



PRESIDENT'S REPORT

FEBRUARY
2025

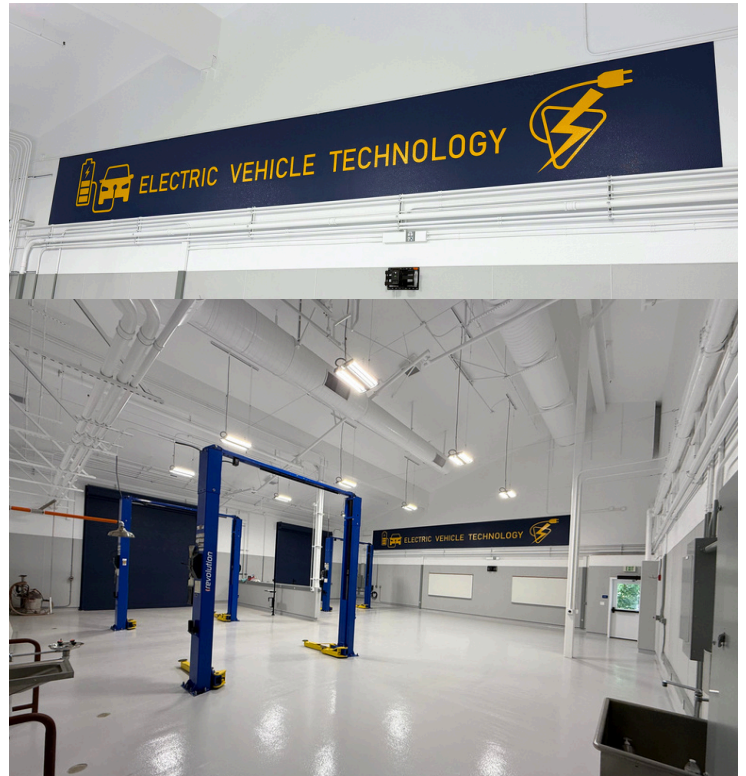
REPORT FROM SUPERINTENDENT/PRESIDENT KARAS



In January I had the honor of joining, along with Jackeline Orozco, Director of HEP, the Adventist Health Ukiah Valley Community Board. Suzan Hewitt, Assistant Dean of Health Career and Nursing, is a member of the Adventist Health Mendocino Coast Community Board. Adventist Health is one

of our key partners in supporting allied health programs at Mendocino College. A demonstration of the commitment of our two agencies to collaborate is evident that three Mendocino College employees are on their community advisory boards.

In 1987 Building 3000 (Vocational Technology) opened for classes. Over the past 38 years much has changed in the learning/learning environment, especially for programs like Automotive Technology. In February 2025, the building will open with upgraded facilities and teaching/learning area for the automotive program. The building was removed to provide dedicated space to allow instruction in electric vehicles. In addition to a new lab space, there is an increased outdoor area to house additional vehicles, an overhead parking canopy with solar to allow vehicle charging and upgraded bathrooms for all in the building. This was made possible by prudent use of Strong Workforce Program funds and local funds. Below is a picture of the new auto lab. Kudos to Faculty Coordinator Automotive Michael Pratt, Dean Christy Smith, and Director Mac Lojowsky!



SPRING 2025 ENROLLMENTS

Spring enrollment across the district is currently 18% FTES over last year. Significantly, spring FTES are above 2019 and 2018 levels. More detailed information is available through our Institutional Research Office at [Spring 2025 Enrollments](#).

SEMESTER	ACTIVE ENROLLMENTS	ACTIVE STUDENTS	FULL-TIME	PART-TIME	TOTAL FTES
SPRING 2025	13350	5625	985	4640	1217.09
SPRING 2024	11826	5023	941	4082	1028.26
SPRING 2019	10111	4278	914	3364	1036.5
SPRING 2018	10274	4356	918	3438	1072.18



SONOMA STATE UNIVERSITY

Many may have read the news of the forthcoming budget reduction (\$6.8M) facing Sonoma State leading to the proposed closure of programs and athletics. Their total deficit is projected to be \$23.9M. Sonoma State offers a Liberal Studies Bachelor's degree on the Ukiah Campus. President Tim Karas spoke with interim President Cutrer and she indicated this program will continue at Ukiah.



EOPS

The EOPS/CARE/NextUp are currently accepting applications. Students who are new to EOPS attend an EOPS Orientation to be admitted to the program. During the orientation, new students are given information about the EOPS program and services. The EOPS Kick-off events were held at the Ukiah campus and Centers the week before the start of the semester and the first week of classes. At the Kick-off, students were given their "Tools for School", a set of school supplies, and they had an opportunity to request textbooks and calculators from the EOPS lending library.

K-12 OUTREACH

Outreach staff are busy visiting high schools throughout the district meeting with Seniors to share the benefits of pursuing their education at Mendocino College, assisting with the application process, and coordinating with Foundation and Financial Aid staff to provide students with information about scholarships and financial aid opportunities. For the first time ever, Outreach staff were able to meet with all the graduating Seniors at Fort Bragg High School to share what Mendo has to offer!

BASIC NEEDS

The WOW event was a success! We had the first "Produce Wednesday" on 1/29, and student turnout was higher than expected. Due to the increased participation, we will increase the order amount for future events. Also, we were able to host our first evening dinner for students of the semester.

CAL FRESH OUTREACH

CalFresh Outreach week will be held February 24th - February 28th and we will be serving all of our campus's with the help of our student workers and CalFresh team. We will be providing a pastry and coffee breakfast on our Ukiah campus, tabling at our lake center, assisting with Produce Wednesday at our Coast Center and providing application assistance and knowledge of CalFresh to our Willits Center. This is another event where we are working with County workers to join us to provide extra support for our students. In addition, our CalFresh team also works with our campus tours and are excited to be serving a ton of schools and districts this upcoming semester; Upper Lake, Laytonville, Middletown, Lower Lake, Analy, Ukiah, Cloverdale, Kelseyville, Deep Valley Middle School and Sequoia Career Academy to name a few!

REPORT FROM SUPERINTENDENT/PRESIDENT KARAS



**DROP-IN
COUNSELING**

WEDNESDAYS

9 am - 1 pm & 2 pm - 4 pm

**In-person at Ukiah Campus
or via phone (707) 468-3048**



NATIVE AMERICAN STUDENT RESOURCE CENTER

In January, we celebrated the success of Native students and their accomplishment of meeting with a counselor to create an education plan together and enrolling in this Spring semester's classes with a trip to the Golden State Warriors Native American Heritage Celebration! As a fun addition, we were able to see youth from the Covelo area play on their court and watched a local tribe dance during their halftime break. We had a successful financial aid and scholarship workshop held in our NASRC with the support of Financial Aid Department staff and the Foundation. Almost 20 students gained access to their financial aid and scholarship success too. We continue to receive an influx of Native community members attempting to connect with the NASSSP for future collaborations.

COUNSELING & STUDENT RETENTION

The Counseling Department has taken a new approach to supporting the volume of counseling appointment requests to support the semester onboarding. We're proud of our team for ensuring students have access to the counseling faculty's expertise during these busy weeks. During the month of January, our general counselors offered additional opportunities for drop-in/ 'express' style appointments. These same day appointment opportunities increase student's opportunities to access advising services. During our busiest time, we offered these three days/week, (9-12 and 1-4 p.m.). Students were supported both in person and virtually via Zoom. This approach has allowed us to be more efficient in how we support students' needs and boost the number of students served. We were able to serve 184 students with timely support and guidance. Wednesday was the most popular day, on average 14 students were served/day. We continue to offer the drop-in services one day/week throughout the semester to ensure students always have options. These offerings would not have been as successful had we not had a great partnership from the marketing department to communicate the offerings to our community.

REPORT FROM SUPERINTENDENT/PRESIDENT KARAS

RECENT STAFFING CHANGES:

Carrie Hoefler will be moving to **Financial Aid Technician** from STNC Financial Aid Assistant effective 3/01/2025. Carrie has supported our students while working in the financial aid office as a Financial Aid Student Worker and an STNC Financial Aid Assistant, bringing considerable knowledge and experience to her new role as a full-time Financial Aid Technician.

Bill Hankins will be moving to **Computer Support Technician** from STNC Computer Support Technician effective 3/01/2025. Bill is a valuable addition to our Information Technology team, supporting our students, faculty, and staff with hardware and software issues since he began as an STNC Computer Support Technician. After a thorough evaluation process, Bill has been selected as the full-time Computer Support Technician.

Damon Webb will be moving to **Utility/Security Worker** from STNC Utility/Security Worker effective 2/01/2025. Damon supported campus safety and facilities as an STNC Utility/Security Worker and previously worked as an STNC Maintenance Technician for the District. With experience in both of these roles, Damon has been selected as the new full-time Utility/Security Worker.

Steven Taylor will be moving to **Groundskeeper** from STNC Groundskeeper effective 2/01/2025. Steven has supported groundskeeping operations at our beautiful campus as an STNC Groundskeeper, stepping into his new role as a full-time Groundskeeper with years of experience and dedication.

Dariela Lopez will be moving to **Lake Center Manager** from Student Retention Specialist effective 2/01/2025. As the new Lake Center Manager, Dariela will bring essential leadership and support to the center team and the students they serve. With an already established connection to the center and her experience as the Student Retention Specialist, Dariela is committed to providing positive educational journeys to our students.

HR CORNER

Human Resources with Mendocino College provides a supportive atmosphere to all current and future employees. Your friendly Human Resources Team would like to highlight some useful links:

Check Out Open Positions

- [Employment Opportunities](#)

Training Opportunities

- [Training with Keenan SafeColleges](#)
- [Vision Resource Center](#)

Access Collective Bargaining Agreements

- [Collective Bargaining Agreements - 2024/25](#)

Retirement Links

- [CalPERS - Classified Employees and Managers](#)
- [CalSTRS - Certificated Employees & Educational Administrators](#)
- [403\(b\) Supplemental Retirement](#)

**CONTINUING LEGACY OF SPACE EXPLORATION**

Mendocino College Astronomy professor Tim Beck “uses the Ukiah Latitude Observatory to deploy video cameras to capture meteors streaking across the night sky. His ambitious goal is to design software that can triangulate their trajectories and orbits. Though the International Latitude Service was decommissioned long ago, Beck’s work ensures the spirit of discovery remains very much alive at the historic site.” To find out more about the history and continuing legacy of the Ukiah Observatory, visit the [SF Gate article](#) here.

NOSOTROS ESTAMOS AQUÍ



DREAM CENTER

The Dream Center remains dedicated to supporting our students through the "Find Your Ally" services. Additionally, we have participated and will be participating in several events, including WOW Week. Moving forward, we are committed to serving students to the best of our ability by offering ongoing services and counseling appointments.

FINANCIAL AID

This is a very busy time for the financial aid office. We have been hosting FAFSA/Dream Act Workshops in order to have students complete their 2025-2026 applications by the March 3rd Cal Grant deadline. Students who had their financial aid file complete were disbursed their Pell Grant on January 16th for the spring semester. In addition, we have been contacting students who were enrolled last fall and are still missing requirements to complete their financial aid file.



The Pride Program is committed to creating a welcoming and supportive space for everyone. Starting on 2/19, we will be hosting weekly pop-up hours called "Chat and Chill" inside the Transfer Center specifically for queer students, staff, faculty, administrations, and allies. Hosted by The Pride Program & Rainbow Alliance, this time will be used to introduce the program and the club to new and returning members. We will be reviewing the goals of the program as well as crafting and providing a safe space for all to gather and have fun! These pop-up sessions will happen almost every Wednesday and each week will feature a new activity. Please be sure to RSVP to these events, a form will be sent to your email the week prior to the event.

LGBTQ+ SUMMIT

On April 15th and 16th we will be hosting a watch party of the 7th Annual California Community Colleges (CCC) LGBTQ+ Summit, from 9:00 AM to 2:30 PM. This year's theme, "We are the ones we have been waiting for: The LGBTQ+ CCC Revolution," emphasizes the collective commitment to creating thriving, supportive environments for LGBTQ+ students.

SAFE ZONE PROJECT

The Safe Zone Project is a free online resource for powerful, effective LGBTQ awareness and ally training workshops. [Click for more info!](#)

REPORT FROM SUPERINTENDENT/PRESIDENT KARAS



KNOW YOUR RIGHTS WITH RED CARDS

At Mendocino College, we support all our students, regardless of immigration status. Our mission is to create a safe, inclusive, and supportive environment for everyone.

What Are Red Cards?

Red Cards remind you of your rights in interactions with immigration officers. They are available in multiple languages and help you remember how to protect yourself.

How to Use Red Cards:

- **Do Not Open the Door:** You do not have to open the door for immigration agents.
- **Remain Silent:** You have the right to remain silent.
- **Do Not Sign Anything:** Speak to a lawyer before signing any documents.
- **Ask If You Are Free to Leave:** If outside, ask if you can leave. If yes, leave calmly.

Resources Available:

- California Attorney General's Office: [Guidance & resources](#).
- Immigrant Legal Resource Center: [Free Red Cards & more](#).
- Dream Center assists undocumented/AB540 students and students from mixed-status families and will continue to provide services, resources, and support. If you need assistance or just someone to talk to, please reach out by email at dreamcenter@mendocino.edu, phone at 707-467-1026, or visit us in the Lowery Student Center. Mon-Fri 9 am-5 pm

YOU HAVE CONSTITUTIONAL RIGHTS:

- **DO NOT OPEN THE DOOR** if an immigration agent is knocking on the door.
- **DO NOT ANSWER ANY QUESTIONS** from an immigration agent if they try to talk to you. You have the right to remain silent.
- **DO NOT SIGN ANYTHING** without first speaking to a lawyer. You have the right to speak with a lawyer.
- If you are outside of your home, ask the agent if you are free to leave and if they say yes, leave calmly.
- **GIVE THIS CARD TO THE AGENT.** If you are inside of your home, show the card through the window or slide it under the door.

1. I do not wish to speak with you, answer your questions, or sign or hand you any documents based on my 5th Amendment rights under the United States Constitution.
2. I do not give you permission to enter my home based on my 4th Amendment rights under the United States Constitution unless you have a warrant to enter, signed by a judge or magistrate with my name on it that you slide under the door.
3. I do not give you permission to search any of my belongings based on my 4th Amendment rights.
4. I choose to exercise my constitutional rights.
5. These cards are available to citizens and noncitizens alike.

USTED TIENE DERECHOS CONSTITUCIONALES:

- **NO ABRA LA PUERTA** si un agente de inmigración está tocando la puerta.
- **NO CONTESTE NINGUNA PREGUNTA** de un agente de inmigración si trata de hablar con usted. Usted tiene el derecho a guardar silencio.
- **NO FIRME NADA** sin antes hablar con un abogado. Usted tiene el derecho de hablar con un abogado.
- Si usted está fuera de su casa, pregúntele al agente si tiene la libertad de irse y si le dice que sí, váyase con tranquilidad.
- **ENTRÉGUELE ESTA TARJETA EL AGENTE.** Si usted está dentro de su casa, muéstrela tarjeta por la ventana o pásela debajo de la puerta.

Red Cards are available in all
Student Service offices, or online at
www.ilrc.org/red-cards-tarjetas-rojas

Information:

Rose Bell, *Director of Community Relations & Communications*
rosebell@mendocino.edu | 707-468-3012 | www.mendocino.edu/pio

REPORT FROM SUPERINTENDENT/PRESIDENT KARAS

HISPANIC/LATINEX ALUMNI SUCCESS STORIES

As part of our Alumni Spotlight series, the Mendocino College Hispanic-Serving Institution (HSI) staff would like to spotlight: Jose Gallegos Ruiz. As an immigrant, Jose's story showcases his commitment to serving his family and community.

Jose's Higher Education Journey:

As an immigrant who had recently arrived in the United States from Mexico, Jose found himself struggling to adjust to the US education system. Not only did Jose have to learn English as a freshman at Ukiah High School but he also had to adjust to life in the US without his friends and extended family. Additionally, moving to the states required Jose and his family to make many sacrifices just to survive. Early on, Jose found himself working in the fields alongside his parents and taking a job at a car wash to help provide for him and his family. Jose described his time working in the fields as one in which he experienced a lot of discrimination. All of these factors contributed to Jose wanting to return to Mexico where he had a home and where things were familiar to him.

Despite the challenges Jose and his family were facing, Jose decided to prove that he could succeed. After comparing class schedules with one of his friends, Jose noticed how he had been placed in general and remedial courses instead of being given the same opportunity to take higher level courses such as physics. Although the High School office staff were hesitant to enroll Jose in higher level courses, Jose was able to get himself transferred into several college prep courses after advocating for himself and getting his parent's signature stating they were okay with his schedule change. This decision to enroll in college prep courses made his acceptance into several universities possible. Not only that, but he was also granted more than \$20,000 worth of scholarships for his academic excellence.

Ultimately Jose decided to enroll at Mendocino College as a way to save money and continue providing support to his family. But Jose had a plan. He would be in and out in 2 years. And he did exactly that.

***Jose Gallegos Ruiz graduating from Sacramento State***

During his time at Mendocino College, Jose had the opportunity to be part of the CAMP program. While in the program, Jose shared his vision with the CAMP counselor and CAMP manager. The support he received from Monica Flores, the CAMP manager at the time, as well as from Jackie Orozco, the HEP manager at Mendocino College, enabled him to gain additional experiences that launched him into the next chapter of his education. Through their efforts, they were able to send Jose to Washington DC as part of a summer internship working for the Department of Education. This exposure to the congressional committees and caucuses sparked a sense of duty and passion within Jose; Jose wanted to become better educated so that he too could help marginalized communities get the education they deserved. Jose took advantage of his internship and networked with others as a way to ask questions related to higher education opportunities including learning what a master's degree was, how to apply to a master's program, and other general information that first-generation college students like himself did not have access to.

After graduating from Mendocino College, Jose transferred to Sacramento State University where he was able to work within the Serna Center, the office that provides services to Chicanx/Latinx students. Fortunately for Jose, Sacramento State also had a CAMP program in which he continued...*(next page)*

REPORT FROM SUPERINTENDENT/PRESIDENT KARAS

ALUMNI SUCCESS STORIES (CONTINUED)

...to be involved, providing mentoring support to the new students who were coming in. As his graduation date approached, Jose's manager encouraged him to apply for a full-time position. Jose's dedication to serving students led him to be hired as a Financial Aid counselor. It was during this same time that Jose started his master's program in Educational Leadership at Sacramento State.

Due to the rigor of the master's program, Jose began to feel some self-doubt, believing that he might not be ready for quantity and quality of work that was going to be expected of him, but Jose did not quit. After two long years, Jose graduated with his master's. When reflecting on his accomplishments, Jose said, "nunca pense que lo hubiera podido hacer" (never would I have thought that I could do it).

Jose's Inspiration and Advice to Current Mendocino College Students:

Jose's inspiration comes from both his parents and his community. Due to his experiences, Jose understands the sacrifices and work it takes to become successful. Jose also acknowledged the fact that he didn't get to where he was alone as there were several folks in his life that were willing to guide him along the way, answering questions, and sharing their insight on what to expect. And for the things he didn't know, Jose just went with it. As Jose said during the interview, "I just threw myself into the fire. I was a risk taker. I had the mentality that 'I would figure things out'". Just like Jose, sometimes we have to move forward with a positive mindset knowing that we will figure things out in the end.



NASSSP

The NASSSP program provided support for several Native American students through a lending program that supplies instructional materials & equipment for athletics. We at NASSP hope this support will bring our students to the field with confidence and a sense of belonging here at Mendocino College. Good luck to all our players this season!

The Native American Student Resource Center is open Monday - Thursday, 9-5pm and Friday 9-4pm.



Mendocino College
HISPANIC-SERVING
INSTITUTION

REPORT FROM SUPERINTENDENT/PRESIDENT KARAS

MENDOCINO COLLEGE

TEACHERS
ON**MARCH 1, 2025****Lowery Center
Ukiah Campus***Teaching*

CONFERENCE

**TEACHERS ON TEACHING 2025: REIMAGINING & TRANSFORMING INSTITUTIONS:
EQUITY, INCLUSION, & SUSTAINABLE TEACHING PRACTICES**

Join us for an exciting event where teachers come together to explore the importance of wellness in the classroom. Teachers on Teaching 2025 is a must-attend gathering for all educators who want to enhance their teaching skills and create a positive learning environment.

Hosted at the beautiful Mendocino College, this in-person event promises to be an inspiring experience. Discover innovative strategies to promote wellness, boost student engagement, and foster a healthy classroom atmosphere. Our expert speakers will share their insights, practical tips, and success stories.

At Teachers on Teaching 2025, you'll have the opportunity to network with community educators, exchange ideas, and learn from one another. Leave feeling rejuvenated and equipped with new tools to support your students' well-being.

Don't miss out on this incredible event! Join us at Mendocino College and be part of the movement to prioritize wellness in the classroom. Together, we can create an environment where students thrive and teachers flourish. All attendees will have the opportunity to earn a professional development unit from Dominican University. Ask for information at the door.

Featuring Talks by:

Ginny Buccelli, Lisa Furlong, Tascha Whetzel, Dena Watson-Krasts, Kyle Whiterock & Jacob Kyle, Bias Collins, Jeff Brunner, Lisa Larimer Burtis, William Thornby, and Logan Silva.

Event Contact Information

Janet Daugherty, *Director of Student Success & Learning*
jdaugherty@mendocino.edu | (707) 468-3046

Register Today!

REPORT FROM SUPERINTENDENT/PRESIDENT KARAS

**INMATE STUDENT SUCCESS IN AG PROGRAM**

Article & photo courtesy of the Ukiah Daily Journal

The Mendocino County Sheriff's Office recently congratulated Mendocino County Jail inmates who successfully completed college coursework and earned certificates while working in the jail's kitchen and garden:

- **Ramon Garcia Tamay** for receiving a certificate of completion in Fatherhood is Sacred and Reentry Program, including his continuous efforts to complete his high school diploma.
- **Oscar Bernal** for completing Mendocino College Course AGR 180 Sustainable Fall Vegetable and Fruit Production, including his continuous efforts to complete his high school diploma and working towards earning a certificate in Regenerative Agriculture program.
- **Ernest Salo** for completing Mendocino College Course AGR 180 Sustainable Fall Vegetable and Fruit Production, Reentry Program, Fatherhood is Sacred, including working on certificates in Anger Management, OVC Victim Impact: Listen & Learn, and Regenerative Agriculture programs.
- **Peter Rose** for completing Mendocino College Course AGR 180 Sustainable Fall Vegetable and Fruit Production.
- **Daniel Sanchez** for completing Mendocino College Course AGR 180 Sustainable Fall Vegetable and Fruit Production, including his continuous efforts to complete his high school diploma and working on a certificate in in Fatherhood is Sacred.

Inmate Success Continued...

A graduation celebration was held for the MCSO Corrections Division's Inmate Services, which the MCSO notes, "brought together Undersheriff John Magan, Restorative Justice Program Manager Buffey Bourassa, Inmate Services Coordinator Karina Guzman Alvarez, and Garden Manager Joshua Sternberg, (who) shared encouraging words and advice with the inmates."

The MCSO described the inmates as choosing "to commit themselves to intense 8 to 12-week programs, college courses, and adult education. These opportunities allow them to change their thinking and behavior. They aim to build a better path for their return to the community after serving their time."

-Originally Published January 6, 2025 at 1:21 PM

CAREER EXPLORATION EVENT

The Career Hub is excited to invite you to Mendocino College's Career Exploration Event: a fantastic opportunity for our students to explore new career paths, network with industry professionals, and allow them to explore different careers. We will have about 30 employers at this event from different fields!

This is a career exploration event where students will be able to see different career pathways, along with promoting Mendocino College's certificate and degree programs to help students develop skills for a specific career/field.

Event Details:

Date: Thursday, March 13, 2025

Time: 10 am - 2 pm

Location: Mendocino College's Pomo Plaza

If you would like to sign up to help with the event, please [click here](#).

If you have any questions, please feel free to contact us at careerhub@mendocino.edu. We look forward to seeing you!

REPORT FROM SUPERINTENDENT/PRESIDENT KARAS

**MENDOCINO STORIES**

Co-directed by nationally acclaimed solo artist **Dan Hoyle**, Broadway and Hollywood actor **Lucas Near-Verbrugge**, and Mendocino College Theatre Director **Reid Edelman**, this culmination of a year-long project will be an original production based on a Mendocino County theme and utilizing the innovative “journalistic theatre” process developed by Dan Hoyle.

Performances March 13-23, 2025

- Thu., 3/13 • 7:30 PM • pay-what-you-wish preview
- Fri., 3/14 • 7:30 PM • opening night! *Tickets to Soiree sold separately.*
- Sat., 3/15 • 7:30 PM
- Thu., 3/20 • 7:30 PM • discount show, all tickets \$10
- Fri., 3/21 • 7:30 PM
- Sat., 3/22 • 7:30 PM
- Sun., 3/23 • 2 PM • matinee performance

Tickets:

- \$20 general admission; \$15 for students/seniors.
- Pay-what-you-wish preview is Thu. 3/13.
- Special discount show: Thu. 3/20, all tickets \$10.
- Tickets purchased at the Center Theatre Box Office are *cash only*
- Advance tickets are available at the Mendocino Book Company in Ukiah (*cash only*), and online at www.ArtsMendocino.org.

RETIREMENT SOIREE TO BENEFIT FRIENDS OF MENDOCINO COLLEGE THEATER FUND

We are delighted to invite you to a Fundraising Retirement Soirée in honor of **Reid Edelman** on **March 14th from 5-7pm in the Center Theatre Courtyard** on the Ukiah Campus. We hope you will join us in celebrating Reid's remarkable legacy, marking 25-years of dedicated service as the Mendocino College theatre director, educator, and community builder.

Tickets are priced at \$100, with all proceeds benefiting the Friends of Mendocino College Theater Fund. This fund, established by Reid, supports theater arts students through scholarships, micro-grants, KCTF excursions, school supplies, and more. This cause is close to Reid's heart, and together, we can help secure funding for the next generation of theater students.

Your ticket includes tapas, wine, live music, and a gala performance of "Mendocino Stories" at 7:30 pm, directed by Reid Edelman, Lucas Near-Verbrugge, and Dan Hoyle.

Please note, only 100 tickets are available! Tickets are by invitation only until February 14th, with public sales opening on February 15th. [Reserve your spot here.](#)

We hope you can join us for this special celebration, to honor Reid's legacy at Mendocino College, and to support the next generation of theatre students. We can't wait to see you there!

MENDOCINO COLLEGE THEATRE ARTS DEPT.

INVITES YOU TO A FUNDRAISING
RETIREMENT SOIRÉE

HONORING REID EDELMAN
for 25 years of service

FRIDAY | 14 MARCH | 5PM

Tickets \$100
Supporting Friends of Mendocino College Theatre Fund
*Tickets available by invitation until February 14th
public sales open February 15th*
Includes Music, Tapas & Wine, and Gala Performance
Mendocino College Center Theatre Courtyard

Info: ebrunner@mendocino.edu | Tickets: tab.so/dba72ebh

REPORT FROM SUPERINTENDENT/PRESIDENT KARAS

**RECLAIMED VISIONS: ART & SUSTAINABILITY
OPENS AT COLLEGE GALLERY****February 13 - March 23, 2025***Free and open to the public!*

The three artists featured in Mendocino College Gallery's latest exhibition create works that consider the implications of our human imprint on nature.

Art that creates a deeper awareness of the environmental impact of our actions and inspires a shift toward more sustainable living is **Heather Law's** passion.

Kala Stein works at the intersection of craft, design, and sustainability, exploring notions of beauty and loss in the natural world.

Evan Hobart describes his work as, "A platform to discuss the past, present, and future, utilizing the intersection of humanity and nature to comment on modern-day life." He continues, "My work examines today's world and elaborates on many of its facets such as global climate change, politics, war, religion, society, over-development, and possibly the eventual extinction. Unpleasant as it is to confront some of these issues, it is the work (obligation) of the artist and teacher, now and in the past, to do so - in a creative and thought-provoking way."

All three artists work primarily in the medium of ceramics.

Reception Thursday, February 13 at 4:30 pm*Light refreshments will be served.***Regular Gallery Hours:**

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

Viewings are also available by appointment

Event Contact Informationgaller@mendocino.edu | 707-468-3207*Artist: Heather Law**Artist: Kala Stein**Artist: Evan Hobart*

SUPPORT FOR SUCCESS AT MENDOCINO COLLEGE

College can be tough, whether you're returning after a couple of semesters or coming back after a long break. At Mendocino College, we've got the resources and support to help guide you through it.

Mental Health Support

Mental health is my specialty, and sometimes all it takes is a listening ear to help you through a tough moment. Therapy offers a unique opportunity to work through barriers that might be holding you back and improve your overall well-being. It's a safe space to learn new coping strategies that can unlock your potential for success.

Wellness Matters

At Mendocino College, we focus on both Health and Wellness—from mental health support to ensuring you're getting enough rest. Taking care of your mind and body can make all the difference in your academic or professional journey. For those who struggle with anxiety, I know firsthand how it can affect your classroom or workplace performance. But with the right tools and support, it's manageable.

We're Here for You

Yes, college can be challenging, but with the right support system, it's absolutely doable. If you're feeling overwhelmed or just need someone to talk to, don't hesitate to reach out. You can easily self-refer through Eagle Connect (Health & Wellness Services), call (707) 621-6463, or [schedule an appointment online](#).

For more information, please visit our website:
www.mendocino.edu/wellness.

Lisa Larimer Burtis, LMFT
Health & Wellness Counselor/Coordinator

HEALTH & WELLNESS UPDATES

We served 7 students over the course of 12 appointments during the month of January. We interfaced with over 100 students during the week of welcome tabling events. Health & Wellness, along with Disability Resource Center, co-led a lunch time presentation for the spring athletes on how to access the various services that are available. Mental Health screens were sent out to most of our athletes early in January (Softball to come in February). The screens were implemented in response to changes in guidelines to include a more holistic view of the athlete. Save the Date of May 7th, for the 3rd annual Health & Wellness Fair, 11am-2pm on the Ukiah campus.

Free Narcan & Fentanyl Test Strips are located outside the H&W office and in the Eagle Support Center



What's Next in ATHLETICS

WOMEN'S SOFTBALL

Sat. Feb. 22 at 12:00 PM VS Chabot | HOME
 Sat. Feb. 22 at 2:00 PM VS Chabot | HOME
 Tue. Mar. 4 at 12:30 PM VS San Jose | AWAY
 Tue. Mar. 4 at 2:30 PM VS San Jose | AWAY
 Fri. Mar. 7 at 1:00 PM VS Cabrillo | AWAY
 Sat. Mar. 8 at 12:00 PM VS Hartnell | AWAY
 Sat. Mar. 8 at 2:00 PM VS Hartnell | AWAY
Sat. Mar. 15 at 12:00 PM VS Ohlone | HOME*
Sat. Mar. 15 at 2:00 PM VS Ohlone | HOME*

MEN'S BASEBALL

Tue. Feb. 25 at 2:00 PM VS Laney | AWAY
Tue. Mar. 4 at 2:00 PM VS Napa Valley | HOME
Thu. Mar. 6 at 2:00 PM VS Yuba | HOME
 Fri. Mar. 7 at 1:00 PM VS Contra Costa | AWAY
Tue. Mar. 11 at 2:00 PM VS Marin * | HOME
 Thu. Mar. 13 at 2:00 PM VS Marin | AWAY*
Sat. Mar. 15 at 1:00 PM VS Marin | HOME*
 Tue. Mar. 18 2:00 PM VS Los Medanos | AWAY*



denotes an Exhibition

* denotes a Conference

Bolded Event denotes a Home Game

EVENTS

The regular seasons for three of our sports teams (Women's Soccer, Men's Soccer, and Women's Volleyball) began in September. Come out to cheer on our student-athletes. Details can be viewed on the [Events page](#), or the [Athletics page](#). The monthly student newsletter, [The Eagle](#), provides a listing of upcoming events and campus news too.

Weaving Wednesdays

3rd Wed. Every Month | 1 - 3:00 pm | Eagle Support Center

Regalia Night

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

Produce Wednesday

Every Wednesday | 11:30 am - 1:00 pm | Ukiah Campus
 February 12, 2025 | 4 pm - 6 pm | Lake Center
 February 26, 2025 | 11:30 am - 1:30 pm | Coast Center

Reclaimed Visions: Art and Sustainability

Feb. 13 - Mar. 23, 2025 | MC Gallery

FAFSA-Dream Act Application Workshops

Feb. 22, 2025 | 9 am - 2 pm | Rm 1280, MacMillan Hall, Ukiah
 Feb. 26, 2025 | 2 pm - 4 pm | Rm 1280, MacMillan Hall, Ukiah
 Feb. 27, 2025 | 2 - 4 pm & 6-8 pm | Learning Commons, Coast
 March 3, 2025 | 10 am - 12 pm | Rm 1280, MacMillan Hall, Ukiah

Chill + Chat: RuPaul's Drag Race Bingo Extravaganza

Feb. 26, 2025 | 1 - 3 pm | Transfer Center, Ukiah Campus

RN Program - Pre-Application Workshop

Feb. 26, 2025 | 2:00 - 3:30 pm | Little Theatre
 March 10, 2025 | 10:00 am - 11:30 am | Little Theatre

Teachers on Teaching

March 1, 2025 | 8:00 am - 3:00 pm | Ukiah Campus

Students vs. Staff Volleyball Game

March 10, 2025 | TBD | MC Gymnasium

Sock Puppet Pop-Up

March 10, 2025 | 11:30 am - 1:30 pm | North County Center

Chat + Chill: Rainbow Alliance Meeting

March 12, 2025 | 1:00 pm - 3:30 pm | Transfer Center, Ukiah

Career Exploration Event

March 13, 2025 | 10:00 am - 2:30 pm | Pomo Plaza

Circle of Support

March 13, 2025 | 12:30 pm | Library Room 4232

Mendocino Stories

March 13-23, 2025 | Various Times | Center Theatre