



## President Mary Gallagher

On April 20, a jury in Minneapolis found Derek Chauvin guilty on all counts for the May 2020 murder of George Floyd. Although this may bring a sense of justice and relief to many in the community, feelings of pain and grief still persist.

Over the past several months as our nation has witnessed cases of police violence and racial inequity, many in our community have experienced emotional exhaustion, shock, and grief over these traumatic injustices. Although for some, with the verdict, these feelings may subside to a degree, the impact of race-related inequity for all groups is still profound, and there is much left to do before we achieve a racially just and equitable society for all. As LACC is proud to be a diverse and inclusive community, I understand the pain many in our Black communities have been experiencing cuts especially deep, and justice being served in this particular case brings us only one small step closer to achieving a collective sense of peace.

This verdict is important in the struggle for justice for all People of Color who have suffered trauma and systemic racism in their communities.

To all of the students, staff, and faculty in our LACC family: please lean on your support systems if you have been struggling, and know that resources are available to help you navigate all the feelings related to this challenging time and the results of the trial. Caring for your mental and emotional health is paramount.

Wesley Health Center: (866) 733-5924

Thank you all for the care, compassion, and kindness you show to each other and our community.

Sincerely,  
President Mary Gallagher



## End of Year Celebrations at LACC

### Lavender Graduation Celebration

May 17, 4pm

### First Year Experience End of Year Celebration

May 19, 1pm

### Virtual Citizenship Recognition Ceremony

May 22, 10am

### Virtual Black Graduation Ceremony

May 25, 3pm

### LACC Dream Resource Center End of Year Celebration

May 28, 12noon

### Virtual Commencement Ceremony Spring 2021 Graduation

June 8, 5pm

### Virtual Citizenship Recognition Ceremony

June 12, 10am



Photo by Marleena Garris

# 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

# FREE Produce Box Giveaways!

Children's Hospital Los Angeles' upcoming produce distribution events with partners at East Hollywood Neighborhood Council, Councilmember Mitch O'Farrell's office and Rick's Produce Market.

## **Rick's Produce Market Parking Lot**

755 N. Virgil Ave, LA, CA 90029

Sunday, May 16th @10am

Sunday, June 6th @10am

Sunday, June 20th @10am



Photo by Dan-Cristian Pădureț

# WiFi Parking Now Available at LACC

Students are now able to reserve a spot in parking lot 3 to access WiFi from their car.

We are currently scheduling thirty spaces with plans to add more.

**Please visit [www.lacitycollege.edu](http://www.lacitycollege.edu) for more information.**



# Managing Anxiety About Returning to Post COVID Life

As Los Angeles continues to reopen, a new type of anxiety is emerging. Many people returning to classrooms, work and social events are experiencing re-opening anxiety.

After the World Health Organization officially declared COVID-19 a pandemic on March 11, 2020; cities, states and countries began declaring various states of emergency and quarantine.

Here are some tips on easing back into the “new normal” if you are experiencing anxiety or fear of going back into the world.



Photo by Hedgehog Digital

## Share Your Feelings

Have open conversations with loved ones about your fears and concerns about transitioning back to the new normal.

## Plan To Do Things You Love Again

A simple way to help relieve heightened levels of anxiety is to plan ahead and make a list of the friends you want to visit, things you want to do, and where you would like to travel. Consider organizing these events post-lockdown following safety precautions.

## Begin to Establish Your Old Routine

All of our daily lives are looking different to what they were pre-COVID. A good way to help ease into normality again is to reestablish your old routine. You can also reflect on whether you can continue all of the things you have been doing differently.

## Review Your Priorities

During COVID, many found that the pace of life was easier to deal with in many ways. There was less pressure to attend social gatherings, weddings, or family holidays. It's worth reflecting on whether you want to return to things the way they were before COVID, or if there is an opportunity to review priorities and think about what makes you happy.

Currently enrolled students can obtain health and wellness services at the Wesley Health Center  
(866) 733-5924



Photo by Hedgehog Digital