



**ASSC Student Government Meetings  
 Tuesdays**

3 p.m. - 5 p.m. (Room 1421, Fishbowl)

**Meetings are open to the Public**

Find out about how your student government is working for you and how to get involved.

**FREE UPCOMING EVENTS**

*Student Life is proud to present both free films and events to our students throughout the year.*

*Please check the campus bulletin boards as well as the campus Monitors for information.*

*The Student Life Office also has flyers filled with information and staff are available to answer any questions that you may have. Please join us for great movies as well as motivational speakers, authors, musical theater, etc.*

For more information call ext. 7168

**Celebrating the Life of Dr. Martin Luther King, Jr.**

*This January 14th please join us in the Fishbowl of the 1400 building on the main campus at 12:30 as we celebrate the life of this great American. Through film and discussion, learn about this courageous man who gave his life so that others could be free. Integrity, substance, faith and grit - qualities that seem to be lacking these days, these and more made Dr. King a hero in the eyes of millions. There will be open discussion, Q & A, etc. Drop by during your lunch hour and learn about a turbulent time in our country's history and the man who used patience and non-violence to bring about real change.*

**INTER-CLUB COUNCIL**

Regular meetings are held each First and third Thursday of every month, All clubs and all interested students are invited to attend - 12:30-1:30 in the "Fishbowl" located in the 1400 building of the Fairfield campus. Looking forward to seeing you there!!

December 2019/January 2020 Newsletter



**Happy Holidays  
 Merry Christmas  
 Happy Kwanzaa  
 Happy Hanukkah**

Solano Community College will be closed from December 24th through January 2, 2020.

**This important reminder:**

SCC will be open from 10a.m. - 1p.m. on SATURDAY, January 11, 2020 to assist students with last minute details dealing with Financial Aid, Admissions & Records and Counseling.

**Welcome Back Week -**

January 13th - January 16th.

Club Promo will be held on Wednesday, January 15th from 10 - 2 in the 1400 Lobby, main campus. Thinking about starting a new Club? Come and check out the current clubs here at SCC. Become a part of something special,

The first ICC (Inter-Club Council) meeting of spring semester will be held on Thursday, January 16th at 12:30 in the 1400 building Fishbowl, Main campus.

**RIDE FOR FREE\*  
 SHOW YOUR SCC STUDENT ID!**



**TRY THE BUSES FOR FREE!**

## Events on Campus

### WHO is promoting the 2020 census?

Univision and the Silicon Valley Community Foundation are promoting the Census in a new video.

Here is the link, "<https://www.univision.com/local/san-francisco-kdtv/no-vamos-a-poder-cambiar-nada-si-la-gente-no-reporta-que-esta-aqui-en-el-censo-video>"

The video is fantastic, it goes over why participating in the census is important, some of the barriers to participation, and how promotoras are reaching hard to count population. It appears the target audience are Latinxs who are agricultural workers, but truly, so many more could benefit from the information in the video.

### **CALENDAR of EVENTS**

**January 14:** Remembering Dr. Martin Luther King, Jr. Film and discussion. 12:30 p.m. Prof. Tonmar Johnson. Fishbowl, 1400 bldg.

**January 16:** Skip Horner. Slides and Goal setting. 2:30 Back half of the Cafeteria, Bldg 1400 Main Campus.

#### **Black History Month**

##### **"African Americans & The Vote"**

*All activities held in the Fishbowl, 1400 bldg, Main campus.*

**Feb 6** The Voting Rights Act 11:30-12:30

**Feb 11** "Mississippi - Is this America", "The African American Voter" 11:30 - 12:30 Prof. Anthony Jones

**Feb 20** Redistricting & the impact on the African American Voter. Prof. Anthony Jones. Time: TBD

### **GradGuru App!**

**GradGuru** is here to help! All SCC's academic, financial aid and transfer deadlines are pre-loaded on this free app, as well as helpful tips to help you stay on track and graduate faster.

Available for Apple and Android!

### *Calendar, continued.*

#### **March - Women's History Month - "The Valiant Women of the Vote"**

**March 3** Film & Discussion. "Women's Suffrage", "A Call to Arms". Fishbowl, 1400 bldg. Presenter and time TBD

**March 11** Susan B. Anthony "A Driven Woman"; The African American Woman's Club Movement. 11:30 - 12:30 Dr. Rischa Slade

**March 16** "Ain't I A Woman" Musical Theater Production. 11:30-1:00 Back half of Cafeteria, 1400 bldg, Main campus

**March 26** "The War of the Roses - 6 segments. 2:30-4:00 p.m. Back half of cafeteria, 1400 bldg, Main Campus

### **SPARKPOINT Solano**

Providing a range of no-cost services for students & community members at their 3 sites. Customized to the needs of clients. Services may include: Career development; employment services; financial education coaching; savings and asset building. To schedule an appointment at the SCC office, please call: 707 366-4893 or visit them in Room 439 in the 400 building, Main campus.

### **Solano Family & Children's Services**

Are you seeking assistance with your child care needs or resources for your family? Some meetings, workshops and services are offered in the evenings and on weekends! 707 863-3950

**Hey there, Solano Students!!!** Have a great idea for an event or activity? Stop by the Student Life Office and share your thoughts. 1400 building, Main campus or call 864-7168!

## Student Life Office Resources

### Student Life Office Services

(Bldg. 1400, Room 1425)

Monday-Thursdays 8am-5pm

Fridays: 8am-3pm

(707)-864-7168

Associated Students of Solano Community College (ASSC)

Interclub Council (ICC)

Honor Societies Applications

ASSC's Students Helping Students Grant Program

Lost and Found

Quiet Study Room

Snack Pantry

Student Resource Information

Homeless Student Support

Vendors/Non-Profit Visits

ASSC/Student Life Newsletter

Food Pantry Main Campus and Vallejo Center

(Every Thursday 1:30pm-4:30pm)

### Community College Pathway to Law School (CCPLS)

*A clear pathway from community college to law school!*

Are you interested in the field of law? SCC has developed a special partnership with 8 top graded undergraduate and law school programs, including UC Davis, UC Irvine and UC Berkley (partial list).

For more information  
contact: **Dr. Rischa Slade**  
at **(707) 863-7839**  
**Rischa.Slade@solano.edu**



### Need Help Getting Through the Day?

Stop by the Student Life Office  
for your 1 Free Snack a day!

### One bag of FREE groceries! Every Thursday from 1:30pm-4:30pm

Students with Valid Student I.D. may pick up 1 free bag of food each week.

Although availability for specific grocery items varies each week and at the time of purchase, typical grocery items include the following:

- Cereal , oatmeal and granola bars
- pasta, rice, beans
- macaroni and cheese and Cup of Noodles
- canned veggies and meats such as, tuna, spam, ham, and chicken
- spaghetti sauce
- canned soup,
- Corn bread mix
- Almond milk or Rice milk
- Peanut butter and jelly



We do our best to supply the food pantry bags with items that will be easy to use and will last. Groceries are purchased from Smart & Final & we also receive food from the local Food Bank.

### Notice to Students Parking on Solano College Campuses

If you haven't already done so, now is the time to purchase your semester parking permit online through MySolano. To purchase your parking permit:

1. Log into your student account on MySolano
2. Click on "Student Parking", located on the bottom right-hand side underneath the "Parking" header

Be sure to have a printer available at the time you make your purchase in order to print the temporary permit you'll need to use until your decal arrives in the mail. Purchasing a decal now for \$20 will eliminate your need to worry about having a permit for the entire semester. Alternatively, you can use the daily parking permit dispensers located on the perimeter of each campus parking lot.

Parking permits are refundable if you drop all of your classes and the parking permit is returned to the Campus Sheriff's Office (Building 1800B, across from the tennis courts on the Fairfield campus) no later than the refund deadline of your class/es. For more information:  
[http://www.solano.edu/police/p\\_parking.php](http://www.solano.edu/police/p_parking.php).

## Health and Wellness Resources

### Student Health Center

Room 1409 (707) 864-7163

Services are FREE to students.

#### Health Center Hours

Mon thru Thurs 8:30 a.m.-7:00 p.m.\*

*\*(hrs. subject to change)*

Friday 8:30 a.m. - 3:00 p.m.

**Closed when there are no classes.**

#### We offer the following services:

- Pregnancy Testing
- Blood Pressure Check
- Blood Sugar Monitoring
- Strep Throat Testing



#### Health Center Staff

Flo Balmaceda, BSN, RN, PHN

Regina Huerls-Washington, HA

Tuberculin (TB) Skin Testing is offered on **Mondays & Tuesdays** - Please call in advance for an appointment.

Health Screening exams are available at the Student Health Center for Children's Program students.

Medications: Free over-the-counter medications, [FREE Condoms](#), and [Lactation Station](#) available

### National Suicide Prevention Lifeline

**1-800-273-8255**

This free, 24-hour hotline is available to anyone in suicidal crisis or emotional distress.

Press **1** for Veterans assistance.

Para Español, [oprima #2](#)

<http://www.suicideispreventable.org/>

### Mental Health Services

For information on mental health services in Solano County contact the **Student Health Center** or these organizations:

#### Aldea Children and Family Services

(707) 427-1845

470 Chadbourne Rd., Ste A, Fairfield, 94534

#### Solano County Mental Health Access Line

1-800-547-0495

#### Solano County 24 hours Crisis Line

(707) 428-1131

### Solano Community College SAFE App

The SAFE APP puts **safety features** on student, faculty, and staff cell phones.  
This App is FREE for iPhone/Android.

### Crime Prevention Tips and Services:

If you are working or studying late on campus, arrange to leave with a friend or call the Campus Sheriff's Office:

**707-580-6526** (Fairfield Campus),  
**707-580-4936** (Vallejo Center) or  
**707-580-6054** (Vacaville Center) for escort.

- When leaving your vehicle, be sure it is locked and secured. Lock any valuable items in the glove compartment or in the trunk. Do not leave anything of value out in the open.
- Please always be prepared for the unexpected. Visit our website at [www.solano.edu/police/safetyaware.php](http://www.solano.edu/police/safetyaware.php) and view the, "Run, Hide, Fight Surviving an Active Shooter Event Video" to better help you prepare for these types of situations.

### Are you struggling with anxiety, depression or substance abuse?

Solano Community College can help you get in contact with a therapist. Please contact Counseling Services at [counseling@solano.edu](mailto:counseling@solano.edu) or stop by Building 400 (Room 404) at the Fairfield Campus Mon-Thurs 8:30am-3pm Fri 8:30am-3pm (707) 864-7101.

### Planned Parenthood Shasta Pacific

#### Fairfield Location:

1325 Travis Blvd., Suite C, Fairfield, CA 94533  
(707) 429-8855

#### Vallejo Location:

90 Broadway, Vallejo, CA 94589  
(707) 643-4545

### NEED HELP???

Text "Courage" To: 741741 **FREE. 24/7. CONFIDENTIAL.**  
Many of us will experience a mental health challenge in our lifetime. ALL of us have a reason to speak up.