate about. But, with heightened anxiety going on about this presidency, it is best to avoid these people for the sake of your own health. In conclusion, election anxiety is very real, and it is best to help yourself in all the ways you can. Take care of yourself, don’t want too much TV, vote as early on as you can, and lastly avoid overly opinionated people. Help reduce your stress and be able to enjoy everything else around you.



Written by: Madison Burnett

Edited by: Simran Bhatia

be good to yourself

3.4 SELF CARE



- **Declutter your space:** When much of what is going on in the world feels like it is out of our control, focus on things you can control, and that is your living space. With a tidy space your mind will feel fresh and calm.



- **Disconnect from the noise:** Create a calm and peaceful environment around you by straying away from your phone. Whether it is checking the news to see updates about the world, refreshing your Instagram feed a million times, or even texting people. It is important to be able to put your phone down to refresh your mind.
- **Indulge in skincare:** Give your skin a little extra love. As you are in the shower or washing your face imagine washing away all the dirt and negativity for a sense and feeling of freshness and awakening.



Written by: Briana Aguayo

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