

# College of Alameda Splash



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Timothy Karas, Ed.D., President

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#### President's Corner: Fall has arrived.

I had the honor of the Mayor of Alameda recommending my name to serve on the Economic Development Advisory Panel. I will be sworn in at the October 1, 2019, Alameda City Council meeting. On September 20, a team (**Chungwai Chum, Ava Lee Pang, Stefanie Bradshaw,** and **Shuntel Nathaniel**) from CoA attended the annual Alameda City Manager's luncheon. It is great to hear about the city's priorities for the coming year and connect with community partners.

I also had the pleasure of attending the ground-breaking ceremony for the new Seaplane Lagoon Ferry Terminal at Alameda Point. This will be the City of Alameda's third ferry terminal. The 68-acre master plan development at The Point includes 800 residential units and up to 600,000 square feet of commercial space, 15 acres of parks and public open space, and new transportation services and facilities, including the new ferry terminal. The area is booming and the new terminal is a welcome addition.

Have a great week!

Sincerely,

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Timothy Karas, Ed.D.



CoA Umoja Scholars Volunteer at the Alameda County Food Bank

#### CoA Students Participate in Umoja's 2nd Annual Day of Service

On Tuesday, September 17, 2019, twenty College of Alameda scholars participated in Umoja's 2nd Annual Day of Service at the Alameda County Community Food Bank (ACCFB), in Oakland. Alameda County Community Food Bank directly provides food substance for thousands of people in our county and helps fight food insecurity via their partnerships with organizations county-wide. The sheer volume of the Food Banks' charge and positive impact on lives are immeasurable.

College of Alameda provided a diverse coalition of students to serve and to help fight hunger in our county. Students volunteered for three hours and sorted and bagged produce in the Alameda County Community Food Bank warehouse.

Our group of twenty-one students and staff were joined by a small volunteer team from Sutter Health. Our task for our shift was to sort and bag, apples, carrots, and onions. Our volunteers were eager to help. At shift's end we sorted and bagged of apples, onions, and carrots. Our efforts helped the Food Bank feed and supply its constituents for a week.

We owe our thanks for the students who volunteered their time, energy and dedication. Melba Moore, Mathew Good, Alaa Muhsin, were returning volunteers and Umoja appreciates their leadership. Our list of new volunteers included: Nicole Wright, Clemaus Tervalon, Tsehay Taldese, Yulet Solano, Mohomed, Giavanna Rivers, Tanya Parker, Ameer Omar, Ahmed Omar, Khai Murphy, Zatlyn Macapinlac, Donna Hooper, Theory Dunwood, Kathy Chao, Laurel Carr-Johnson Kirkland, and Simone Bremond. Faculty member, Jerel McGiffert, Umoja Counselor/Coordinator was also part of the team. Umoja is extremely grateful for Mr. Jody Campbell's diligent efforts to recruit students and we appreciate Shawn Fosters' willingness to help Umoja grow and transport our students.

The Alameda County Community Food Bank serves one in five of our neighbors in our county. Two thirds are children and seniors. The task of food sorting at Alameda County Community Food Bank, is entirely staffed by volunteers. Most volunteers work weekend shifts and the Food Bank is always seeking groups and individuals to lend their time. ACCFB has two volunteer shifts: from 8 a.m. to noon and from 12:30 p.m. to 3:30 p.m. In a perfect world, the sorting and bagging would require fifty volunteers each shift. Their greatest need is for weekday groups (five to thirty volunteers).

For information about volunteer opportunities: https://www.accfb.org/volunteering/.

 $Submitted\ JEREL\ MCGIFFERT\ M.S,\ M.A.,\ UMOJA\ Counselor/Coordinator,\ jmcgiffert@peralta.edu$ 



#### Celebrate Hispanic Heritage Month with a Good Book

We are celebrating Hispanic Heritage Month at the CoA Library with a visual book display curated by our skilled adjunct librarians **Barbara Fields** and **Mary Poeck.** Please come by to "check it out."

Submitted by Jane McKenna, Head Librarian, Access Services Librarian and LIS85 Instructor

#### **KUDOS**

Congratulations to Head Coach **Linda Thompson**, Assistant Coach **Taylor Elliot** and the **Lady Cougars Volleyball** team for their recent win against Napa Valley College—three games in a row!!

Submitted by Sue Altenbach, saltenbach@peralta.edu



# Bright Futures Are in Store for 39 CoA Aviation Maintenance Technology (AMT) Program Grads

Happy faces and bright future for 39 CoA AMT are in store for graduates receiving one or two completion certificates this past spring, many who have finished the entire program (20 students total) and are ready to start with an aviation company or airlines. Other students are leaving CoA to complete their four-year degree.

The number of completions is the highest among similar program in California, thanks to all the support from our faculty and staff, College administration, student services department, counseling, EOPS, financial aid and the registrars' office... you've made a huge difference and the trend shall continue!

Submitted by Hoi Ko, Department Chair Aviation Maintenance Technology (AMT) Program

#### Library Orientations Help Improve Student Success

The CoA Library instruction schedule is filling up fast! Submit your <u>Library Instruction Request Form</u> soon to get your first choice of dates. Please submit it via <u>email</u> to <u>coa-reference@peralta.edu</u> or drop it off at the Reference Desk.

Haven't brought your class to the Library, but are intrigued? Consider this, our internal research shows that students attending two or more CoA Library orientations show a 12 to 20 percent higher success rate than those that do not. Internal data also shows that checking out a CoA Circulating book is associated with a 10 percent higher student success rate and a higher average GPA compared to the institutional standard for that semester.

Librarians are available to present on a variety of topics such as locating articles, locating books, evaluating sources, citing sources, primary vs. secondary sources, scholarly journals vs. popular magazines and much more. They can work with you to develop an assignment or they can tailor their presentation to your existing assignment. The sessions generally include a short presentation followed by an activity.

Submitted by Jane McKenna, Head Librarian, Access Services Librarian and LIS85 Instructor

COLLEGE OF ALAMEDA 555 Ralph Appezzato	October 2019				ALAMED career cent
Memorial Parkway	Monday	Tuesday	Wednesday	Thursday	Friday
(West Campus Drive) Portable P Alameda, CA 94501 Phone: (510) 748-2208 Fax: (510) 814-8302 coa-ncitiescc@peralta.edu	· ·	Open 9:30—5:00	Open 9:30 — 12:30 OSR Census 2020 10am-1pm	Open 9:30—5:00	Open 9:30 — 12:30
WEBSITES: www.caljobs.ca.gov www.alameda.peralta.edu/one- stop-career-center/	Open 9:30—5:00 WIOA Orientation	9:30—5:00	9 Open 9:30 — 12:30	Open 9:30—5:00 Veteran Representative/EDD	Open 9:30 — 12:30 Resume Worksop 1:20—2:30
BUSINESS HOURS: MON, TUES, & THURS 9:30 am—5:00 pm WEDNESDAY 9:30 am—12:30 pm	Open 9:30—5:00 WIOA Orientation	Open 9:30—5:00	Open 9:30 — 12:30 OSR ChildCare Careers 10am-1pm	Open 9:30—5:00	Open 9:30 — 12:30
FRIDAY 9:30am—12:30 pm	Open 9:30—5:00 WIOA Orientation 10am—11am	Open 9:30—5:00	Open 9:30 — 12:30	Open 9:30—5:00 Veteran Representative/EDD	25 Open 9:30 — 12:30 Resume Workso 1:20—2:30
COLLEGE OF ALAMEDA	Open 9:30—5:00  WIOA  Orientation 10am—11am	Open 9:30—5:00	Open 9:30 — 12:30	Open 9:30—5:00	

#### Hiring Events Planned at the CoA Career and Employment Center

The *College of Alameda Career and Employment Center* has exciting monthly On-Site Recruitment hiring events taking place for the 2019-2020 school year. We encourage students to stop by the career center to check out the employment opportunities and gain practical experience meeting with recruiters and hiring managers. Please share the On-Site Recruitment hiring events with students and encourage them to come prepared with their resume.

\*We offer free resume workshops twice a month on Fridays for students and community members who need assistance building their resume.

#### **October On-Site Recruitment**

Census 2020
Landmark Event Staffing
Wednesday, October 2, 2019
10 a.m. to 1 p.m.
Outside in the Quad, in front of Bldg. A)

Premium Retail Services Wednesday, October 9, 2019 10 a.m. to 1 p.m.

ChildCare Careers Staffing Agency Wednesday, October 16, 2019 10 a.m. to 1 p.m.

Submitted by the CoA Career Center jmckenna@peralta.edu

#### Health Services Is Ready to Serve Students

Our Services:

Mental Health Counseling (Mon-Fri): We offer brief counseling and community mental health referrals

**Nursing Services** (Mon-Thur) including Flu Shots, Basic Physicals, TB tests, Vaccinations, Plan B, Pregnancy tests, First Aid, Education

Acupuncture/Cupping/Massage (Wed mornings) Students can request 3 treatments per semester

**Patient Navigator** (Wed) We assist students with MediCal or CalFresh enrollment, connect students with their health insurance, and provide community referrals for housing, food, vision, or dental services

Outreach & Classroom Presentations on Health or Wellness Services and/or Mental Health Topics

Access to FREE condoms, feminine products, & first aid products

#### **Students in Crisis or Emotionally Distressed:**

Please feel free to contact me directly at 510.748.2314. (For less urgent matters, I am also available for consultations.)

Jacinda Marshall, PsyD, Counselor/Licensed Psychologist

Submitted by coamentalhealth@peralta.edu

# **Campus Health Services**

24 Hour Crisis Hotline: 1-800-273-TALK
24 Hour Crisis Text Line: Text to - 741741

#### Free On-Campus Mental Health Counseling

Get support with adjusting to college, relationship difficulties, coping with crisis, problems at school or work, social isolation, difficulties sleeping anxiety, depression, alcohol and/or drug use, family stress, stress management, eating disorders, grief, or anything else.

Jacinda Marshall, Psy.D.: (510) 748-2320

coamentalhealth@peralta.edu

Monday, Wednesday, Friday 8-4

Locations: F-105a and F-116

Tuesday 8-2, Thursday 8-3

#### Free Acupuncture, Cupping, or Massage Services

Wednesdays from 9-1

Location: F-109

To schedule appointments go to: ccacu.net

Questions or problems with scheduling: (510) 280-4801

#### **Free Campus Nurse and Nurse Practitioner**

Provides medical care, first-aid, pregnancy testing, Flu Shots, TB testing, health education, family planning, birth control, sexually transmitted infections, and community referrals.

(510) 748-5280 Nurse: Monday 1-5, Tuesday & Thursday 8:30-12 coahealth@peralta.edu

Names Description on Wadnesday 1 5

Location: F-105b

Nurse Practitioner: Wednesday 1-5

#### **Patient Navigator**

Assists with Health insurance, MediCal, and CalFresh (Food Stamp) enrollment. Identifies and connects with housing and financial resources.

Wednesday 9-5

coahealth@peralta.edu

Location: **F-116** 

#### **Health Supplies - F-105**

Come pick up band-aids, menstrual supplies and condoms for free.

Fall 2019 - coamentalhealth@peralta.edu - 9.19.19

# **HEALTHSERVICES**



Jacinda Marshall is a licensed Psychologist with 15 years of mental health experience working with people from varying backgrounds within the community mental health, non-profit, and hospital settings. Jacinda supervises COA's Mental Health interns via the Faculty Diversity Internship Program. Jacinda is also a DSPS Counselor and enjoys working with students, witnessing them to become more and more empowered while they surpass their expectations of themselves.



Hana is an East Bay Native, a mental health specialist, a trauma survivor, a dance teacher, and a writer. A Laney College alumni and UC Berkeley graduate, Hana also has her M.A. in Counseling Psychology. Hana is passionate about creativity and consciousness-especially as those explorations relate to integrative healing, social justice, and equity. She is being supervised by Jacinda Marshall, Psy.D. Licensed Psychologist PSY24439



Through her own journey of healing, Athenia discovered her interest in psychology and mental health. After stints in finance, non-profit, and graphic design, she has finally come to feel aligned with her work as a psychotherapist supporting others through their life challenges. Athenia is also an artist and has strong interest in Expressive Arts Therapy. She is being supervised by Jacinda Marshall, Psy.D. Licensed Psychologist PSY24439.



Maurice works for Roots Community Health as the Peralta Colleges RN. Originally from Philadelphia, he studied biochemistry in Los Angeles and recently got his BSN from Samuel Merritt University. He specializes in pediatric nursing and is a big advocate for preventative medicine and holistic healing, starting with the youngest, most vulnerable population.



Keyona has worked in health care for nearly 13 years. She loves working in reproductive health and with the Elderly. She welcomes students to stop by and ask questions. She is always willing to help.





# Acupuncture & More

Marta cultivates health, well-being, and inner harmony through the healing arts of Chinese Medicine. Her treatments include one or more modalities such as acupuncture, cupping, Tui Na massage, herbology, and Taiji (tai-chi) mediation.



# Patient Navigator

Dametra is the Patient Navigator Assistant for all of the Peralta campuses. She loves giving back to her community and helping those in need. She has an outgoing personality and is passionate about the work she does. Drop by when she's in office or contact her for more information on the services she can provide.



# Read All About It for Free! Access the Online New York Times with CoA Library Subscription

Did you know that Peralta students and faculty are able to access the NY Times online for free as part of a COA Library subscription?

By setting up an account using your @peralta.edu email address you get a New York Times online basic subscription + cooking FREE! Your account will give you access to the New York Times website, as well as their mobile app. You do not have to be on campus to access these resources.

#### Here's how you do it:

- 1. In a web browser go to www.NYTimes.com/Pass
- 2. Click on Create Account
- 3. Enter your @peralta.edu email address and create a password.
- 4. New York Times will send you an email verification. Go to that email and click on the link.
- 5. Let them know if you are a Student (and you estimated year of graduation) or Faculty

That's it! Once you have created your login it can also be used in most mobile apps (excluding tablet apps, although you can still access the NYT website on a tablet).

#### Please Note:

- · If you wish to subscribe to an Academic Pass and you already have an account with the NY Times using your Peralta email, you should change the email address on that subscription and then use your Peralta email to get the Academic Pass.
- The Academic Pass is valid for one year. After 364 days you will get a reminder to renew your pass as long as you still have your @peralta.edu email address.
- · At this time, access to any articles from the date range 1923-1980 is limited to 5 articles for the year.
- If you have trouble getting signed up or logging in there are tips at https://help.nytimes.com/hc/en-us/articles/115015957688-NYTimes-com-passes or come visit the Library for assistance!

Give it a try! Tell your students! If you need help, stop by the Reference Desk.

Submitted by Jane McKenna, Head Librarian, Access Services Librarian and LIS85 Instructor, jmckenna@peralta.edu





CIS 70 - Intro to Tableau Analytics (2 Units)









# **NOW HIRING!!!**

WEDNESDAY, OCTOBER 2<sup>ND</sup> 2019

TIME: 10:00 AM - 2:00 PM

LOCATION: COLLEGE OF ALAMEDA (NEAR INFORMATION BOOTH)



Are you 18 years or older?

Are you looking for a **FLEXIBLE PART-TIME** job?

Have you ever wanted to be a part of the action by working at 49ers or Raiders games, concerts/events at Levi's Stadium, Stanford University, Cal Berkeley and A's Athletics



Job duties may entail some of the following responsibilities:

- Security/Overnight Security Shifts
- o Ushers
- Ticket Takers
- o Crossing Guards
- o Roam Team (Off Duty Officers)
- Dispatch (Command Post)



Applicants must complete a background check for employment.

Send your resume to

bayareajobs@landmarkeventstaff.com or call

Oakland (510-632-9000)

Santa Clara (408-855-8325)

**SCHEDULE AN INTERVIEW TODAY!** 



Event sponsored by: COA Career & Employment Center – COA Portable P

Contact Us: (510) 748-2208

Email: coa-ncitiescc@peralta.edu

# Hiring Event Census 2020

\$25.00 - \$21.50 per hour

**Positions Available** 

Part-Time & Full-Time

Census Field Supervisor

**Address Canvasser Enumerator** 

Office Clerk

Office Operations Supervisor

**Recruiting Assistant** 

**Census Taker Enumerator** 

**Job Provides** 

**Great Pay** 

Flexible Hours

**Weekly Pay** 

**Paid Training** 

Wednesday, October 2nd 2019

Time: 10:00am - 1:00pm

Located at College of Alameda

**Career Center in Portable P** 

PosterMyWall.com



## **On Site Recruitment**

**Event** 

Wednesday, October 16th 2019
10am—1pm

At

College of Alameda Career Center

ALAMEDA
career center

Portable P

555 Ralph Appezzato Memorial Parkway, Alameda









### New Science Course - Spring 2020 BIOL 102: Oceanography with Laboratory

Course No. 47952: This 4-credit science course with laboratory sessions will be offered for the first time at the College of Alameda. The course has no prerequisites and satisfies the transfer requirements for UC and CSU.

**Topics** that will be covered in this course include:

- History of Oceanography, Ocean Explorations
- Ocean Structure and Water Properties
- Tides, Waves and Ocean Currents
- Ocean Hazards (Tsunamis, Hurricanes)
- Marine Organisms: from Plankton to Whales
- Marine Resources
- Human Impact on Marine Environments
- Climate Change



**Laboratory** sessions provide hands-on activities and include several field trips to local beaches and shorelines.

**Meeting Time:** Fridays 8am - 2pm (Lecture: 8-10:50am / Lab: 11am-2pm) **Instructor:** Dr. Connie Weyhenmeyer (cweyhenmeyer@peralta.edu)











#### Make Your Splash!

Is there an upcoming event that we should all know about?

Do you know an outstanding student whose story you would like to share?

Did you attend an interesting workshop or conference?

Do you have unique projects planned for your students this semester?

Have you or a colleague been honored with an award, or do have you published an article, book, or chapter recently?

Send us your news, so we can share it with the campus community in the CoA

Splash!

It's easy – just send us a short article and a good photo or two, and we will take care of the rest. Do not forget to include the name of the writer, the photographer, and anyone who is pictured (if possible). Be sure to email your news and information to: <a href="mailto:coasplash@peralta.edu">coasplash@peralta.edu</a> and be sure to include the word "Splash" in the subject line.

Past issues of the CoA Splash are available at https://alameda.peralta.edu/newsletter/coa-splash/

#### Splash Fall 2019

Deadline / Publication Dates
Oct 4 / Oct 10
Oct 18 / Oct 24
Nov 8 / Nov 14
Nov 22 / Dec 5 (Note Thanksgiving Holiday, campus is closed Nov. 28 and 29)
Dec 13 / Dec 19