



THE EAGLE NEWSLETTER

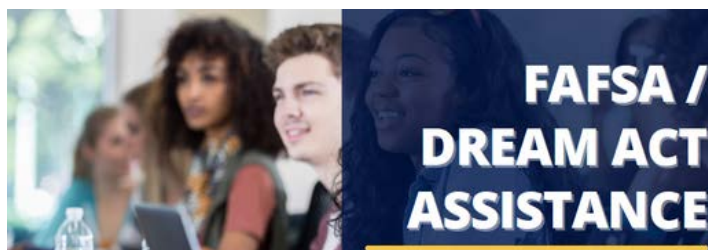
Bringing Campus Life to Your Inbox

FINANCIAL AID

Are you enrolled in spring courses? It is not too late to apply to see if you qualify for financial aid!

Visit the Financial Aid Office to complete the 2023-2024 FAFSA or CADAA or go to www.mendocino.edu/apply-financial-aid to apply.

If you will continue to be a student in fall 2024, you will also need to renew your 2024-2025 FAFSA or CADAA by the April 2nd deadline.



FAFSA / DREAM ACT WORKSHOPS

March 13, 2024 - 5:00-7:00pm
Coast Center - Learning Commons

March 15, 2024 - 5:00-7:00pm
Lake Center - Room 7110

Saturday, March 16, 2024 - 10:00am-2:00pm
Ukiah Campus - Room 1280

March 20, 2024 - 10:00am - 2:00pm
North County Center - Room 8010

UPCOMING EVENTS

Naloxone Distribution Kick-Off Event

March 4th, 12-2pm, Lowery Student Center
Training: 3-4pm, LLRC 4210

Wellness Workshop - Creating Study Spaces

March 6th, 1:30pm
Ukiah LLRC 4112

Twelfth Night, the musical

March 7th - March 17th
Center Theatre

Financial Aid Workshop - Coast

March 13, 2024 - 5:00-7:00pm
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Financial Aid Workshop - Lake

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Financial Aid Workshop - Ukiah

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Financial Aid Workshop - North County

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Wellness Workshop -

Approaching Difficult Conversations

March 20th, 1:30pm
Ukiah LLRC 4112



The National Women's History Month's theme for 2024 celebrates "Women Who Advocate for Equity, Diversity and Inclusion." The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions. Women from every background have long realized that an uneven playing field will never bring equality or justice. Many feel the critical need to speak up and work harder for fairness in our institutions and social interactions.

During 2024, we recognize the example of women who are committed to embracing everyone and excluding no one in our common quest for freedom and opportunity. They know that people change with the help of families, teachers and friends, and that young people in particular need to learn the value of hearing from different voices with different points of view as they grow up.

Today, equity, diversity and inclusion are powerful driving forces that are having a wide-ranging impact on our country. As members of families, civic and community groups, businesses and legislative bodies, women are in the forefront of reevaluating the status quo. They are looking anew at what harmful social policies and behaviors exist and, often subtly, determine our future. In response, women in communities across the nation are helping to develop innovative programs and projects within corporations, the military, federal agencies and educational organizations to address these injustices.

It takes courage for women to advocate for practical goals like equity, diversity and inclusion when established forces aim to misinterpret, exploit or discredit them. Throughout 2024, we honor local women from the past and present who have taken the lead to show the importance of change and to establish firmer safeguards, practices and legislation reflecting these values. Following decades of discrimination, we are proud to celebrate women who work for basic inclusion, equality and fairness. Who are the women in your community or organization that you will honor?



LIBRARY CORNER

We are here to support our Mendocino College students from all our campuses. We help students access free resources, tools, and services like:

- Lending Library
- Study Rooms
- Computer Stations
- Research Help
- Bus Passes
- Copy Center
- Office 365 for Students

Please note that the Student ID Machine has moved to the Welcome Center located in the MacMillan Lobby.

Spring 2024 Library Hours

Monday/Tuesday:
9am - 6pm

Wednesday/Thursday:
9am - 8pm

Friday:
9am - 4pm



WELLNESS SERVICES

Mendocino College Health & Wellness offers the following services to all students:

- Short-term Therapy (individual, group, family / couple / friendship)
- Connection to College and Community Resources
- Crisis Intervention and Support
- Wellness Workshops

Building resiliency for students is the focus of the wellness services offered at Mendocino College. Learn more and make an appointment at: www.mendocino.edu/wellness



WELLNESS WORKSHOP SERIES

Wednesdays from 12:30-1:20pm
Ukiah Campus, LLRC 4112
and via Zoom at select MC Centers



REGISTER TODAY!

wellness@mendocino.edu
707-621-6463
www.mendocino.edu/wellness

FEBRUARY 28, 2024
FINANCIAL HEALTH
Making Money Last

MARCH 6, 2024
CREATING STUDY SPACES
Setting Your Internal and External
Environment to Promote Learning

MARCH 20, 2024
**APPROACHING DIFFICULT
CONVERSATIONS**
Communication Strategies for Success

APRIL 3, 2024
MANAGING OUR BUSY LIVES
Balancing the Wheel of Time Demands

Quality Relationships



Calm Body




Life Skill



Sharing Circle


If you are experiencing grief, loss, life transitions, or other challenges, the circle is an opportunity to share in a safe, confidential environment.



All groups start at 3:30pm
In-person: Room LLRC-4141

2/21 - IN-PERSON
3/6 - ZOOM
3/20 - IN-PERSON
4/3 - ZOOM
4/17 - IN-PERSON

Register for zoom link



B.A. IN LIBERAL STUDIES

SONOMA STATE UNIVERSITY

Did You Know You Can Earn Your BA in Liberal Studies from Sonoma State University Right Here In Ukiah?

If you live in Lake or Mendocino Counties, you can obtain your bachelor's degree in Ukiah by taking a mixture of face-to-face, hybrid and online courses taught by SSU faculty. Face-to-face meetings are scheduled evenings and weekends at Mendocino College for students with work, family or other commitments that do not allow them to join traditional programs on the SSU main campus in Rohnert Park. The BA program offers coursework in the social sciences, humanities, and natural sciences. Like other liberal arts majors, the Liberal Studies-Ukiah major is designed to provide students with a broad educational background that is excellent preparation for students interested in careers in teaching or counseling, the legal profession, or business, as well as graduate work in the social sciences and the humanities. The program accepts students in both Spring and Fall semesters and late applications are often approved. More information can be found at ukiah.sonoma.edu.

PRIMARY ELECTIONS - MARCH 5TH!

Primary elections for U.S. President, Senate and House of Representatives, as well as for California legislative races and ballot measures are being held on Tuesday March 5th. It's important for young people to cast their ballots and choose candidates that represent their goals and values. Missed the voter registration deadline? You can still vote with "same day registration". To see how, check out this [fact sheet](#) at the California Secretary of State's web site. You can see a sample ballot and learn about the candidates and propositions [here](#). You can also reach out to the [Political Science Department](#) to find out more. We encourage you to participate!



2023-24 ASMC REPRESENTATIVES

President: Lisa Baker

Vice President: Anthony Billy

Publicity Director: Thais Springer

Activities Director: Mia Uribe

Ecology Director: Nicholas Lujan

Ukiah Representative: Russell Furlong

ASMC PURPOSE

ASMC represents the student body of Mendocino College in all matters related to our college community.

ASMC BUSINESS

We raise money for student activities and scholarships;

We promote the individual student to take responsibility for their performance, health, well being and education.

ASMC VALUES

- We promote serving students of all ages through our programs and activities.
- We respect the ideas, opinions, contributions, and rights of all students.
- We promote high expectations, ethical and moral standards, positive reinforcement and recognition.
- We promote evaluation and feedback to enhance future learning.
- We promote self knowledge and understanding and independent thinking.

CALL FOR SUBMISSIONS: ANNUAL STUDENT ART SHOW

The Annual Student Art Show is on its way! Any and all students who would like to submit their artwork are welcome, no need to be an art major! Artists may submit 1-3 works of art (completed in the last 3 years). Any and all mediums welcome.

This show is a great opportunity for newer artists to show their work to the community as well as an opportunity to participate in the largest show that the Mendocino College Gallery hosts each year. All Artists who submit will have at least one of their works accepted and shown. As an added bonus, 100% of all proceeds from sold works will go to the artist! We hope to see your work and talent soon!

CREATIVE STREAK

Works in Series

featuring
 MONA CLIFF
 ESTHER SIEGEL
 SPENCER BREWER
 LINDA MACDONALD
 SHANNON SULLIVAN

Feb 18 -Mar 21

Mendocino College Gallery
 1000 Hensley Creek Road, Ukiah

Gallery Hours:

Tues: 3-6PM

Wed: 12-3PM

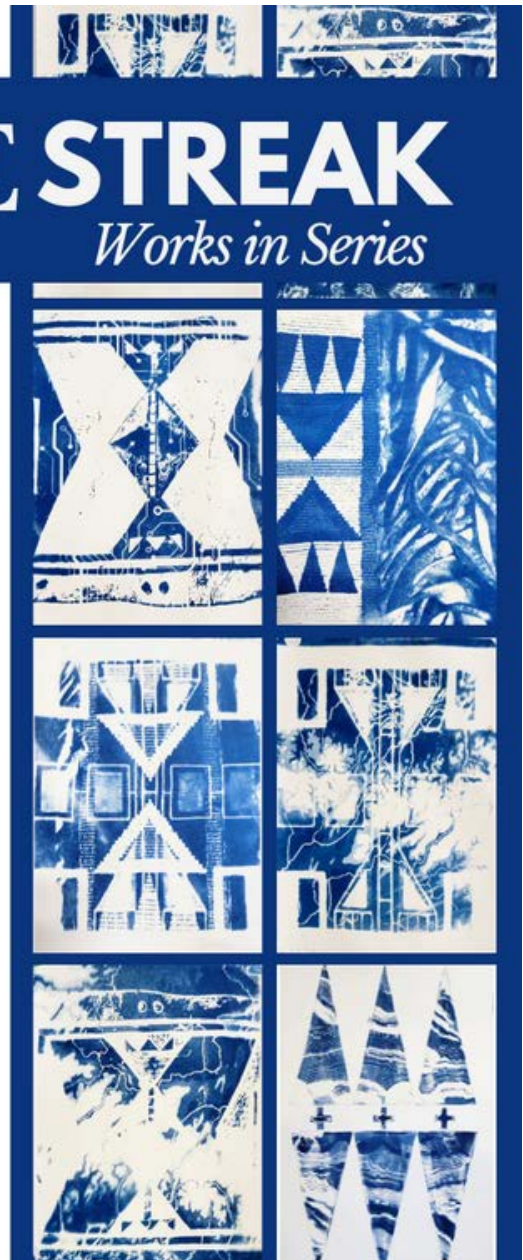
Thurs: 3-6PM

www.mendocino.edu/gallery

Opening Reception

Feb 22nd, 4-6PM

"Working in a series allows me to explore a theme or concept in varied ways. I can work my way down a path to unexpected outcomes, which helps lead my work to areas of continued exploration..."
 -Mona Cliff





TWELFTH NIGHT: THE MUSICAL

The Mendocino College Theatre Arts Department will present *Twelfth Night*, the musical March 7-17 in Mendocino College's Center Theatre on the Ukiah Campus. Originally produced by the Public Theatre in NYC in 2016, this joyous jazz-funk musical adaptation of Shakespeare's beloved comedy *Twelfth Night* is set in a modern world inspired by the music and culture of New Orleans. This musical comedy about love and mistaken identities will run for two weekends only March 7-17, in the Mendocino College Center Theatre.

Twelfth Night will have a "pay what you wish preview" on Thursday, March 7.

Opening night is Friday, March 8. Opening night will include a free gala reception starting one hour before the show.

The performance on Saturday, March 9 benefits the Mendocino College Foundation and student scholarships. A free glass of wine is included with the ticket price for this performance.

Following the opening weekend, additional performances are Thursday, Friday & Saturday, March 14, 15 and 16 at 7:30 PM, and Sunday, March 17 at 2 PM.

Tickets (\$20 general; \$15 students and seniors) are available at the Mendocino Book Company, online at www.ArtsMendocino.org, and at the door as available.

The performance on Thursday, March 14 is a special discount night, with all tickets costing only \$10. Audiences are encouraged to purchase tickets in advance.

For information, call (707) 468-3172 or visit <http://www.mendocino.edu/the-arts/theatre>.

FIRE ACADEMY

We are proud of the success of the Mendocino College Fire Academy, achieved through a dynamic collaboration with esteemed fire agency partners. These dedicated agencies—Ukiah Valley Fire Authority, City of Ukiah, Redwood Valley-Calpella Fire Department, Anderson Valley Fire Department, and CalFire Mendocino—have generously contributed instructional time, equipment, engines, and facilities, transforming our vision into reality.

The FSC 90-Fire Fighter I Academy equips students with the skills and knowledge necessary for entry-level professional firefighters. Participants learn to perform their duties safely, effectively, and competently. The curriculum, combined with Emergency Medical Technician (EMS 135) training, meets the educational requirements for Firefighter I certification as established by the State Board of Fire Services. Notably, the program includes two overnight sessions, and successful completion of the wildland component earns students a CAL FIRE Basic Firefighter Certificate.

The current Fire Academy runs through May. To learn about future sessions contact Theresa Gowan at tgowan@mendocino.edu.



MENDOCINO COLLEGE

Presents a Dynamic Community Extension Workshop

Drone Technology Skills for Professionals and Industry

Limited enrollment, sign up early!



DATES: April 19 to May 11, 2024
Fridays 5:30-8:30pm, and Saturdays 9AM-4:30pm

COST: \$665 per person

LOCATION: Mendocino College Ukiah Campus
MacMillan Hall, Rm 1170

INSTRUCTOR: Lorenzo Rota, Volare Aerial, Ukiah

QUESTIONS: lorenzo@volareaerial.com
831.818.4438



This workshop is open to all members of the community, though it is geared (and priced) toward professionals in construction, agriculture, forestry, public safety, natural resources, and digital media.

TO REGISTER: Contact Patti Gulyas with the Mendocino College Community Extension at 707.468.3236
Cutoff date for registration is April 5, 2024

Mendocino College 1000 Hensley Creek Rd., Ukiah CA 95482



MENDOCINO COLLEGE

ATHLETICS

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MEN'S BASEBALL

Mar 08 (Fri) 1:00 PM PST
VS CONTRA COSTA



Mar 14 (Thu) 2:30 PM PDT
VS MARIN *



Mar 19 (Tue) 2:30 PM PDT
VS LOS MEDANOS *



Mar 23 (Sat) 1:00 PM PDT
VS LOS MEDANOS *



Mar 26 (Tue) 2:30 PM PDT
VS SOLANO *



Mar 29 (Fri) 1:00 PM PDT
VS SOLANO *

WOMEN'S SOFTBALL

Mar 10 (Sun) 10:00 AM PDT
VS CABRILLO



Mar 10 (Sun) 12:00 PM PDT
VS CABRILLO



Mar 16 (Sat) 10:00 AM PDT
VS HARTNELL



Mar 16 (Sat) 12:00 PM PDT
VS HARTNELL



Mar 23 (Sat) 12:00 PM PDT
VS SISKIYOU *



Mar 23 (Sat) 2:00 PM PDT
VS SISKIYOU *



Mar 30 (Sat) 12:00 PM PDT
VS BUTTE *



Mar 30 (Sat) 2:00 PM PDT
VS BUTTE *

A graphic for the Mendocino College Food Pantry. It features a dark blue background with a yellow border. At the top, the words "MENDOCINO COLLEGE" are written in yellow, bold, sans-serif capital letters. Below this, the words "FOOD PANTRY" are written in large, bold, blue, sans-serif capital letters with a yellow outline. In the center, there is a collection of food items: a green pea pod, a red tomato, a blue can of coffee, a red can of tomato soup, a box of cereal, a green leafy vegetable, and a yellow ear of corn. The entire graphic is pinned to a corkboard background with red pushpins.

MENDOCINO COLLEGE

FOOD PANTRY

FREE FOOD FOR ALL STUDENTS

A graphic for the Mendocino College Student Help Desk. It features a blue background with a yellow border. At the top, the Mendocino College logo (a stylized tree and mountains) is followed by the words "MENDOCINO COLLEGE" in blue, sans-serif capital letters. Below this, the words "STUDENT HELP DESK" are written in large, bold, yellow, sans-serif capital letters. In the center, the text "Computer trouble?" is written in blue, italicized, sans-serif font. Below this, the text "A team of friendly computer science students are standing by to help resolve your technology-related issues!" is written in yellow, italicized, sans-serif font. At the bottom, the text "EMAIL COMPUTER SUPPORT REQUESTS TO: MENDOSTUDENTHELPDESK@GMAIL.COM" is written in white, sans-serif capital letters. The entire graphic is pinned to a corkboard background with red pushpins.

 MENDOCINO COLLEGE

STUDENT HELP DESK

Computer trouble?

A team of friendly computer science students are standing by to help resolve your technology-related issues!

EMAIL COMPUTER SUPPORT REQUESTS TO:
MENDOSTUDENTHELPDESK@GMAIL.COM