



The Eco Times



THE OFFICIAL REGION II NOVEMBER NEWSLETTER



REGION II NOVEMBER REPORT

BY ANJALI PATEL

Hope you all are doing well and taking care of yourself as well as your mental health. We are 4 weeks to the finals, just wanted to say BREATHE, YOU GOT THIS!

I am delighted to inform you with a little recap and brief overview with all the projects and assignments that Executive Members work for this month.

Members of the Executive Board continue to meet with delegates for a one on one check in about their roles along with what they would like to see from the Executive Board.

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Region II November Report by RAD Anjali Patel

Hello Region II,

Hope you all are doing well and taking care of yourself as well as your mental health. We are four weeks in before finals, just wanted to say BREATHE, YOU GOT THIS! I am delighted to inform you with a little recap and brief overview with all the projects and assignments that Executive Members work for this month. As of right now, we currently have one inactive college, so I really would like to give a shoutout to our Region II Executive Board for all the work they have put together in activating all the colleges while also meeting with the delegates during the monthly one-on-one check-ins to see how they had felt in their roles. Region II Internal committees successfully started meeting and I am really happy to see all the participants, ideas and activities that our delegates and members of the internal committees are bringing together for the betterment of all the students in the Region.

Our Delegate Assembly that had taken place on Friday, November 20th, where our delegates were able to get a sneak peek of what was to come for our first-ever Regional Retreat that occurred on Saturday, November 21st. We successfully planned and executed the Regional Retreat, where we had a multitude of people (from students to advisors) throughout the Region attend to create a community while learning about the current Anti- Racism Student Plan of action, Resolution Writing, ILegislative priorities and parliamentary procedures presented by the Board of Directors SSSCC Board Officers

Our Region II Treasurer Dhaliwal has been actively working alongside the Vice President of Finance to have regional fundraising events for Region II. Starting mid- September, the finance committee started having regular meetings and planning for future events. Soon the region would be holding a Fund-raising speaker series event, where speakers on a variety of issues covering the LGBTQ+ community to undocumented students would come in to speak upon those issues. Looking forward to this and as information is in solidarity, I would be sending out more information.

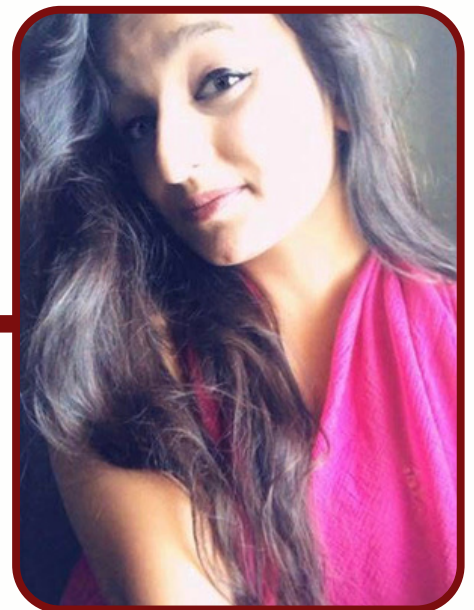
Our Region II Communication Officer Schiffmaier has been presenting some incredible Regional Newsletter in a timely manner every month with all the Regional and SSSCC updates and has been keeping the region updated with all the ongoing events and also bringing up new and incredible ideas of engagements.

One our frequent event "Monday mornings with the Executive Board" which takes place via Region II Instagram page. In this event, every week on Monday at 11:00am, Region II goes Live Instagram with Regional officers and Board members providing opportunities for our Region II students to express their thoughts, concerns, ideas and ask questions directly to us. I always look forward to Monday mornings and talk with our students and to know and understand them better. We had SSSCC President Kodur come and have a live interaction with Region II students last week on Monday and while continuing the trend we invited all the SSSCC Board members to have live interaction with us every Monday morning at 11:00am.

While November is a time where we reflect and think about what we are most thankful for, there are so many other events that had occurred before Thanksgiving. Recently, Diwali or the ringing of the New Year within the Indian culture.

We remember and acknowledge the work that our Veterans do for us and celebrated Veterans Day. November is also known for its National Family Caregivers month and we do acknowledge Transgender Day of Remembrance and many other national days.

As Regional Affairs Director for Region II, I am blessed to have this opportunity to work alongside this incredible team of Student Leaders who are so passionate about advocating and representing voices of all students. We will continue to best the region by upholding our duties in a timely manner. I would encourage Region II to follow our Instagram page (sscc_regionii) and also to sign up for the Region II Listserv to have more updates.



Anjali Patel

Pronouns: She/Her/Hers
RAD | Region II | SSSCC
Studies at Sierra College





November Thanks-Giving Article by Executive Board

With Thanksgiving right around the corner, our Region II Executive Board would like to give a special thanks to a charity, members of the communities (such as friends and family), or organization of their personal choosing to highlight in this month's newsletter.

RAD Patel: Thanksgiving Day is one of the best times of the year that we use to remind ourselves of the many reasons to be grateful. I would like to start by thanking all the Regional Board Officers, Delegates and all Student Leaders for stepping up during this time of pandemic and supporting and representing voices of all students. I truly appreciate and thank you all for everything you do for the betterment of students. Secondly, I would say thank you to doctors, firefighters, janitors, first responders, EMT's, anyone and everyone who is working hard and doing all they could to keep us safe and healthy. Lastly, I would say Thank you to my family and my best friends, Loveleen and Tithi for always being there, supporting me, believing in me and teaching me the gift of giving and motivating to work hard. My parents always taught me, "always help whenever you can and be there for all. It's very important to be kind, humble towards all." We, Region II Board Officers, are sending you thanksgiving wishes across the miles from our house to yours. Here is hoping your home is filled with happiness and joy. Stay Healthy and Stay Safe.

VC Galinato: Within my community, I would like to give the first of my special thanks to the Sacramento Food Bank and Family Services (SFBFS). Every year, this organization puts on one of the biggest events throughout Sacramento during the Thanksgiving holiday, Run to Feed the Hungry. With the event being modified to a virtual format, my family and I have made this an annual Galinato-Rodriguez tradition to give thanks to others and help those in need throughout the community. Additionally, I would like to thank My Sister's House, another organization that is near and dear to my heart as one of the biggest organizations throughout the Sacramento region that solely focuses on the AAPI and underserved communities that are impacted by domestic violence, human trafficking, and sexual assault. Knowing how this can affect so many close family members or friends of mine in addition to being a part of the AAPI community is one of the many reasons why I've decided to highlight them and the work that they have continued to uphold since 2000. Last but not least, I want to personally all of my family and friends. I am so incredibly blessed and thankful for everyone- whether you are someone I know in a personal or professional capacity. Thank you for lovingly accepting and taking me as I am and come as an extension of my own family. Mahal kita 3000.

LAD Prasad: I am thankful for my friends and family. I would like to give a special thank you to one of my close friends who passed away in 2016, Matt Johnson, without him, truly would not be here today. Every year, my family and I give food to the homeless around Christmas time and donate brand new toys and gifts to less fortunate areas in the Sacramento area. I was raised in a privileged area and many people do not get the same opportunities, it's important to always be humble and give back.

Treasurer Dhaliwal: Starting off with Region II, I would like to say thank you to Region II Executive Board for their dedication and work. I know that from the beginning of all our terms we felt like we were conflicted on where to start. However, as time progressed we found our rhythm and held our determination. To all the ones (delegates, public, board of directors) that have joined us on this amazing trip I also want to thank you. I want to send another thanks to my friends and my dogs who have motivated me to stay strong and to continue working hard. This Thanksgiving is like no other and even though as a community we have gone through a lot, I'm glad it was with all of you.

Communication Officer Schiffmaier: I am grateful for my family, the efforts made by those who strive to make positive change in our community, and the precious hours I can rest during the school semester. I am grateful for my parents who raised me, teaching me lessons in life how to persevere, and to think creatively. I am grateful for my sister, who has been my mentor throughout the years, and it has been my goal to follow in her footsteps (but with my style as well). Additionally, I appreciate the efforts and loyalty of my friends at my college and Region. I am grateful for those who look at the mountain of trials and success, for the small business owners, the EMTs, the nurses, the scientists looking for a cure for COVID-19: for those who choose to climb difficulty for the sake of others, the future, and the betterment of the world.



UC Berkeley's REACH Program by Amy Lo

The Multicultural Resource Center at University California Berkeley is an umbrella for all the retention and recruitment centers [Raices Recruitment and Retention Center (RRRC, early 1970's), Black Recruitment and Retention Center (BRRC, 1983), Pilipinx Academic Student Services (PASS, 1985), Asian Pacific Islander Recruitment and Retention Center (REACH!, 1994), Indigenous and Native Coalition (INC, 1991), Mixed @ Berkeley Recruitment and Retention Center (MRRC, 2005), and Middle Eastern and North African Recruitment and Retention Center (MENA-RRC, 2012). bridges Multicultural Resource Center was an idea in 1996 between student leaders of the RRCs circumvent prop 209 and broaden the support of all underserve, under representative students of color. The senior weekend is one of the RRC specific events that was included in 1998, which became a four-day, three-night event in 2010.

In collaboration with the Multicultural Community Center, bridges provide free lunch, dinner, and testing materials during RRR week known as a dead week (Reading, Reviewing, Recitation).

The Transfer Weekend was leftovers from Senior Weekend funds to create the "Transfer Weekend" that happened in 2009. The transforming of our perspectives bridges Multicultural Resource Center came to be well known as "Transfer Weekend" had commenced. The 'Fight4Spaces' Campaign were bridges and prop 209, the 20th anniversary, due to frustrations with visibility, accessibility, and the size after moving from Eshleman basement, bridges launched a campaign to claim the student store as their own space. Led to the delegations of temporary space on the 4th floor of Martin Luther King (MLK) and shared use of the 5th floor MLK, as well as a permanent space, development in Hearst Field Annex (HFA).

Here is a video of "UC US NOW" in 2011 lead by student-run organization:



Amy Lo
REACH!'s Transfer Coordinator
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Health Update by Nurse Mary Hanson

How College Students Can Stay Well in a Pandemic

By

Mary Hansen, RN, CNS, MSN, ANC-BC – Folsom Lake College Nurse

The effects on college students from COVID-19 are numerous, including the possibility of getting sick from the virus and having one's academic plans derailed. However, when students prioritize wellness and create success-serving habits they have a high chance of staying well.

As challenging as it is, COVID-19 gives students the opportunity to prioritize physical and mental wellness. A lot of advice lately is concentrated on staying mentally well during the pandemic. This article will concentrate on ways to stay physically healthy. The loss of physical health can be devastating to both mental wellness and academic success.

There is truth to the saying "you are what you eat". Nutrition is the first thing a health-seeking student should consider. What we eat literally becomes the building blocks that create our physical body. Fast, convenient foods should not replace fruits, vegetables, grains, legumes, and quality proteins. Energy drinks and sodas should not replace water. Good nutrition and hydration are essential to the proper functioning of the body and have a huge effect on our immune system. If the food we eat is processed - full of chemicals and toxins - the body expends increased energy to detox, and there is less available to fight off viruses and bacteria.

Sleep, too, has a tremendous effect on health and immunity. Good sleep hygiene is illness preventative. Students should create a routine sleep schedule of 7 - 9 hours per night, avoid caffeine after 3pm, and limit screen time before bedtime.

The body needs sleep time to repair/replace cells, integrate new information, restore reserves of energy, control metabolism, stabilize our emotions, remove toxins, etc. These functions affect our immunity, which is why lack of adequate sleep (time and quality) can lead to ill health. Lack of sleep also has a negative effect on one's sex drive, memory, body weight, and energy levels.

Even a strong immune system can't protect you if you don't protect yourself. Assume everyone is infected (unless you live with them). Physical distancing (> 6 feet) from others is wise, as is wearing a mask when doing essential tasks like shopping, where exposure to those who are infected is possible. Meet with friends outdoors, spaced around a table. Avoid the hugs and handshakes that can spread the virus. Ramp up your handwashing frequency, and avoid touching your face.

If you must have contact with someone without distancing, wear a mask, and limit your time with them to less than 10 minutes (the CDC states that unless a person is actively symptomatic, it should take a bit of time to get enough exposure to become infected). Planning to meet outdoors is safer than indoors.

Students can maintain their physical health, even during a pandemic.

Los Rios Community College's Health and Wellness Services are here to help: <https://losrios.edu/campus-life/health-and-safety/health-and-wellness-services-x26863>.

We want you to stay safe, healthy, and happy. We are **HERE FOR YOU!**



STEM Report by Dr. Eric Wada

STEM in 2020 and Beyond

By

Eric Wada, Ph.D, Folsom Lake College Faculty, Professor of Biology

Science has been on full display in 2020. Everyone has been affected in some way by SARS-CoV-2, the virus that causes COVID-19. Public health scientists and epidemiologists have researched methods to control the virus while treatments against COVID-19 and a vaccine against SARS-CoV-2 are developed with rapid speed. In California, many of us have experienced the effects of climate change as some of the largest wildfires in our state's history have directly or indirectly impacted us. Science seeks to solve problems, and the problems it solves should benefit us all. If we reduce science to its fundamentals, two components of what scientists do is we ask questions and solve problems. 2020 has been a year that has raised a lot of questions, and many problems have arisen that science will have to try to solve.

While 2020 has disrupted the educations of all students, arguably STEM students have had to face incredible challenges to their educations. Students regardless of major have struggled with challenges associated with learning at home. Many have experienced economic hardship. Mental health and depression are real problems that students have experienced.

Aside from those challenges faced by all students, most Science, Technology, Engineering, and Math (STEM) majors have heavy lab requirements in their first two years, therefore many of you pursuing STEM majors will find that the bulk of your lab experiences in college will be virtual or online lab experiences. In many ways, having to struggle through online or virtual labs is a big science experiment in which you and your professors are trying to solve a problem (how to teach/learn science virtually) given certain constraints.

The times when you've had to troubleshoot, improvise, anticipate variability, and test your troubleshooting against your predictions – all of that is science.

This year has also brought social inequities and systemic racism to the forefront of our discussions. Although some may argue that the scientific method is by definition unbiased, we need to go deeper and ask the harder questions about who is included in science, and who benefits from science. Clearly there are gaps when we see that there are fewer Black and Latinx students in STEM majors.

Even more disturbing is data show healthcare disparities and greater health problems in communities of color and low-income communities. The pandemic in particular has disproportionately impacted Black, Latinx, Native American, and Asian American communities. We need to ask questions to understand why those disparities exist. More importantly, we must act with urgency to solve the problem of health disparities and work towards ensuring that scientific discoveries benefit all equally. Addressing questions of equity in STEM will require people with diverse perspectives and diverse life experiences to become scientists.

As a STEM faculty member, I see it as my responsibility to not only work towards providing a quality STEM education regardless of the pandemic, but to also act towards revitalizing STEM for students and the communities our colleges serve. As student leaders, STEM majors, and/or partners in equity, I encourage you to get involved. Seek out faculty and peers to find innovative ways to keep STEM students engaged even in remote operations. Find ways to help recruit and include all interested students in STEM courses. 2020 has been a learning experience for us all. We all have a responsibility to advance scientific literacy and participation in science.



Dr. Eric Wada
Folsom Lake College
Professor of Biology

Recent Advancements in COVID-19 Research by Alexander Le

Alexander is currently a sophomore studying computer science and chemistry at Folsom Lake College. He works to promote digital and scientific literacy at his college community.

Attached is a link for an article written by undergraduate student Alexander Le, regarding the recent discoveries found in reference to the coronavirus epidemic plaguing international populace today. He wrote this article in the format of his observations and thoughts of a peer-reviewed article on the leaps on science in the race to find a cure: the SARS-Coronavirus Replication in Human Peripheral Monocytes/Macrophages.



A Student Analysis of SARS-Coronavirus Replication in Human Peripheral Monocytes/Macrophages



App Builder U Explanation by Bruce Twersky

App Builder U will build your Student Senate a dynamic app that comes pre-loaded with 100+ amazing, money-saving deals. 11 California Community Colleges have already adopted the fast-growing App Builder U solution. For more info, go to www.appbuilder.com

Let us build your Student Senate a successful custom app to:

- Increase student engagement
- Address student financial needs and food insecurity
- Stay connected



Here's how it works:

1. We convert your website to an app
2. We add amazing, money-saving local deals
3. We add anywhere and online deals like 20% off at Nike.com and Papa John's
4. We add a section for student services like registration and financial aid
5. You can send push notifications that can link in app for important announcements like 'Join our zoom meeting' or letting them know about a drive-thru food distribution
6. We'll publish your app in the app store and google play
7. Provide you with the marketing materials you need to be successful: custom explainer Video to email/post on social as well as social media widgets!
8. Access to analytics to measure engagement
9. And it's easy to make updates on your own, or have us do it (depending on package)
10. Quick turn-around so it's ready for the first day of spring classes!



It will become part of your students' everyday routine to open your app and browse for deals before they grub. Each time they open, they receive content from your SGA!

Go to www.appbuilderu.com for useful info, videos, and to get in touch so that you can add App Builder U to the agenda at your next Student Senate meeting so you can have the funds approved before winter break. It's the perfect way to kick-off spring semester!

Case Study: Victor Valley College launched

their app this week and in the first 24 hours they had 600 downloads, 5000 page views, and a 4.7 Star student review rating! Download the 'Victor Valley College ASB' app for yourself at the app store or google play and check it out!

Contact Info:

www.appbuilderu.com

bruce@appbuilderu.com

480-226-7931 (call or text)

CCC Chancellor's Office Press Release Recent Updates

Recently, the Chancellor's Office released a new press release on Senate Bill 206 (Skinner-D). The CCC Office would ask students for their opinion in a survey in order to obtain the thoughts of the student populace, such that a decision can be made regarding athletic publicity.

[CCC Chancellor's Press Release on SB 206 Survey Request](#)

[CCC Website: News & Media - Press Releases](#)



Getting to Know Your Leaders



WE ASKED SOME OF OUR REGIONAL AND STATEWIDE EXECUTIVES THIS QUESTION:

"WHAT IS YOUR FAVORITE BOOK TO READ?"

(Region II)

- Physics of the Impossible
- The Kennedy Curse
- Life of Pi
- Snow Falling
- Boundaries

(State)

- Jane Eyre
- The Magicians
- The Hunger Games

KUDOS of the MONTH!

GIVING KUDOS IS A WAY TO RECOGNIZE AND ACKNOWLEDGE PEOPLE'S WORK. REGION II STARTED THE INITIATIVE TO GIVE KUDOS ACROSS THE 115 COMMUNITY COLLEGE STUDENTS WITHIN CALIFORNIA IN A WAY TO APPRECIATE THE WORK THAT PEOPLE AROUND YOU DO AND TO ENCOURAGE THEM. MESSAGE TO YOU FROM SOMEONE WHO APPRECIATES YOU AND YOUR WORK. THIS MONTH WE HAVE KUDOS FOR:

Delegate Sahibpreet Otal:

"One of the nicest Student Senators I know. Besides our President and VP, Sahib is always willing to help our students and student senators. He would have level 100 in lifting people's spirits up and breaking the ice."

Olivia Garcia-Godos Martinez

"Even if its her first year I'm excited to see what she does next."

FUN FACT ABOUT THE REGION II BOARD

One of the Executive Board Members is a long term fan of the Equine Horse Family, adores the Marvel and Star Wars fandoms, lover of Banana Bread, is a Martial Artist, and can sing "Girl on Fire by Alicia Keys"

Inspirational Quote of the Month

"Leadership is the capacity to translate vision into reality."

~Warren G. Bennis

Meeting Dates

Executive Board Meetings at 4:00 pm on

- **December 4, 2020**
- **January 1, 2021**
- **February 5, 2021**
- **March 5, 2021**
- **April 2, 2021**
- **May 7, 2021**
- **June 4, 2021**



Meeting Dates

Delegate Assembly Meetings at 5:00 PM on

- **December 18th, 2020**
- **January 15th, 2021**
- **February 19th, 2021**
- **March 19th, 2021**
- **April 16th, 2021**
- **May 21st, 2021**
- **June 18th, 2021**



REGION II DELEGATES



American River College

Afsoon Aflanki

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Cosumnes River College

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Sacramento City College

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San Joaquin Delta College

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Sierra College

Sahibpreet Otal

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Shanna Keith

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Woodland Community College

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Solano College

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Columbia College

Ricki Lee Korba

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Becoming an active Region II College:

To be considered an active college within Region II, your college must:

- **Appoint and/or Elect a student delegate by an Advisor and/or Student President.**
- **Complete delegate verification form.**
- **The delegate must attend monthly Regional Delegate meetings.**
- **For more information on reactivating college contact RAD Patel at radregionii@studentsenateccc.org**

Connect with the Student Senate for California Community Colleges by signing up to listserv to get updates: Listserv

