

THE PAW PRINT

SPRING ISSUE 2023



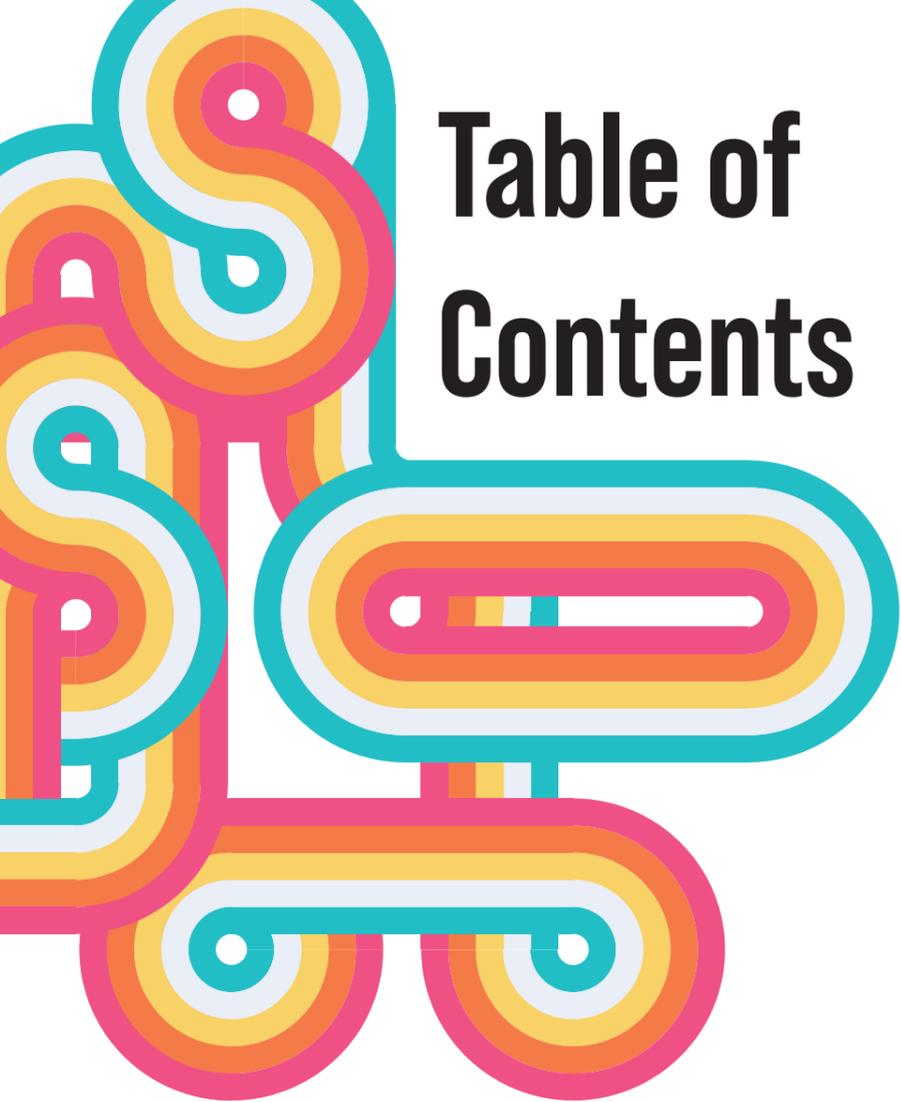


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Dear Cougars,

It is always difficult to begin this letter for the Spring semester: springtime always brings many changes, and College of the Canyons is no exception. The last sixteen weeks have been spent planning and preparing for the future. Whether you've been finishing your degree, getting ready to transfer, or figuring out what the road looks like ahead, as your school news magazine and fellow students, it has been our pleasure to grow alongside you. Above all, it has been an honor to see all of your college experiences play out across our pages.

Allow this issue to serve as a reminder that The Paw Print is a publication that is by the students, for the students. It is because of you that we are able to create our magazine: your stories, your accomplishments, and your growth during your time at College of the Canyons can be found on each and every spread. As this chapter begins to close and another one begins, we hope you are reminded of everything you have achieved this semester. And, of course, we can't wait to see what the next chapter entails.

Love,
Your Paw Print Staff



OUR STAFF

Xavier Adams, Allison Alben, Harley Zepeda, Christina Manzanares and Erik Polanco



COOK OUT



2023



Doesn't the sound of sizzling burgers and the opportunity for an ice-cold drink bring people together? That is exactly what the Multicultural Center thought when they held College of the Canyons' Cookout on February 21, 2023! A cookout is a traditional African American gathering involving outdoor barbeques with relatives and families, which made it the perfect avenue "to share some dances, share some laughs, [and] get the vibe going," as pointed out by COC employee Brandon Ashford.

With a DJ setting the mood, the cookout drove long lines and fed passing students with a delicious, free burger that students could customize with all sorts of toppings, including lettuce, pickles, onions, and cheese. No cookout is complete without sides, however, a problem that was quickly resolved by the variety of chips that were freely offered. Sodas from the bubbliest colas to the smoothest iced teas were also available to quench students' thirst.

Aside from its lively setting, the nature of the cookout also allowed

for a unique opportunity during Black History Month to "bring shared knowledge," says Flavio Martin, Director of the Multicultural Center. "You know, it's very important when we talk about our Ujima Scholars program and our alliances that are coming through. We have 10 different alliances through our Multicultural Center. Specifically, today we are highlighting our African and Black Student Alliance." Both programs are significant for students at College of the Canyons: Ujima Scholars helps black students through mentoring, programming, and dedicated counselors while the African and Black Student Alliance offers a safe space for black students. At the cookout, these programs and the Multicultural Center had informational booths to share what their department is about and to show and honor black history!

All things considered, this event brought together a community of students to honor the history and lives of African Americans.

An Afternoon with



ANGELA DAVIS

Visiting speakers are central to an enriching college experience: they provide new insights and ideas for individuals to explore and spark their intellectual curiosity. On this note, hundreds of College of the Canyons (COC) students, faculty, and community members gathered at the Santa Clarita Performing Arts Center on April 15th to attend the sold-out “An Afternoon with Angela Davis” event. The event featured not only a moderated Q&A with Davis, but a book signing as well.

Davis was born in Alabama, and it was during her childhood there that she formed an interest in moral philosophy, so much so that said interest led her to pursue a degree in philosophy at the University of California, San Diego (UCSD). It was at UCSD that she got involved in social justice movements, particularly under the influence of Herbert Marcuse. Since then, Davis has not only published several books on several critical issues - ranging from prison abolition to feminism - but has also become a forceful icon in movements such as the Black Panther Party.

“There can be no liberation without education.” This is a fundamental pillar of Davis’s thought. In fact, she continually highlighted the value of education throughout her talk while emphasizing the link between knowledge and action: knowledge is a necessary condition for activism. Another crucial point was mentioned in the conversation: justice is indivisible - every member of the marginalized community must be accounted for, or else true justice remains unattainable. Considering this,

she was clear to distinguish between individuality and individualism: whereas the former recognizes the importance of individual autonomy, the latter prioritizes the individual over the community - in other words, the importance of the community is devalued as an individual’s needs is all that is of value which, according to Davis, threatens true justice. Nearing the end of her speech, Davis commented on what activism looks like. Aside from education, it should also be mentioned that each activist has their own skills and perspectives. Here, Davis provided a personal anecdote: while working on

**“THERE
CAN BE NO
LIBERATION
WITHOUT
EDUCATION.”**

Abolition. Feminism. Now., the authors of varying academic disciplines clashed even when it came to seemingly simple things like defining a single term. Nevertheless, they all combined their intimate perspectives and backgrounds to publish the book linking abolition and feminism, a form of advocacy. In short, one should use their personal experiences, whether one has a talent for writing or even filmmaking,

for a unique brand of advocacy.

Following the talk, Davis participated in a book signing, where attendees were not only able to purchase her scholarly publication - whether that be *Women, Race & Class* or *Are Prisons Obsolete?* - but were then given the opportunity to have the copy signed by Davis themselves.

All in all, COC students, faculty, and community members were given the opportunity to listen to the scholarly and personal insights of the esteemed Angela Davis, allowing viewers to explore novel ideas and enrich their campus experience.

HIDDEN SPOTS

COC's Valencia Campus offers students over 153.4 acres to explore. Though it may feel sometimes as though you know campus like the back of your hand, chances are there's so much more to explore!

Have you seen the row of benches that sit lined up along the library? This tucked away area provides a quiet spot for students to get some work done or to take a break. It's a perfect spot to take a breather from the hustle and bustle of campus life.

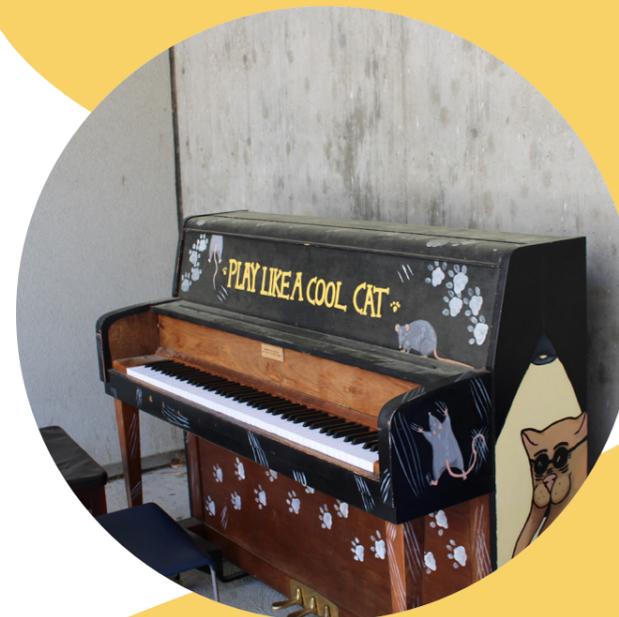
You shouldn't miss out on the Shakespeare Garden. This peaceful little garden is adjacent to Hasley Hall and tucked away in a quiet nook of campus. The garden features a beautiful array of plants and flowers, along with benches for students to sit. In addition to the natural beauty of the garden, it also contains adorable cherubs and rabbits, which add to the serene atmosphere. If you're lucky, a real rabbit may bounce its way through! The garden is a great spot to escape the chaos of campus and relax for a few moments.

For students who have musical inclination, the piano located outside Hasley Hall is a must-visit. The piano is open to any COC student who wants to play, listen, or simply appreciate the beauty of music. Whether you're a professional musician or just starting to learn, the piano provides a private setting to play to your heart's content.

One of the things that sets COC apart is its conservation of nature. Valencia is home to several species of owls, which are often seen perched on trees or in owl houses scattered around campus. COC has built these owl houses to provide a habitat for these magnificent creatures and to allow students to appreciate their beauty respectfully. The owls are a unique and charming feature of COC's Valencia campus. You may even spot a baby owl or two during the springtime!

Don't forget to visit the Art Gallery. The Art Gallery is located in Mentry Hall and showcases the work of COC students, faculty, and local artists. The Art Gallery hosts exhibitions throughout the year that feature various mediums and themes. The Art Gallery is a wonderful place to appreciate the artistic talent and diversity of COC's community. The hours of the gallery are Tuesday, Wednesday & Thursday from 10:00am to 4:00pm.

COC's Valencia Campus is a beautiful and peaceful environment that offers many hidden gems for students to enjoy. Whether it is the library benches, or the owls scattered around campus, there is no shortage of peaceful and tranquil settings for students to unwind and relax. So, the next time you find yourself needing a break from the chaos of campus life, take a stroll around and find one of these serene locations.



RESTAURANTS FOR CHEAP

As a college student and someone who loves to make poor financial decisions, it is difficult to find something delicious and cheap around Santa Clarita (SC). That is why when the opportunity came, I immediately started this article because I am not only passionate about the many delicious places that have not been discovered yet, but it also gives me an excuse to eat everything I am writing about!

A standout restaurant for me is The Loaf Japanese Bakery & Café located in Newhall. I am someone that vacuums food into my mouth while savoring every flavor, making The Loaf perfect for me. Most of their baked goods such as the curry pan and Strawberry Croissants are very filling for \$4.25. The only thing that knocks this place down a little is their hours as they are open from 8:00 am-2:30 pm every day of the week except for Mondays. Overall,

this is a unique place that deserves some recognition.



If you are like me and do not want to drive far for a cheap and delicious meal, then look no further than College of the Canyon's Cougars Café! The Cougar Café is by far, it is the cheapest because well... it is FREE! By visiting the Basic Needs Center (BaNC) and giving them your student ID, you can use a BaNC Buck, which is a voucher for a free entrée, 2 sides and a drink (with some exceptions). If this were ranked for cheapest and most delicious, the Cougar Café would win. But since everyone is a winner, they get their gold star.

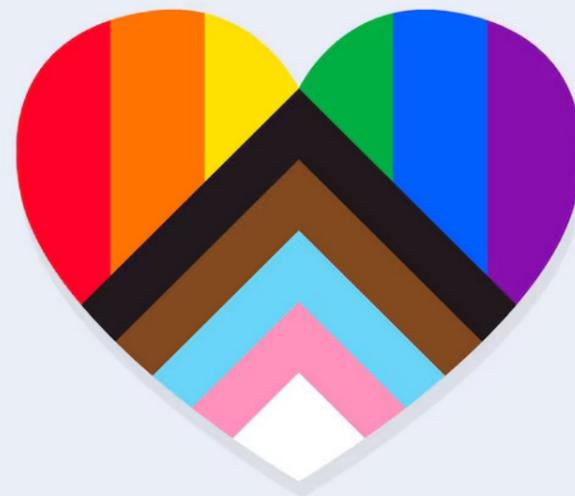
Saving the best for last, Deep Sea Poke offers giant poke bowls for only \$12.77 and free miso soup and seaweed chips! Yes, that is a little much, but compared to other poke places in SC Deep Sea Poke is the cheapest and largest you can get. With a wide variety of proteins, sauces, and toppings (including kimchi and pickled radish), this poke spot is perfect if you want to selfishly savor the big portion or share it with your partner.

Although these places are amazing, you can still find deals at almost any restaurant you go to! See if they have an app such as McDonalds or Chipotle, they always give coupons and deals if you are a member with them (and being a member just requires you to sign-up for free). Look at their sides and order from there instead as they are always cheaper and may even fill you up more than the entree. Finally, find your inner childhood and order from the kid's menu! My co-workers and I do this all the time because it is not only cheap, but you get a toy too! Overall, you can still enjoy delicious meals while saving money!



DISCOVER

DAY!



PRIDE

AT COLLEGE OF THE CANYONS

For many students, the future can be anxious: some students may lack a clear and set future path with their major or career. For others, meaningful relationships can be hard to come across. Even a lack of essential services such as childcare or campus engagement can render college life passive. Without partaking in many opportunities, students can graduate feeling dissatisfied.

Fortunately, on March 18th, College of the Canyons hosted Discover Day at the Valencia Campus between Canyons Hall and the Student Center. The event served as a venue for community members to explore and get acquainted with many campus services and programs. Aside from the free In-and-Out lunch provided at the event, Discover Day consisted of tours, workshops, office hours, and a variety of informational tables where services ranging from Future Business Leaders of America to the Childhood Resource Center offered insights into their programs.

Discover Day was the perfect platform for community members to explore their future paths, form interpersonal relationships, and engage in lively campus activities. According to one student, "I came out so that I could find some clubs to join, make some friends, and be able to participate in a variety of activities that I am interested in." Another student said, "... I thought that it would be a good idea to explore and find out information about certain programs."

Some services promoted at the event included the Future Business Leaders

of America (FBLA). The FBLA offers valuable opportunities such as community service, campus engagement, strong connections with other members, and learning business and leadership skills. The club is not only limited to business majors, but it is open to any students interested in leadership. Another organization was the Childhood Resource Center, which provides essential needs such as daycare and free online programs, including Storytime and playgroups.

Taken together, Discover Day allowed community members to get familiar with the variety of programs offered on campus. The future can be daunting at times for college students, but exploring the variety of opportunities that College of the Canyons offers can lead to a meaningful college experience and ease one's worries about the future.



COC strives to foster a supportive and vibrant community for their LGBTQIA+ students and faculty. With LGBTQIA+ focused alliances, events, and education for allies, the LGBTQIA+ community at COC offers many opportunities for expression, community building, socializing, and more!

Erin Delaney, the faculty advisor of the Trans-Alliance said, "The Trans-Alliance provides a safe, welcoming space for students who are transgender, nonbinary, or questioning their gender identity to connect with one another, learn about campus resources, and discuss issues of importance to the Trans Community. We've participated in advocacy on campus for increasing the number of all gender restrooms and the creation of the college's name change form, which allows COC students to update their names on class rosters without going through a legal name change process. We participate in campus Pride events, such as National Coming Out Day (celebrated last October) and the Pride Fair (date forthcoming). We have also provided professional development for faculty and staff on making classrooms and the campus more friendly to trans and nonbinary students."

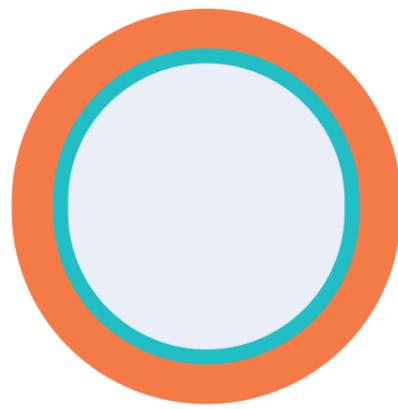
A student who is an active member of COC's Trans-Alliance stated, "Personally, I love the Trans Alliance as a space because it feels like a group where I can discuss my hobbies and interests with other people of a similar situation without having

the conversation revolve around the inhumane conditions that the world creates for trans people simply existing in both public and private spaces. What's especially nice is the ability to do fun activities like art, group discussions, and stress relief with the limited amount of space and time. I think that contrast between what the world frames people as and what we do in spaces together is really special and important to highlight."

The COC Trans Alliance meets Wednesdays at Hasley Hall 230 with doors for students to learn about LGBTQIA+ identities, gender, and sexuality. Safe Zone Training is also available to faculty and staff, providing a deeper understanding of the LGBTQ+ community and how to be a supportive ally. Along with the Trans-Alliance, COC has a Gay-Straight Alliance that brings together queer students and allies.

The LGBTQIA+ community at COC continues to grow and evolve, offering new opportunities for students, faculty, and staff to connect and support one another. As Pride continues to be celebrated across the United States, the LGBTQIA+ community at COC serves as a beacon of hope and inclusivity for all.





Multicultural Day

This year on April 25th, COC students got the chance to go on an international vacation for free during our annual Multicultural Day! From 12pm to 2pm inside of the cafeteria, students were able to embrace all cultures and ethnicities at College of the Canyons through this event as part of the Associated Student Government's (ASG) Legacy Project.

At the event, students "traveled" to different booths with a paper passport learning about different cultures. This ranged from writing their name in Chinese Mandarin or having their brains exercised with a bit of trivia about El Salvador. After they completed each table's activity, students got their passport "stamped" with stickers.

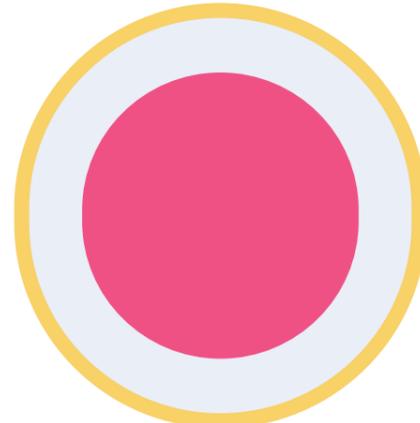
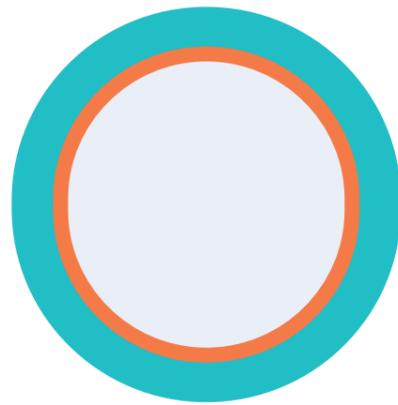
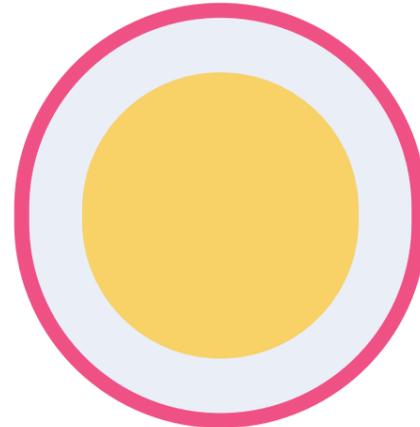
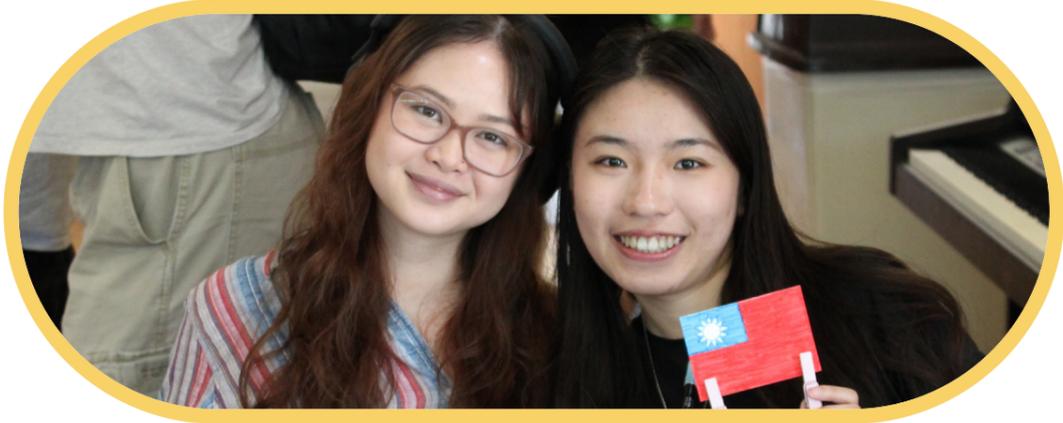
If a student received 5 stamps, they got to select a FREE international food item and Goodie Bag! If students received 10 stickers, they were able to get multiple items. Dumplings, tacos, boba and more were all on the menu.

ASG Officers, along with the Intercultural Center, Ujima Scholars and the Undocumented Resource Center (URC) presented the cultures that make up their organizations at their booths.

These tables sought to provide more knowledge about certain cultures while also bringing community members together in appreciation for everyone's background.

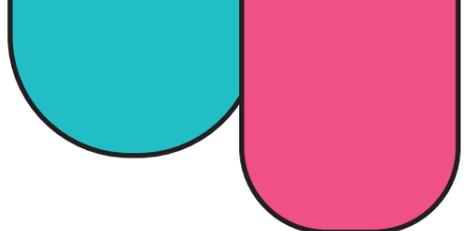
"I thought [Multicultural Day] was a great way to highlight the different cultures at College of the Canyons. I liked how students came up to me and didn't have any idea about Mexico and I was able to teach them about it. My favorite part is when they smelled my coffee from Mexico City and to receive a sticker, they had to speak Spanish. I was happy I got to represent my culture at my school because I don't have a lot of friends that are Mexican. Multicultural Day allowed me to better connect to my roots," said Kimberly Lopez, ASG Vice President of Activities for our Valencia campus.

Overall, this year's Multicultural Day was once again an enjoyable experience for students and staff that bridged the gap between cultures and community. If you were unable to attend, we hope to see you there next year! Don't forget your passport!





WISH YOU
WERE HERE



SPRING BREAK 2023

Spring Break: a time of relaxation and bliss that never ceases to go unnoticed. What does go unnoticed, however, is the transition back into school following Spring Break. As is often the case with time away from school, many students have trouble returning to the flow of college. In a survey of College of the Canyons students, approximately 1 out of every 3 student stated that Spring Break should not be longer. In fact, several participants cited that they found difficulty adjusting back to their college schedules. Fortunately, after conducting the student interviews, several helpful tips were revealed that can aid students in transitioning back into their school routine.

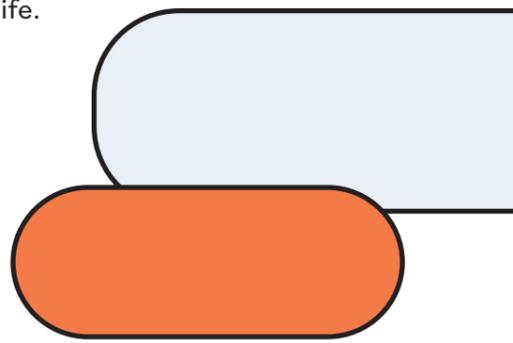
The first of these tips include communicating with classmates. Having a rusty memory after the break is common, and there is no shame in struggling with this. Considering this, it is important to try to get back on track. Classmates can be an invaluable tool when staying on top of deadlines or if you find yourself needing a little extra tutoring. According to The American Society of Training and Development, a person is 65% more likely to achieve a goal when supported by others. With today's technology, it is easier than ever to stay connected, so make sure to get your peers' contact information.

Another useful tip is to set up a daily agenda. As students tend to overlook academic work throughout Spring Break,

many of these lax habits linger into the subsequent school week, leading to time management difficulties. Considering this, many students found it beneficial to arrange daily schedules and block each part of their day. This scheduling can help to establish a routine rather than the unstructured calendars during Spring Break. Apps such as Google Calendar and iCalendar were found to be the most helpful, as agendas can easily be accessed and edited.

Similarly related to setting up a regular agenda, interviewees highlighted the importance of creating digital daily reminders. Given the prevalence of phones in today's world, setting digital reminders can help one stay on top of their schedule. Several students have noticed that establishing regular reminders helps them manage their coursework without getting overwhelmed, allowing them to check off tasks as they move through the day. In a similar vein, daily reminders can help one visualize their daily schedule by plotting out which activities need to be completed and can assist individuals to prioritize which tasks are most important.

While most students do anticipate the bliss of Spring Break, it is equally important to make an effort to get back into one's school routine. From communicating with one's peers to creating daily reminders, personal student insights may be the most valuable yet accessible tips, saving any trouble of getting back into college life.



THE ART OF TIME MANAGEMENT

I was stressed the other day: It was well past midnight, and I was already several hours behind my workload. I felt stuck on whether I should complete my class reading or start on my essay. I was anxious and felt as if the only solution was to rush and finish my work. It was not until sunrise when I finally finished my assignments, and my poor time management had once again left me dissatisfied with the quality of my coursework.

Of course, it can hardly be said that my struggle in time management is unique - it is an experience that nearly all students encounter at some point in their academic journey. I recently recall working on homework with my friend and noticed that their eyes were glued to social media with their homework beside them. The cause of poor time management was clear: procrastination.

So, why exactly do we procrastinate? According to a 2019 article published in Learning Assistance Review, Korstange and their associates point to a concept known as temporal discounting, which states that students prefer immediate rewards opposed to those in the future, therefore leading to undervaluing those

future events. To offer a clearer picture, a student may prefer to watch Netflix for an immediate reward rather than completing assignments for a delayed reward in the future. Accompanied with this, Korstange claims that students underestimate their abilities and time to complete tasks, leading to rushed work.

Thankfully, insight from temporal discounting has made it clear that the solution to procrastination is preparation. Prior to engaging in homework, be sure to establish a study schedule to help accurately estimate how long each task will take and prioritize your workload: Before I started working on my assignments yesterday, I anticipated how long each task would take while setting up appropriate break periods. I was careful not to assign myself too much work - judging from experience, this would only induce more stress and fuel procrastination. Importantly, be sure to assess the value of each task beforehand: In the long run, is Netflix really more important than studying for my upcoming test? Through careful preparation, I was finally to bid adieu to those sleepless nights of stress and submit quality coursework.

HALL OF FAME

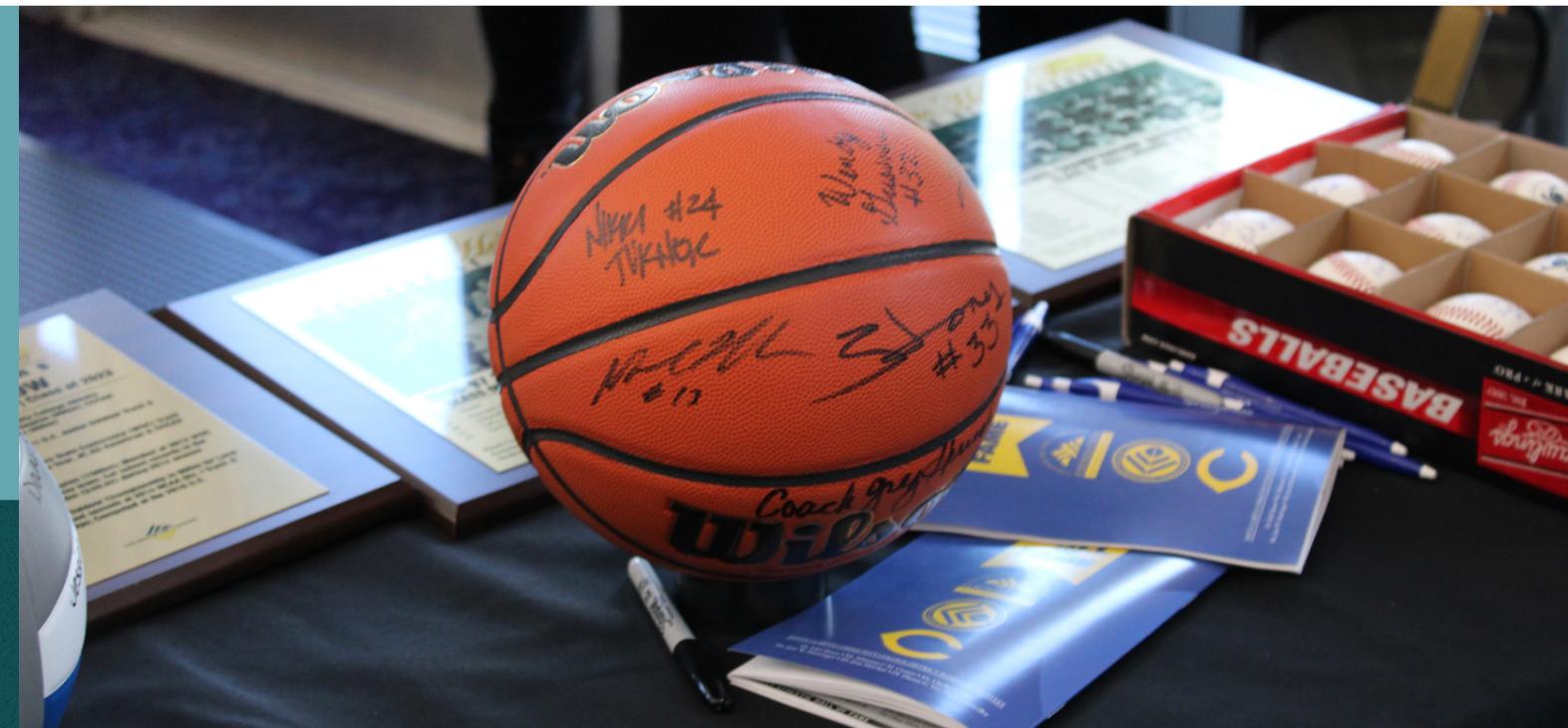
Sports are an integral part of our college culture. From our soccer team to our golfers, each and every College of the Canyons student athlete works hard to win. That is why it is vital to honor these athletes and those in the COC's athletics department with a place in the Athletic Hall of Fame, in order to pay respect to the efforts everyone makes to each game.

Three teams were inducted to the Hall of Fame. First was the 2007 State Finalist Women's Volleyball. They are remembered for their post season run in which they were the first team to play at the California Community College Athletic Association (CCCAA) State Championship Tournament. The second was the 1996-97 State Runner-Up Women's Basketball Team. Led by Greg Herrick and Harlan Pearlman, the team earned 722 points during the season and a perfect 12-0 run through the Western State Conference, South Division. The last team to be honored was the 1986 State Championship Baseball Team. These teams aren't being honored by the year they were a part of, but the powerful woman and hardworking players that led these teams to greatness are being honored.

A standout of the ceremony was the late Harlan Pearlman. An assistant coach for the woman's basketball team, Pearlman led the team to a total of 600 wins during his time at College of the Canyons. Coworkers old and new, people he coached and those that know of his name say he radiated a positive energy that brought the team and community closer together.

The last inductee was 2011-2012 Men's Track and Field star Chris Low. A week after his first ever 800m, Low accomplished 2 outstanding records for College of the Canyons and the Santa Clarita Valley by posting a record of 1:51.19 for 800m. Though he couldn't stop breaking records as in 2012 he posted a time of 1:49.16 and his final school-record of 1:47.52 in 800m. Since then, he has continued to run, beating out his all-time personal best with a staggering 1:46.44.

With every inductee comes one thing, human spirit beats out the competition. We would like to offer a big congratulations to every person honored at this event.



COCC'S STUDENT TRUSTEE

Out of every community college and even some 4-year institutions, it is exceedingly rare for a Student Trustee to sit amongst the Board of Trustees. Usually, the Student Trustee position sits in committee meetings throughout the college. Though with College of the Canyons, the ASG Student Trustee can voice student needs during deliberations of topics the board looks at. These changes in turn are relayed to ASG to better understand what changes and discussions are taking place at College of the Canyons. The ASG Student Trustee for the year 2022-2023 was Jesse McClure.

There were unique circumstances surrounding this year's election, as a Student Trustee was almost elected to be on the board as an official member. Due to the unfortunate passing of board member Michele Jenkins, her position on the board needed to be filled. With experience of the job duties on the board and unique understanding of student needs, Jesse McClure stepped up to the podium to try his hand in filling in the vacant position. Even with a loss he makes history. Losing only second to the winner Jerry Danielsen and being the first ASG Student Trustee to be a top pick for the position.

In a brief conversation with him, Jesse McClure describes his time as Student Trustee: "My experience on the Board was

something that I was very excited about but also understood the challenges especially as a student. As an adult reentry student, I was able to use some of my life experience to properly articulate the needs of the students to the board and sport actions on the board. I wanted to set a good example for student trustees to not only have a voice, but an impact on campus."

Not only does the Student Trustee voice students' needs in administration but uniquely they can also write bills that can better the student experience. With the 2024 elections coming very shortly, Jesse McClure saw the negative effects of those with different political views swaying student votes by going on campus to hopefully alter their vote. Wanting votes to be at the discretion of the students, Jesse McClure created a non-partisan bill called the "Protect the Student Vote" Bill (pending approval) that would prevent these partisan individuals from altering the student vote.

With this, the Student Trustee is a critical position in the Associated Student Government. The position is a bridge between student voices and the individuals that make profound changes to College of the Canyons. With Jesse McClure making a profound impact with his time as Student Trustee, he sets the bar to how a Student Trustee should act and how a Student Trustee should respect and fight for student voices on campus.



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THANKS FOR READING!

