



# THE EAGLE NEWSLETTER

*Bringing Campus Life to Your Inbox*

## COLLEGE & UNIVERSITY DAY

Mendocino College Transfer Center invites you to attend our College & University Day happening **Tuesday, October 1st, 11:30 am-1:30 pm, in the Pomo Plaza** at our Ukiah Campus!

Over 300 students, including first-time freshmen & transfer students, will meet with university representatives, learn about university admissions, and learn about the outstanding academic and student services Mendocino College has to offer.

Upon check-in, prospective first-time freshmen will receive a College & University Day passport. These students will visit at least nine different tables, and collect stamps for their passport. Completed tickets will allow students the opportunity to spin the prize wheel or earn extra credit! Each table will have stamps provided.

It's forecast to be hot outside Tuesday, so please bring water, sunscreen, and dress accordingly. As always, free parking is available and a map of the Ukiah Campus can be found [here](#).

[For more information regarding the Mendocino College Transfer Center, follow this link.](#)



## UPCOMING EVENTS

### **TAG! You're In Tuesdays**

Tuesday Afternoons | Online  
[www.mendocino.edu/transfer](http://www.mendocino.edu/transfer) for list of hours

### **Walking Moai**

Mondays | 1:00pm - 1:30pm | Pomo Plaza

### **Hispanic Heritage Month**

September 15-October 15, 2024

### **LGBTQ+ History Month**

October 2024 | Library Room #4220, Ukiah Campus

### **College & University Day**

October 1, 2024 | 11:30am - 1:30pm | Pomo Plaza

### **Sharing Circle**

October 9, 2024 | 4 - 5:00pm | Library Rm 4112, Ukiah

### **Fundraiser Mendocino College North County Center**

October 11, 2024 | 5:30 - 7:30pm | North County Center

### **Mendo Safe Space Workshop**

October 16, 2024 | 2 - 4:00pm | Library Rm 4210, Ukiah

### **The Book of Will**

October 17, 2024 - October 27, 2024  
Sundays at 2:00pm, all other performances at 7:30pm  
Center Theatre, Ukiah Campus

### **College & Career Day at the Coast Center**

October 17, 2024 | 10:00am - 12:00pm | Coast Center

### **12th Annual Dia de los Muertos Event**

Oct. 23, 2024 | 4pm - 8:00pm | Lowery Student Center, Ukiah

### **Calming Strategies**

October 23, 2024 | 12:30pm - 1:00pm | Online via Zoom

### **Harm Reduction 101: Concepts & Strategies**

October 29, 2024 | 4:00pm - 5:30pm  
Library Rm 4210 OR Online via Zoom

### **Exploring Mental Health Support**

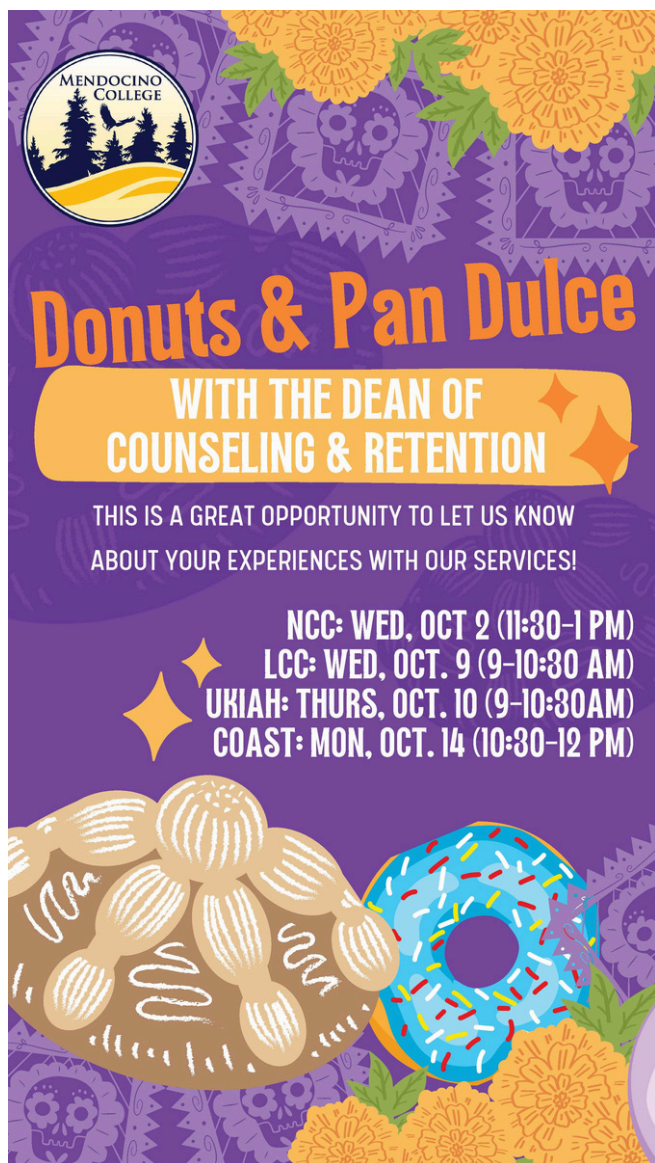
November 13, 2024 | 12:30pm - 1:00pm | Online via Zoom

### **Sock Puppet Pop-Up**

Nov. 14, 2024 | 11:30am - 1:30pm | North County Center

### **SEE THE FULL LIST ONLINE:**

[www.mendocino.edu/events](http://www.mendocino.edu/events)



## DONUTS & PAN DULCE WITH DEAN

The College Counseling Department invites you to join us for donuts & pan dulce with the Dean of Counseling and Retention Ingrid Larsen! Stop by for a bite and chat with Dean Larsen about your experience with our services.

- **North County Center:** Wed., Oct. 2, 11:30-1 PM
- **Lake County Center:** Wed., Oct. 9, 9-10:30 AM
- **Ukiah Campus:** Thurs., Oct. 10, 9-10:30AM
- **Coast Center:** Mon., Oct. 14, 10:30-12 PM

## EXPRESS DROP-IN COUNSELING

### **NEW DROP-IN HOURS STARTING OCTOBER 15TH!**

The Mendocino College Counseling Department is committed to guiding and supporting students in pursuit of their academic, personal, and career goals by providing accurate information and personalized service in an accessible and welcoming environment.

Express Drop-in Counseling appointments are available in-person or via Zoom, and are limited to fifteen minutes. Comprehensive Education Plans and SAP appeals cannot be done during express drop-in counseling appointments.

- **15-Minute Appointments**
- **In-person or via Zoom**
- **Perfect for current students with brief questions, small fixes, or direction.**



Contact Us  
**707-468-3048**



Our Location  
1000 MacMillan Hall  
1000 Hensley Creek Rd., Ukiah



**Drop-in Appointments Starting 10/15**  
Tuesdays 10am-2pm & 3-5pm  
Availability listed online.



For More Information  
[www.mendocino.edu/counseling](http://www.mendocino.edu/counseling)





## COAST COLLEGE & CAREER DAY

**FREE LUNCH & PRIZES AVAILABLE FOR ATTENDEES!**

Join us for the Mendocino College Coast Center College & Career Day in **Fort Bragg from 10AM-12 PM on Thursday, October 17th.**

Students and non-student community members are invited to explore areas of study with instructors across career and transfer topics while chatting with employers in related fields. Engage with student services including financial aid, MESA, the Native American Resource Center, LGBTQIA+ support, and more.

A map of the Coast Center can be found [here](#).

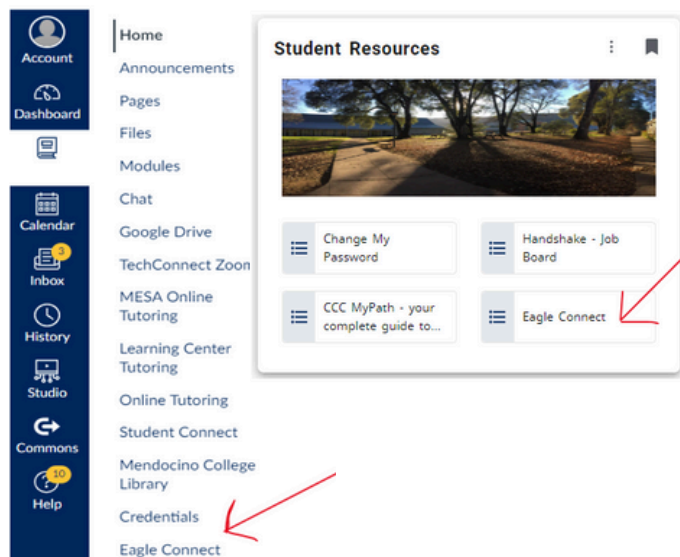
For more information regarding the Mendocino College Transfer Center, follow this link.

## EAGLE CONNECT

Mendocino College uses Eagle Connect Progress Surveys as a communication tool between students, faculty and campus support services. Throughout the term, you may receive notifications regarding your attendance, and academic performance. To benefit, **it is important that you check your Eagle Connect Dashboard**, or school email regularly and follow through on any recommended actions. You may also be contacted directly by a Retention Specialist or Counselor. To ensure you are receiving the support you need, your instructor or advisor may ask to meet with you to discuss your course progress or refer you to a campus service.

To access Eagle Connect, simply log into My Mendo, go to the Student Resources card, and click on Eagle Connect. You can set up a student profile or, if you need assistance, you can use the "Raised Hand" feature on the top right-hand corner of your dashboard. This allows you to connect with services Mendocino offers privately.

Some students have reported that Eagle Connect emails are being automatically marked as SPAM. Our IT Department is looking into this matter. In the meantime, please check your SPAM folder to see if you've missed an Eagle Connect email.





## LEARNING CENTER

Every student could use a little support from time to time. The Learning Center is here to help. We have computers, quiet rooms, supplies, tutors, free printing, and friendly staff to help you get the support you need to be successful this semester! Stop in to see how WE can help YOU.

- **Tutoring is free and available to all students!**

Tutors are available in person and online. Please visit the "Online Tutoring" tab for more information. All tutor services can be reviewed here:

[Summer 2024 Tutoring Schedule](#).

- **Need help when we're away?** NetTutor 3rd party online tutoring service is available 24/7. To access NetTutor please visit your instructor's Canvas site.

- **Math and Writing Labs:** Instructor-led tutoring labs are held daily online and in person. Math Lab is in the Learning Center, and Writing Lab is in the Library. Schedules and information can be found on your instructor's Canvas shell.

- **Study Skills Quick Tip Videos:** Time Management, Test Taking, Textbook Reading & Test Anxiety and Test Prep videos available [here](#). Workshops are also available in person

- **Testing Services:** Proctoring is available. Contact Janet Daugherty, Learning Center Director to schedule your exam.

- **Math and English Placement:** Due to AB705, standard math and English placement testing is no longer conducted. Now, the Math and English Placement Tool may be accessed online from any device. Prospective students must log on using their Mendocino College username and password.

### Fall Hours:

9am - 5pm Monday, Wednesday, and Thursday  
9am - 7pm Tuesday | 9am - 3pm Friday

### Need help?

[www.mendocino.edu/learning-center](http://www.mendocino.edu/learning-center)

## MAGAZINES AT YOUR FINGERTIPS

Mendocino College students (and staff/faculty) have FREE access to digital magazines through Flipster. Browse best-selling names like *iHOLA!*, *Out*, *SAY*, *Popular Mechanics*, *Bon Appétit*, and more. Find your favorite magazine today and read it for free through Mendocino College Library.

### Here are the steps to accessing Flipster:

1. Scan the QR code below with your smart phone's camera.
2. Click the link that pops up and you'll be directed to the Mendocino College Library's Databases.
3. Click Flipster.
4. Next, enter your MyMendo login to access and read for free anytime of the day from any location.

Don't see your favorite magazine? Reach out to us today [librarian@mendocino.edu](mailto:librarian@mendocino.edu) to see if we can add it to our subscriptions.

Stop by the Library today to check out our other fantastic resources & services like, bus passes, study rooms, computer stations, copy center, hotspots, Chromebooks, lending library, and more!

## Free Access to Digital Magazines with Mendocino College Library



Click on Flipster and use  
your MyMendo login.



**Flipster**  
Read what you love



**Mendocino College Library**  
Ukiah Campus | LLRC 4220  
Mon.-Thur. | 8:30am-8:00pm  
Fri. | 8:30am-4:00pm

**Visit Us Online**  
[mendocino.edu/library](http://mendocino.edu/library)  
[@MendocinoCollegeLibrary](#) [f](#) [t](#)  
[@mendocinocollege\\_library](#)



## HISPANIC HERITAGE MONTH



## WHAT IS HISPANIC HERITAGE MONTH?

Hispanic Heritage Month is an annual celebration in the United States that honors the contributions, culture, and history of Hispanic and Latino Americans. It runs from September 15 to October 15.

The dates were chosen because they coincide with the independence anniversaries of several Latin American countries, including Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua, which celebrate their independence on September 15.

Throughout the month, various events, educational programs, and activities take place to recognize the influence of Hispanic culture in areas like art, music, literature, and politics. It's a time to celebrate the diverse backgrounds and experiences of Hispanic and Latin communities across the country.

The Latino population in the United States is over 60 million, according to the U.S. Census.

### Explore Hispanic Foods



Farola Empanadas Argentinas



Corazón Purépecha #1



La Cocina



SOL FOOD



## WAYS TO GET INVOLVED...

Attend Local Events 

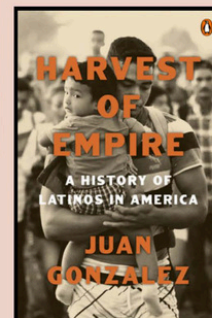
**Mendocino College Day of the Dead**

**October 23, 2024 from 4-8 PM**

**Lowery Student Center on the Ukiah campus**



Read Books by Hispanic Authors 



## HISPANIC/LATINEX HERITAGE HIGHLIGHTS

As the local higher education institution, Mendocino College has had the privilege and honor of supporting thousands of college-going students within Mendocino and Lake County. Today, we look to spotlight one of our amazing Mendocino College alum and Hispanic/Latina scholars: **Jely Espinoza**.

### Jely's Journey within Higher Education

As a child of Mexican immigrants, Jely was constantly reminded about the importance of an education. Part of this was due to Jely's parents not having the opportunity to get past an elementary school education while in Mexico. After high school, Jely decided to go to college. Jely decided to attend Mendocino College because it would allow her to live at home, save money, and work while going to college.

Unfortunately, during Jely's first semester at Mendocino College, she and her family lost their home in the 2017 wildfires. Although Jely lost her home, she did not give up on her goal to obtain a college degree. Despite the tragedy, Jely worked closely with her instructors to complete her first semester at Mendocino College.

Apart from the support she received from her instructors, Jely also received support from the CAMP program. CAMP was able to provide her with school materials, and funds, as well as opportunities to explore other campuses through field trips and CAMP Leadership conferences. Jely graduated from Mendocino College within 2.5 years through the additional support provided by the Financial Aid staff and the various resources available through the campus Library.

Jely is working to complete a Bachelor of Science in Nursing degree from the University of San Francisco. Although transferring to USF and moving to San Francisco for school was something scary, Jely has been able to gain valuable experience within the nursing field. She has been able to serve as part of the clinical rotations at some of the biggest hospitals in SF including UCSF this semester.



*Jely Espinoza post white-coat ceremony,  
University of San Francisco Nursing Program*

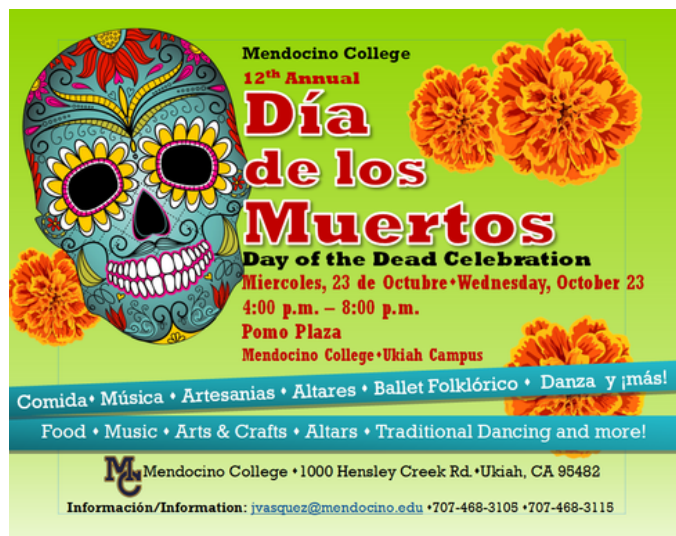
### Jely's Inspiration & Advice to Current Mendocino College Students

Jely's inspiration comes from her parents. She recalls all the hard work and sacrifices they have gone through to support her. Jely's parents continue to support her every step of the way and encourage her to chase her dreams. Ultimately, Jely wants to make her parents proud and show them their sacrifices have not been in vain. Through her journey to receive a college education, not only is Jely completing her dream, but she is also fulfilling her parents' dream as well. Being part of the nursing program continues to reinforce the idea that she is capable of doing what she sets her mind to.

When asked about what advice she had for current and future Mendocino College students, Jely said, "I would tell students not to be afraid to ask for help and connect with the faculty around them. I have gained some of the best mentors by simply talking to my instructors. It is okay to feel uncomfortable and take risks. It seems like a lot of things are changing and overwhelming, but it is important to take things one day at a time while keeping your goal in sight. Also, don't be afraid of attending private schools, sometimes they give more aid than state schools, at least they did for me. Lastly, **never forget, you got this!**"



## HISPANIC HERITAGE MONTH



## 12TH ANNUAL DÍA DE LOS MUERTOS EVENT

### MUSIC | DANCING | FOOD | ART | ALTARES & MORE

The Hispanic/Latino event planning committee cordially invites you to save the date for the 12th annual Día de los Muertos (Day of the Dead) event.

Day of the Dead celebrations date back thousands of years ago when Indigenous people from central Mexico would honor their deceased by placing food and water offerings on their resting place. In modern-day Day of the Dead celebrations, family members continue to practice these traditions by building altars (altares) where they place pictures of their beloved family members along with food and other items their family members enjoyed during their lifetime.

We hope you will join us as we celebrate our loved ones during an evening filled with music, dancing, food, and piñatas.

If you are interested in putting up an altar in remembrance of a loved one, please email Roberto Renteria at [rrenteria@mendocino.edu](mailto:rrenteria@mendocino.edu).

Altars will be on display in the Lowery Student Center from Friday, Oct. 18th until Friday, Oct. 25th.



## HISPANIC HERITAGE DOOR DECORATION CONTEST

As part of our month-long Hispanic Heritage celebration, faculty and staff have decorated their office doors to honor Hispanic Heritage. Students are invited to walk the campus and vote on their favorite door through October 15th!

[Vote on your favorite door here!](#)







## **MENDO SAFE SPACE WORKSHOP**

**OCTOBER 16, 2024 | 2:00PM - 4:00PM | LIBRARY ROOM 4210, UKIAH**

The LGBTQIA+ Program would like to invite you to a cultural humility workshop on October 16th from 2-4 pm. This training is 100% free, and snacks and drinks are provided! Mendo Safe Space will help uncover our own personal biases and better understand our preconceived notions through self-reflection, self-realization, and self-awareness. All are welcome!

### **Meet the Mendo Safe Space team that will be leading this transformative workshop:**

Cynthia Coupe (she/they/them) and Cinnamon (she/her/hers) from the Mendocino County Safe Space Project (MCSSP) will be leading an engaging and interactive workshop using the Cultural Humility model to focus on the LGBTQIA2S+ community. Together, we will delve into the importance of recognizing and addressing our own internal biases to become better allies. Our goal is to view every individual as an expert in their own identity, learn how to effectively support our LGBTQIA2S+ youth, create positive and inclusive spaces, and celebrate the rich diversity of our LGBTQIA2S+ students, families, and coworkers.

Cinnamon is a sexuality educator for the Intellectual and Developmentally Disabled (IDD) populations, while Cynthia is a Speech-Language Pathologist and TEDx speaker with extensive experience working within the neurodivergent community. During the workshop, we will cover critical topics including the heightened risks faced by this community, state-mandated requirements for staff and educators, and the intersectionality of neurodivergent individuals and other marginalized groups. We will also discuss sexual and gender identities, the significance of gender identity pronouns, and effective strategies for addressing harassment, bullying, and unhealthy family dynamics.

We look forward to creating an inclusive and safe space for everyone to talk openly about these important topics. We are excited for you to join us!

**Free to All Mendocino College Students & Staff - Food Provided!**

### **Questions? Contact:**

Thais Springer, LGBTQIA+ Program Specialist at [tspringer@mendocino.edu](mailto:tspringer@mendocino.edu)

## **LGBTQ+ HISTORY MONTH**

**OCTOBER 1ST - 31ST, 2024**  
**Library #4220, Ukiah Campus**

LGBTQ+ History Month was first celebrated in 1994 to encourage openness and education about LGBT history and rights.

Mendocino Student Services is proud to support our LGBTQIA+ students. For questions about LGBTQ+ History Month or for resources, please reach out to our program specialist, Thais Springer at:  
[tspringer@mendocino.edu](mailto:tspringer@mendocino.edu).





## ATHLETICS

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## WOMEN'S VOLLEYBALL



Oct 02 (Wed) 6:00 PM PDT  
**VS** SOLANO \*



Oct 04 (Fri) 6:00 PM PDT  
**VS** CONTRA COSTA \*



Oct 09 (Wed) 6:00 PM PDT  
**AT** YUBA \*



Oct 11 (Fri) 6:00 PM PDT  
**AT** LOS MEDANOS \*



Oct 16 (Wed) 6:00 PM PDT  
**AT** NAPA VALLEY \*



Oct 25 (Fri) 6:00 PM PDT  
**AT** SOLANO \*



Oct 30 (Wed) 6:00 PM PDT  
**AT** CONTRA COSTA \*

## WOMEN'S SOCCER



Oct 01 (Tue) 4:00 PM PDT  
**VS** MERRITT \*



Oct 04 (Fri) 4:00 PM PDT  
**VS** SOLANO \*



Oct 11 (Fri) 2:00 PM PDT  
**AT** YUBA \*



Oct 15 (Tue) 4:00 PM PDT  
**VS** WOODLAND COMMUNITY



Oct 18 (Fri) 4:00 PM PDT  
**VS** LOS MEDANOS \*



Oct 22 (Tue) 4:00 PM PDT  
**AT** CONTRA COSTA \*



Oct 25 (Fri) 2:00 PM PDT  
**AT** NAPA VALLEY \*



Oct 29 (Tue) TBA  
**AT** TBA

## MEN'S SOCCER



Oct 01 (Tue) 2:00 PM PDT  
**VS** NAPA VALLEY \*



Oct 04 (Fri) 4:00 PM PDT  
**AT** CONTRA COSTA \*



Oct 08 (Tue) 4:00 PM PDT  
**VS** MERRITT



Oct 11 (Fri) 4:00 PM PDT  
**AT** YUBA \*



Oct 18 (Fri) 2:00 PM PDT  
**VS** MARIN \*



Oct 22 (Tue) 4:00 PM PDT  
**AT** WOODLAND COMMUNITY



Oct 25 (Fri) 4:00 PM PDT  
**AT** NAPA VALLEY \*



Oct 29 (Tue) 4:00 PM PDT  
**VS** CONTRA COSTA \*



## WELLNESS WORKSHOP SERIES

WEDNESDAYS 12:30-1PM  
Zoom/Recorded Fall 2024  
Wellness Workshop Series

**REGISTER TODAY!**  
[wellness@mendocino.edu](mailto:wellness@mendocino.edu)  
 707-621-6463  
[www.mendocino.edu/wellness](http://www.mendocino.edu/wellness)

  
**SEPTEMBER 4, 2024**  
**BASIC BUDGETING**  
 with Julie Finnegan

  
**SEPTEMBER 25, 2024**  
**APP-TASTIC COLLEGE  
SUCCESS APPS**  
 with Jennifer Justice

  
**OCTOBER 23, 2024**  
**CALMING  
STRATEGIES:  
S.T.O.P. BREATHING**  
 with Rhea Hollis

  
**NOVEMBER 13, 2024**  
**EXPLORING MENTAL  
HEALTH SUPPORT**  
 with Erik Alfkin

  
**DECEMBER 4, 2024**  
**MAKING GOOD FOOD  
CHOICES THROUGH  
THE HOLIDAYS**  
 with Azucena Chavez-Huerta

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.

- **October 9, 2024 | 4:00pm - 5:00pm**  
Library Rm 4112, Ukiah Campus *OR* via Zoom
- **October 23, 2024 | 4:00pm - 5:00pm**  
Online via Zoom

To register, click [here](#).

For more information about our Health & Wellness program, visit [www.mendocino.edu/wellness](http://www.mendocino.edu/wellness).

### Questions?

Reach out to a Health & Wellness representative at [wellness@mendocino.edu](mailto:wellness@mendocino.edu) or call 707-621-6463.


## WELLNESS WORKSHOP: CALMING STRATEGIES

**October 23, 2024 | 12:30 pm - 1:00 pm**

Online via Zoom


Find your calm using the S.T.O.P. Breathing technique. Led by Rhea Hollis. For more Health & Wellness resources, visit us [here](#).

**Register Now!**

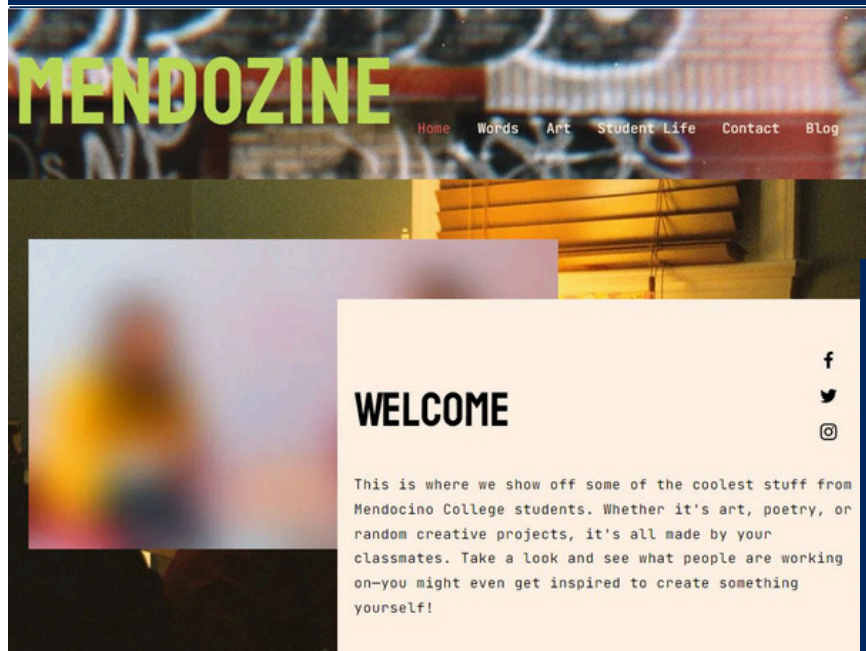


## CALMING STRATEGIES

STOP Breathing with Rhea Hollis

  
 Available via Zoom





## 2024-25 ASMC REPRESENTATIVES

**President:** Lawrence Ortiz

**Vice President:** Jasmine Jewel

**Secretary:** [Vacant]

**Treasurer:** Kaylee Gaylord

**Student Trustee:** Lacretria (Cretia) Todeo

**Student Ambassador:**

Dylan Fraser-Gilbert

**Activities Director:** Evode Manirahari

**Publicity Director:** Clayton King

**Ecology Director:** Nicholas Lujan

**Student Rights Advocate:**

Adrienne Olson

**Parliamentarian:** [Vacant]

**Ukiah Representative:** Russell Furlong

**North County Representative:**

[Vacant]

**Lake Representative:**

Josephine Martin-Montes

**Coast Representative:** Misael Triplett

(Write-in majority)

*Your student voice matters, thank you for voting!*

## MENDOZINE

The Mendocino College Book Club has launched a new, student-led website called Mendozine!

Mendozine is all about showing off the creative stuff you and your classmates are making. Whether it's artwork, poems, short stories, or whatever else, Mendozine gives you a space to share it.

Got something cool you want to submit? We're always down for new work! Just email us at [lacestied@gmail.com](mailto:lacestied@gmail.com) or drop by a Book Club meeting if you want to show us what you've been working on.

So whether you're here to show off or just see what other students are up to, thanks for checking out the zine!

[www.mendozine.com](http://www.mendozine.com)

### **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.



## THE BOOK OF WILL

**By Lauren Gunderson**  
**Directed by Reid Edelman**

Without William Shakespeare, we would not have literary masterpieces like Romeo and Juliet. But without Shakespeare's friends Henry Condell and John Heminges, we would have lost half of Shakespeare's plays forever! After the death of their friend and mentor, the two actors are determined to compile the First Folio and preserve the words that shaped their lives. They have to borrow, beg, and band together to get it done. Amidst the noise and color of Elizabethan London, *The Book of Will* presents a true story of love, loss, and laughter, and sheds new light on a man you may think you know.

**Performances October 17-27, 2024 in the Mendocino College Center Theatre**

**TICKETS:** \$20, \$15 students and seniors. Pay what you wish preview is Thursday October 17. Special discount show: Thursday October 24, all tickets \$10. Advance tickets are available at the Mendocino Book Company in Ukiah, and online at [www.ArtsMendocino.org](http://www.ArtsMendocino.org).

For additional information, call (707) 468-3172.



## SEEKING THE LIGHT: A LONG STRANGE TRIP

**Featuring Susie Racecar & Bob Comings**  
**September 5th - October 27th, 2024**

Please join us for the opening reception on  
 Thursday, September 5th, 4:30 - 6:30 PM  
 Light refreshments will be served.

Mendocino College Gallery is thrilled to present 'Seeking the Light | A Long Strange Trip' a two-person show featuring select works by Bob Comings and Susie Racecar. Comings and Racecar share in common a love for high-key color and the organic complexity of patterned mark-making.

### Regular Gallery Hours:

Tuesdays: 12:30 - 3:30 PM  
 Wednesdays: 10:30 - 12:30 PM  
 Thursdays: 12:30 - 3:30 PM  
 and by appointment





**MENDOCINO COLLEGE**

**Willits Chamber of Commerce Mixer**

**NORTH COUNTY FRIENDS OF MENDOCINO COLLEGE**

Join us in Supporting Education Access in Northern Mendocino County!

**Friday, October 11th, 2024  
5:30 PM - 7:30 PM**

**Fundraising Event**

The Mendocino College North County Center in Willits seeks your aid in continuing to sponsor high school students from Willits, Laytonville, Leggett, and Covelo to engage in a six-week college summer session with free meals, transportation, and a \$300 scholarship for all students who are academically successful in their courses. Help us jumpstart the educational opportunities in your home community.

**Sponsor a student today!**

**Enjoy hors d'oeuvres & a Live Auction**

**Join Us**

Mendocino College North County Center  
372 E. Commercial Street, Willits, CA 95490



**MENDOCINO COLLEGE**

**FOOD PANTRY**



**FREE FOOD FOR ALL STUDENTS**

**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**



**THESE THREE DIGITS COULD  
SAVE A LIFE**

No matter where you live in the U.S., you can easily access 24/7 emotional support.

Call or text 988 or visit [988lifeline.org/chat](https://988lifeline.org/chat) to chat with a caring counselor.

We're here for you.

**988  
SUICIDE  
& CRISIS  
LIFELINE**

**CALL, TEXT, CHAT**



**MENDOCINO COLLEGE  
CAREER HUB**

**MONDAY - FRIDAY, 10 AM-6 PM**  
Ukiah Campus, Room 1250 in MacMillian Hall  
*Virtual Appointments Available*

**CAREER ASSESSMENT | INTERVIEW COACHING  
EMPLOYMENT CONNECTIONS | CAREER WORKSHOPS  
RESUME/COVER LETTER GUIDANCE | & MORE**

[www.mendocino.edu/career-hub](http://www.mendocino.edu/career-hub)  
[careerhub@mendocino.edu](mailto:careerhub@mendocino.edu) | 707-468-3044

## Wi-Fi Assistance

We want you to stay connected, whether you're on or off-campus. If you're having Wi-Fi troubles, we're here to help!

- Check out our handy Wi-Fi FAQ page at [Mendocino College IT Help Desk](#).
- For in-person help, visit Gabrielle Visco in the Library.
- Need more assistance? Call the IT Help Desk at 707-468-3210 or email at [it-help@mendocino.edu](mailto:it-help@mendocino.edu).