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Vaccines and The Black Community

A COMPREHENSIVE LOOK AT THE COMPLEX
RELATIONSHIP BETWEEN THE BLACK COMMUNITY AND
VACCINES. P.7

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*The Vanguard's Mission Statement: From a Scholar's View,
Sharing Stories, Research and Resources that Shape the
Community College of Philadelphia and its Community.*
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Effective Note-taking Strategies

Leila Franklin

A review of the counseling center's workshop on strategies for students to take notes effectively.

The Community College of Philadelphia's (CCP) counseling center hosted a workshop on note-taking using the SQ3R method on January 29, 2021. The session was conducted by CCP Counselor Shawnya D. Bryant. The workshop focused on avoiding the pitfalls that hinder effective study.

"According to Walter Pauk, students who don't take notes after a lecture forget 47% of the material after 20 minutes, 69% of the material after two days, and 95% of the material after 15 weeks," said Bryant.

The SQ3R method is a note-taking technique that can maximize the benefits of studying and increase retention of information. SQ3R stands for Survey, Question, Read, Recite, and Review.

According to the method, students should survey required reading materials before reading, which allows students to establish the main idea of the

textbook or notes.

The titles and headings are indicators of the concepts that will be discussed, and any bold or italicized text is highlighting important information. Surveying prepares the reader to get an idea of the information that will be presented.

Counselor Bryant stated that students should turn headings and pictures into questions which can further aid in comprehension, such as asking what, who, why and how. Questioning gives students a purpose when you read and an interest in finding the answers.

Reading means you then search for answers to your questions and underline any important concepts and break up your readings into chunks. The reading portion of SQ3R is essential for test

preparation.

Reciting the information you've read helps retain the information as you read. Interacting with the information holds your interests and puts the information you learned in your own words. Students can use notecards or graphic organizers to keep track of the ideas presented in the material.

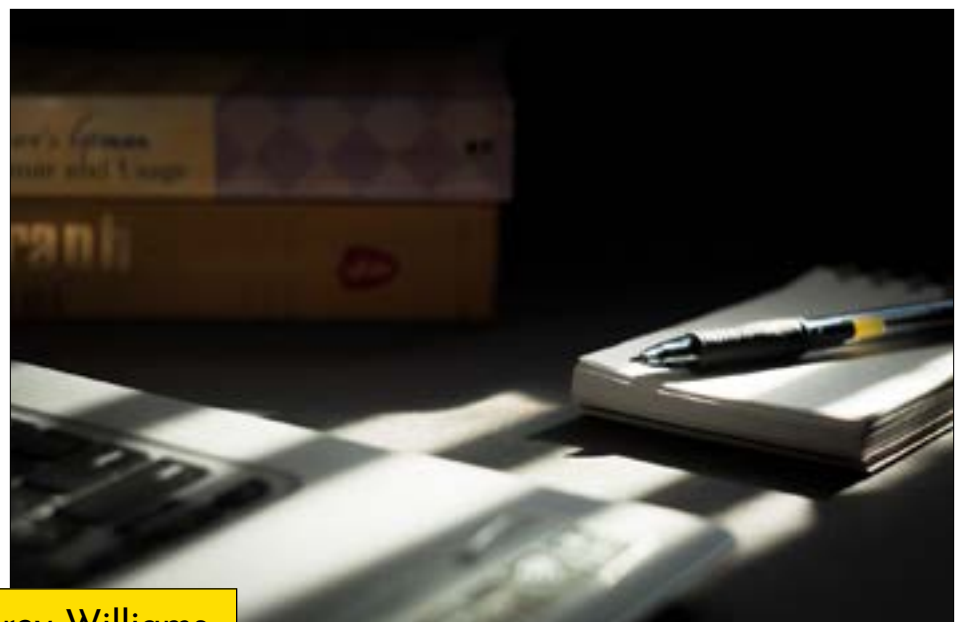
The last R is review. Look over your reading notes and quiz yourself on the information; Quizlet is an excellent online platform to quiz yourself. Attempt to make connections from your reading material and notes. Make sure to revisit your notes weekly and test yourself on new and old material as reviewing will help you prepare to submit any assignments, tests, or exams for your class.

Bryant closed out the session stating, "Success is

never owned; it's rented, and the rent is due everyday."

"I found the note-taking workshop to be quite beneficial. I have never been great at taking notes, and I tend to try to write everything that I hear or read in my notes. The time of day was perfect. Evening is best for me because I work during the day. I wish it were a little longer but I believe I received the tips and strategies needed to be a better student. I encourage students to attend this and other workshops offered by the Counseling Center," said workshop attendee Danyelle Waston-Young.

The counseling center is hosting more sessions on study skills and note-taking through the Pride Portal on February 17th at 11:00 am and February 18th at 2:00pm.



Photos by Korey Williams

Philly's Service Industry Navigates a COVID-19 Winter

A look at how the Philadelphia service industry is dealing with COVID-19 this winter.

Philadelphia is now approaching its 11th month living with the coronavirus pandemic, and with temperatures across the city continuing to dip, there is much concern surrounding how the already fragile service industry plans to stay afloat.

On South Street, thirsty patrons looking to support their local bars have many to choose from, though those numbers are dwindling. While some storefronts have been forced to close their doors, others have been fortunate enough to ride through the second wave of COVID-19 and remain open for business.

Spots like O'Neal's Pub, on South Third Street, are a part of this exception. Having been in operation since 1979, O'Neal's is headed into an uncertain 41st year.

Pub owner Spoonie O'Neal, recounts his business' first brush with the Coronavirus, and what would later evolve into a global pandemic.

"It first affected us tre-

Angela Reyes

mendously because it happened on St. Patty's Day weekend. So, we missed out on what was probably the biggest day of the year," said O'Neal.

While the prioritization of the health and safety of service workers has been notoriously lacking throughout this pandemic, O'Neal strives to address things differently.

"The biggest thing with the staff is communicating with them. I've always stepped up for my people to let them know that we'll take every measure possible to keep you safe and the guests safe," said O'Neal.

Not everyone in the service industry is as lucky as those over at O'Neal's. For DoorDash delivery worker Ryan Kelly, navigating this pandemic has not always been so easy. In detailing how the pandemic first affected delivery, Kelly describes an initial surge in business.

"With delivering, it was ac-

tually the best because a lot of drivers were scared to go out and a lot of families were scared, so a lot of people were ordering, and I was making more money than I ever had," said Kelly. "A month later, a lot of the delivery companies did ask for a lot of people to start recruiting drivers and as soon as that happened the amount of work did decrease, and it hasn't been the same since."

Much like everyone else during this unique time in history, money reigns as the biggest concern of all. "My biggest worry is that I'm not going to make enough money. Again, the amount of drivers has increased so much that the only days that I've been extremely successful are rain days and snow days. Other than that, it's really hard to find a lot of work," said Kelly.

The City of Philadelphia has recently announced that the city will be moving into Phase 1B of the vaccine rollout, which includes food service staff. When asked whether they thought the government to be ultimately at fault for the current state of our country, O'Neal and Kelly viewed things differently.

"The American people

should have been the people to be taken care of first and only first. The only bill that should have been passed is for the American people and they dropped the ball on that," said O'Neal.

Kelly remained neutral on the issue, saying "I don't know if I can blame that on the government or the people themselves." What remains most important for businesses and workers in this crucial moment, however, is simply being able to last. O'Neal attributes his success so far to his continued devotion in giving back to the community in any way that he can.

"I am chairman of the board for Philly Kicking Cancer. We've raised over half a million dollars for Fox Chase Cancer. My wife runs an animal rescue, so we do a ton of community service. The fact that I do a ton of community service, the community in return helps me out through this pandemic," said O'Neal.

While the road to the other side of this pandemic may seem far off and uncertain, many Philadelphians have ultimately proven that they are determined to endure.

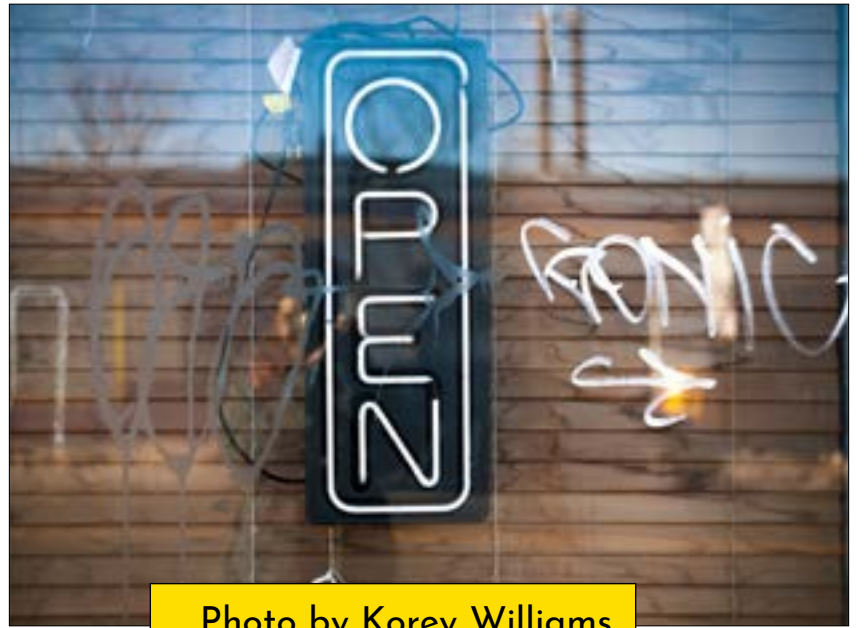


Photo by Korey Williams

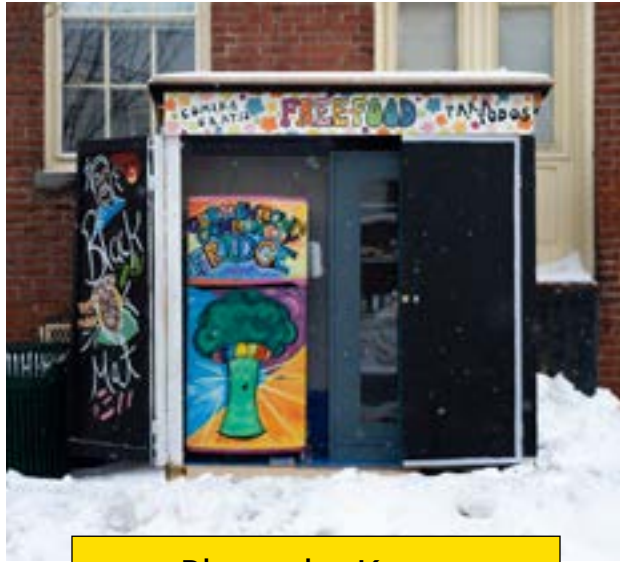


Photo by Korey Williams

Feeding Each Other With Community

Angie Bacha

Community fridges are Philadelphia's newest solution to food insecurity.



Photos by Korey Williams

Philadelphia is home to roughly 340,000 college students, about a third of whom are estimated to be experiencing food insecurity--or unreliable daily access to food sources. For two-year institutions like Community College of Philadelphia, that number is higher. According to a [2019 survey](#) by Temple University's Hope Center and the Lenfast Center, 52% of CCP students surveyed were experiencing some level of food insecurity. It is clear that with unprecedented unemployment rates in 2020, the [demand for access](#) to food assistance countrywide skyrocketed.

Community fridges, a concept that has been growing in popularity across the country since 2015, have multiplied in Philadelphia over the past year. Currently, [there are 18 fridges across the city](#) and counting. Each of these locations include a running refrigerator and pantry that are open to

the public. Unlike traditional food pantries or soup kitchens, they are open 24/7 and are stocked and maintained by the communities around them.

"They're a community resource," says Syona Arora, [South Philadelphia Community Fridge](#) founder and coordinator. Arora has been working with mutual aid organizations since March when she was one of many laid off with the onset of the COVID-19 pandemic. She says that she has seen firsthand how community fridges bring people together.

"I've seen all different types of people taking food from the fridge, and I've seen all different types of people putting food into the fridge." Arora said "They're for everyone. Everyone has something to offer, and everyone has something to give."

Arora explains that there are dozens of volunteers,

many of whom have simply taken it upon themselves to watch after the fridges even without being official volunteers. They are often neighbors or members of the community who take moments out of their days to pick up trash, shovel around, or clean the fridges.

For those 52% of CCP students moving towards food sovereignty, the community fridge movement may be extremely beneficial. Jenavia Weaver, director of Student Engagement and creator of Grady's Community Garden on campus, says that community fridges increase students' access to food. "Students can go and open up a refrigerator wherever they are, [and] the more resources they have, the better," Weaver says. Currently, CCP offers free food resources through its [Food Collaborative](#), which has been running since 2013. The CCP campus is about six blocks from the nearest

community fridge at [Triple Bottom Brewing](#), though it could be closer.

"I think we should have a fridge on every block," says Arora.

Both Arora and Weaver agree that they would like all Philadelphia colleges to explore ways to have on-campus food dispenses similar to the fridges. After all, the movement in the U.S. started with university students in California.

Resources on community fridges can be found below:

For more ways to help alleviate food insecurity, click here: [15+ ways you can help fight food insecurity in Philadelphia right now](#)

Mashable's guide on becoming a part of the movement, click here: [A guide to community fridges](#)



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Executive Orders and What They Mean for the Country

As the U.S. ushers in President Joe Biden, the pattern of early-action executive orders continues. Though the orders are a quick stage-shift for those eager to see the government clearly pivot away from the Trump regime, such presidential declarations have a fraught history with an even more dubious future.

“There’s nothing in the constitution about executive orders,” said Dr. Lance Roxas, assistant professor of political science at CCP.

Though presidents throughout history have made use of the executive order, it was a much more modest proclamation before Teddy Roosevelt.

“Executive orders were originally used to clarify the implementation of a law,” professor of political science at CCP Dr. Gary Mullin said. Teddy Roosevelt operated under the notion that if an action was not explicitly prohibited by the constitution it was allowed. With executive orders he set aside land, limited monopolies, and otherwise advanced what was, at the time, considered a progressive agenda.

“They’re administered by mid-level employees, so they can be implemented with zeal or they can be undermined,” Dr. Mullin said. “You cannot rely on executive orders in the long run.”

The founders believed in a disinterested leadership model, in which the pres-



Quick PS via Unsplash

idents were intended to execute laws.

“George Washington refused to veto domestic legislation he disagreed with or propose legislation of his own, lest he interfere with Congressional prerogatives,” wrote University of Syracuse Law professor David M. Driesen. Of course, the framers also never intended for a bipartisan political system.

Described as the only truly great president in recent history by Dr. Mullin, Franklin Delano Roosevelt popularized the executive order, issuing 3,721 during his presidency. By contrast, Obama issued 276 and Trump issued 220. But legislation is what set FDR apart.

“The real power of the presidency is the power of persuasion and influence,” Dr. Mullin said. “The president was not supposed to be the center of American government, Congress was.”

“It’s not until the Clinton administration that we see executive orders taking their modern form,” Dr. Roxas said. These were orders intended to sidestep a republican

congress resisting a democratic presidency.

In more recent memory, Barack Obama used the executive order to enact Deferred Action for Childhood Arrivals (DACA) after becoming frustrated with an inactive congress. “The checks and balances used to force the government to have deliberate discussions, conflicts, and compromises,” Dr. Roxas said.

Now largely controversial issues have no opportunity for bipartisan cooperation. Once an executive order is signed, the prevailing party has little reason to negotiate.

As we’ve spiraled into a more deeply split bipartisanship, the executive order has become a potential abuse of power that our congress relies on. “Most of what Biden is doing is symbolic, and it’s symbolic because he has to say, ‘I’m president Biden, and I’m not Trump,’” Dr. Mullins said. Though executive orders offer little opportunity for debate, there’s much opportunity for theater.

“Built into [the executive order] is a counterproductive incentive for congress

Daniel Daws

A critical look at the recent executive orders made by President Biden

not to act,” Dr. Roxas said. Members of congress are able to avoid writing legislation which inevitably brings up controversial nuance. The executive order allows representatives to avoid accountability for politically complicated laws and to respond publicly in tune with their constituency.

In other words, the legal boundaries pushed by executive orders is part of a divisive cycle in which congress members’ re-election hinges not on finding compromise to build effective legislation, but in these cases, on being bypassed. So, while we wait for an increased minimum wage or student debt forgiveness, the true test will be what President Biden is able to negotiate with the senate.

In Dr. Mullin’s estimation, that legislation will center on immigration. “It’s going to be important to get away from executive orders with immigration, and get congress to pass an immigration bill.” A presidency without negotiation leaves its country and its people entrenched in short-term solutions which may exacerbate long-term instability. As for the new Biden administration, much remains to be seen.

The Complicated History Between Vaccines and the Black Community

Melissa Lushington

Here we are in the month of February, which means it is that time of year again where we celebrate Black History Month. Normally, this is where we would talk about Martin Luther King Jr, Rosa Parks, Harriet Tubman, Malcolm X, Barack Obama, Michelle Obama, even the newest Vice President of the United States Kamala Harris. However, this year for Black History Month, I want us to open the discussion about an issue that is relatively important, and it is something that never gets talked about as much as it should, and that is the complicated history between vaccines and the Black community.

One simple reason can be summed up in one simple word: racism. Racism has played an unfortunate historical role when it comes to medicine and the black community, according to an article titled Why Some Black and Latinx People Are Reluctant to Get the COVID-19 Vaccine when it states, "In the past, racist, and sometimes dangerous, health policies and clinical experiments have targeted particularly vulnerable Black and brown communities." Dating back to the year 1932, a medical study known as the Tuskegee Syphilis is known to one of

A look into the Black community's mistrust of vaccines.

the most horrific parts of American Medical History due to the economic and cultural inequalities displayed by the American healthcare system that have caused tremendous harm to the Black and Brown communities.

In an attempt to track the progress of a disease known as Syphilis, researchers recruited 600 African American men of which 399 were infected with the disease, while 201 were not. A conducted study was taking place without the consent of these individuals, and reasoning for it was given by the Centers for Disease Control and Prevention when it states, "According to the Centers for Disease Control and Prevention (CDC) Trusted Source, researchers justified the study by telling these men they were being treated for "bad blood," which referred to conditions like anemia and fatigue as well as syphilis." The truth of the matter is, these men never received any

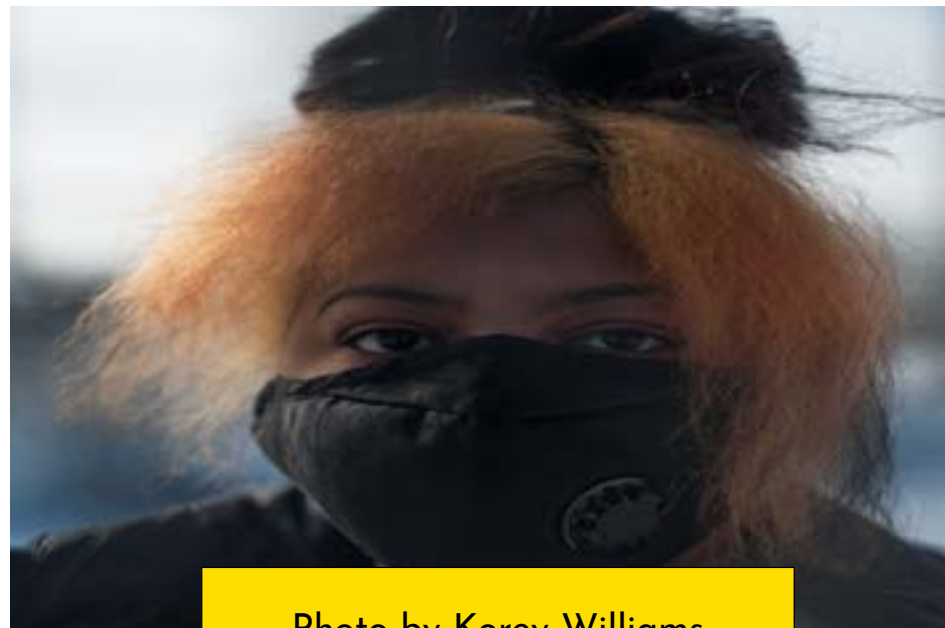


Photo by Korey Williams

medical treatment to cure Syphilis, and this caused a great deal of mistrust of using vaccines for the black community.

As stated by Associate Professor Diana Grigsby-Toussaint, "This example of using Black patients as medical guinea pigs, if you will, putting their bodies and health on the line, is just one of the reasons why members of these communities might be apprehensive about new vaccines." Other examples would be the eugenics movement that had African Americans sterilized in places across the country and there were also the birth control pill trials that took place in Puerto Rico in which the process was "not performed in a way that would stand up to the standards we have today in respect to clinical trials."

Another reason for the mistrust of vaccines in the Black communities would be the chaotic confusing messages centered around COVID-19 as stated by

the article, "In addition to this history, a lot of mistrust around the COVID-19 vaccine has also been generated by the overall chaotic messaging around the pandemic."

In the article, the process by which the pandemic was handled and informed has caused a great of confusion for individuals on how to approach it when it states, "Demonizing of protective masks, confusing mixed messages over lockdown protocols and the need to adhere to physical distancing contributed to an environment where even the most informed and health-literate person in the country might not know quite what to make of the seriousness of the new coronavirus."

Especially in the early days when the

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pandemic first started, an act of seriousness and transparent information was severely lacking in previous White House administration when the article states, "...it doesn't help that a lot of this stemmed directly from President Donald Trump and his administration's approach to the health crisis."

Statistics show that COVID-19 has hit Black and brown communities hard during the

pandemic. The article points out how Latinos have been hit severely by this pandemic when it states, "Latinos are among the sick and the dying disproportionately," standing at about 1 in every 4 cases of COVID-19."

Another issue to think about for many Latinx households would be immigration. Senior Director of Health Policy Steven Lopez emphasized the toxic nature of this issue when he states, "The past few years have been incredibly toxic in both

rhetoric and policy, and there's been a level of fear and anxiety among those in immigrant households around the process of going for a vaccine, and if health data is collected, how will it be used?" He also mentions that a way to help the situation, would be to give reassurances to immigrant families that their immigration statuses will be safe.

In conclusion, the two factors that caused people of color to have the relationship they have with vaccines are racism and

dishonest information. If we are going to convince people of color to participate in taking the vaccines for COVID-19, it starts by reaching out to them and earning their trust by telling the truth about vaccines and how credible they are. As stated by the article, "Experts say we need to work directly with community leaders and amplify the voices of people of color to ease fears, build trust, and disseminate proper information about the vaccines."

BLACK HISTORY MONTH

WE ARE ONE:
Unifying the African Diaspora

FEBRUARY 2021



diversity & inclusion & equity.

Medical professionals on COVID-19 Vaccines

Leila Franklin

A breakdown down of COVID-19 vaccines from medical professionals.

The COVID-19 pandemic has created unprecedented chaos. Toilet paper shortages, riots, political unrest, and depression has befallen America. According to CNN health statistics, the United States has reported roughly 26,194,662 total cases, with a death count of approximately 441,209 people and counting.

The inoculation of the COVID-19 vaccine is expected to decrease the severity of the infected and lower the death count. However, many skeptics are wary of the safety of the vaccine due to its accelerated production.

Dr. Mark Hyman, a practicing family physician, best-selling New York Times author, and founder of the Ultra Wellness Institute, and Scientist Dale Harrison who specializes in molecular diagnostics sat down and shed more light on what to expect with the vaccine and provided useful information to assist podcast listeners on making informed decisions

about whether or not the vaccine is for you or your family.

Traditional vaccines consist of a weakened strain of the virus that can no longer cause disease when injected in the human body. The immune system then responds to this foreign agent by creating antibodies. The idea of traditional vaccines is to equip your body to defend itself against more lethal variants of the disease.

The COVID-19 vaccines work in a different way. The vaccine sends a signal to your cells, these cells are located mostly in your liver. This signal is referred to as a messenger RNA (mRNA).

This signal acts as a blueprint on how to replicate a protein. All proteins in the human body go through a similar process. "So in this case, the mRNA that the vaccine is delivering to the cell is basically a blueprint to fabricate a

portion of the spike protein from the SARS-CoV-2 virus," said Harrison.

Immune protection occurs when your immune system recognizes the foreign protein and produces antibodies to defend itself against the protein and is prepared if you are infected with the COVID-19 virus.

Harrison stated, "There is a virologist in Berlin named Drosten, who is considered one of the leading experts in coronaviruses who has this phrase when he talks about immune response to corona viruses. 'It is a sloppy immune response, that people tend to have a very poorly formed immune response to coronaviruses.'"

The COVID-19 virus consists of very large proteins, however most proteins do not aid in the production of new viruses. The immune system is targeting every single foreign protein.

"The antibodies the immune system produces are not effective in protecting you from the severe symptoms of the disease. A study was released where patients in the ICU with very severe disease, very severe COVID, but that have very high levels of antibodies in their bloodstream, when they analyze the antibodies, what they're finding is that their immune system targeted the wrong proteins," said

Harrison.

The vaccine will offer a superior form of immune protection compared to if you contracted the virus naturally. The COVID-19 virus is a common virus that causes symptoms like the common cold in many people. However, the virus differs from the common cold by its contagion rate. It's also more lethal than the common cold. "So it is not just like getting a cold, even though it is a coronavirus, which is one that often causes colds. And it spreads very easily, and it spreads asymptotically", said Hyman.

Chief Medical Officer for Moderna Tal Zaks explained that the vaccines appear to prevent people from getting "severely sick" from COVID-19, "they do not show that they prevent you from potentially carrying this virus and infecting others." Moderna is one of the manufacturers of the Covid-19 vaccine.

"You need a critical percentage of the population to be vaccinated, and the more infectious the disease, the higher that percentage is, which means that with COVID, we need about 70 or 80% of the population vaccinated. Now the problem is that we now have a new significantly more infectious variant that is starting to take

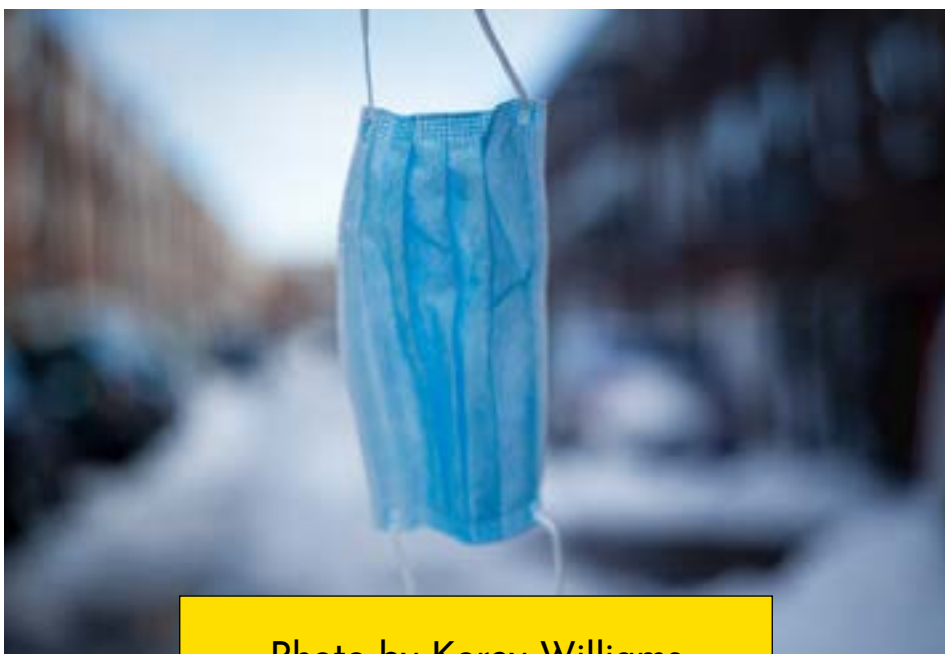


Photo by Korey Williams

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Arete Art Gallery Showcases Black Artists

Bree Brown

In recognition of black history month Arete -- a gallery in New Hope -- showcases a dynamic trio of Black female artists.

Arete opened its doors only 4 short months ago in October with the mission of showcasing art that improves the whole of humanity. During the month of February, they are holding an exhibition that shows the art of three black female artists.

"Every piece of art inside Arete has some connection to a higher mission, which is why Black History Month is very, very important to us." CEO Kim Plyler said "And we have a poet, we have a painter and we have a photographer, and all women showcasing their stories in there. So everything we do is about mastering the stories that improve humanity."

Photographer Estizer Smith's portion of the exhibition, Back to Lowndes County, is a photo series inspired by her mother and father's work as civil rights workers in the 1960s. Smith's family relocated to

Montgomery Alabama so that they would be able to drive into Lowndes, which is located between Selma and Montgomery.

"They were civil rights workers, although they probably didn't think themselves as that but that's exactly what they were." Smith said "They went to Lowndes County to register people to vote, and to improve the quality of their lives. And that's what they did. they were instrumental in the education, specifically of black people in Lowndes County."

When Smith moved to Pennsylvania and retired from her teaching career, to fill her days she found a community of artists at the Banana Factory Arts Center in Bethlehem. The tools she learned there were paramount to her being able to process the loss of her mother and ultimately led her to Lowndes county to reconnect

and capture this place that was such a big part of her family's lives.

"What connects me as a black female to art is whatever I am living through at whatever moment that is. And in this particular art exhibit, it is losing my parents, and the emotional draw -- It took me to Lowndes County," Smith said "and that was definitely tied to me being a black female, which connected, which allowed the experience, I, as a black woman experienced in Lowndes County."

Dr. Martina McGowan's book I Am The Rage is an illustrated poetry collection that was written amidst the racial injustice and social unrest of 2020. In this collection, McGowan explores racial injustices through her experience as an activist and a Black woman in America.

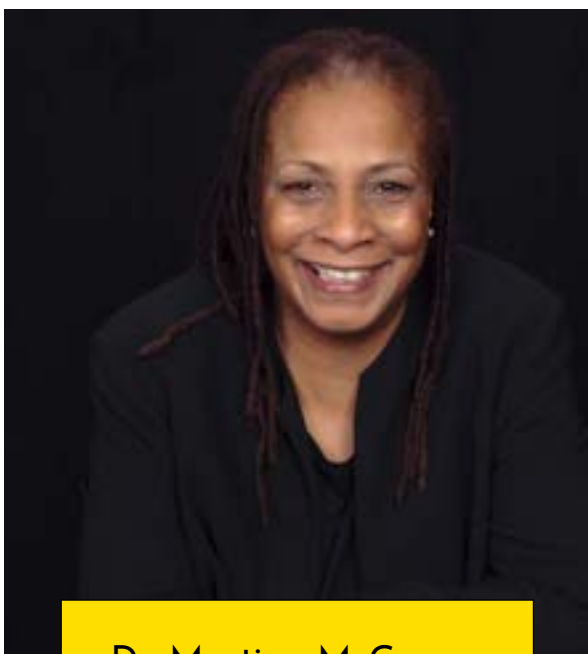
Last year a very important role in the protests that

took place was more people being able to see the treatment of black bodies. The recording of George Floyd's murder is what outraged the world and forced so many to action.

"I think it's a way to get into conversation amongst ourselves amongst black people, things that we don't talk about things that we all feel, and don't necessarily talk about, but for those who are not black or of color, I think it gives them a glimpse behind the scenes for what our lives are really like." McGowan said.

The rage and action of last year are merely steps in the process that needs to be taken to achieve equality.

"We need to build some structures ourselves to try to keep our children safe. It's not always possible, but we have to start somewhere. And yeah, these are hard conversations,



Dr. Martina McGowan



Estizer Smith



Natalie Alleyne

but it doesn't mean that it shouldn't happen." McGowan said.

Painter Natalie Alleyne has used her spirituality as a tool during 2020. Being secure in her own spiritual practice allowed Alleyne's art to remain unaffected by everything that last year had to throw at us all.

"I have done so much less, but I don't have less. And so it's really taught me

that we don't have to work as hard as capitalist society tells us that we need to work." Alleyne said.

In fighting and building, it is very important that we remember to take care of ourselves but to also take control of the narrative of who we are as people.

"Don't let anyone define you. You don't have to put yourself in a box just because your peers are."

Alleyne said "let your art speak in and let spirit guide you into the ways that you should be moving. And you'll be okay."

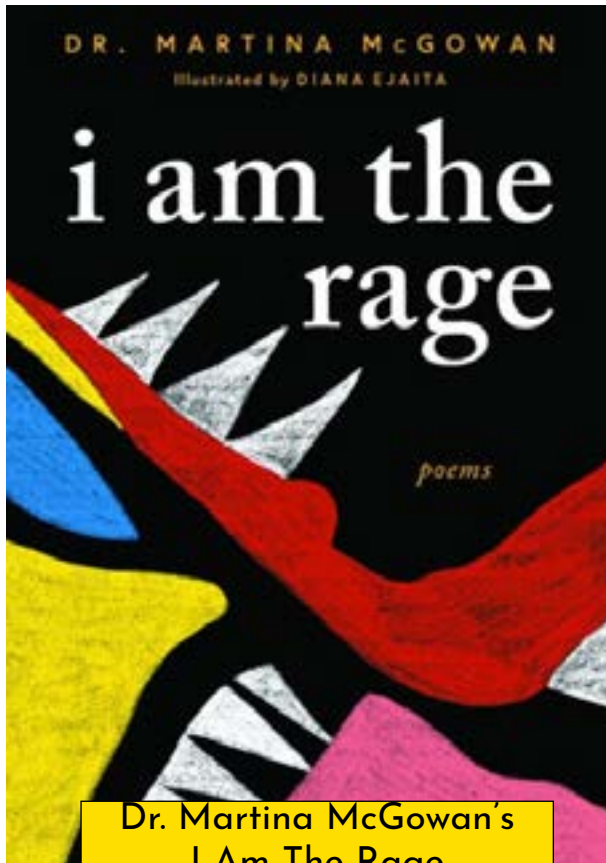
This exhibition consists of a trio of incredibly insightful artists who embody resilience, talent, and wisdom. Though we are living in a COVID-19 world, we can continue to be connected by art and the conversations they spark. Though the gallery will be

open at 50% capacity I am confident that the energy that these women exude will be everpresent in that space.

You can check out these amazing Artists at Arete's Black History Month exhibition throughout February, Thursday-Sunday from 10a to 5p. For more information go to www.aretegallery.com



Painting by Natalie Alleyne



Dr. Martina McGowan's I Am The Rage



Estizer Smith's Back to Lowndes County



Photo by Korey Williams

Continued from page 9

over. It's completely taken over in the U.K. It's already in the U.S. and it's already in Europe", said Harrison.

Experts are observing this new variant in the UK as having an estimated 70 percent increase in infec-

tiousness. There is not a lot of data gathered on this new strain but if the early studies conclusions are replicated. This means that the new variant could be as infectious as small-pox.

Harrison further explains how Covid-19 affects the youth and elderly populations. "It roughly doubles your risk of same year

death, irrespective of age, above the age of 15, now under the age of 15, there seems to be much less impact. But if you're 15 or older, if you catch this virus, you're going to double your chance of having died this year," said Harrison.

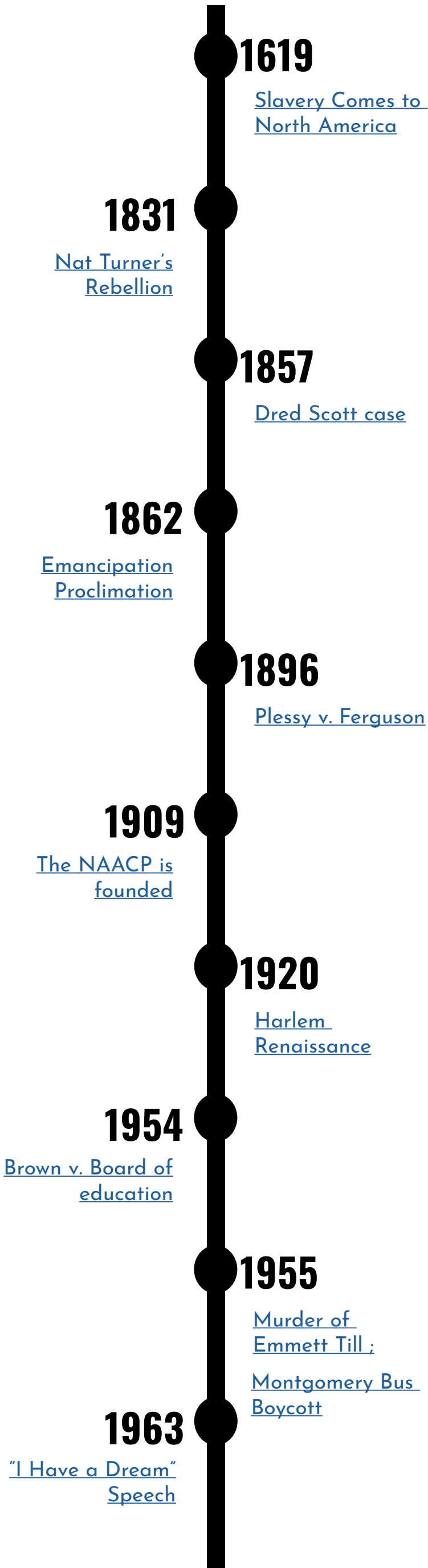
The distinction between SARS-CoV-2 and Covid-19 is that SARS-CoV-2 is

an infection that causes Covid-19 diseases. The vaccines protect against the disease Covid-19 but not the infection that causes the diseases.

"It's your diet, sleep, exercise, stress reduction, and making sure your nutritional levels are at a good amount. For example, Vitamin D is critical, Zinc, Vitamin C and so forth," said Hyman.

It's important to remember to keep active and take initiatives to reduce stress. The Vanguard has an article about ways to stay active during the pandemic. CCP also offers stress reduction and meditation workshops through the Pride portal.

US Black History Timeline



Black History Month Word Search

Y M E W I T T B A U B W D I G
 J L M A B K N R G H A R L E M
 S K M S L D A O L A M C W W I
 E S E H M I A W H Q R T G I Z
 L M T I C A C N G F L V D W C
 M A T N I S P V S J S P E X J
 A L I G K P G B G Q V M A Y D
 B C L T Y O R O S A P A R K S
 L O L O T R C A L P O R D O Y
 A L T N T A O R E L S J U B S
 C M O P R A H D L D O S B A N
 K X C O T U S K E G E E O M C
 D R E D S C O T T Y Z S I A C
 N N O Q Y Z Y M V X F R S T M
 T C A R V E R H P V T Y F V R

BrownVBoard	RosaParks	Tuskegee	MalcolmX
Washington	Harlem	DredScott	Carver
EmmetTill	Diaspora	Dubois	Garvey
Oprah	SNCC	Black	Selma
Obama	NAACP	MLK	BLM



Brima Sankoh, Caregiver and resident of Philadelphia received his COVID-19 Vaccination



The Vanguard would like to congratulate our Editor-in-chief on her recent scholarship from PABJ!

1964

[Civil Rights Act](#)

1965

[Malcolm X Assassinated](#)

1968

[Fair Housing Act:](#)

[Martin Luther King, Jr. Assassinated](#)

1972

[Shirley Chisolm runs for President](#)

1992

[Los Angeles Riots](#)

2008

[Barack Obama becomes the 44th US President](#)

2013-
Present

[#BlackLives Matter](#)

2021

[Kamala Harris Becomes the Vice president](#)



“IF THEY DON’T GIVE YOU A SEAT AT THE TABLE, BRING A FOLDING CHAIR.”

Shirley Chisolm

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