



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 <http://www.solano.edu/> under "News"



Important Fall Dates:

- Sept. 17 U.S. Constitution Day (ASSC event)
- Sept. 21 Coastal Cleanup Day
- Sept. 25 ASSC Blood Drive (see p. 3 & 4)
- Oct. 5 Locks of Love (Cosmetology, see p. 1)
- Oct. 17 Last day to petition for degree/certificate for fall semester
- Oct. 27 Last day to drop full-term class with a W



Coastal Cleanup at Solano College from 9-Noon, Saturday, 9/21/13. Meet at parking lot by football field (sign-in 8:30-9am). Volunteers should wear appropriate clothing (boots, hat, gloves, sunscreen). Bring a 5-gallon bucket if you have one. Ask instructors if they will give extra credit.

Clubs: Make this a club activity!

Contact: Ken.Williams@solano.edu



California Coastal Cleanup Day is Saturday, 9/21/13—See above & p. 2 for more info



September 16—30,

Constitution Day: Tuesday, September 17

1st ASSC Meetings – Tuesdays
12:30 – 2:30 pm. - Room 1421

Next ICC Meeting – Thurs., 9/19/13
(Regular meetings, 1st & 3rd Thursdays)
12:00 – 1:00 pm. - Room 1421



The Academic Success Center News:

The Academic Success Center (Room 101) is now OPEN for students to use as an alternative study space. There is space for individual and group study and access to computers. OPEN ASC times are 10:00 AM – 1:00 PM Monday and Wednesday until the end of the semester starting Wed Sep 18. Tell your students about it.



Student Success Workshops for September/October 2013 (updated 9/12/13)

Career Options in Health and Biological Sciences

Mixer with Industry Professionals—Hear their Stories and Ask your Questions.
Sponsored by the SCC Career Center

Date/Time/Location: Tuesday, September 17, 11:00 AM - 1:00 PM, Main Campus, Back of Cafeteria

Mindful Eating 4 Academic Success

Learn what nutrients your body needs to operate most efficiently and where to find them.

Presenter: Professor Sandra Moore

Date/Time/Location: Tuesday, September 17, 12:30-1:30 PM, Main Campus, Room 101
Tuesday, September 24, 12:30-1:30 PM, Main Campus, Room 101
Tuesday, October 1, 12:30-1:30 PM, Main Campus, Room 101
Tuesday, October 8, 12:30-1:30 PM, Main Campus, Room 101

Test Anxiety Workshop

Learn how to manage your test anxiety.

Presenter: Professor Sydney Nazarenko

Date/Time/Location: Thursday, September 19, 2:00-3:00 PM, Main Campus, Room 101
Monday, September 23, 2:00-3:00 PM, Vallejo Center, Room 122
Wednesday, September 25, 2:00-3:00 PM, Main Campus, Room 101

How English Handbooks Can Save Your GPA

Learn how to use and how to find various handbooks for writing papers.

Presenter: Professor Katherine Luce and Student April Nelson

Date/Time/Location: Monday, September 23, 3:00-4:00 PM, Vallejo Center, Room 122
Friday, September 27, 12:00-1:00 PM, Main Campus, Room 101

How to Keep Your Life in Balance

Learn skills to maintain balance in your life during a hectic school year.

Presenter: Professor Sydney Nazarenko

Date/Time/Location: Monday, September 30, 2:00-3:00 PM, Vallejo Center, Room 122
Thursday, October 3, 2:00-3:00 PM, Main Campus, Room 101
Wednesday, October 9, 2:00-3:00 PM, Main Campus, Room 101

CCCSFAAA

California Community Colleges Student Financial Aid Administrators Association

2013 CCCSFAAA Scholarship

The California Community College Student Financial Aid Administrators Association (CCCSFAA) will sponsor student scholarships; a total of twenty (20) \$500 student scholarships, two (2) \$500 scholarships for each of the ten (10) California Community College regions across the state. In addition, there will be one (1) \$1,000 scholarship from the "Mariana Deeken, Well it Depends" scholarship fund.

You may pick up an application at the Financial Aid Office. It's simple to apply, just fill out the application (less than 1 page) and attach a statement explaining your:

- Special Circumstances and/or unusual hardship
- Educational and career goals
- Why you have chosen these goals

Return your completed application w/statement attached to:

Solano Community College
Financial Aid Office
Bldg. 400, Room 425 (2nd floor)
4000 Suisun Valley Road
Fairfield, CA 94534

Application deadline is: **5pm, Wednesday, October 9th, 2013**

Are you on the Registered Nursing Waiting List?

Don't forget to renew your numbers between September 1 and 30!!

If notification is not received, you will be removed from the list and will have to reapply to the Nursing Program!!



LOCKS OF LOVE

Saturday, 10/5/12, 10 am – 2 pm
Cosmetology, Rm. 1610

***FREE HAIRCUTS WITH DONATION!!**

*Able to cut at least 10 inches of hair

*No bleached hair or overly curly

*Permed/tinted hair OK



This event will benefit Locks of Love, a non-profit organization that provides recipients with a custom, vacuum-fitted hairpiece made from donated human hair and designed for children who have total loss of hair.

Questions? Call (707) 864-7180



EVERY PIECE OF TRASH YOU REMOVE REVEALS SOMETHING BEAUTIFUL



WHAT IS COASTAL CLEANUP DAY? California Coastal Cleanup Day, an annual beach and inland waterway cleanup since 1985, is the state's largest volunteer event. In 2010, over 82,500 volunteers removed more than 1.2 million pounds of trash and recyclables from our beaches, lakes, and waterways. When combined with the International Coastal Cleanup, organized by [Ocean Conservancy](http://www.oceanconservancy.org) and taking place on the same day, California Coastal Cleanup Day becomes part of one of the largest volunteer events in the world.

WHY ARE BEACH CLEANUPS IMPORTANT? California's coast and waterways have historically been collecting spots for annual accumulations of trash and debris. This debris, if not removed, can be harmful and even fatal to all manners of marine wildlife, can damage our state's economy, and can even become a human health hazard. Coastal Cleanup Day is a great

way for families, [students](#), service groups, and neighbors to join together, take care of our fragile marine environment, show community support for our shared natural resources, learn about the impacts of marine debris and how we can prevent them, and to have fun!

For more information and to find out ways you can help go to this website and click on interested links:

<http://www.coastal.ca.gov/publiced/ccd/counties/solano.html>

Like us on Facebook: <https://www.facebook.com/CaliforniaCoast>

Join the cleanup in Solano County: <http://www.coastal.ca.gov/publiced/ccd/counties/solano.html>

Or join the cleanup at Solano Community College: See p. 1



California Coastal Cleanup Day



Saturday, Sept. 21st, 2013
9 am to Noon

Volunteers Needed!
<http://Recycle.SolanoCounty.com>

Benicia - Sue Alfeld
(707) 980.1895
email: wateducation@att.net

Dixon - Josh Hudson
(530) 682.3265
email: jhudson@ci.dixon.ca.us
website: www.ci.dixon.ca.us

Fairfield • Suisun City • Travis AFB
Kevin Cullen
(707) 428.9191
email: dontpollute@fssd.com
website: www.fssd.com

Lake Berryessa - Marianne Butler
(707) 301.5778
email: Marianne.Butler@SolanoRCD.org
website: www.solanorcd.org (click volunteer!)

Lake Solano Park - Sean McDowell
(530) 795.2990
email: scmcdowell@solanocounty.com
website: www.solanocounty.com/parks

Putah Creek Locations
Libby Earthman
(530) 795.3005
email: libby@putahcreekcouncil.org
website: www.putahcreekcouncil.org
(click restore!)

Rio Vista/Sandy Beach Park
Chris Drake
(707) 374.2097
email: crdrake@solanocounty.com
website: www.solanocounty.com/parks

Vacaville - Marianne Butler
(707) 301.5778
email: Marianne.Butler@SolanoRCD.org
website: www.cityofvacaville.com
www.vacavillestormwater.com

Vallejo - Jon Lucas
(707) 645.8258
email: jon.lucas@valcorerecycling.org
website: www.valcorerecycling.org



Fall 2013
Veteran Seminars
Exclusively for Veterans



Seminar Schedule
12pm to 1pm & 5pm to 6pm
SCC Main Campus Bldg 1400 Room 1421
(Cafeteria)

October 10
November 14
December 12

Come...Eat... Bring Questions!

Snacks Provided
Fill your scholastic toolbox
with tricks that really help!

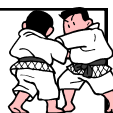
SOLANO COMMUNITY COLLEGE - VETERANS AFFAIRS CENTER
4000 SUISUN VALLEY ROAD FAIRFIELD, CA 94533
707-864-7105 veterans@solano.edu

Sunday, September 22, 2013
First Day of Fall

Solano Community College Horticulture Club

The next meetings are October 14 & November 11 at 6pm, Horticulture Building 1000. Contact Ken Williams at 707-975-6856.

Judo Club meets at Vallejo Center Wednesdays, 5-8 pm



Campus Cat Club

Next meeting: Thursday, 9/24/13 12:30—Room 1427

Come learn how this club has accomplished getting 95% of the feral cats on campus spayed/neutered. The club has put in raccoon-proof feeders. Some members volunteer at the low cost spay/neuter clinic. *Everyone is welcome to join.*

Watch for more fundraisers!
National Feral Cat Day: October 16, 2013



Student Health Center – Room 1409

We at the Student Health Center are here to help you stay healthy and learn more about your health. The services at the Student Health Center are free to students.

Health Center Staff

Deborah Summers-Collins, PHN

Regina Huerls-Washington, HA

Health Center Hours

Monday—Thursday 8:00 a.m.- 7:00 p.m.
(Nurse on duty until 5 p.m.)

Friday. 8:30 a.m. – 3:00 p.m.

The Student Health Center has many services that support your efforts to succeed at college. Stop by to learn more about our services and to meet our friendly staff. Check out our Health Center webpage on www.solano.edu.



Planned Parenthood Express Clinics are no longer available at the Student Health Center

For free condoms/birth control/sexually transmitted infections info see the Health Center. See next column for other Planned Parenthood options. **

Free Pregnancy Testing—Fairfield Campus—
Currently not available—Please check back— This service should be available again soon.

Tuberculin (TB) Skin Testing is offered by appointment, **Mondays & Tuesdays 10:00 a.m. to noon and Tuesdays 4:00-5:00 p.m.** You must return in 48-72 hours post test to have the Tuberculin skin test read and receive your record of testing.

Health Screening exams are available at the Student Health Center for Children's Program students. Drop-in or make an appointment for your Health Screening.

Screenings/testing: Health, diabetic, vision, hearing and urine screenings, are free to students.

Medications: Free over-the-counter medications for common conditions are available free to students at the Student Health Center. Medications include: generic choices of decongestants, pain medications, cough suppressants, decongestants, lubricating eye drops, burn gel, & more.

Lactation Station – Privacy for breastfeeding students to breastfeed their babies or pump milk. Stop by and we'll find a comfortable place for you..

**Planned Parenthood Shasta Pacific

1325 Travis Blvd., Suite C, **Fairfield, CA 94533**

(707) 429-8855

600 Nut Tree Rd. #340, **Vacaville, CA 95687**

(707) 317-2111

990 Broadway, **Vallejo, CA 94589**



Mental Health Therapist

At the Student Health Center

Mondays, 11-3 pm

For information on Mental Health services in Solano County contact the Student Health Center, or

Aldea Children and Family Services

470 Chadbourne Rd., Suite A, Fairfield, CA 94534

(707) 427-1845

Solano County Mental Health Access Line

1-800-547-0495

Solano County 24 hours Crisis Line

(707) 428-1131



Student Health Center has FREE Condoms

Includes X-large, latex-free, & female condoms.

Dr. SSEX

Sexual Sensual Erotic eXperience

First Safe Sex Clinics Fall 2013

Wednesday, October 3, 2013

Fairfield (1400 Lobby) - 10:00 – 1:00 p.m.

Vallejo Center (1st Floor) - 2:30 – 5:00 p.m.

Stop by for free condoms and safe sex information.

Student Health Center—Outreach

Fairfield Campus—11-1pm

400 Bldg, 1st Floor: Wed., 9/18

1400 Lobby Wed., 9/25

Find the hero in you.

Donate Blood!

Fall Blood Drive:

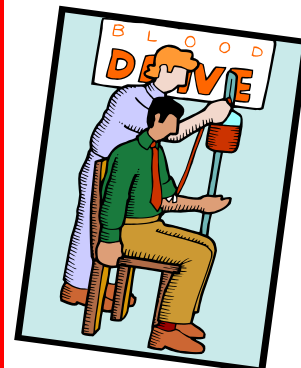
Wednesday, Sept. 25, 2013

Back of Cafeteria

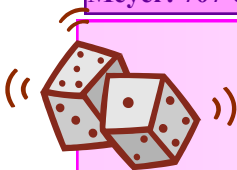
Main Campus 10am—2pm

Open to the public!

See flyer on p. 4



For more information on Bunko Goes Pink, contact: Janice Eaves: 707-864-7000, X4400 or Tricia Meyer: 707-864-7197



4th Annual Bunko Goes Pink Saturday, 10/19/13

Main Campus—Fairfield—Cafeteria
Presale tickets are \$20—At the door \$25

Typing Test Certificates Fall 2013

There is no cost for the test. Bring some form of photo ID. You do not need to be enrolled at Solano College to take the typing test.

Room 502—Fridays at 2:30 pm.

Times/dates subject to change.

Sept. 20 & 27—Oct. 4, 11, 18 & 25

Nov. 1, 8, 15 & 22—Dec. 6 & 13

Contact Pat Ceja at 864-7258



October is Breast Cancer Awareness Month



Save Lives

Give blood 3 times a Year!

Solano Community College

BLOOD DRIVE

Wednesday, September 25, 2013

10:00 AM – 2:00 PM

Location: Cafeteria-rear

4000 Suisun Valley Rd., Fairfield

Please contact Judie Burtenshaw at 864-7000 x 4367 or register online at www.BloodHeroes.com

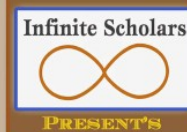
Sponsor Code: **solanocc** to schedule your life saving appointment.

Each donor will receive a t-shirt!



Blood Centers of the Pacific
www.BloodCenters.org

Please bring photo ID and donor card. Free Cholesterol Testing every donation!



The Legendary Whispers Infinite Scholars College Representatives



A FREE College & Scholarship Faire



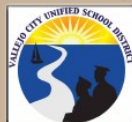
**Wed. October 16, 2013
6-9 PM**

Solano Community College Vallejo Center
545 Colubus Park Way
Vallejo, CA

Some Schools In Attendance

Alabama A + M, Claflin University, St. Louis University, Tuskegee University, University of Northern Iowa, Morgan State University, California Maritime Academy, Job Corps, Academy of The Arts, ARMY, JTT Technical Institute, Healds

Bring Transcript ACT/SAT, 2 letters of recommendation, Essay 250 words- 'Why You Want To Go To College' (multiple copies) Info Call Vallejo Center 787.642.8188



B.A. Degree Program

at Solano Community College



SSU is offering a B.A. Degree Program at Solano Community College, Vallejo Campus. Courses will be scheduled evenings and weekends for the benefit of the working student. The B.A. Degree offers an upper-division program in Solano County leading to a Bachelor of Arts in Liberal Studies. The program offers a wide variety of courses from the social sciences, humanities and natural sciences. Four to five courses taught by SSU faculty are offered each semester. Classes are scheduled evenings and weekends for the benefit of the working student.

The Liberal Studies major is excellent preparation for students interested in careers in teaching, counseling, social work, public service, law or business. In addition, it is preparation for graduate work in the social sciences and humanities. **Applications are now being accepted for Fall 2013.**

To learn more about our degree program, attend an Information Meeting.

- **Fairfield Campus** 4000 Suisun Valley Road Fairfield
Tuesday 10/08/2013 5:00 p.m. – 6:00 p.m. Room 704
- **Vacaville Campus** 2001 N. Village Pkwy Vacaville
Wednesday 11/06/2013 5:00 p.m. – 6:00 p.m. Room 133

Students can obtain an application for admission to the B.A. Solano Degree program at www.sonoma.edu/exed/apply-enroll/undergrad-application-form.html For more information call Karen Fischer in Extended Education at 707/664-2682, email karen.fischer@sonoma.edu or visit us at www.sonoma.edu/exed



SSU School of Extended Education in partnership with Solano Community College