



THE EAGLE NEWSLETTER

Bringing Campus Life to Your Inbox

EXPRESS

DROP-IN COUNSELING

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.

- **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
Tuesdays 10am-2pm & 3-5pm
In-person in Ukiah or by phone
Availability listed online.



For More Information
www.mendocino.edu/counseling

UPCOMING EVENTS

TAG! You're In Tuesdays

Tuesday Afternoons | Online
www.mendocino.edu/transfer for list of hours

Walking Moai

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

FAFSA-Dream Act Application Workshop

Nov. 6, 2024 | 2 - 4:00pm | Room 7110, Lake Center
Nov. 12, 2024 | 2 - 4:00pm | Rm 1280, MacMillan Hall, Ukiah
Nov. 12, 2024 | 2 - 4:00pm | Rm 8010, North County Center
Nov. 20, 2024 | 2 - 4:00pm | Learning Commons, Coast Center

Mendo Volleyball Native American Heritage Game

November 6, 2024 | 6:00pm | MC Gym, Ukiah Campus

Veterans Resource Fair & Lunch

Nov. 7, 2024 | 12 - 2:00pm | Lowery Student Center, Ukiah

Guided Pathways Book Club

November 8, 2024 | 12:30pm - 2:00pm | Ukiah Campus

"If You'll Never Leave Me, I'll Never Leave You"

Nov. 12, 2024 - Jan. 23, 2025 | Various Times
Mendocino College Gallery, Ukiah Campus

Exploring Mental Health Support

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

Native American Heritage Celebration

November 13, 2024 | 3:00pm - 6:00pm | Pomo Plaza, Ukiah

Sock Puppet Pop-Up

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

Native Learning Symposium

November 15, 2024 | 3 - 4:30pm | Library Rm. 4210, Ukiah

Support Circle for Suicide Loss Survivors

November 18, 2024 | 4 - 6:00pm | Library Rm. 4210, Ukiah

Test-Taking Tips Workshop

November 18, 2024 | 12 - 12:50pm | Rm. 104A, Coast Center

MCR Dance Co Presents: Light Matters

Nov. 21-24, 2024 | Various Times | Center Theatre, Ukiah

Guitar Night with Alex de Grassi, Students & Friends

Nov. 22, 2024 | 7:00pm | Little Theater, Rm. 710, Ukiah

SEE THE FULL LIST ONLINE:

www.mendocino.edu/events



HONORING NATIVE AMERICAN HERITAGE MONTH

A JOURNEY OF RECOGNITION

Every November, National Native American Heritage Month celebrates the vital contributions of Native Americans to the United States. This month-long observance began as an effort to secure a single day of recognition.

Dr. Arthur C. Parker, a Seneca Indian and director of the Museum of Arts and Science in Rochester, NY, was instrumental in this movement. He persuaded the Boy Scouts of America to dedicate a day to the "First Americans." In 1915, the American Indian Association, led by Rev. Sherman Coolidge, an Arapahoe, endorsed American Indian Day. Coolidge's proclamation on September 28, 1915, declared the second Saturday of each May as American Indian Day, marking the first formal appeal for recognizing Native Americans as citizens.

In 1914, Red Fox James, a Blackfoot Indian, rode across states to gather support for a day honoring Native Americans. Despite presenting endorsements from 24 state governments to the White House, no national day was proclaimed.

The first state-level American Indian Day was declared in New York in 1916. Various states followed, with some designating Columbus Day as Native American Day. In 1990, President George H. W. Bush signed a resolution designating November as "National American Indian Heritage Month," a tradition that continues today.

NEWS & READING

- [WATCH: President Biden Apologizes for Mistreatment of Native American Children](#)
- [Native Americans News Source Plus](#)
- [Honoring Nations: Successes in Self-Governance](#)
- [Indigenous People Fight to Keep Their Languages Alive](#)
- [How a California Tribe Fought for Years to Get Their Ancestral Land Back in Eureka](#)
- [Hollywood Gets Indigenous Costumes Wrong: Designer Wants to Change That](#)
- [NativeAmericanHeritageMonth.gov](#)
- [US Census Bureau Infographics and Visualizations](#)
- [The Repatriation Project](#)

More reading & resources available at Mendocino College LibGuides, [here](#).



NATIVE AMERICAN STUDENT SUCCESS & SUPPORT PROGRAM

The NASSP team took students on a trip to the State Capitol on Friday, September 27th in celebration of California Indian Day. California Indian Day is a Celebration of the indigenous people of California, the rich cultural traditions, resilience, wisdom and recognition of the historical injustices California Indian people have endured. Tribes gathered from all over the state to share their stories, resources, and cultures. Following the event, students took a tour of the Sacramento State Campus and learned about the programs and resources available to students. Overall, the day was a positive experience for students and staff to learn together and build a sense of belonging. Participants included students from past, and present Pomo Pathway cohorts, Peer Mentors, and general Native American students.

REGALIA NIGHT

Thursdays, 5:30 - 8:00 pm | Lowery Student Center

The Native American Student Resource Center is hosting Regalia Night every Thursday evening in the Lowery Student Center. Stich, sew, and bead traditional dance attire and connect with our Native American community. This event is free and open to all!



NATIVE AMERICAN HERITAGE MONTH



MENDO VOLLEYBALL

NATIVE AMERICAN HERITAGE GAME

November 6th, 2024
6:00 pm
MENDOCINO COLLEGE GYMNASIUM

FREE SWAG
FREE INDIAN TACOS

FOR MORE INFO:
NATIVEAMERICAN@mendocino.edu

NASSSP

MENDO VOLLEYBALL NATIVE AMERICAN HERITAGE GAME

Wednesday, November 6th, 6 pm | MC Gym, Ukiah

FREE swag & Indian Tacos. Sponsored by the Eagle Support Center, NASSSP, and the MC Native American Student Resource Center.



NATIVE AMERICAN HERITAGE CELEBRATION

November 13th, 2024
3-6 PM Dinner served 3-5pm

This event is free and open to the public.
For more information:
nativeamerican@mendocino.edu

NATIVE DANCERS | LIVE MUSIC | ELDERS GIVEAWAY | RAFFLES | WORKSHOPS

NATIVE AMERICAN HERITAGE CELEBRATION

Wednesday, November 13th, 3-6 pm | Pomo Plaza

Join us for the Native American Heritage Celebration featuring dance, live music, raffles, an Elders giveaway, workshops, and food. Free and open to the public. For more information, please contact nativeamerican@mendocino.edu.



NATIVE LEARNING SYMPOSIUM

November 15th from 3:00-4:30pm
ICONS & ACTIVISTS

NATIVE LEARNING SYMPOSIUM

Friday, Nov. 15th, 3-4:30 pm | Library Rm. 4210

This event features panelists who are educators, activists, or elders from diverse local tribes and who will lead a discussion focusing on local Indigenous icons & activists. Attendees will leave these events with a better understanding of our community. For more information, contact NASSSP Retention Specialist Kyle Whiterock at kwhiterock@mendocino.edu.



Weaving Wednesdays
Everyone is Welcome · Todos Son Bienvenidos

Learn basket weaving and other Native American crafts!
Meet the 3rd Wednesday of the month, from 1-3pm in the Eagle Support Center Lowery Building

Next Session: November 20th

www.mendo.edu/nasrc

WEAVING WEDNESDAYS

3rd Wednesday Every Month | 1- 3:00 pm

The Native American Student Resource Center invites all to join us for Weaving Wednesdays, happening the third Wednesday of every month in the Eagle Support Center. Learn basket weaving and other Native American crafts!

For more information, visit our [NASRC webpage](#).



REQUIRED STUDENT TRAINING

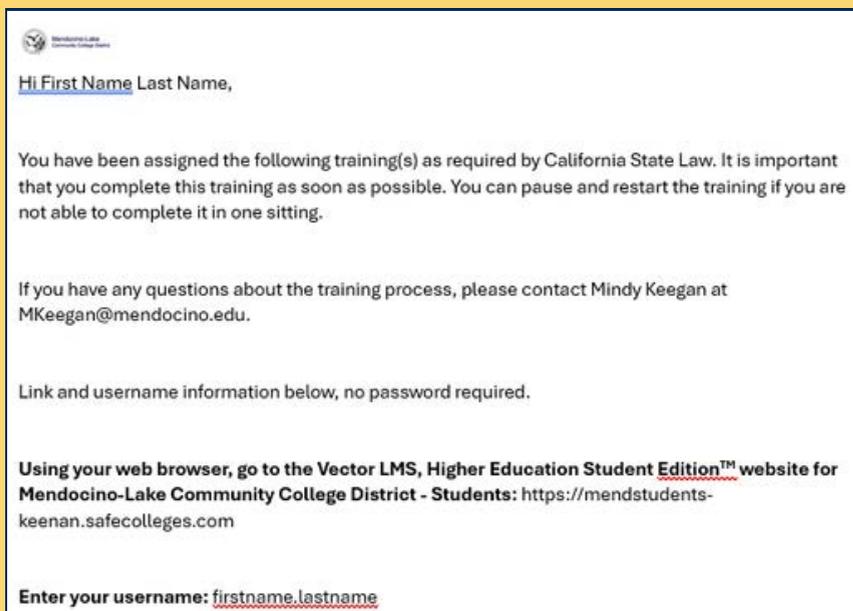
In response to new legislation (AB 2683), Mendocino College is assigning all current students a training through Keenan SafeColleges. **This training is required annually.** This training is titled "Sexual Violence Awareness: AB 2683" and is 48 minutes long. It will cover sensitive and pertinent topics on how to identify and report incidents of sexual violence, and support.

You received an email on October 17th from Keenan prompting you to go to the link, input the username, and complete the training. You will continue to receive a prompt to complete this every week until it is completed.

You may start and pause the training if you do not have the full time to commit to completing in one sitting. If you did not receive the email, you can also access this training [here](#) and use your student username to log in.

Please complete this required and important training no later than November 30, 2024. Thank you for your attention to this student requirement.

This is what the email looked like:



ALL ABOUT TITLE IX

Your Rights & Resources Under Title IX

What is Title IX?

Title IX is a comprehensive federal law that prohibits discrimination and harassment on the basis of sex in any federally funded education program or activity.

How Does it Apply?

Regardless of whether sex-based discrimination and/or harassment occurs at school, Title IX obligates schools and colleges to address any impact of that conduct on students that interferes with their ability to access education. Schools and colleges must provide students with Title IX rights and contact information for college staff who can respond to allegation of misconduct and support impacted students.

Mendocino College & Title IX

It is essential that students and staff members have the confidence that Mendocino College will do everything in its power to protect victims and to take action against misconduct.

What is Sexual Harassment and Discrimination?

Sexual harassment and discrimination affect hundreds of thousands of Americans each year. It is defined as any unwanted, forced, or coerced sexualized misconduct including sex-based comments, gender slurs, unwanted sexual advances, offensive questions about sexual orientation, gender identity, or sexual experience. It also includes nonconsensual touching, groping/fondling, and penetration.

RESOURCES

National Sexual Assault Telephone and Online Hotline
1-800-656-HOPE (4673)

Mendocino-Lake Community College District Title IX Coordinator
MacMillan Hall - Room 1160
707-468-3065
HRDirector@mendocino.edu

STUDENT SUCCESS

HISPANIC/LATINEX ALUMNI SUCCESS STORIES

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: **Cristal Delgado-Sandoval**.

Cristal's Journey within Higher Education

Cristal Delgado-Sandoval currently works for the Social Services Department in Mendocino County, but before she was hired to work for the county, her story started at Mendocino College.

Cristal identifies as Hispanic and Latina. She was born in the US to immigrant parents who came to the US from Mexico. At 16 years of age, she got her first job which she held on to as she transitioned from high school to attending Mendocino College in Ukiah. Although Cristal had a great experience at Mendocino College, the transition from being in high school to attending college was a bit difficult. One of the biggest challenges for Cristal was navigating her time management due to competing priorities and multiple deadlines from the courses she was taking. It was difficult dividing her time especially when she had multiple exams that fell on the same day. Additionally, due to having a job, Cristal found it difficult to have fun outside of school, plus as the oldest one of her siblings, Cristal felt a responsibility to work and become financially independent.

Luckily, Cristal credits the staff within the Financial Aid Office as helping her with everything she needed to complete her FAFSA and become eligible for financial assistance. Additionally, Cristal was also able to receive help from several support programs such as CAMP and EOPS. Cristal mentioned that the staff and counselors of these programs helped her stay on track and complete her educational goals. And, although Cristal's parents did not know the higher education system, she received a lot of moral support from them. Cristal also found comfort in knowing that many other students in her classes were also first-generation college students, and some of which she knew from high school.



Cristal Delgado-Sandoval celebrates the completion of her BA in Psychology from Sacramento State University.

It was due to these support systems that Cristal graduated from Mendocino College with not just one or two, but with three degrees. Her support system also helped her gain admission to CSU Sacramento State University where she was able to graduate with a bachelor's in psychology. This academic achievement led her to become a Behavioral Technician, helping children on the Autism spectrum. Her education and experience ultimately led her to find a job within the Social Services Department here in Mendocino County.

Cristal's inspiration & advice to current Mendocino College students:

Cristal's inspiration to attend college came from her parents and siblings. As the oldest of six siblings, Cristal wanted to provide her them with the best example she could; she wanted to show them that they could go to college and do great things. Additionally, Cristal credits her parents as a major inspiration as they never had the opportunity to receive a higher education themselves. Cristal wanted to show her parents that all of the hard work and sacrifices they made were worth it and that they provided her and her siblings with the opportunities which they themselves were never granted.

When asked about advice for current and future Mendocino College students, Cristal said, "Just go for it and all of the hard work will eventually pay off! Time will pass you by regardless of what you choose to do. Once school is done with, the best parts of your life are yet to come."

AVON FREE VIDEO STREAMING

Stream videos with Mendocino College Library and Academic Online Video (AVON) subscription. Using your My Mendo login, students, staff and faculty have access to over 60K titles and can browse subjects like American History or Collections like Sony Picture Classics. Scan the QR Code to go to the Library AZ Database and click on Academic Online Video to start streaming today.

TEXTBOOK AFFORDABILITY INITIATIVE

Spring registration is around the corner. Save money on textbooks by registering for Zero Textbook Cost (ZTC) or Low Textbook Cost (LTC) courses/sections. Look for the ZTC or LTC icons in the class schedule. Have any questions? Please email your Textbook Affordability Librarian, Gabrielle Visco at gvisco@mendocino.edu.

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.

Fall Hours:

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

Need help?

www.mendocino.edu/learning-center



STREAM VIDEOS

WITH
MENDOCINO COLLEGE LIBRARY

&
Academic Online Video (AVON)

Sign in with your My Mendo Login to:

Browse + 60K Titles or
Browse Subjects/Topics/Collections like:

- American History
- Sustainability
- Mental Health
- Sony Picture Classics
- PBS
- Documentaries
- BBC Landmark
- Music & Performing Arts



LOOK FOR
THESE
ICONS IN
THE CLASS
SCHEDULE

Mendocino College
SAVE MONEY
ON TEXTBOOKS

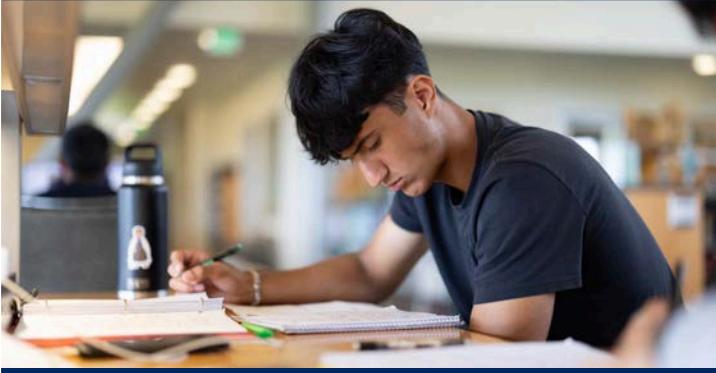
Spring registration begins
November 18, 2024.

Save money on textbooks by
registering for
Zero Textbook Cost (ZTC) or
Low Textbook Cost (LTC)
courses/sections.

Your books are free with ZTC!

LTC textbooks are \$30 or less
via the eCampus Bookstore.

Note: courses may still have
materials fee.



TEST-TAKING TIPS WORKSHOP

MONDAY, NOV. 18, 2024

12:00 - 12:50 pm | Rm 104A, Coast Center

This **FREE** workshop on study skills is led by Learning Disability Specialist Tascha Whetzel. If you would like to meet with Tascha prior to, or after the workshop to discuss learning strategies, study skills, and/or the Disability Resource Center enrollment information & services, please contact Christina to make an appointment.

Questions? Contact us!

Email Christina Orozco at drc@mendocino.edu.

2025-26 FAFSA FORM COMING SOON...

The 2025-26 Free Application for Federal Student Aid (FAFSA) form will be available to the public on or before December 1, 2024.

FAFSA-DREAM ACT APPLICATION WORKSHOPS

The State deadline is March 2 each year. Continuing Community College students have until September 2 each year, the secondary deadline for Cal Grant consideration. Visit our [Financial Aid webpage](#) for a list of workshop dates and locations.

Questions? Contact us at (707) 468-3110

MENDOCINO COLLEGE RADIO HOUR

Mendocino College Radio Hour is a monthly public affairs broadcast that highlights various aspects of Mendocino College and the pivotal part it plays in our community.

Hosted by Mendocino College Foundation Executive Director Julie McGovern, guests include current and former students; faculty and counselors; support and administrative staff who inform the listening public about what's happening at the College. Topics range from how to apply for Financial Aid to Dual Enrollment programs at District High Schools to the Academic and Career Technical Education options offered at the main campus in Ukiah as well as the Centers in Lakeport, Willits, and Fort Bragg.

The goal of the show is to be informative and encouraging, revealing the many options that await current and potential students and the opportunities to partner with local employers. Our hope is to connect with those listeners who might not be familiar with everything their local community college has to offer.

Listen for free on [Spotify](#) or [Transistor](#)!





ESL OUT AND ABOUT

Sarah Walsh's intermediate level ESL students are currently learning about the many college programs and certificates available to them at Mendocino College. As part of that unit, students took a walking tour of the east campus in Ukiah. In the photo, students are standing in front of one of the tiny homes in the SCT lab area that one of the ESL students has been working on in his SCT class. The walking tour gave students important hands-on experience and language practice with some of our wonderful staff and programs including Ceramics, HEP/MLACE, Culinary Arts, Nursing, Sustainable Construction, and Agriculture.

HONORING OUR VETERANS

MENDOCINO COLLEGE

VETERANS RESOURCE FAIR AND LUNCH

THURSDAY , NOVEMBER 7TH, 2024
JOIN US!

Lunch & Resources Fair
12:00-2:00pm

Lowery Student Center, Ukiah Campus

Connect with us at: veterans@mendocino.edu or 707-468-4602

VETERANS RESOURCE FAIR & LUNCH

Nov. 7 | 12 - 2:00pm | Lowery Center

Honoring Our Veterans

Veterans Day, observed annually on November 11th, honors all U.S. military veterans. Originally known as Armistice Day, marking the end of World War I in 1918, it was renamed in 1954 to recognize veterans from all wars.

Students and staff are invited to join us for a free Veterans resource fair and lunch.

For more information, please email veterans@mendocino.edu or call 707-468-4602.

RN PROGRAM CLASS OF 2024

Congratulations to our RN Program Class of 2024 students, of whom 100% passed the NCLEX (RN licensing exam) on their first attempt! This outcome cannot happen in a vacuum, it takes the dedication of students, tremendous faculty, support of classified professionals, and the generosity of donors to the foundation, which paid for the student's exam fees. This is one example of the entire college community coming together for the success of our students.

To learn more about our Nursing Program, visit our webpage [here](#).





WOMEN'S SOCCER

- Nov 01 (Fri) TBA
AT TBA
- Nov 05 (Tue) 1:00 PM PST
VS YUBA
- Nov 08 (Fri) 3:00 PM PST
VS MARIN
- Nov 12 (Tue) 3:00 PM PST
VS CONTRA COSTA
- Nov 15 (Fri) 3:00 PM PST
AT WOODLAND COMMUNITY COLLEGE

WOMEN'S VOLLEYBALL

- Nov 01 (Fri) 6:00 PM PDT
VS YUBA *
- Nov 06 (Wed) 6:00 PM PST
VS LOS MEDANOS *
- Nov 08 (Fri) 6:00 PM PST
VS NAPA VALLEY *

MEN'S BASKETBALL

- Nov 01 (Fri) 5:00 PM PDT
AT CABRILLO
- Nov 02 (Sat) 3:00 PM PDT
VS GAVILAN
- Nov 07 (Thu) 5:00 PM PST
VS REDWOODS
- Nov 21 (Thu) 6:00 PM PST
VS SACRAMENTO CITY
- Nov 22 (Fri) TBA
VS TBD
- Nov 23 (Sat) TBA
VS TBD

MEN'S SOCCER

- Nov 01 (Fri) 4:00 PM PDT
AT MERRITT *
- Nov 05 (Tue) 3:00 PM PST
VS YUBA *
- Nov 12 (Tue) 3:00 PM PST
AT MARIN *
- Nov 15 (Fri) 3:00 PM PST
VS WOODLAND COMMUNITY COLLEGE



HEALTH & WELLNESS



SUPPORT CIRCLE FOR SUICIDE LOSS SURVIVORS

November 18 | 4 - 6:00pm | Library Rm. 4210, Ukiah

Suicide is one of the leading causes of death in the United States. The Center for Disease Control and Prevention estimates that every 11 minutes, there is one suicide death. Those left behind grieve and struggle to make sense of the loss. Stigma prevents people from reaching out because suicide is complex.

On November 18th, we will gather to provide support and understanding to those of us who have been impacted by suicide. Within the safety of a Sharing Circle, we will offer care and consideration for those affected. Please join us as we provide support for our community in this important way. Light refreshments will be served.

For questions or more information about this event, please email: wellness@mendocino.edu.

For more information about our Health & Wellness program, visit www.mendocino.edu/wellness.

WELLNESS WORKSHOP: EXPLORING MENTAL HEALTH SUPPORT

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

Discover valuable resources & strategies for enhancing your well-being in this workshop led by Erik Alfin. For more Health & Wellness resources, visit us [here](#).

Register Now!

WELLNESS WORKSHOP: MAKING GOOD FOOD CHOICES THROUGH THE HOLIDAYS

December 4 | 12:30 pm - 1:00 pm | Online via Zoom

Learn tips & strategies to maintain a healthy relationship with food this holiday season. Led by Azucena Chavez-Huerta. For more Health & Wellness resources, visit us [here](#).

Register Now!

ELECTION DAY STRESS MANAGEMENT RESOURCES

Crisis Text Line

- o [How to Cope with Election Anxiety](#)
- o [Essential Tips for New Voters](#)
- o [How to Talk to Your Kids About the Election](#)
- o [Tackling Information Overload During Elections](#)

Mental Health America (MHA)

- o [Helpful vs Harmful: Ways to Manage Emotions](#)

Vote4MentalHealth

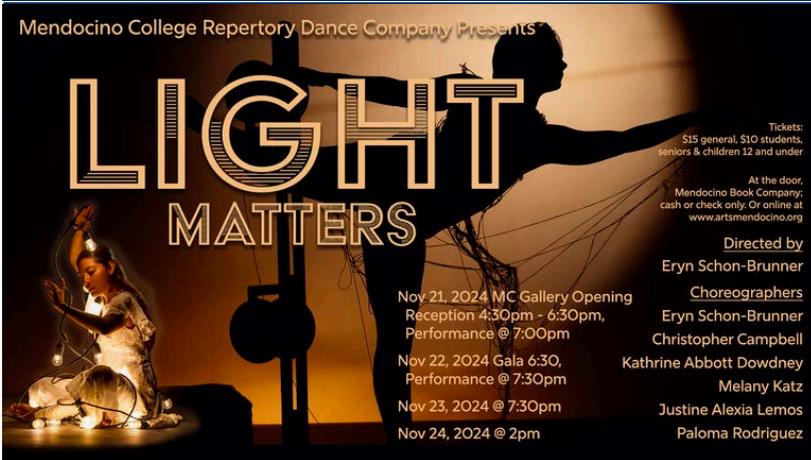
- o [Practicing Self-Care During Elections Season](#)

Inside Higher Ed

- o [Student Wellness Tip: Supporting Students in Political Uncertainty](#)

American Council on Education

- o [Student Voting Toolkit](#)



LIGHT MATTERS

Presented by the MC Repertory Dance Company

Directed by Eryn Schon-Brunner

Choreographed by Eryn Schon-Brunner, Christopher Campbell, Katherine Abbott Dowdney, Melany Katz, Justine Alexia Lemos, & Paloma Rodriguez

Live Music by Heidi Peterman, Larsen Schon-Brunner, & Cassius Mayhue

Costumes by Kathy Dinman-Katz

Lighting by Steve Decker's Technical Theatre Students

Light Matters is a captivating performance of original dance works contemplating light. Choreographers utilize artistic techniques of Contemporary Classical Indian Dance, Release Technique, Contemporary, Line Dancing, Film, Butoh, and Performance Theatre. Under the direction of Eryn Schon-Brunner, dancers will bring to life new choreographic works by local and nationally esteemed choreographers.

The Mendocino College CVPA Gallery will be open before each show and during intermission for viewing the current exhibit.

PERFORMANCE DATES

- **Nov 21, 2024** | Mendocino College Gallery Opening Reception 4:30 pm - 6:30 pm | Performance @ 7:00 pm
- **Nov 22, 2024** | Gala 6:30 | Performance @ 7:30 pm Food & wine generously donated by Campo Vida & Frey Vineyards
- **Nov 23, 2024** | Performance @ 7:30 pm
- **Nov 24, 2024** | Performance @ 2 pm

TICKETS

- At the door or the Mendocino Book Company
- Online at www.artsmendocino.org
- \$15 General Admission
- \$10 Students, Seniors, & Children 12 and Under

IF YOU'LL NEVER LEAVE ME, I'LL NEVER LEAVE YOU

November 12, 2024 - January 23, 2025

Please join us for the opening reception on Thursday, November 21 from 4:30 - 7:00 pm. Light refreshments will be served.

Photo and print media exhibition featuring over 20 works from the Mendocino College Permanent Collection generously donated by artist Loren Madsen. Also featuring works by Coast Center photography instructor Markus Pfizner, as well as a wall of his students' work.

Regular Gallery Hours:

- Tuesdays: 12:30 - 3:30 PM
- Wednesdays: 10:30 - 12:30 PM
- Thursdays: 12:30 - 3:30 PM

Viewings also available by appointment



James Beaman, Phyllis, solarized photograph, 1968

GUITAR NIGHT WITH ALEX DE GRASSI & FRIENDS

Nov. 22, 2024 | 7:00pm | Little Theater

The Friends of Mendocino College Music Program invites you to attend an evening of fundraising and live entertainment featuring Alex de Grassi, faculty, friends, and students of Mr. de Grassi's upper-level guitar class, on Friday, November 22nd at 7:00 pm. All proceeds will benefit the Friends of Mendocino College Music Program, an affiliate of the College Foundation.



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 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

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.

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

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
careerhub@mendocino.edu | 707-468-3044

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 to chat with a caring counselor.

We're here for you.

988
 SUICIDE & CRISIS
 LIFELINE

CALL, TEXT, CHAT

2024 ELECTIONS

**YOUR VOICE.
 YOUR VOTE.**

Be the change you want to see - register to vote
 WWW.VOTE.GOV

**PRIORITY
 REGISTRATION
 STARTS NOVEMBER 18TH**

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 Thiem Tran in the Library.
- Need more assistance? Call the IT Help Desk at 707-468-3210 or email at it-help@mendocino.edu.

