



# Inside Solano

STAYING COMMITTED AND CONNECTED

NOV. 21, 2016

## Dream Act

Please remind students about **AB 540 – the California Dream Act**, which allows undocumented and nonresident document students who meet certain provisions to apply for and receive private scholarships funded through public university, state-administered financial aid, university grants, community college fee waivers, and Cal Grants.

To obtain AB 540 status, students need to meet certain qualifications. Information about this process is available in the Admissions and Records Office. Eligible students can complete the CA Dream Act Application (CADAA) to receive financial aid. The Cal Grant application using the CADAA or the FAFSA (Free Application for Federal Student Aid) is March 2 prior to the academic year. The Admissions and Records and Financial Aid offices are located in Building 400. To learn more about the Dream Act, go to [ICanAffordCollege.com](http://ICanAffordCollege.com)



## Active Semester for STEM Students

Students and staff from the Solano MESA-TRIO Program have had a great semester participating in area events sponsored for aspiring STEM students. In the photo at left, Robert Payawal and student Curtis Pufford are shown at the UCD Wind Tunnel Lab during the Nov. 1 STEM Transfer Day activities. At right, Math Professor Genele Rhaods with Astronaut Victor Glover, at the MESA Student Leadership conference in Santa Clara.

## Honors for Rescue Efforts

The Solano County Sheriff's Office honored several individuals last week, including SCC employees and a student, for their efforts in helping to rescue a student trapped after a vehicle crashed into a classroom early in the semester.

Awarded for their actions following the Sept. 9 accident were Vice President of Student Services Greg Brown, Deputy Sheriff Adrian Garcia, Professor Mike Goodwin, student Ray Ortiz, and Grounds Technician Steve Ercole, who all helped to rescue student Maricella Hernandez.

In his statement to the honorees, Sheriff-Coroner Thomas Ferrera said, **"Your actions in response to this incident were instrumental in rescuing this student and preventing her from being further injured."**

**Solano Community College's mission** is to educate a culturally and academically diverse student population drawn from our local communities and beyond. We are committed to student learning and achievement and to helping our students achieve their educational, professional, and personal goals. Solano transforms students' lives with undergraduate education, transfer courses, career-and-technical education, certificate programs, workforce development and training, basic-skills education, and lifelong-learning opportunities.

LaurieCoombs.org

**Darkness cannot drive out darkness;**  
*only light can do that.*  
**Hate cannot drive out hate;**  
*only love can do that.*  
- Dr. Martin Luther King Jr.  
LOVE YOUR ENEMIES.



## Great Season for SCC Athletes

The 2016 Solano College Women's Soccer team finished its season with an overall record of 12-6-1 and a Bay Valley Conference record of 10-1-1, 2nd place in conference. Solano finished 12-2-1 in its last 15 games of the season, including a 1-0 win over Fresno City College, who No. 1 in the state at the time. This was the first time Solano College has beaten Fresno City in the 15-year history of the program.

Solano Women's Soccer recognized its six sophomores on Sophomore Day, including Cindy Rodriguez (Armijo), Annalissa Pena (Rodriguez), Juliet Ramirez (Rodriguez), Heather Walsh (Vanden), Sophia Ordonez (Vacaville), Lauryn Williams (Armijo).

The team played Diablo Valley College in the first round of the CCCAA Playoffs Nov. 19 in Pleasant Hill, but lost in a tough 6-1 game.

Solano College Volleyball team celebrated its Sophomore Night on Nov. 15 with its two sophomores, Talia Glenn (Fairfield High) and Mia Satterfield-Pa'u (Vanden). Solano beat Contra Costa that night 3-0 and secured a spot in the CCCAA Playoffs. Solano finished second in the Bay Valley Conference with a 9-3 conference record.

The volleyball team Big 8 Runner-Up Foothill College in Los Altos Nov. 19, but lost in 3.

## Basketball Contributes to Environment

Men's Basketball Coach John Nagle was honored with a Certificate of Appreciation and a check for \$4,000 at last week's Board of Trustees meeting for the team's efforts to reduce landfill waste during the 3-day Tomato Festival in August. Margaret Manzo, of the Fairfield Main Street Association and her co-worker gave the award to Nagle.

## Post-Election Stress Resources

The California Community Colleges Student Mental Health Program (CCC SMHP) is dedicated to building the capacity of Community Colleges to support student mental health needs. As part of their efforts they have issued the following list of resources to help our students cope with post-election stress:

- The Jed Foundation released 7 simple strategies for managing election stress. [jedfoundation.org/managing-election-stress](http://jedfoundation.org/managing-election-stress)
- The American Psychological Association released a series of tips about how to cope with election anxiety. [apa.org/news/press/releases/2016/10/presidential-election-stress.aspx](http://apa.org/news/press/releases/2016/10/presidential-election-stress.aspx)
- The Islamic Society of North America supports a mental health helpline and counseling site for youth and young adults experiencing post-election situations like islamophobia, mental health crises. [isna.net](http://isna.net)
- The Youth MOVE National Facebook page is a place where youth and young adults can share their feelings about the election results and find resources and opportunities for peer-engagement. [facebook.com/YouthMOVENational](https://www.facebook.com/YouthMOVENational)
- The Active Minds blog includes student-friendly tips for coping with post-election stress. <http://activemindsblog.org/ways-to-cope-with-post-election-stress>
- For young adults who feel frustrated or disenfranchised by the election results, this blog post from Medium lists places to volunteer time and make donations. The emphasis is on anti-racist and social justice causes. <https://medium.com/@nicolesilverberg/what-can-i-do-right-now-98169b7704b7#.qsn5irrce>
- "10 Ways to Fight Hate on Campus" is written for student activists from Tolerance.org, a project of the Southern Poverty Law Center. [hsc.edu/Documents/StudentLife/Ten\\_Ways\\_Campus.pdf](http://hsc.edu/Documents/StudentLife/Ten_Ways_Campus.pdf)