



Associated Students of Solano Community College

ASSC NEWSLETTER

4000 Suisun Valley Road, Fairfield, CA 94534 (707) 864-7000, Ext.4367

This newsletter is online at www.solano.edu/assc/newsletter



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

TRES VIDAS

Celebrating Latin American visual art, musical and cultural influences based on the lives of Mexican painter **Frida Kahlo**, Salvadoran peasant activist **Rufina Amaya** and Argentinean feminist poet **Alfonsina Storni**. Another **FREE** event provided by the Student Life Office. Join us on Thursday, November 7th in the back half of the cafeteria in Building 1400 on the Fairfield campus from 3:00 - 5:00 p.m. Hope to see YOU there!!

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!!

HYPNOPALOOZA

November 14th Come join us in the back half of the cafeteria, 1400 building on the main campus for lots of fun and laughter. This will be an interactive comedy hypnosis show! Lots of audience participation followed by what we can all benefit from: a *workshop* to help deal with stress! Look around campus for the flyers that are posted on all student government bulletin boards. Join us for lots of fun, right here at Solano Community College!!

Call ext. 7168 for more information.

JANET STICKMON

Local Author, Publisher and college Instructor will appear on the Fairfield campus on **November 21st** from 2:30-4:00 p.m. She will be reading from her book "Black Parents Visiting Earth:Raising Black Children in the 21st Century. Q&A afterwards. Join us in the back half of the cafeteria for another **FREE** and what promises to be an educational and interesting event.

SKIP HORNER

Because of the decision by PG&E to shut down power to the College, Mr. Horners visit has been rescheduled for January 2020. Keep your eyes open for the date, time and location!!

RIDE FOR FREE*
SHOW YOUR SCC STUDENT ID!



TRY THE BUSES FOR FREE!

More Events on Campus/General Information

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 out 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.

Join Student Life for **FREE**

THURSDAYS AT THE MOVIES!

BACK HALF OF
CAFETERIA

1400 BUILDING

MAIN CAMPUS

3:00 - 4:30 P.M.

TOTALLY FREE!



California Community Colleges

UNDOCUMENTED STUDENT WEEK OF ACTION

- 10/14 Butterfly Mural & Letter Pressing
10 a.m. - 3 p.m. Room 1314
- 10/15 U.S. Immigration Policy and Panel
2:15 p.m. - 4 p.m. Room 443
- 10/16 How to Apply for Housing Workshop
10 a.m. - 11a.m. Room 443
- 10/16 Film Screening: Living Undocumented 2019
A screening of an episode from the newest Netflix series Living Underground.
2:30 - 4 p.m. Bldg 1400 (back half of the cafeteria).
- 10/17 Demystifying Fear and Building Resilience (Webinar)
1 p.m. - 3 p.m. Room 443

PLEASE JOIN US * ALL EVENTS ARE FREE!!

CATCH THE ROAD MAP TO CAREERS TOUR!

SWING BY the GREEN RV at:

Date: Tuesday, October 22nd

Time: 10:00 a.m. - 2:00 p.m.

Place: SCC Building 1400 (outside of the cafeteria) 4000 Suisun Valley Road
Fairfield, CA 94534

What's your dream job? Whether you already have one in mind, or you want to do more exploring, be sure to see us on the 22nd!

Dear Students of Solano Community College,

Did you know that there are a group of hard working students who find ways in their busy schedules to work for YOU?

Every Tuesday from 3:00 - 5:00 p.m., they meet in the Fishbowl (Bldg 1400) located on the Fairfield campus to discuss ways to improve your lives during your time here at Solano. They attend certain department meetings, Trustee meetings, conferences, etc. seeking and sharing information to improve YOUR educational journey. Here's a thought - why not stop by and check them out? You may decide that you want to join them, or maybe you just might need their help with something? Contact Dr. Slade in the Student Life for more information: 864-700 ext. 7168. Better yet, come to a meeting and see for yourself!!

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!

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, UC Berkeley, UCLA, USF, USC, Loyola Marymount and Santa Clara University.

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



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. Pls return you bags to the Office!

Need Help Getting Through the Day?

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

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 class/es 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.

Health and Wellness Resources

Student Health Center

Room 1409 (707) 864-7163

Services are FREE to students.

Health Center Hours

Mon thru Thurs 8:00 a.m.-6:00 p.m.

**(hrs. subject to change)*

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

Closed when there are no classes.

We offer services including:

- Pregnancy Testing
- Blood Pressure Check
- Blood Sugar Monitoring
- Strep Throat Testing
- Contact us for more info.

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



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. Vis-it our website at 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 or stop by Building 400 (Room 404) at the Fairfield Campus Mon-Thurs 8:30am-3pm Fri 8:30am-3pm (707) 864-7101.

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

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.