



BARSTOW



Hunger **Heroes**

**A Movement To End
Hunger In Barstow**

DJ

Inspires

**Motivational Speaker At
The Performing Arts Center
February 29th**

**Celebrate Black History
Month With BCC**



PRESIDENT'S MESSAGE

History Month, showcasing the exciting events and celebrations we have in store. As we honor Black Americans' rich heritage and contributions, we invite you to join us in commemorating this significant month.

In the spirit of community, we're also spotlighting a persistent challenge of hunger, and the local heroes leading the charge to end it.

"Hunger Heroes: A Movement to End Hunger in Barstow" is a must-read feature highlighting the incredible initiatives happening in our town.

This newsletter reflects our shared journey and the opportunities that await us. So, I invite you to read, engage, and mark your calendars with events from BCC.

Eva Bagg, PH.D.
Superintendent-President
Barstow Community College

Dear Friends of Barstow Community College

Welcome to the first edition of our BCC newsletter. In these pages, you'll dive into the heart of our vibrant community, uncovering the incredible dedication and impact that define Barstow and our college.

This newsletter is an opportunity to spotlight the remarkable work of our dedicated staff, whose tireless efforts touch lives and drive positive change. But it's not just about us; it's about you, the community members who make Barstow a better place for all. Together, we're building, improving, and defining our legacy.

Our featured stories center around Black

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Black History Month



Black History Month Events

**FEB
06**

Exploring Allyship: Race and Beyond
12:30pm to 1:30pm via Zoom

**FEB
08**

Embracing Your Hair-Atage
2pm to 3pm ASG Workshop

**FEB
13**

**CSU Fullerton: Transfer Resources
For Black Students**
12:30pm to 1:30pm via Zoom

**FEB
15**

ASG Workshop
2pm to 3pm in the Blackbox Theatre

**FEB
20**

**Fostering Mental Well-Being in the
Black Community With Dr. Nevels**
2pm to 3pm via Zoom

**FEB
22**

**Let's Talk Healthcare Disparities
& Free Testing**
2pm to 3pm in the Blackbox Theatre

**FEB
27**

Building Generational Wealth Workshop
2pm to 3pm via Zoom

**FEB
29**

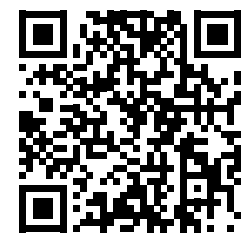
Black Excellence Expo
12:30pm to 7:00 pm in the Performing Arts Center

Month-Long Activities

Check Out Our Black History Month Book Display Located in the LRC Lobby. Enter Our Writing Contest at: bit.ly/BCCWRITESBHM, Entries Due by 02/22/24

Questions? Contact Us

(760) 252-6728 OR SUCCESS@BARSTOW.EDU



SCAN HERE



Special Programs & Services Presents

Motivational Speaker



DJ INSPIRES

DJ'S STORY

DeAntwann "DJ" Johnson is a husband, father, author, mentor, coach, counselor, and sports statistician. He grew up in the Indiana foster care system and yet despite that, has gone on to lead a successful, and fulfilling life. Before spending nine years in the foster care system, DJ suffered child abuse, domestic abuse, and emotional trauma. At one point, he wanted to end his life, but he realized that he was on this earth for a purpose.

It wasn't an easy road, but DJ was fortunate

enough to have several people throughout his life who inspired him to do great things, despite everything he had been through.

He worked hard to overcome a life full of hardships, humiliation, aggression, and self-esteem issues, allowing him to be an active advocate for youth. DJ is a compassionate man with a special place in his heart for uplifting and inspiring students to be the best they can be.

SPEAKER: DEANTWANN "DJ" JOHNSON

February 29, 2024
12:30 - 2:30 pm

**Performing
Arts Center**

MAIN THEATER

Food will be provided
(first come first served)

For more information contact the SPS Office

Phone: (760) 252-2411 ext. 7255

Email: eops@barstow.edu



HUNGER HEROES

A MOVEMENT TO END HUNGER IN BARSTOW

Dr. Usha Gautam
Primary care physician at Gautam Medical Wellness



How One Doctor's Vision And a Truckload of Generosity Are Feeding Hope in a City Facing Food Scarcity.

"What's wrong, you seem angry today?"

"I broke three of my teeth trying to open a can of beans.."

"Why didn't you use a can opener?"

"I don't have one. I'm homeless, and I was hungry!"

This conversation recently happened between Samera Kabir, Director of Special Programs at Barstow Community College, and a homeless student. And while this may seem like an extreme example of hunger, Samera and others on the front-line would say things like this happen way too often here in Barstow.

Stories like these reveal the daily challenges here in Barstow, where nearly 30% of residents live below the poverty line—making hunger an intergenerational issue that impacts our children, our parents, our grandparents, and maybe even you.

The scars of hunger and the trauma of poverty have weighed heavy on the area for decades. But thankfully, Barstow is witnessing a changing tide—a movement driven by a powerful sense of community spirit and resilience. It's homegrown, locally based, and hell-bent

on not just fighting hunger — **BUT ENDING HUNGER FOR GOOD IN BARSTOW.**

Champions For A Better Barstow

At the heart of Barstow's fight against hunger stands Dr. Usha Gautam, a beacon of compassion and commitment. Her leadership has ignited a wave of community collaboration, notably with the BCC Food Pantry.

This partnership was born out of a near-death experience: a diabetic student collapsed at the BCC food pantry. This student, who later became a patient of Dr. Gautam, told her that she got much of her food from the food pantry. However, as a person with diabetes, many of the options were not suitable. In response, Dr. Gautam's clinic began supplying the pantry with nutritious alternatives and offering education on

lifestyle and portion control for those with diabetes.

When asked about the effectiveness of these interventions, Dr. Gautam affirmed their impact. "Yes, they are effective. The student who collapsed in the pantry had a dangerously high A1C level, which was life-threatening. But with access to better food choices here at the pantry and our education on what and when to eat, she now has her A1C under control. Getting her blood sugar under control was no small victory. The food pantry, coupled with food education, can be life-saving."

Almost 40 million in the US have diabetes. Here in San Bernardino County, nearly 12% are living with diabetes. It's a major problem that traditional healthcare and pharmaceutical treatments have yet to solve.

So we asked Dr. Gautam what motivates her to go the extra mile and extend



support beyond her clinic's walls. Dr. Gautam says, "Charity begins at home." Her response reflects her deep commitment to the community and emphasizes the importance of locally based impact. This philosophy drives her and her clinic to seize every opportunity to make a meaningful difference in people's lives.

Dr. Gautam's Medical & Wellness Center has thus become a key player in the local fight against hunger.

Her approach is holistic— It's not just about providing food but also about fostering a community where no one, young or old, faces hunger and everyone has access to healthy nutrition.

In short, Dr. Gautam wants to end hunger in Barstow as we know it. Not just to make it better but to completely eradicate hunger.

Is It Possible To End Hunger In Barstow?

Some skeptics argue that ending hunger in Barstow is an unattainable dream. They point to the enormity of the problem and the perceived lack of resources. However, Dr. Gautam remains undeterred in her optimism. She says, "No good intent goes unheard."

If no good intent goes unheard, then it's no wonder Dr. Gautam wasn't surprised when the Miracle Food Truck arrived in Barstow a few weeks ago. It was yet another validation of her



They had to distribute the food before it spoiled. Like a bat signal in the sky, Dr. Gautam rallied community partners, including Barstow Community College, New Hope Church, and Heritage IPA, to help distribute the food.

This generous donation and strong community collaboration led to hundreds of hungry people in Barstow receiving much-needed food during the holidays. In the weeks since, Fernando Rodriguez, the mysterious donor, Dr. Gautam, and the community distributed three more semi-truckloads of food.

Reflecting on the impact of these events, Dr. Gautam said, "This is just an example of what we have right here in Barstow. If we come together and collaborate, we have more than enough to end hunger. No one should go to sleep hungry when we have enough food to feed everyone. We just have to believe in our capacity to help others."

We All Can Help Our Community

Samera Kabir, Director of Special Programs and Services at BCC, echoed Dr. Gautam's sentiment. "When I reflected on the student



THE MIRACLE TRUCK FULL OF FOOD

conviction that remarkable things can happen when a community unites in goodwill.

A few weeks back, Dr. Gautam received a call out of the blue. On the other end was a man speaking Spanish. Dr. Gautam, unable to speak Spanish, passed the phone to a staff member. "He says I have a truck full of food to give away."

Dr. Gautam counts the blessings but is expecting

something modest. But what arrived wasn't a pickup truck as expected. It was an 18-wheeler semi-truck filled to the brim with food.

Dr. Gautam began to cry as the doors opened, revealing the food. She knew how many people's lives would be impacted this holiday season by this generous donation.

As she wiped away her tears, she knew there was no time to dwell on emotions. The clock was ticking.

chipping his tooth opening cans, I realized that a 99¢ can opener can mean so much to another person. The things we take for granted can change a life. So I try to remember that small contributions matter.”

Acting on this idea and the motto ‘BCC cares,’ Samera and her team helped the homeless student. They started by sourcing pop-top canned goods, thinking others might face similar issues. Next, they connected the student to the Wellness Center, so he had a place to shower. They also helped the student take advantage of other student support services.

In the end, his mood improved significantly.

The student was no longer angry. He was getting better on all fronts. Samera says, “It’s early on, but he’s moving in the right direction, in part from our small contributions.”

The Fight To End Hunger In Barstow

The future of Barstow’s fight against hunger looks increasingly hopeful, largely thanks to the growing community collaboration. Dr. Usha Gautam’s vision of a hunger-free Barstow is gaining momentum as more partners join the cause. This expanding network of support, ranging from local businesses to individual volunteers, is a testament

to the power of collective action.

Samera Kabir of BCC Food Pantry shares this optimism. “Last fall, we served thousands of meals through the pantry,” she says. “Our goal now is to expand further, reaching more people in need.” Our expansion plans depend on government programs, large-scale donations, like the miraculous semi-truck full of food, and smaller, individual contributions that collectively make a significant impact.

Every bit helps, whether it’s a major donation or the everyday small contributions



The spirit of collaboration and the belief in the power of every contribution, big or small, are driving forces behind this initiative.

“Every bit helps, whether it’s a major donation or the everyday small contributions,” Samera adds.

This movement isn’t just about providing immediate relief. It’s about building a sustainable support system for those facing food insecurity. And as important, it’s a movement driven by local Barstonians who dare to believe in a better Barstow for all.

The best part is, as much

as we look at Dr. Gautam or mysterious mega-donors like Fernando Rodriguez as heroes, they might say something different. Like all of us, they are making whatever small contribution they can.

Which means we are all being called to action for our community. Whether you can offer a ‘miracle’ like a semi-truck of food or something as simple as a can opener, your small contribution matters.

Becoming a Hunger Hero is easy. Simply contact the BCC Basic Needs department directly via email or phone. They will provide you with

BECOME A HUNGER HERO



SCAN HERE

a list of current needs from canned goods and non-perishable items such as rice, pasta sauce, and more.

Every effort, no matter the size, brings Barstow one step closer to ending hunger. Join us in this vital mission – your support can change lives and strengthen our community.

Join The Movement to End Hunger in Barstow!

Phone
(760) 252-2411 ext. 6901

Email
basicneeds@barstow.edu

CHARITY BEGINS AT HOME



MARTIN LUTHER KING

DAY CELEBRATION

Honoring Dr. Martin Luther King, Jr.

A Journey of Justice and Unity Unveiled

We're excited to share highlights from our recent Martin Luther King Day event held on January 16, 2024, sponsored by the Associated Student Government (ASG). It was a fantastic opportunity for students to explore the life and impact of Dr. Martin Luther King, Jr.

Our guest speaker, Jacob Lenerville, a dedicated faculty member specializing in history and political science at Barstow Community College, shed light on Dr. King's remarkable journey. He discussed pivotal moments in Dr. King's life, highlighting his role as a hero in the fight for racial equality and justice.

For Sakiya Davis, our ASG President and Student Trustee of Barstow Community College, this event was personally meaningful. She emphasized, "Dr. Martin Luther King, Jr. represents strength, teamwork, ambition, and the power of an individual leading a significant social movement in advancing civil rights in this country." Sakiya also stressed the importance of service to others, a value she holds dear in her roles as student body president and trustee.

The event wasn't just informative; it was engaging too, featuring an interactive Kahoot game that added a fun twist to the occasion. ASG made sure everyone felt comfortable and provided snacks, refreshments, and prizes for participants. These events remind us of the enduring spirit of unity and progress that Dr. King stood for.

Stay tuned for more exciting events in our newsletter as we continue to celebrate individuals who have made a lasting impact on our community.



MEN'S BASKETBALL

HOME GAME SCHEDULE

FEB 03 **BCC Men's Basketball vs.**
Copper Mtn. College

FEB 10 **BCC Men's Basketball vs.**
College of the Desert

FEB 17 **BCC Men's Basketball vs.**
Chaffey College

FEB 23 **BCC Men's Basketball vs.**
Chaffey College



View Games Live On YouTube
Scan or Click Here

<https://www.youtube.com/@barstowcommunitycollege>



MEN'S BASEBALL

HOME GAME SCHEDULE

FEB 02 @1:00 pm **BCC vs. Imperial Valley**

FEB 03 @11:00 am & 2:00 pm **BCC vs. Porterville** DH

FEB 20 @2:00 pm **BCC vs. College of the Desert**

FEB 24 @1:00 pm **BCC vs. College of the Desert**

MAR 05 @2:00 pm **BCC vs. Victor Valley**

MAR 07 @2:00 pm **BCC vs. Victor Valley**

MAR 09 @1:00 pm **BCC vs. Victor Valley**

MAR 14 @2:30 pm **BCC vs. San Bernardino VC**

MAR 21 @2:00 pm **BCC vs. Mt. San Jacinto**

MAR 26 @2:30 pm **BCC vs. Chaffey**

MAR 29 @2:30 pm **BCC vs. Chaffey**

Inland Empire Conference Games

(DH)- Double Header 2nd game will begin 30 Minutes after 1st Game ends

UPCOMING EVENTS

Feb 1, 2024 from 4:00pm - 6:00pm
ASG Board Meeting

Feb 7, 2024 from 10:00am - 11:00am
Viking Wellness Support Groups

Feb 8, 2024 from 4:00pm - 5:00pm
SPS Workshop: Understanding Your Ed. Plan

Feb 9, 2024 from 6:30pm - 10:00pm
BCC Callboard Club Presents:
"Mystery in the Library"

Feb 15, 2024 from 11:00am - 2:00pm
Main Campus Produce Market

Feb 15, 2024 from 11:00am - 4:00pm
Fort Irwin Produce Market

Feb 16-19, 2024
Lincoln Day & Washington Day
Holiday Campus Closure

Feb 21, 2024 from 10:00am - 5:00pm
LifeStream Community Mobile Blood Drive

Feb 21, 2024 from 6:00pm - 7:00pm
BCCD Board of Trustees Board Meeting

Feb 27, 2024 from 5:00pm - 6:00pm
BCF Monthly Board Meeting

Feb 28, 2024 from 9:00am - 5:00pm
Mental Health Services

Feb 29, 2024 from 4:00pm - 6:00pm
ASG Board Meeting



LET'S GET SOCIAL



The Barstow Community College
Callboard Performing Arts Club Presents

"MYSTERY in THE LIBRARY"

Murder Mystery Night

\$20 per person

deadline to purchase tickets:
Thursday, February 1st

Friday February 9th @ 6:30pm

Barstow Community College Performing Arts Center
Black Box Theatre: 2700 Barstow Road, Barstow CA 92311

For Ages 14 +Up | Space Is Limited
Participants Will Be Assigned Their Character via Email
Costumes Encouraged | Refreshments Will Be Provided

Prizes Awarded for:

Best Costume | Best Performance | Best Faker



Contact: aross@barstow.edu
[facebook.com/CoolCallboard](https://www.facebook.com/CoolCallboard)

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