



Associated Students of Solano Community College
ASSC NEWSLETTER
 4000 Suisun Valley Road, Fairfield, CA 94534 (707) 864-7000, Ext.4367
 This newsletter is posted online at <http://www.solano.edu/> under "News"



Important Spring Dates:

- Apr. 10 Last day to file for degrees and certificates
- Apr. 13-17 Spring Break—Campus Closed (no classes 4/11-12)
- 4/27 – 5/1 Solano DAZE – Multi-Cultural Week
- May 14 Last day of instruction
- May 15-22 Finals

Deadlines for Short-Term Classes

Print your "Schedule Bill" from MySolano for actual dates:

- Last day to drop a class for a refund of enrollment fee, less the processing fee (10% of class)
- Last day to drop a class, no class/grade recorded (30% of class)
- Last day to drop a class with a "W" grade (62.5% of class)

See your instructor or Admissions & Records (OAR) for:

- Last day to increase/decrease units for open entry/variable unit class (75% of class)

**Free Application for Federal Student Aid
 Need help filling out your 2009-10 FAFSA?**

Financial Aid Internet Café drop-in hours in the Transfer Center, Room 438. **Deadline for FAFSA & Cal Grant GPA is March 2, 2009!**

- Mon, 1:30-3:30 p.m.
- Tues, 9:00-11:00 a.m.
- Wed, 10:00-12:00 noon
- Thurs, 4:00-6:00 p.m.

For more information, contact Maureen Mason-Muyco, Financial Aid Outreach Specialist, Ext. 4452

February 17 - 20, 2009

◆◆ Club Renewals are Due by *NOON*, Friday, February 20th – Return packet to room 1106 ◆◆

◆◆ **Inter-Club Council Meetings** ◆◆

Thursdays, 12:30-1:30 p.m.
 Room 806

◆◆ **ASSC Meetings** ◆◆

Tuesdays, 12:30-2:30 p.m.
 Room 806 - All welcome

◆◆ **Black Student Union (BSU)** ◆◆

2nd/4th Tuesdays, 1:00-2:00 p.m.
 Room 1626 - All welcome

◆◆ **MESA** ◆◆

1st/3rd Tuesdays, 12:45-2:15 p.m.
 Room 803

◆◆ **Psychology Club** ◆◆

1st/3rd Tuesdays, 1:00 p.m.
 Room 1626

◆◆ **Re-Entry Club** ◆◆

2nd/4th Tuesdays, 3:30-4:30 p.m.
 Room 702 - All welcome

◆◆ **SHPE/SACNAS** ◆◆

1st/3rd Thursdays, 1:00 p.m.
 Room 1634

Stand Up and Be Counted!

Seeking Qualified Candidates for Student Body President & Vice President (you must run as a team) ◆ Student Trustee ◆ Legislative Advocate



Student Government Elections

Candidacy Filing Period:

Monday, March 2, 2009 – 12 Noon to
 Friday, March 13, 2009 – 12 Noon

For more info, contact:

Dr. Lewis, Room 1106 or call 864-6168

Associated Students of Solano Community College

Do you celebrate Mardi Gras? If so, come join the French Club and make masks with us! This Friday, 2/20/09, Noon, Room 705.



Upcoming Field Trip to UC Davis

Discover Davis – Free field trip to UC Davis on Friday, February 27. Free bus transportation available

- Leaves Solano College at 8:30 a.m.
- Returns to SCC campus at 3:30 p.m.
- Lunch and continental breakfast provided.

This is an opportunity for students to hear directly from UC Davis faculty, financial aid and major departments about the opportunities for transfer students at the university.

Sign up at the Counseling Department or the Transfer Center as soon as possible since bus seats are limited.

Registration deadline is Monday, February 23, 2009

Free - Cash for College!

Get help to apply for a Cal Grant at a Cash for College Workshop and you could cash in on an extra \$1,000 scholarship.

Saturday, 2/7/09, 12:00 – 3:00 p.m.

Vacaville Center
 2000 North Village Parkway, Vacaville, CA 95688

Wednesday, 2/18/09, 6:00 – 9:00 p.m.

Fairfield Main Campus – Building 400

Saturday, 2/21/09, 10:00 a.m. – 1:00 p.m.

Vallejo Center
 545 Columbus Parkway, Vallejo, CA 94591

For more workshops: www.calgrants.org or 1-888-CA-GRANT

Save the Date!



March in March: *Rescue Education*

March 16, 2009

10:00 a.m. – 2:00 p.m.

Join us at Raley Field to begin a march to the State Capitol in Sacramento to express support for the California Community Colleges! Students, faculty, staff, administrators, and all other supporters will gather on March 16th to make their voices heard. **Let's keep tuition fees low and keep the doors open of our community colleges!**

For more information contact :

Michael La Riviere, ASSC Legislative Advocate at

michaellariviere@comcast.net

Student Health Center

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



Health Center Staff – 864-7163

Deborah Summers-Collins, PHN

Noel Robinson, PHN

Regina Huerls-Washington, HA

Health Center Hours – Room 1409

Monday – Thursday 8:00 a.m.- 7:00 p.m.

Friday. 8:00 a.m. – 3:00 p.m.

Planned Parenthood serves students every Wednesday from 9:00 a.m. to noon at the Student Health Center. **All services are confidential.**

Planned Parenthood services include: ♦ Birth control pills ♦ Nuva ring ♦ birth control patch ♦ Depo Provera Shot ♦ HIV screening test ♦ Sexually Transmitted Disease screening ♦ Pregnancy testing ♦ Condoms ♦

Tuberculin (TB) Skin Testing is offered **Mon. and Tues., 10:00 a.m. to noon and Mon. 5:00 - 6:00 p.m.**

Appointments are encouraged

Stop by **Room 1409** or give us a call at **(707) 864-7163**.

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.

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

Lactation Station - The Student Health Center has a place for breastfeeding students to breastfeed their babies or pump milk.

Dine & Donate Fundraiser Monday, February 23, 2009

Please join Mary's Pizza Shack in supporting Solano College **Nursing Class of Spring 2009**.

Go to www.solano.edu, & click the link under "Events." **Print a flyer & it take it with you.** 20% of your purchase will be donated to the class when you present a flyer.

Mary's Pizza Shack serves homemade pizzas, pastas, salads and soups.

505 Davis Street, Vacaville
(Across from Brenden Theater)
707-446-7100



Valid all day for Dine-in, Take-Out & Delivery, plus Gift Card Purchases.

You must present a flyer for the discount!



Free drawing for Red Dresses! Stop by the Student Health Center or the front desk at the Vallejo Center to enter a free drawing to win one of 4 red dresses featured in the display case in the 100 Building by the Library entrance. The red dresses represent the American Heart Association's "Go Red" Campaign.

You can GO RED FOR WOMEN – the American Heart Assn's movement to help save women's lives from heart disease or stroke. Every minute someone's mother, daughter, wife, or sister dies from heart disease or stroke in the U.S. It is the #1 killer of American women, causing 400,000 deaths annually.

Winners will be announced during the Health Faire Thursday, March 12, 2009 from 9:00 a.m. to noon at the Vallejo Campus. **You need not be present to win the drawing.**



February is Heart Health Month

Take time to measure your risk for heart disease and stroke. Remember that high blood pressure, tobacco smoke, high blood cholesterol, physical inactivity, obesity, and diabetes are risk factors that you **can** control; however, increasing age, sex (gender), race, family medical history, previous heart attack, and previous stroke are risk factors you **can't** control. *Stop by to weigh yourself, learn your body mass index, target heart zone for exercise and raise awareness of other heart-healthy activities.* **The Student Health Center has information on diet, exercise, cholesterol, smoking cessation, weight management, and diabetes.**

February 18th 5:00 – 6:30 p.m. The Public Health Nurse will visit the Vacaville Campus to talk to you about health issues and /or take your blood pressure. Stop by the Lobby table and help yourself to health education pamphlets and other freebies.