



President Mary Gallagher

The Los Angeles Community College District announced that in response to the ongoing COVID-19 health emergency, all classes will continue in remote platforms for Winter session and the Spring 2021 semester. In an effort to share information and support, we are sending out a monthly newsletter to our students during this period.



Upcoming Events

February 1 - 6
Beat the Rush Week

February 8
Spring Semester Begins

February 8 - 11
Welcome Week

February 10, 6pm
The Nick Beck Endowed
Investigative Journalism
Lecture Series

February 12, 15
Campus Closed
For Presidents Holidays

LACC Supports Black Lives Matter and Black History Month

In response to the rising movement for Black Lives Matter, Los Angeles City College has implemented several initiatives to fulfill their commitment to pursue racial justice.

One of the main components of LACC's pledge to root out racism, bias and micro-aggressive behavior on campus is the development of a series of Black Lives Matter Town Halls for faculty, staff and the LACC community. These Town Hall meetings provide a safe space for the campus community to have courageous, critical, conscious conversations about race, equity and social justice.

"The entire LACC community is committed to better understanding how systemic racism can impact our campus and to ensure that we do everything we can to eliminate its impact for the future of our students, staff, faculty, alumni and the world," said Dr. Mary Gallagher, President, Los Angeles City College.

This February, we have planned several events in honor of Black History Month.



Photo by Lan Nguyen (@imlanimal)

Black History Month at LACC



California
Community
Colleges

Monday, February 1 – Friday, February 5

Honoring our Nation's Historically Black Colleges and Universities

The CCC Transfer Guarantee to HBCUs in partnership with the National College Resource Foundation are hosting the following events in honor of Black History Month:

Monday, February 1

- **The History of HBCU:** The Mecca of Black Excellence 11am -12:30pm
- **When Academic Preparation meets Opportunity = ACCESS!** 1pm – 2pm

Tuesday, February 2

- **Come Visit our HBCUs!**
A Virtual Tour Event 11am - 12:30pm
- **Our Choice, Our Voice!** A Panel of CCC to HBCU Transfer Students 4pm -5:30pm

Wednesday, February 3

- **HBCU Financial Aid Offices Present – The A, B, Cs of Financial Aid** 9am - 11am
- **How to Fund Your HBCU Education** 11am - 12pm
- **Attending Your HBCU with a Family** 1:00pm - 2pm
- **Career Fair Event** 3pm – 6pm

Thursday February 4

- **Leading HBCUs in the 21st Century:** Presidents Panel 10am - 11:30am
- **HBCU Life:** Exploring Campus Culture 1pm - 2pm
- **California Clubs, Alumni Assoc, Black Greek Life Presentations** 4pm – 6pm

Friday February 5

- **HBCU Transfer Fair** 12pm – 3pm

Thursday, February 11, 1pm

Pleasure Noir: Unpacking Pleasure in Black Bodies and Other Marginalized Persons Workshop

Hosted by therapist Thea Monyee.

Tuesday, February 16, noon

Black Economics and History... Remember. Relearn. Rebuild.

Workshop presented by De'Von Truvel, founder and creator of Play Black Wall Street.

This workshop will focus on the businesses and events of Northern Tulsa, Oklahoma, one of the most economically successful communities in American History.

Friday, February 19, 3-7pm

Saturday, February 20, noon -3pm

The Virtual California Black College Expo is a two-day online event for students to get access to historically black colleges and universities and other educational programs. Students can get accepted during the expo and scholarships are available.

Monday, February 22, 1pm

Virtual Art Exhibit featuring Howard Cash, LACC alumnus and photographer.

This webinar celebrates the spirit of Nigeria, Ghana, and African Americans. Journey with Mr. Cash as he shares his beautiful photography highlighting his extensive experiences in Nigeria and Ghana.

Tuesday, February 23, 12:30pm

Keynote Speaker: Dr. Tyrone Howard,

UCLA Professor, Graduate School of Education and Information Studies

Dr. Howard is the Director and Founder of the Black Male Institute at UCLA and Inaugural Director of the UCLA Pritzker Center for Strengthening Children and Families. During the last five years, Dr. Howard has been listed by Education Week as one of the 60 most influential scholars in the nation informing educational policy, practice and reform.

Wednesday, February 24, noon

Write Your Way Through, Poetic Expression as a Therapeutic Tool presented by Treesje M Thomas, psychologist and spoken word artist.

This event focuses on curating a space for students to explore this timeless form of expression, to equip them with a therapeutic tool that is both introspective and entertaining. The event will feature highlights from the Inaugural poem by Amanda Gorman.

Resources for Students

As we continue to navigate the ongoing challenges of COVID-19, many students need assistance with basic necessities. This month we are highlighting local food banks and resources for food insecurity.

Food Oasis Pantry Locator

This tool shows all the food pantries in your area and gives directions.

Los Angeles Regional Food Bank

The Food Bank locator shows a map of pantries near your residence.

California Association of Food Banks

This food bank network works to ensure that vulnerable communities have consistent and safe access to nutritious food.

CalFresh Emergency Application

Students and families with low income can access CalFresh benefits to put healthy and nutritious food on the table.

My Friends Place offers to-go meals.



Hollywood Food Coalition

Free packaged evening meals are being provided nightly. No seating available. 6:15 p.m. – 8 p.m.
5939 Hollywood Blvd. - (323) 462-2032

Food Pantry at Blessed Sacrament

The Food Pantry at Blessed Sacrament distributes groceries every Saturday.
6657 Sunset Blvd, LA, CA 90028.

L.A. LGBT Center offers to-go meals.

Dream Center Food Truck

For locations call or email:
(213) 273-7042
foodtruck@dreamcenter.org

Beat the Rush, Beat the Lines

Beat the Rush Week is back to help students get ready for the Spring 2021 semester. The event runs from Monday February 1 to Saturday February 6, and features extended hours in all student services offices including Saturdays.

Extended Online Office Hours for Student Services:

Monday – Thursday: 8:00am – 7:00pm

Friday: 8:00am – 4:00pm

Saturday Feb. 6, and Feb. 20: 9:00am – 1:00pm

Available Services Include:

- Admissions
- Call Center
- Business Office
- Bookstore
- Counseling
- EOPS
- Financial Aid
- Noncredit
- Welcome Center

All student services offices are available online via Cranium Café.



BELIEVE
LOS ANGELES CITY COLLEGE
The City's College. **ACHIEVE**
SUCCEED

Tips for Students Coping with Stress

Many students are experiencing high levels of stress due to the current COVID-19 pandemic, riots and the recent storming of the U.S. Capitol.

Fearing that our nation was again in crisis, many students found themselves glued to their phones, computers and television screens.

Beginning a year with hope and the arrival of COVID-19 vaccines was soon taken over for many by ongoing political and health threats that reignited the chronic stress that many students have been dealing with for the past year. Fear, stress and anxiety are normal. Making time to practice self-care can help you find some relief.



Here are a few tips to help cope during these stressful times.

Stay Active

Any physical activity can help reduce stress levels and improve your sleep. Exercise also helps mood management. People who exercise tend to feel less anxious and more positive about themselves. If you don't have the time for a formal exercise program, you can improvise by climbing stairs, cleaning the house and taking regular walks.

Talk to Someone

Many are affected by isolation due to our current health crisis. It's important to still connect with family members and friends through the phone, zoom or by socially distanced visits.

Eat for a Healthy Mind

Eating healthy foods can benefit more than your waistline. A healthy diet can lessen stress, lower blood pressure, level mood swings and build up your immune system. Sugar and fat have the opposite effect. To stay healthy, incorporate lean proteins, complex carbohydrates and fatty acids found in fish, eggs and nuts. Antioxidants help cells against damage that chronic stress can cause. Increase your intake by adding beans, fruits, berries, vegetables and spices including ginger and turmeric to your diet.

Take a break from the News

It's important to be aware of what is happening around us but it can also be overwhelming and increase anxiety and stress. Make time to unplug, especially before going to bed.

Stay in the Present Moment

Ease anxiety and worry about what the future holds by focusing on the present. A good way to practice mindfulness is to meditate, take deep breaths to lower blood pressure or take an online yoga class.

Free Shipping on Spring Textbook Pre-Orders

The LACC Cubstore is now taking Spring textbook pre-orders.

Free local shipping is available on all orders placed by February 5.

Place your order today at www.laccbookstore.com