

September 2025



THE EAGLE NEWSLETTER

Bringing Campus Life to Your Inbox



CHECK EVENTS
LINEUP INSIDE!

WHAT'S INSIDE...

**STUDENT WRITERS SHINE
IN LOCAL LITERARY AWARDS**

**CA INDIAN &
HISPANIC HERITAGE EVENTS**

EAGLES ATHLETICS

**TURNING OVER A NEW LEAF:
*Landscaping Certificates at Local Jail***

**ARTS ALIVE ON CAMPUS:
*Fine Art, Music, Film***

FINANCIAL AID, WORKSHOPS, & MORE!



UPCOMING EVENTS

Urban Introversion: Master Works by Yu Ji | 8/15-10/26
Opening Reception | 9/05

FAFSA-Dream Act Application Workshop | 9/02, 10/07...

UCCA Presents the Horszowski Trio | 9/07

UC Santa Cruz Tabling | 9/08

Sonoma State University Tabling | 9/10

USCO Presents "Walking with Beethoven" | 9/13 & 14

From Here, From There (De Aqui De Alla) | 9/19

Mexican Consulate Day of Services | 9/20

California Indian Heritage Celebration | 9/25

Fall Plant & Ceramics Sale | 9/26 & 27

Visiting Artist Lecture: Yu Ji | 9/29

Community Blood Drive | 9/30

College & University Day | 10/14

MORE EVENTS LISTED ONLINE:

www.mendocino.edu/events












Welcome Students!












**Mendocino
College
ID Cards are
required to access
all services.**

ATHLETICS










WOMEN'S VOLLEYBALL

	Sep 05 (Fri) 1:00 PM PDT AT SAN FRANCISCO
	Sep 05 (Fri) 3:00 PM PDT VS SKYLINE
	Sep 12 (Fri) 3:00 PM PDT VS SACRAMENTO CITY
	Sep 12 (Fri) 5:00 PM PDT VS SANTA ROSA
	Sep 19 (Fri) 12:00 PM PDT VS SISKIYOU
	Sep 19 (Fri) 2:00 PM PDT VS REDWOODS
	Sep 23 (Tue) 1:00 PM PDT AT SHASTA
October	
	Oct 01 (Wed) 6:00 PM PDT AT MARIN *
	Oct 03 (Fri) 6:00 PM PDT VS LOS MEDANOS *

WOMEN'S SOCCER

	Sep 05 (Fri) 2:00 PM PDT AT SISKIYOU
	Sep 06 (Sat) 11:00 AM PDT AT SHASTA
	Sep 09 (Tue) 1:00 PM PDT AT REDWOODS
	Sep 13 (Sat) 2:00 PM PDT VS REDWOODS
	Sep 16 (Tue) 2:00 PM PDT AT CABRILLO
	Sep 26 (Fri) 4:00 PM PDT VS GAVILAN
	Sep 30 (Tue) 2:00 PM PDT AT WOODLAND COMMUNITY
October	
	Oct 03 (Fri) 4:00 PM PDT VS MARIN *
	Oct 07 (Tue) 4:00 PM PDT AT SOLANO *

MEN'S SOCCER

	Sep 06 (Fri) FINAL AT MODESTO
	Sep 11 (Wed) FINAL AT SAN JOAQUIN DELTA
	Sep 13 (Fri) FINAL AT LAS POSITAS
	Sep 17 (Tue) FINAL VS OHLONE
	Sep 21 (Sat) FINAL AT FEATHER RIVER
	Sep 27 (Fri) FINAL VS BUTTE
October	
	Oct 01 (Tue) FINAL VS NAPA VALLEY *
	Oct 04 (Fri) FINAL AT CONTRA COSTA *
	Oct 08 (Tue) FINAL VS MERRITT *



LET'S GO MENDO!

Event details can be viewed on the [Athletics webpage](#).



FALL PLANT SALE


Fri., Sept. 26 | 9:00 AM–5:00 PM
Sat., Sept. 27 | 9:00 AM–3:00 PM
Mendocino College Gardens

The Mendocino College Ag Department & Horticulture Club are offering a fantastic selection of perennials and California natives—perfect for fall planting.

This family-friendly event is open to the community, so bring everyone along. Campus clubs will also be on-site selling their creations, including the **Ceramics Club**, which will be there until 3:00 PM on Saturday and Sunday.

Important: Cash or local checks only. (ATM available outside the Lowery Building.)

Questions? Contact jkyle@mendocino.edu or call 707-468-3148.

Bring a friend, grab a plant, and support your campus while you're at it! 



NEW CALFRESH APPLICATION SUPPORT

What is CalFresh?

CalFresh is California's version of **SNAP**, providing monthly benefits to help low-income individuals and families buy nutritious food. Benefits are issued through **EBT cards**, which work like debit cards and can be used at most grocery stores and farmers' markets.

- Helps stretch your food budget to include more fruits, vegetables, & healthy items
- Benefit amounts vary based on household size, income, and expenses
- Available to many college students who meet eligibility requirements

Ready to Apply?

1. Start with the CalFresh Prescreen Survey.
2. Book an appointment with Basic Needs/ CalFresh Outreach staff for application assistance **OR**
3. Apply for CalFresh on your own

Questions?

Email calfreshoutreach@mendocino.edu.

Basic Needs is here for YOU! 



TAG Workshops during September



TAG YOUR WAY INTO A UC

Want guaranteed admission to a UC campus? The Transfer Admission Guarantee (TAG) program could be your pathway in—and Mendocino College's Transfer Center is here to help you through it.

Throughout September, join one of five virtual TAG workshops to learn how to apply for guaranteed admission to:

- **UC Davis**
- **UC Irvine**
- **UC Merced**
- **UC Riverside**
- **UC Santa Barbara**
- **UC Santa Cruz**

These workshops will walk you through the TAG process step by step, so you'll know exactly what to do and when to do it.

Register for TAG Workshop here. 

PLANNING TO TRANSFER TO A CSU? START HERE!

Are you planning to transfer to a California State University—like Cal Poly Humboldt, Sonoma State, CSU Sacramento, or another CSU campus? Two **free tools** can help you create a clear, personalized transfer plan:

1. CSU Transfer Planner

Start by creating a CSU Transfer Planner account. Enter your academic history to see which courses transfer and how they fit into CSU degree pathways. Need help? Visit the [CSU Transfer Planner Student Help Center](#).

2. Transfer Success Pathway (TSP)

If you're a first-time freshman who *did not enroll in college after high school graduation*, you may qualify for a guaranteed transfer pathway—even if you took college classes in high school. **TSP applications are open August 1-October 31.** Learn more on the [TSP Enrollment Support Page](#).

Why use these tools?

- Understand which courses transfer
- See what classes you need for your CSU major
- Build a plan toward graduation
- Save time and reduce stress

These tools don't replace Mendocino College counselors—they help you come prepared with more info and better questions!

Questions or need help?

Email Mark Edward Osea, Articulation Officer and Transfer Counselor, at mosea@mendocino.edu.

Fly high, Eagles—your transfer journey starts now! 



NEWS



L-R: WMC Co-President Nona Smith; Michael Grady, Creative Writing Professor Kailyn McCord; (front) Kersten Tanner; professor Vince Poturica; Sophia Myers, professor Molly Dwyer.

WRITERS OF THE COAST HONOR MENDOCINO COLLEGE STUDENTS

The Writers of the Mendocino Coast (WMC) celebrated three Mendocino College students—**Sophia Meyers**, **Michael Grady**, and **Kersten Tanner**—as the first recipients of its new creative writing awards. Honored at WMC's annual member appreciation event, each student received \$300 and shared excerpts from their nominated works, selected by their writing instructors for their originality, emotional depth, and literary craft.

WMC plans to make the awards an annual tradition, supporting student writers through community fundraising and local partnerships.

The original article was published June 12, 2025, in the Mendocino Beacon. Read the full article at www.mendocinobeacon.com 

MANDATORY TITLE IX TRAINING FOR STUDENTS

In compliance with California law (AB 2683), Mendocino College **requires all students to complete an annual Title IX training** through Keenan SafeColleges.

Training Details:

- **Title:** Sexual Violence Awareness: AB 2683
- **Length:** About 48 minutes
- **Deadline:** Complete by **Nov. 21, 2025**
- You can start and pause anytime—no need to finish in one sitting.


This training covers important topics, including how to identify and report sexual violence, and how to access support resources. **By completing this training, you help create a safer, more respectful campus for everyone.**

Didn't get the email?

Log in with your student username and access the training here: [Complete Your Title IX Training](#).

Questions?

Contact [Title IX Office](#) or email hrdirector@mendocino.edu.

Thanks for doing your part to keep Mendocino College a safe & inclusive community. 






CELEBRATING HISPANIC HERITAGE MONTH

Mendocino College is proud to be recognized as a **Hispanic-Serving Institution**, and we're excited to celebrate Hispanic Heritage Month from **September 15 to October 15**. This national observance honors the rich histories, vibrant cultures, and lasting contributions of Hispanic, Latino, and Latinx communities across the United States.

Throughout the month, we'll be highlighting the voices, traditions, and achievements that shape our campus and our broader community. **Stay tuned for a lineup of events and activities**—coming soon—that will showcase the diversity and strength of our students, faculty, and partners.

Let's celebrate together & continue building a college culture rooted in inclusion, respect, and pride. 



HISTORY BEHIND HISPANIC HERITAGE MONTH

From September 15 to October 15, the U.S. celebrates National Hispanic Heritage Month, recognizing the histories, cultures, and contributions of people with roots in Spain, Mexico, the Caribbean, and Central and South America.

The observance began in 1968 as a week-long celebration under President Lyndon B. Johnson and was expanded to a full month in 1988 by President Ronald Reagan. It was officially enacted into law on August 17, 1988.

September 15 marks the independence anniversaries of **Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua**, with **Mexico and Chile** following on September 16 and September 18.

This month is a time to reflect on the diverse cultural heritage that enriches our communities and to recognize the lasting impact of Hispanic/Latino/x individuals across all areas of American life.

Source: Library of Congress 

A DREAMER'S FIGHT FOR JUSTICE



FROM HERE / FROM THERE

DE AQUÍ DE ALLÁ

MEXICAN CONSULATE COMING TO MENDOCINO COLLEGE

Sat., Sept. 20 | Lowery Student Center, Ukiah
Open to the community

The Mexican Consulate in San Francisco is visiting the Ukiah Campus to provide important services to the Hispanic and Mexican community. If you or your family need help with documents like passports, Mexican IDs, birth certificates, and more, this is a great opportunity to take care of it locally.

This event is open to the community and proudly **sponsored by the High School Equivalency Program (HEP)**. No student ID required—just come prepared with any documents you may need. 🇲🇽

MÉXICO

CONSULADO GENERAL EN SAN FRANCISCO

FROM HERE FROM THERE DE AQUÍ DE ALLÁ SCREENING

September 19 | 3–5:00 pm | Center Theatre

The Mendocino College Dream Center invites students and community members to a free screening of *From Here, From There (De Aquí De Allá)*, a powerful documentary by **filmmaker Marlene "Mo" Morris**.

Presented as part of the **PBS VOCES series**, the film follows **Luis Cortes Romero**, an immigration attorney and DACA recipient who became the first undocumented immigrant to argue a case before the U.S. Supreme Court. The documentary weaves together the legal battle over DACA, the immigrant rights movement, and Luis's personal journey of resilience and hope.

Produced by Galewind Films and Latino Public Broadcasting, with major funding from the Corporation for Public Broadcasting, the film has received praise from outlets including The Wall Street Journal, People's World, The Seattle Times, and Marin Magazine. 🇲🇽



MEET YOUR STUDENT RETENTION TEAM

Here to Support Your Success

Mendocino College's **Hispanic Serving Institution (HSI)** and **Native American Student Support & Success Program (NASSSP)** teams are here to help you stay on track and reach your goals. Whether you need academic support, help navigating college resources, or just someone to talk to, these staff members are ready to connect.

HSI TEAM

- **Maria Zepeda** – Ukiah & North County – Psychology and Multicultural Studies graduate, passionate about helping students succeed. *iEspero verte pronto!*
mzepeda@mendocino.edu | (707) 468-3047
- **Felipe Chavez** – Ukiah & Coast Center – Criminology and Spanish graduate, focused on empowering students through confidence and determination. *iNos vemos pronto!*
fchavez@mendocino.edu | (707) 468-3047
- **Oscar Moreno Peredia** – Lake Center – Mendocino College alum, dedicated to helping students overcome barriers and stay engaged. *Si tienes alguna pregunta sobre el colegio de Mendocino, no dudes en llamarme o pasar a mi oficina.*
operedia@mendocino.edu | (707) 468-3273 | Rm 7023
- **Roberto Renteria** – Ukiah – HSI Program Manager with a doctorate in Educational Leadership, passionate about connecting with students and offering support. *Mi parte favorita de mi trabajo es poder conectarme con los estudiantes. No dude en ponerse en contacto conmigo si necesita ayuda.*
rrenteria@mendocino.edu | (707) 468-3232

Connect with us! *iConéctate con nosotros!*

Email: RetentionHelp@mendocino.edu

Phone: (707) 468-3232

Ukiah Campus: MacMillan Hall, Room 1260

Other Centers: Inquire at the front desk

Support is available in both English and Spanish, so don't hesitate to reach out—your success is our priority.

El apoyo está disponible en inglés y español, así que no dudes en comunicarte—tu éxito es nuestra prioridad.

Continued on next page...

NASSSP



STUDENT RETENTION TEAM

Continued...

NASSSP TEAM

- **Kyle Whiterock** – Ukiah – NASSSP Retention Specialist and member of the Yokayo Tribe, committed to uplifting Native students in a healing environment. *Please stop by or send me a message if you have any questions.*
kwhiterock@mendocino.edu | (707) 468-4603
Office: NASRC, Lowery Room 760
- **Brian Williams** – Ukiah – NASSSP Program Manager and Redwood Valley Rancheria Little River Band of Pomo Indians member, focused on community wellness and youth empowerment. *Please reach out if I can be of support to you in any way.*
bwilliams@mendocino.edu | (707) 468-3119
Office: Lowery Room 760

Stop by, call, or email—your success is our priority! 

SUPPORT THE AUTO CLUB: HONDA FOR SALE

Looking for a reliable ride and a chance to support student success? The **Mendocino College Automotive Club** is selling a **1998 Honda Accord** with:

- 240,000 miles
- New tires and brakes
- Smog check completed
- Asking Price: \$5,000

All proceeds go directly to the Automotive Club to support hands-on learning and future projects.

Interested?

Contact **Michael Pratt** at mpratt@mendocino.edu for details. 



MENDOCINO COLLEGE

CALIFORNIA INDIAN

HERITAGE CELEBRATION

September 25th, 2025

5:00 - 9:00 PM

- Mendocino College Soccer Field -

THIS EVENT IS FREE AND OPEN TO THE COMMUNITY

CELEBRATE CALIFORNIA INDIAN HERITAGE AT MENDOCINO COLLEGE

**Thurs., September 25 | 5:00-9:00 PM
Mendocino College Soccer Field**

Join us for an evening of culture, community, and celebration! Enjoy:

- Medicine Garden Ribbon-Cutting
- Native Dancers & Live Music
- Cultural Workshops
- Elders Giveaway & Raffles
- Delicious Food

This event is free and open to the public—bring your friends and family!

Questions?

Email nativeamerican@mendocino.edu. 



NEWS



L-R: Amanda, Lacretia, Diandra, Kyle, Lawrence, Daniel, & Brian


SCHOLARSHIP FUNDED FOR MENDOCINO COLLEGE NATIVE AMERICAN STUDENTS

In 2024, Kyle Whiterock of the Mendocino College Native American Student Resource Center, together with students from the Missing and Murdered Indigenous People Movement, envisioned a scholarship to support Native American students. Around the same time, Rev. Dr. Michele Robbins of Ukiah United Methodist Church sought a way to direct funds raised for Native American students; they connected, and the first scholarship was funded.

Upon enlisting the help of other United Methodist churches in the Mendocino Circuit, their combined efforts raised \$1,641 for the fall semester. Whiterock noted, ***"The check for \$1,641 will cover not just one, but three new scholarships for the fall semester. This allows the club and the college time to further their fundraising efforts."***

Program manager Brian Williams added, "Our Native American students will benefit tremendously from your work and thoughtfulness in their future success here at Mendocino College!"


To learn more about the [Native American Student Resource Center](#), visit their webpage or stop by their office Monday-Thursday, 10 am-4 pm in the Lowery Student Center on the Ukiah campus.

The original article was submitted by the Ukiah United Methodist Church & published July 3, 2025. Read the full article in the [Ukiah Daily Journal](#). 

EXPLORE TRANSFER OPTIONS AT COLLEGE & UNIVERSITY DAY

**Tues., October 14 | 11:30 AM-1:30 PM
Pomo Plaza, Ukiah Campus**

Thinking about transferring to a four-year university? Don't miss College and University Day at Mendocino College. It's your chance to meet with university representatives, ask questions, and get the inside scoop on admissions, majors, and campus life.

This event is open to all students—no registration required! Just drop by, explore your options, and start planning your next steps. 





BOOKS, TECH, & RESEARCH HELP—ALL FREE AT THE COLLEGE LIBRARY

The Mendocino College Library offers students access to over 36,000 physical materials, 142,000+ eBooks, and millions of full-text articles –available anytime through online databases. You'll also find study rooms, computer stations, a copy center, and the Writing Center to support your academic success.

The Lending Library provides free semester-long rentals of textbooks, calculators, Chromebooks, and hotspots (while supplies last). To borrow materials, students must be currently enrolled and present both a copy of their class schedule and their student ID.

Need help with a research project or finding sources? You can book time with a librarian, email libraryhelp@mendocino.edu, or visit during open hours.

Fall 2025 Library Hours:

- Monday–Thursday: 8:30 AM – 8:00 PM
- Friday: 8:30 AM – 4:00 PM
- Closed on September 1 for Labor Day

Learn more at mendocino.edu/library. 

CLASSICAL MUSIC ON CAMPUS!

Ukiah Symphony Orchestra presents:
"Walking with Beethoven"


Sat. 9/13 at 7:30 pm | Sun. 9/14 at 2:00 pm
Center Theatre, Ukiah Campus

Celebrate the season opener with conductor emeritus Les Pfitzenreuter. This concert features:

- Brahms' Double Concerto for violin & cello
- Beethoven's Symphony No. 7
- Britta Bystrom's A Walk to Beethoven

Student tickets are only \$10 with ID! Children under 12 are free. Want to see the show for free? Volunteer as an usher! Contact Janice Timm at jtimm@mendocino.edu.

Reserve your seats online at ukiahsymphony.org or arrive early if purchasing at the door.

Don't miss this chance to experience world-class music! 

UKIAH SYMPHONY ORCHESTRA



featuring conductor emeritus
Les Pfitzenreuter

Walking with Beethoven

SATURDAY, SEPT 13 ● 7:30 PM
SUNDAY, SEPT 14 ● 2:00 PM

Brahms - Concerto for Violin & Violoncello, op. 102, A minor
Beethoven - Symphony No.7

TICKETS AT THE DOOR

or online at

UKIAHSYMPHONY.ORG



Anna Presler
violin

Leighton Fong
cello

MENDOCINO COLLEGE
CENTER THEATRE



**URBAN INTROVERSION:
MASTER WORKS BY YU JI**

AUGUST 15 - OCTOBER 26, 2025

OPENING RECEPTION - SEPT 4TH 4:30-6:30
FREE | OPEN TO THE PUBLIC | MENDOCINO COLLEGE GALLERY

**URBAN INTROVERSION:
MASTER WORKS BY YU JI**

Aug 15 – Oct 26 | Mendocino College Gallery
Opening Reception: Sept 4, 4:30–6:30 PM
Free & Open to All!

Step into the world of Yu Ji, an internationally acclaimed artist whose work bridges cultures and decades of creativity. From early training in China to a vibrant career in the U.S., Yu Ji’s art explores identity, transition, and evolution.

Gallery Hours:

- Tues: 12:30–3:30 PM
- Wed: 10:30–1:30 PM
- Thurs: 12:30–3:30 PM
- (Or by appointment. Open during most Center Theater performances.)

Don't miss this chance to experience a stunning collection right here on campus! 🎨

VISITING ARTIST LECTURE

Tue., Sept. 9 | Mendocino College Gallery
Free & Open to All!

Join us for an artist talk with **Yu Ji** as he discusses his background growing up during the Cultural Revolution in China, his education at the Central Academy of Fine Art in Beijing and the teachers he met there, then his subsequent move to the United States. **This 45-minute lecture will be followed by a Q&A.** 🎨



INFORMATION TECHNOLOGY



24/7 TECH SUPPORT NOW AVAILABLE!

Mendocino College students now have access to **around-the-clock technical support** through a new AI-powered support bot, developed in partnership with Invoke Learning and the ArkProject.

The bot can assist with common issues like password resets, Wi-Fi onboarding, and navigating online services. If it can't resolve a problem, it automatically creates a help desk ticket so the IT team can follow up during regular business hours. This ensures students can get help—even on evenings, weekends, and holidays.


To use the AI Tech Support Bot:

Phone: (707) 468-3210

Email: support@mendocino.arkproject.com

Want to connect with a live person?

Students are still welcome to contact the IT Help Desk directly at it-help@mendocino.edu.

For more information about tech services available to students, visit the [Information Technology webpage](#), then click on the Students tab. 


WIN TECH PRIZES WHEN YOU OPT IN EARLY!

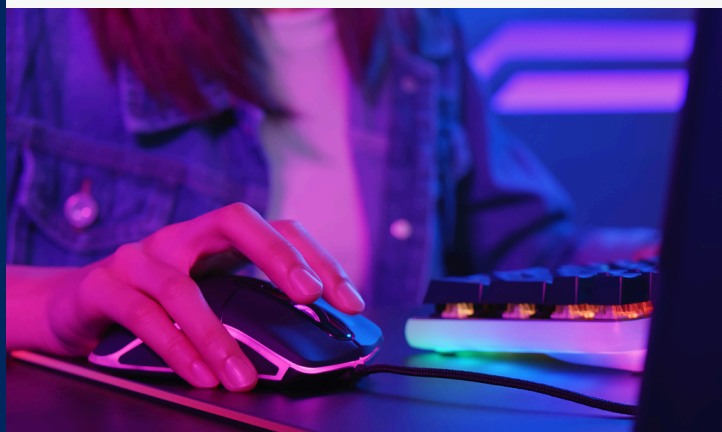
Student MFA Coming October 2025

Starting in October 2025, Multifactor Authentication (MFA) will be **required** for all Mendocino College students whenever you log into your college accounts from outside the college network (e.g., from home, public Wi-Fi, etc.)—**but you can get ahead of the deadline and enter to win tech prizes by opting in now.**

Students who opt in **before October 1** will be automatically entered into a prize drawing featuring tech gear like a **gaming keyboard and mouse**. It's a simple way to protect your account and possibly score some sweet gear in the process.


If you don't have access to a phone or tablet, you can request a hardware token to use instead.

To learn more and get started, visit the [Student MFA webpage](#). 



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. 

EAGLE CONNECT



STAY CONNECTED WITH EAGLE CONNECT

Your Student Success Network

Mendocino College is committed to supporting students every step of the way—and **Eagle Connect** is one of the tools that helps make that happen.

Faculty and staff use Eagle Connect to schedule office hours, raise flags for concerns, send referrals, and offer encouragement through kudos. Students receive email notifications and dashboard updates about their academic progress, attendance, and performance throughout the term.


If a concern or referral is raised, students may also hear directly from a Retention Specialist, Counseling Faculty, or Student Services team member. The system keeps everyone informed and working together to support student success.

How to Access Eagle Connect:

Log into MyMendo or Canvas, find the Student Resources card, and click **EagleConnect**. Students can also create a profile and add personal contact info to ensure staff can reach them.

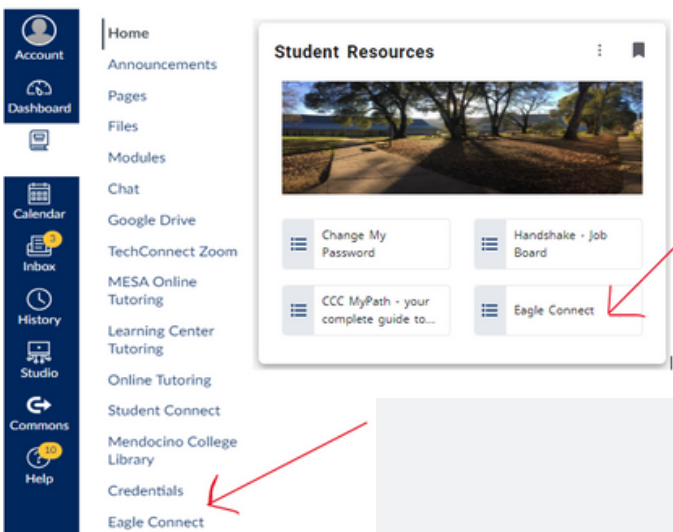
Need help?

Use the **Raised Hand** feature in the top-right corner of the dashboard to privately connect with support services.

Reminder: Eagle Connect is updated throughout the semester—so make it a habit to check your dashboard regularly! Staying informed is one of the best ways to stay on track. 

Want a quick walkthrough? Check out these short videos:

- [Introduction to Eagle Connect \(1:38 min\)](#)
- [Student Success Network Overview \(2:47\)](#)
- [Student Dashboard Tour \(3:19 min\)](#)
- [How to Ask for Help \(1:55 min\)](#)
- [Creating Your Profile \(2:18 min\)](#)





APPLY NOW FOR EOPS

Support Services That Help You Succeed

Are you a student facing financial or educational barriers? Mendocino College's Extended Opportunity Programs and Services (EOPS) is here to support your success.


EOPS Offers:

- Priority registration
- Textbook vouchers and grants
- Meal and gas vouchers
- School supplies
- UC/CSU application fee waivers

The EOPS application is now open—don't miss your chance to access these valuable resources.

How to Apply:

Visit the [EOPS webpage](#) and click the **Apply Now** button, then follow the prompts. It's that easy!

Reminder: *If you're already part of EOPS or have applied, check **Eagle Connect** regularly for updates about your application status, upcoming deadlines, and messages from support staff. Staying informed helps you stay on track and make the most of available support!* 

MENDO VOICES

Catch Our Monthly Radio Broadcast on KZXY!

Each month, Mendocino College Foundation Executive Director Julie McGovern hosts a public affairs broadcast on KZXY local public radio, featuring conversations with students, faculty, and staff about what's happening at the college.

In **July**, student leaders **JJ Lopez** and **Diandra Acosta**, the incoming President and Vice President of ASMC, shared their journeys to Mendocino College and gave shout-outs to the faculty, counselors, and support staff who helped them succeed. [Listen to the July episode.](#)

In the **August** episode, Julie spoke with Debra Polak, Vice President of Academic Affairs, about new classes for Fall 2025, updates from our Centers, and how Mendocino College partners with the community to fulfill its mission. Fun fact: VP Polak began her career at MC as an English faculty member in 2000! [Listen to the August episode.](#)

Have an idea for a future guest or topic?

Send your suggestions to Julie McGovern at mcgovern@mendocino.edu.

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



NEWS


TURNING OVER A NEW LEAF: LANDSCAPING CERTIFICATES AT MENDOCINO COUNTY JAIL

Mendocino College, in coordination with the Mendocino County Jail's Inmate Services education program, recently awarded certificates in Landscape Maintenance to a group of inmates who completed a hands-on course taught by instructor Joshua Sternberg. The course required weeks of coursework, assignments, and a final project.

This initiative is part of a broader educational effort that includes adult literacy, GED preparation, college-level courses such as regenerative agriculture, and recovery programs. Eleven participants were recognized for their achievement by both the Sheriff's Office and Mendocino College:

Amanda Chapman, Tara Hill, Soyria Ramos, Andrew Riffle, Jason Vigil, Matthew Williams, Oscar Bernal, Christopher Ashurst, Ernest Salo, Antonio Lopez, and Hugo Muniz.

"These individuals have taken meaningful steps toward personal growth and embraced restorative practices during their time in custody," the Sheriff's Office shared.

The original article was published July 1, 2025, in the Mendocino Voice. Read the full article at www.mendovoice.com. 



MENDO MERCH STORE

Coming soon!

Get ready to stock up on Mendocino College gear! Our new online **Mendo Merch** store is launching soon, offering a wide variety of designs and clothing sizes so you can represent your Eagle pride in comfort and style.

To celebrate the launch, **take 10% off your order** when you use code **FALL2025** upon checkout—valid through the end of the semester.

Orders can be shipped directly to you, or save money by choosing **local pickup** at **Starkey's Custom Apparel & Promotions**, located at 1188 North State Street in Ukiah.

Once the store goes live, we'll email your student account with a direct link so you can start shopping.

Start the semester in style! 

HEALTH & WELLNESS



BLOOD DRIVE SAVE THE DATE

DATE: Tuesday, September 30, 2025

TIME: 10:00 a.m. - 1:45 p.m.

LOCATION: 1000 Hensley Creek Rd
Ukiah, CA 95482

Because of you, life doesn't stop



COMMUNITY BLOOD DRIVE

Tue., September 30 | 10:00 AM-1:45 PM
Ukiah Campus

Help save lives by donating blood right here on campus! Your donation supports local healthcare needs and makes a real difference.

What to know before you donate:

- Review donor eligibility and schedule an appointment in advance.
- Arrive well-nourished and hydrated.
- Bring valid ID with your name and photo or date of birth.
- The process takes about an hour (add 30 minutes for Power Red Cell Donation).
- Complete your Fast Track Health History on the day of your donation at Vitalant.org/health.

Appointments are strongly encouraged. Schedule yours here.

Be the reason someone gets a second chance—sign up today! 

BLUE ZONES - PURPOSE PATH

Mendocino College invites you to explore what gives life meaning through the Blue Zones Purpose Workshop, held on **Friday, September 5**, from **12:00-2:00 PM** at the **Coast Center, Room 104**.

This engaging workshop will guide students in identifying their unique interests and talents, and how these can be fulfilled through activities such as school clubs, volunteering, and more. Following the workshop, attendees are invited to join a 10-week Moai—a small group experience designed to build community and deepen the exploration of purpose.

For more information, visit
mendocinocounty.bluezonesproject.com 



BLUE ZONES®
live better, longer™

JOIN US ON THE PURPOSE PATH

You have a purpose.
You are here for a reason.

This workshop will help you to think about what gives you a sense of purpose, how your interests and talents can be better fulfilled through activities like school clubs, volunteering, and what next steps you might want to make to create a foundation for the future

Discover the key to unlocking your true purpose and embark on a life-transforming journey with our free Blue Zones Purpose Workshop.

FRIDAY, SEPTEMBER 5
12:00 - 2:00 PM
MENDOCINO COLLEGE COAST CENTER
ROOM 104
1211 DEL MAR DR
FORT BRAGG, CA



mendocinocounty.bluezonesproject.com



SEPTEMBER IS ALL ABOUT STUDENT WELLNESS

This month, Mendocino College is spotlighting three important health and wellness topics that matter to students: **mental health**, **sexual health**, and **recovery from substance use**. Here's how you can learn more and take action:



Suicide Prevention Awareness Month

You're not alone. If you or someone you know is struggling, help is available.

- Learn the warning signs and how to support a friend: 988lifeline.org
- Call/text 988 for free, confidential support 24/7
- Veterans Crisis Line - call (800) 273-8255 or chat online at veteranscrisisline.net
- Speak to a Counselor with [Mendocino College Health & Wellness Services](#). Call 707-621-6463, text "**appointment**" to 707-472-7580, or schedule an appointment through [Eagle Connect](#).



Ask.



Listen.



Support.

Sexual Health Awareness


Taking care of your sexual health is part of taking care of yourself.

- Learn about positive relationships, STI awareness, download resources, and more on the [American Sexual Health Association](#) webpage
- September is a great time to schedule a check-up or talk to a provider about Sexually Transmitted Infections (STIs). Check out this list of [STI Testing Resources](#) to schedule an appointment.

NATIONAL RECOVERY MONTH

National Recovery Month

Recovery is possible—and support is here. Connect with local support groups or ask our Health & Wellness team for help.

- [MCAVHN Care & Prevention Network](#) in Ukiah - Harm Reduction Services, Medication Assisted Treatment, Hepatitis C & HIV Testing, Hepatitis Treatment.
- [Lake County Substance Use Disorder Services](#) countywide services - for youth & adults in crisis; alcohol & drug treatment.
- [Mendocino County Substance Use Disorder Treatment](#) countywide services - Substance Use Disorders Treatment (SUDT) programs.
- [Ford Street Project](#) in Ukiah - Substance abuse recovery & homelessness support
- Narcotics Anonymous - Lake County (707) 262-0132; Mendocino County (707) 485-9110
- Alcoholics Anonymous - Lake County (707) 995-3316; Mendocino County (707) 462-7123 


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. 



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, understanding, and independent thinking.

NOW HIRING: STUDENT AMBASSADOR AT THE COAST CENTER

Looking for a flexible, part-time job? The Mendocino College Coast Center is hiring a **Student Ambassador**! This is a great opportunity to boost your résumé, develop leadership skills, and gain real-world experience while supporting your campus community.

- **Hours:** About 5 hours per week
- **Pay:** \$16.50/hour
- **Apply by:** January 15, 2026

What You'll Do:

- Greet visitors and assist with directions to campus buildings and departments
- Help set up events at the Coast Center
- Represent Mendocino College with professionalism and Eagle pride


How to Apply:

Visit [Handshake](#), then click the "Log in" button at the top right corner of the main webpage. From there, select Mendocino College as the school and select the Single Sign-On (SSO) option. Your login credentials are the same as logging into MyMendo or Canvas.

Once you have activated your Handshake profile, go to the job tab to look for on-campus employment. Click the "All filters" button at the top of the webpage and then click the "On-Campus Student Employment" button. All current on-campus job applications will be displayed.

Questions about the job? Call 707-961-2200.

Questions about Handshake? Call the Career Hub at 707-468-3044.

Take the next step in building your skills—apply today! 



MENDOCINO COLLEGE
FOOD PANTRY
FREE FOOD FOR ALL STUDENTS



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

988
SUICIDE
& CRISIS
LIFELINE

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.

CALL, TEXT, CHAT



Mendocino College Hitting Sessions
AGES 10+
REGISTER TODAY!