

# BEAK BITES

OFFICIAL LAS POSITAS STUDENT GOVERNMENT NEWSLETTER

November 2021



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## Our Message to You!

" Hey Hawks!

Hello, my name is Kyle Johnson, and I am your LPCSG President for this year. I am a second-year at LPC; I am so excited for all of us to be stepping foot on campus! It will be a "culture shock", but we are all in it together. Student Government is working hard to help students feel welcomed. We want all students at LPC to feel comfortable showing their true colors and expressing who they are as a person. Please never hesitate to contact us; we are here to serve you! Your voice matters. LPCSG has approved goals for this year,

and I wanted to share them with you. We acknowledge that everyone was affected by the pandemic in different ways. This has pushed us to work towards promoting mental health services. We will also increase engagement on campus by reconnecting students to clubs. We will have in-person events for the first time in 2 years, celebrating diversity and inclusion. We will support our LGBTQ+ community and identify other communities that need help. We are going to work hard for you, the students of LPC. "

- President Kyle Johnson



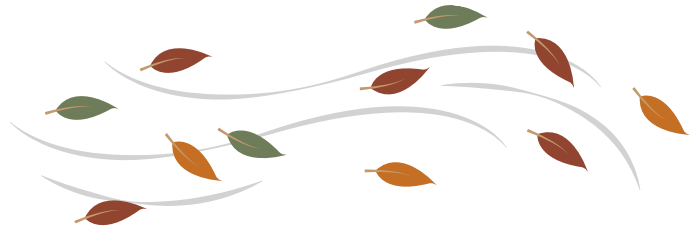
LAS POSITAS STUDENT  
GOVERNMENT

*The Market*

FREE FOOD FOR THE PEOPLE

OPEN MONTHLY ON THE  
THIRD TUESDAY FROM 12 PM  
TO 3PM IN PARKING LOT E

# LPCSG Updates:



## Executive Board:

- |                     |                              |
|---------------------|------------------------------|
| Kyle Johnson        | - President                  |
| Lara Wiedemeier     | - Vice President             |
| Yasmeen Ibrahim     | - Director of Legislation    |
| Thomas Blakely      | - Director of Finance        |
| Jacqueline Carrillo | - Director of Communications |
| Amy Attia           | - Director of Communications |
| Tyler Rivas         | - Inter-Club Council         |
| Sara Kim            | - Student Trustee            |

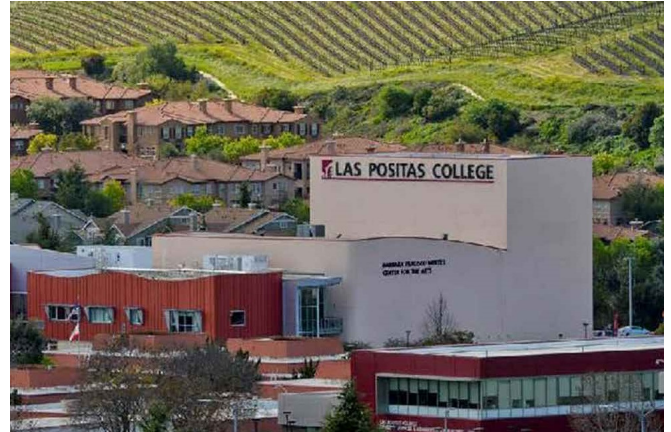
## Senators:

- |                 |                 |
|-----------------|-----------------|
| Riyya Ahmed     | Gurleen Nagra   |
| Gurkiran Bains  | Julia Paulasa   |
| Nezrin Hansanly | Fernando Torres |
| Sangavi Kumar   |                 |

Las Positas College Student Government promotes diversity and inclusion, advocates mental health resources, and increases a sense of belonging on campus. Pandemic times have created a barrier for community building and organic growth of friendships. In addition, we are also focusing on improving facilities, increasing art on campus, acknowledging Native Lands, encouraging the growth of clubs, and creating fun and impactful events.

LPCSG has been working with the Art on Campus Task Force Committee to promote student art. Our internal Campus Improvement Advisory Committee (CIC) is working on showcasing student art in the student life room. CIC also worked on the Prayer and Meditation Room. The Senate approved \$800 for this room to help students find a safe and private place to pray on campus.

Students are the most integral part of our school, yet we lack a Student Union on campus. Given enough funds, LPC estimates an addition of a Student Union to campus within the next nine years. Momentarily to aid the lack of a Student Union, LPCSG will be using a classroom for the time being. This room, nicknamed "The Nest," will stand similar to a Student Union for all students.



The CIC is working on furnishing this room in preparation for students in Spring. The Nest will provide a place for students to socialize, make a cup of coffee, network, join and meet with clubs, break down barriers and create a supportive, welcoming community.

In the past few months, LPCSG has successfully hosted a Welcome back week where students had the opportunity to ask questions and meet their student representatives. We also celebrated Hispanic Heritage Latinx month with Loteria Night; we received great feedback! We hosted Mr. Burris, a renowned Civil Rights lawyer, to speak to us about our rights when encountering law enforcement for Constitution Day.

For Flex Day, LPCSG held a student panel regarding the effects of Covid-19 on students and an LGBTQ+ Student panel for staff and professors to become acquainted with the student's perspectives. Those in attendance reported that they found both panels extremely thought-provoking and would apply what they learned to their classrooms.

LPCSG attended the Student Senate for California Community Colleges virtual Professional Leadership Conference. This training allowed LPCSG officials to learn from other colleges and discuss ways to improve. As a result, our agendas now reflect the new Brown Act Requirements.

# Events this semester!

**LAS POSITAS COLLEGE**  
Student Government

LAS POSITAS COLLEGE STUDENT GOVERNMENT INVITES YOU TO

★ **CONSTITUTION DAY** ★

WHAT ARE MY CONSTITUTIONAL RIGHTS WHEN DEALING WITH LAW ENFORCEMENT?

★ ★ ★ ★ ★

Join J.D. John Burris of John Burris Law Offices, Oakland, for a live Q&A to learn about your constitutional rights.

John Burris has practiced law for more than 40 years. He is primarily known for his work in the areas of Civil Rights with an emphasis on police misconduct, excessive force cases raising federal questions under Federal Code Section 1983.

Mr. Burris frequently provides legal commentary for local and national print, televised, and radio media. He is also a frequent lecturer on the topics of police and criminal justice issues.

Zoom link:  
<https://bit.ly/3Dm7tBo>  
Password: LPCSGConst

17 September 2021 ★ 11 AM to 12 PM ★ Meeting will be recorded

## CONSTITUTION DAY EVENT:

What are my constitutional rights when dealing with law enforcement?  
View a recording of this event on our [events page!](#)

*Between the idealized*  
**AND THE UNDESERVING:**

REPRESENTING REFUGEES THROUGH THE LITERARY AND PERFORMING ARTS

Join us as we think critically about the ethics of doing work with refugees and asylum-seekers and telling their stories on the stage.

**November 10th 6:00pm-7:30pm**  
[Zoom Link](#)

Dr. Spangler is a professor at SJSU. His criticism and many of his plays focus on migration and on telling the stories of refugees and asylum seekers.

LAS POSITAS COLLEGE FOUNDATION  
GLOBAL STUDIES LAS POSITAS COLLEGE  
LAS POSITAS COLLEGE

## GLOBAL STUDIES SPEAKER:

Representing Refugees in the literary and performing arts discussion with Dr. Spangler professor at SJSU.



## Quotes from The Market Volunteers

"Volunteering at The Market makes me so happy. It is an amazing opportunity to help those in your community and earn volunteer hours." - Jackie Carrillo

"After I finish volunteering at The Market I always leave with a smile on my face knowing I impacted my community and fellow students positively." - Lara Wiedemeier

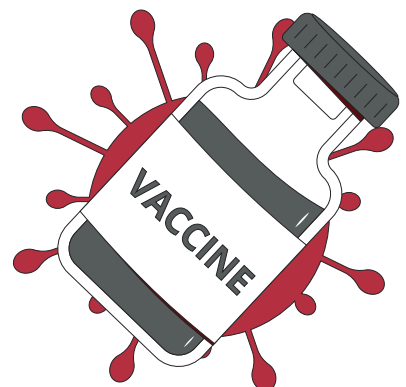
Watch our Instagram live to learn more about the Market [@lpcstudentgov](#)

# Vaccine Mandate

Get Vaccinated it's safe, effective and free.

Submit your vaccination records to be admitted on campus for spring classes!

City Health Urgent Care will be distributing COVID vaccines **every Wednesday from 9 am-4 pm at their testing site in LPC parking lot P.**



# Student Clubs: Our Home Away From Home

## List of Club Meetings:

- **Administration of Justice Club** - Meets the 2nd & 4th Tuesday of each month at 2:00 - 3:00 pm
- **Alpha Gamma Sigma Honor Society (AGS)** - Twice a month on Mondays from 3:00 - 4:00 pm
- **Art & Design Club** - Every other Wednesday at 2:30 - 3:30 pm
- **Biology & Nursing Club (BIONIC)** - Every third Thursday at 5:30 - 6:30 pm
- **Computer Science Club** - Meets the 1st and 3rd Friday of each month at 2:00 - 3:00 pm
- **Dreamers Thriving Not Surviving (DTNS)** - First and third Monday of every month at 3:00 - 4:00 pm
- **Girls Who Code (GWC) College Loop** - Meets the 1st Monday of every month at 4:00 - 5:00 pm
- **History Club** - Meets on Friday twice a month at 2:30 - 4:30 pm
- **Honors Program Club** - Meets weekly on Wednesdays at 11:30 - 12:30 pm
- **HR Club** - Meets every other Friday at 1:00-1:45 pm
- **Journalism Club** - Meets weekly on Mondays at 2:50 - 3:15 pm
- **Math Club** - Meets on the 1st and 3rd Thursday of each month at 2:30 - 4:00 pm
- **Nutrition Club** - First and third Friday of each month at 4:30 - 5:30 pm
- **Phi Beta Lambda(Business Club)** - Meets weekly on Tuesdays at 4:00 - 5:00 pm
- **Psychology Club** - Every Thursday 3:30 - 4:30 pm

This year we are welcoming to the Inter-club Council ICC Chair Tyler Rivas, ICC Secretary Aisha Dhakal, ICC Treasurer Brian To, and ICC Parliamentarian Florence Joel. So far LPC has 15 different clubs and 2 more on the way! If you do not see a club you are looking for you can always make one!

Transparency and finance has been an important conversation within the ICC; An LPCSG Expenditure Ad-Hoc Committee was created to improve on those topics. The committee established new procedures for the future such as: reporting on expenses from LPCSG and ICC, creating expense sheets from 2020-2021 academic year and 2021-2022 academic year, updating finances in the newsletter, reporting finances within meeting, and offering to report expense changes directly on website. LPCSG and the ICC are looking forward to strengthening their relationship.

## Thinking About Start a Club? Here's How!

- Clubs must have at least one club advisor (must be current employee at Las Positas College and must complete Advisor training)
- Student clubs must have at least six (6) club members

## Forms:

1. [Club Application](#)
2. [Student Club Form Signature Page](#)
3. [Sample Constitution](#)
4. Once these forms are reviewed by Student Life, the club will then be officially recognized in the Inter-Club Council



# Fun Finds

What's fun going around at our campus you ask? Here is a list of six events taking place for the Month of November.

- See our very own Las Positas College Theater Art's Program production of, "Peter and the Starcatcher through November 7th.



- Signup for the 4th annual Veterans 2.2 for 22 challenge until November 13th. This event Hosted by LPC's Veteran's First Program is put on to bring awareness surrounding the 22 Veterans lost to suicide each day.



- Calling all students looking for an Internship! Sandia National Laboratory will be hosting an Internship Info Session on November 17th from 2:00 - 3:00 pm.



- Have you gotten a chance to meet LPC's very own President Dr. Foster? He will be hosting an office hour November 9th from 12:15 pm - 1:15 pm. Get updates about what's going on at our school!



- In honor of Veteran's Day the Veteran's First Program will be hosting an online event to hear from Pearl Harbor survivor, US Navy veteran, Mr. Michael Ganitch on November 11th 10:00 - 12:00 pm.



- Listen to our talented LPC student vocalists in a Fall Vocal Ensembles Concert celebrating the return to in-person singing on November 11th at 7:00 pm.



# Positive Psych Activity

## How Would You Treat a Friend?

Try this mindfulness practice from UC Berkeley's Greater Good in Action Science Center:

<https://tinyurl.com/ns5b4nxw>

How to Do It:

Take out a sheet of paper or open a blank document on your computer and go through the following steps.

1. First, think about times when a close friend feels really bad about him- or herself or is really struggling in some way. How do you respond to your friend in these situations (if you're at your best)? Please write down what you typically do and say, and note the tone in which you talk to your friend.
2. Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do and say, and note the tone in which you talk to yourself.
3. Did you notice a difference? If so, ask yourself why. What factors or fears come into play that lead you to treat yourself and others so differently?
4. Write down how you think things might change if you responded to yourself when you're suffering in the same way you typically respond to a close friend.
5. Next time you are struggling with something, try treating yourself like a good friend and see what happens.





## How to Join LPCSG

Link to [Senator Application](#)

Hawks are leaders!

You have a story that many students can relate to, maybe that story has yet to be spoken and represented. Use your voice to create change by applying to become an LPCSG Senator!

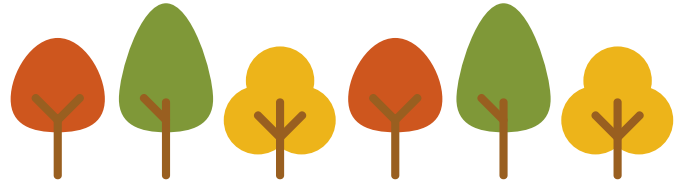
## Senator Benefits

- Opportunity to represent the interests of your fellow Las Positas College students at the local, state, and national level.
- Work on key issues that affect all Community College students.
- Opportunity to develop relationships with students as well with staff, faculty, and administrators.
- Gain valuable leadership experience, confidence, and knowledge that will be beneficial to your future.
- Role in leadership will stand out in college applications and work resumes.
- Ability to attend retreats and conferences both in and out-of-state to learn more about students,
- Able to participate in the planning of activities and events.

## Important Dates:

**November 14:** Last day to WITHDRAW with a "W" - Online (full-term classes)

**November 24 - 27:** Thanksgiving recess - College closed (no Saturday/ Sunday classes)



 **Have a good**   
**Thanksgiving Break!**





LPCSG Executive Board pictured from left to right: President Kyle Johnson, Vice President Lara Wiedemeier, Director of Communication Jackie Carrillo, Student Trustee Sara Kim, Director of Events Amy Attia, Director of Finance Thomas Blakely, I.C.C. Chair Tyler Rivas, Director of Legislation Yasmeen Ibrahim

## Don't miss out on these LPC resources!

**RAW Center:** Reading and Writing, tutoring and paper drop off service!

**Tutorial Center:** Free Drop In Tutoring Online or In-Person

### **Chill and Chats:**

- Dreamers Chill & Chat - 2nd and 4th Monday of the Month 4-5pm
- AAPI Chill & Chat - Tuesdays at 3pm
- Chill & Chat for Student Body - Tuesdays at 5-6pm
- Afghan Chill & Chat - Tuesdays at 6pm
- Middle College Chill & Chat - Wednesdays at 3pm
- LGBTQ Chill & Chat - Thursdays at 3pm

**Free Therapy Walk-in Sessions:** Fridays 9 - 11am at Health and Wellness Center

# CHILL & CHAT

## A Quick Reference Guide

**Dreamers Chill & Chat - 2nd Monday of the Month 4-5pm**  
**Contact:** Alain Olavarrieta - aolavarrieta@laspositascollege.edu  
**ZOOM LINK:** <https://zoom.us/j/97841058513?pwd=K2c1elBiQkZay9PUjBMRFI5SXNtUT09>  
Password: 720682

**AAPI Chill & Chat- Tuesdays 3-4pm**  
**Contact:** Patricia Gonsman - pgonsman@laspositascollege.edu  
Join Zoom Meeting: <https://csueb.zoom.us/j/86781079272>

**Chill & Chat for Student Body - Tuesdays at 5-6pm**  
**Contact:** Patricia Gonsman - pgonsman@laspositascollege.edu  
Join Zoom Meeting: <https://csueb.zoom.us/j/81384098498>

**Afghan Chill & Chat - Tuesdays at 6pm**  
**Contact:** Patricia Gonsman - pgonsman@laspositascollege.edu  
Join Zoom Meeting: <https://csueb.zoom.us/j/86321444468>

**Middle College Chill & Chat - Wednesdays at 3pm**  
**Contact:** Amy Brown - abrown@laspositascollege.edu  
ZOOM LINK: <https://cccconfer.zoom.us/j/92917523579?>  
Password: middle

**Veterans Chill & Chat - Wednesdays at 6pm**  
**Contact:** Evelyn Andrews - lpcveteransfirst@laspositascollege.edu  
ZOOM LINK: <https://cccconfer.zoom.us/j/91949340783>

**LGBTQ Chill & Chat- Thursday at 3pm**  
**Contact:** Patricia Gonsman - pgonsman@laspositascollege.edu  
<https://us02web.zoom.us/j/82170819944?pwd=QWNqS0lhYTBOUVU0Y0dycUpzbnRzZ09>

# CAMPUS RESOURCES + TIPS

## Links:



- **Free Mental Health Counseling**
- **Chill and Chats:**
  - Dreamers Chill & Chat - 2nd and 4th Monday of the Month 4-5pm
  - AAPI Chill & Chat - Tuesdays at 3pm
  - Chill & Chat for Student Body - Tuesdays at 5-6pm
  - Afghan Chill & Chat - Tuesdays at 6pm
  - Middle College Chill & Chat - Wednesdays at 3pm
  - LGBTQ Chill & Chat - Thursdays at 3pm
- **Behavioral Health Workshop Series:**
  - Sleep: All of Your Questions Answered, 10/13/21 2-3:30pm
  - Domestic Violence/Intimate Partner Violence 10/27/21 2-3:30pm
  - Healthy Relationships 11/10/21 2-3:30
- **Covid PCR Testing** - everyday from 8:30 AM - 4:30 PM
- **Apply for Federal Workstudy**
- **Library Resources**
- **Honors Transfer Program**
- **Free Therapy Walk-in Sessions** Fridays 9-11am at Health and Wellness Center
- **The Market:** Pick up free food
- **RAW Center:** Reading and Writing, tutoring and paper drop off service
- **Tutorial Center:** Free Drop In Tutoring Online or In-Person
- **SmartShops:** cover academics, transfer, and career topics.
- **Free Microsoft Office 365:**
- **Technology Loan Request:**
- **2GenFund Scholarship** - Scholarship created to fund a child's enrollment at the Las Positas College Early Childhood Center of deserving LPC students.
- **Free New York Times Subscription:**
- **Grammarly Premium:**
- **On Campus Meditation and prayer room**

