

OCTOBER TOWN MEETING

- ❖ **Welcome/Announcements** **Roanna Bennie**
- ❖ **Town Talk** **Roanna Bennie**



LAS POSITAS
COLLEGE

Las Positas College Music Department Hosts:

LPC JAZZ JAM SESSION

2nd Wednesdays 6 p.m. – 9 p.m.
Swirl on the Square – 21 S. Livermore
Avenue

Bring your instrument or your voice!

Free and open to the public.



Take a Break to Rejuvenate

Join us every week!

CHILL & CHAT

Wednesday's 2-3:30pm

Room 1726

ENJOY A SAFE PLACE TO:

CONNECT WITH OTHER STUDENTS

LEARN STRESS MANAGEMENT SKILLS

LEARN HOW TO OVERCOME LIFE

OBSTACLES RECEIVE AND GIVE SUPPORT!

CHILL & CHAT



LAS POSITAS
COLLEGE

Date	Time	Where	Event
10/4	2pm- 3:30pm	1726	Chill 'n Chat
10/18	2pm- 3:30pm	1726	Chill 'n Chat
10/25	2pm- 3:30pm	1726	Chill 'n Chat
11/1	2pm- 3:30pm	1726	Chill 'n Chat
11/15	2pm- 3:30pm	1726	Chill 'n Chat
11/29	2pm- 3:30pm	1726	Chill 'n Chat

CHILL & CHAT



Date	Time	Where	Event
12/6	2pm-3:30pm	1726	Chill 'n Chat
12/13	2pm-3:30pm	1726	Chill 'n Chat
1/31	2pm-3:30pm	1726	Chill 'n Chat
2/7	2pm-3:30pm	1726	Chill 'n Chat
3/21	2pm-3:30pm	1726	Chill 'n Chat
4/18	2pm-3:30pm	1726	Chill 'n Chat

CHILL & CHAT

Date	Time	Where	Event
4/25	2pm- 3:30pm	1726	Chill 'n Chat
5/2	2pm- 3:30pm	1726	Chill 'n Chat
5/23	2pm- 3:30pm	1726	Chill 'n Chat

13 REASONS WHY NOT WORKSHOP SERIES



LAS POSITAS
COLLEGE

Date	Time	Where	Event
10/11	2pm-3:30pm	1602	Dealing with betrayal and changing friendships
11/8	2pm-3:30pm	1602	Exploring your identity and the role of social media on identity and body image; how to ask for help
12/13	2pm-3:30pm	1602	Increasing coping skills to survive college: The role of gratitude
2/14	2pm-3:30pm	1602	Understanding chain analysis, boundaries, and how to effect change in your life
3/14	2pm-3:30pm	1602	Assertiveness and communication
4/11	2pm-3:30pm	1602	Coping with sexual assault and unwanted sexual advances

13 REASONS WHY **NOT** WORKSHOP SERIES



LAS POSITAS
COLLEGE

Date	Time	Where	Event
5/9	2pm-3:30pm	1602	How to deal with self-harm and suicidal thoughts
5/16	2pm-3:30pm	1602	What is right? Exploring one's moral & values and to foster hope

All Workshops held in Room 1602

SAVE THE DATE

TEACHING INSTITUTE

- Tue, Sept. 19, 5:30 - 8:30
- Wed, Nov 15, 5:30 - 8:30
- Location TBA



Check the website: [LPC Staff Development > Resources > Teaching Institute](#)



Need Help?



EACH
MIND
MATTERS

California's Mental
Health Movement

Text: COURAGE

To: 741741

Free, 24/7, Confidential

www.eachmindmatters.org

11th Annual Event Honoring

VETERANS DAY

At Las Positas College



LAS POSITAS
COLLEGE

Thursday, November 9, 2017

Events begin at 11:00 AM outside the VRC:

Presentation of Colors

BBQ Lunch (Free for Veterans)

Guest Speaker:

Thom Shea

(Ret.) Senior Chief US Navy SEAL

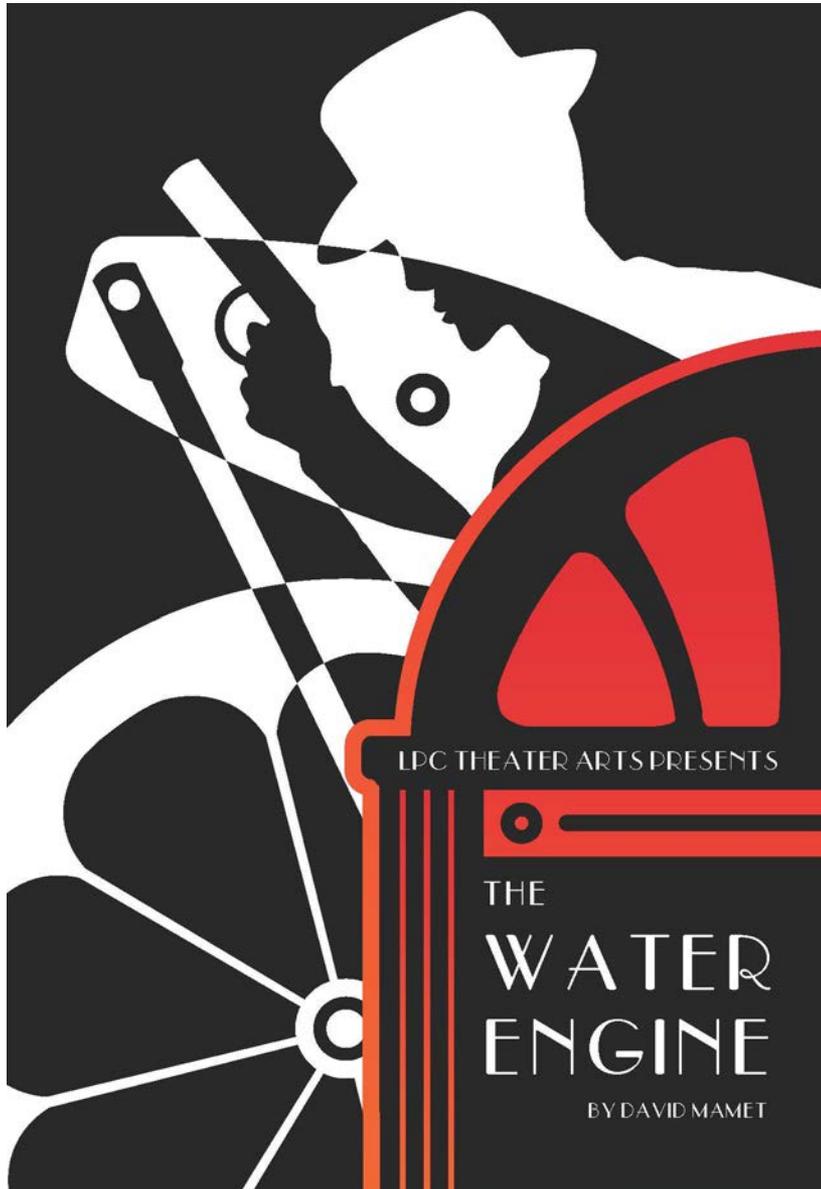
Author of *Unbreakable: A Navy SEAL's Way of Life*

The Water Engine

By David Mamet
Directed by Wendy Wisely



LAS POSITAS
COLLEGE



October 20th-29th
Tickets \$10 students/staff
Tickets available online



A young inventor found a way to run an engine on distilled water... at first ridiculed, he is courted by crooked lawyers attempting to buy the invention from him on behalf of "certain business interests."

Want unlimited digital access?

Sign up @LPC Library homepage!



Imagine the lively class discussions if all your students signed up, too!



CAREER FAIR

Jobs & Paid Internships!

Thursday, October 12
10:00 am – 1:00 pm
Las Positas College
Quad



10 Employers Scheduled to Attend, Including
Comcast • The Wine Group • Starbucks
Uncle Credit Union • NorCal Sports TV

Dress for Success and Bring Your Résumé!

ANNOUNCEMENTS



Las Positas College Undergraduate Science Research Poster Exhibit October 1-31, 2017

Livermore Public Library
1188 S. Livermore Avenue

16 posters
from the Las
Positas College
Undergraduate
Science
Research
Poster Session



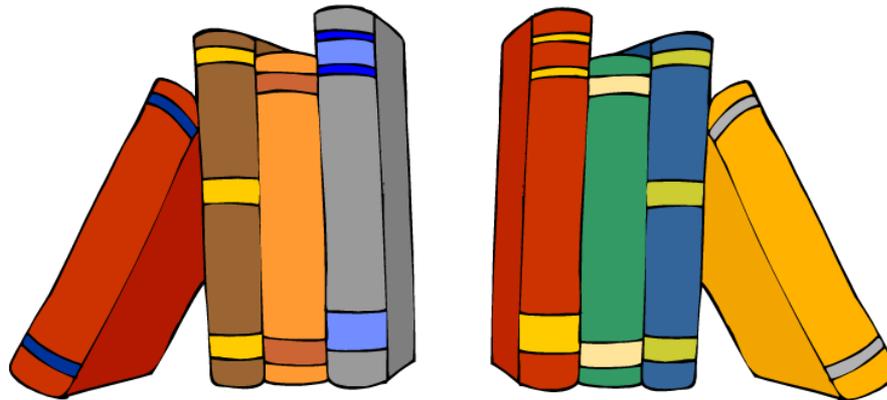
Poster Categories
~Anatomy
~Chemistry
~Microbiology
~Psychology
~Zoology

For more information contact Kelsey Wat, STEM Coordinator
kwat@laspositascollege.edu

ANNOUNCEMENTS

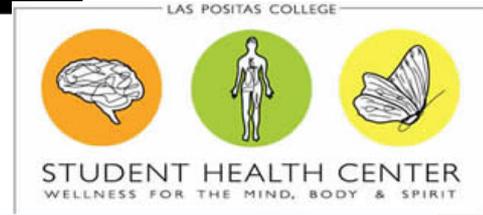
Missed your chance to get a library card?

- Fill out (typed, please) the application <https://sfpl.org/pdf/services/sfpl304.pdf>
 - Print out completed application
 - Bring it to the LPC Library - Reference Desk
- **Deadline: Friday, October 6, 2:00pm. Late applications will not be accepted.**
- Students will be notified to pick up their new library cards once SFPL has processed the applications.



ANNOUNCEMENTS

Health and Wellness Events 2017-2018

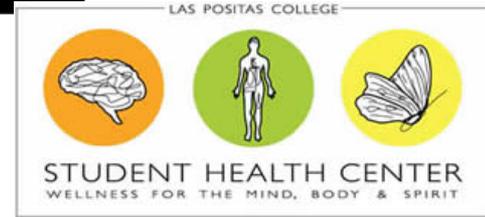


Date	Time	Where	Event
10/11	11:30am-1pm	1600 patio	Mental health screening event
11/16	11:30am-1pm	1726	Great American Smoke Out
12/6	11:30am-1pm	1600 patio	Destress event
1/24	11:30am-1pm	1600 patio	Welcome back Hawks
2/13	7am-5pm	1726	Stanford blood drive
3/20	11:30am-1pm	1600 patio	Nutrition event

ANNOUNCEMENTS



Health and Wellness Events 2017-2018



Date	Time	Where	Event
4/4	11:30am-1pm	1600 patio	Destress event
4/18	11:30am-1pm	Quad	Sexual assault awareness event
5/8	11:30am-1pm	Quad	Health fair: road trip to a safe summer break

ANNOUNCEMENTS

Wellness 101 is back!

September 08 to November 03, 12:00 noon to 1:00 pm **GYM**

November 17 to December 15, 12:00 noon to 1:00 pm **GYM**

September 08 to December 15, 1:00 to 2:00 pm PE 202 **Fitness Center**

Fee is \$25 for the entire semester

Registration and Release of Liability forms
can be given to Sherman Lindsey or Frances
DeNisco



ANNOUNCEMENTS

Breast Cancer Awareness T-Shirts

The **Public Safety Club** will be selling T-Shirts as part of a fundraiser, beginning in October, for Breast Cancer Awareness Month!

Each T-Shirt is black with **pink lettering and a pink ribbon**.

T-Shirts are available for a minimum donation of **\$20.00**.

An example of the T-Shirt can be viewed in the hallway just outside of classroom 801 in the trophy case.



LPC Computer Center Information

LPC Computer Center (room 803)
Computer Center Fall Hours

OPEN:

7:30am to 9:30pm, Monday through Thursday
8:30am to 3:00pm, Friday

<http://www.laspositascollege.edu/computercenter/index.php>

ANNOUNCEMENTS



8th Annual LLNL/LPC Science and Engineering Seminar Series **Theory to Practice: How Science Gets Done**

Choosing the Right Tool for the Job: Microneedles

Erik Mukerjee, PhD
Biomedical Engineer
Center for Micro and Nano Technology, LLNL

Thursday, October 5, 2017

6:00-7:15 pm

Building 2400, Room 2420

Free and Open to the Public

ANNOUNCEMENTS



LLNL and LPC Science & Engineering Seminar Series

Wednesday, November 1, 2017

Accelerator Mass Spectrometry: Peeling at
Particles for Human Health

Graham Bench, PhD, Physicist

Director, Center for Accelerator Mass
Spectrometry, LLNL

*All seminars are 6-7:15pm; Building 2400, Rm.
2420. Free and open to the public*

Save the Dates for Spring!

Thursday, March 8, 2018

Topic TBA

Monica Moya, PhD, Research Engineer

Center for Micro and Nano Technology, Materials Engineering Division, LLNL

Monday, April 9, 2018

Computer Simulations of Microbial Community Interactions

Ali Navid, PhD, Computational Systems Biologist

Biosciences and Biotechnology Division, LLNL

ANNOUNCEMENTS

Free MS Office 365 for Education

You must be either a full or part-time student, faculty, or staff member at the Las Positas or Chabot college, with an email ending in ".edu" that was issued to you by the college

- 1) Register your email by going to Microsoft's Email Registration for free Office 365 website
- 2) "I'm a teacher" or "I'm a student"
- 3) Check your .edu mail for a confirmation
- 4) Create an account
- 5) Access your account and click "install"

<https://products.office.com/en-us/student/office-in-education>



ANNOUNCEMENTS

LPC Library New Online Resources

→ New York Times

Once you register for an account via the library website, you will have unlimited access to NYTimes.com!

→ Nexis Uni*

Provides quality research content including newspapers, journals, broadcast transcripts, legal sources, and business information

→ Swank Streaming Movies*

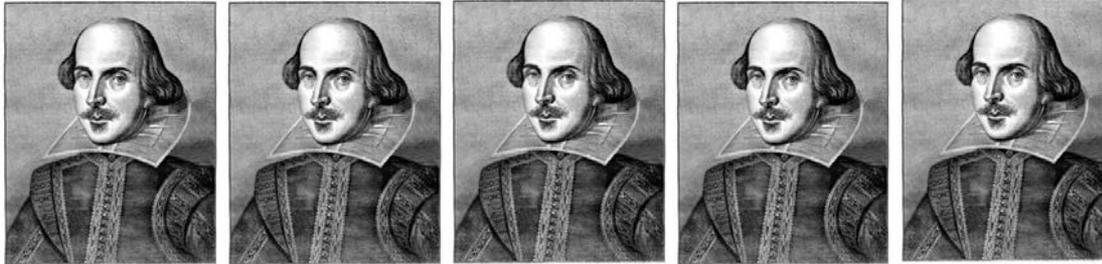
25 major release films and documentaries that support specific courses were selected with input from LPC faculty

* Can only be viewed on campus at this time.

Contact the librarians with any questions!

ANNOUNCEMENTS

Romeo and Juliet by S.F. Shakespeare



Wednesday, October 18, 2017

Location: Mertes Theater Main Stage

Time: 12:30 – 1:30 p.m.

Free and all are welcome!

Sponsored by the LPC Foundation

ANNOUNCEMENTS



8th Annual LLNL/LPC Science and Engineering Seminar Series

Theory to Practice: How Science is Done

All seminars are 6-7:15 pm in Room 2420, and are free and open to the public.

Thursday, October 5, 2017

Topic TBA

Erik Mukerjee, PhD, Research Engineer
Center for Micro and Nano Technology, LLNL

Wednesday, November 1, 2017

Topic TBA

Graham Bench, PhD, Research Staff
Director, Center for Accelerator Mass Spectrometry, LLNL

ANNOUNCEMENTS



Wellness 101

Held on Fridays



- September 08 to November 03, 12:00 noon to 1:00 pm **GYM**
- November 17 to December 15, 12:00 noon to 1:00 pm **GYM**
- September 08 to December 15, 1:00 to 2:00 pm PE 202 **Fitness Center**

The Fee is \$25.00 for the entire Semester.

Registration and Release of Liability forms must be filled out and returned to Sherman Lindsay or Frances DeNisco.

Hope to see you there!

ANNOUNCEMENTS

Dr. Robert Sapolsky

World-renowned neuroscientist, stress expert, and acclaimed author



Mertes Theater for the Arts

October 12th at 7 p.m.

Dr. Sapolsky will discuss his cutting edge research into the neuroscience of what drives us to be caring, compassionate and altruistic and also intolerant, brutal and violent. Dr. Sapolsky's new book will be on sale at the event and a book signing will follow.

CONGRATULATIONS



LPC Talk Hawks debut at San Francisco State University

Golden State Season Opener Tournament

Marlo Bourland

Finalist Open Informative
Speaking (Saturday)
Finalist Open Informative
Speaking (Sunday)
Finalist Novice Extemporaneous
Speaking

Milla Lindevall

Top Novice Informative
Speaking

Paulo Yanez

Finalist Novice Poetry
Interpretation of
Literature

Brandon Chin

Andrew Europa
Emma Kettering



CONGRATULATIONS

Fall Stanford Blood Drive HUGE Success

~103% of the goal!

~Impacted approximately 168 lives!

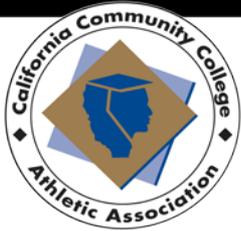
~3 double red cell donations impacted the lives of 6 patients!



SPORTS SCHEDULES



LAS POSITAS
COLLEGE



Men's Soccer 2017



DATE	OPPONENT	LOCATION	TIME
Friday, October 6	Canada	Livermore	6:30pm
Tuesday, October 10	Gavilan	Gilroy	3:00pm
Friday, October 13	Hartnell	Salinas	4:00pm
Friday, October 20	Skyline	San Bruno	2:00pm
Tuesday, October 24	Foothill	Livermore	6:30pm
Friday, October 27	Ohlone	Livermore	4:00pm
Tuesday, October 31	Evergreen Valley	Livermore	4:00pm
Friday, November 3	De Anza	Cupertino	11:30am
Tuesday, November 7	West Valley	Livermore	6:30pm
Friday, November 10	San Francisco	San Francisco	3:00pm

SPORTS SCHEDULES



LAS POSITAS
COLLEGE



Women's Soccer 2017

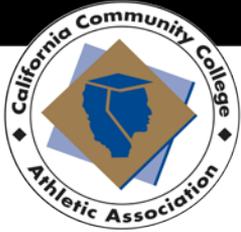


DATE	OPPONENT	LOCATION	TIME
Tuesday, October 10	Canada	Livermore	4:00pm
Friday, October 13	De Anza	Cupertino	2:00pm
Tuesday, October 17	San Francisco	San Francisco	4:00pm
Tuesday, October 24	West Valley	Livermore	4:00pm
Friday, October 27	Evergreen Valley	Livermore	6:30pm
Tuesday, October 31	Ohlone	Livermore	1:30pm
Tuesday, November 7	Chabot	Hayward	3:00pm
Friday, November 10	Foothill	Livermore	2:00pm

SPORTS SCHEDULES



LAS POSITAS
COLLEGE

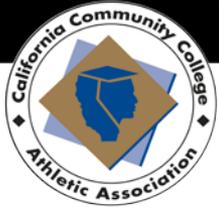


Men's Water Polo 2017



DATE	OPPONENT	LOCATION	TIME
Friday, October 4	De Anza	Livermore	3:00pm
Wednesday, October 6	Cabrillo College	Aptos	3:00pm
Friday, October 11	Ohlone	Livermore	3:00pm
Friday, October 27	West Valley	Saratoga	3:00pm
Saturday, October 28	TBA	West Valley College	9:30am
Friday, November 3	TBA	TBA	1:30pm
Saturday, November 4	TBA	TBA	12:00pm
Friday, November 10	TBA	Delta College	TBA
Saturday, November 11	TBA	Delta College	12:00pm
Friday, November 17	TBA	Cuesta College	TBA
Saturday, November 18	TBA	Cuesta College	6:00pm

SPORTS SCHEDULES



LAS POSITAS
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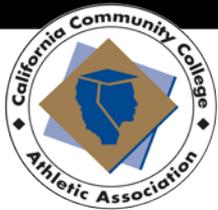
Women's Water Polo 2017

DATE	OPPONENT	LOCATION	TIME
Wednesday, October 4	De Anza College	Livermore	4:15pm
Friday, October 6	Cabrillo	Aptos	1:15pm
Wednesday, October 11	Ohlone	Livermore	1:15pm
Friday, October 13	TBA	TBA	TBA
Saturday, October 14	TBA	TBA	TBA
Wednesday, October 18	San Francisco	Livermore	3:30pm
Friday, October 20	Laney	Oakland	3:30pm
Wednesday, October 25	Cuesta	Foothill College	TBA
	Foothill	Foothill College	3:30pm
Friday, October 27	West Valley	West Valley College	4:15pm
Friday, November 3	TBA	TBA	TBA

SPORTS SCHEDULES



LAS POSITAS
COLLEGE



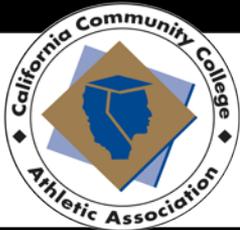
Women's Water Polo 2017 Continued...



DATE	OPPONENT	LOCATION	TIME
Saturday, November 11	TBA	TBA	TBA
Friday, November 17	TBA	TBA	TBA
Saturday, November 18	TBA	TBA	TBA



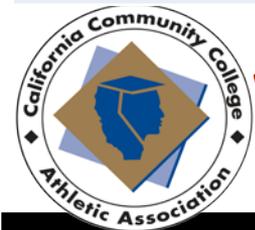
SPORTS SCHEDULES



Men's Water Polo 2017



DATE	OPPONENT	LOCATION	TIME
November 3-4	Coast Conference Tournament	TBA	TBA
November 10-11	Nor Cal Regionals	Delta College	TBA
November 17-18	State Championships	Cuesta College	TBA



Women's Water Polo 2017



DATE	OPPONENT	LOCATION	TIME
November 3-4	Coast Conference Tournament	TBA	TBA
November 10-11	Nor Cal Regionals	TBA	TBA
November 17-18	State Championships	TBA	TBA

SPORTS SCHEDULES



LAS POSITAS
COLLEGE



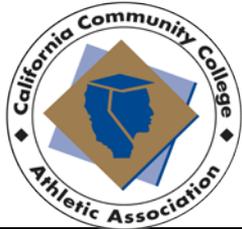
Cross Country 2017



DATE	OPPONENT	LOCATION	TIME
Friday, October 6	Tour De Cuesta	San Luis Obispo	TBA
Saturday, October 14	Bronco Invitational	Santa Clara	TBA
Wednesday, October 25	Coast Conference Championships	Salinas	TBA
Saturday, November 4	Nor-Cal Championship	Salinas	TBA
Saturday, November 18	State Championship	Fresno	TBA



SPORTS SCHEDULES



Women's Basketball 2017



DATE	OPPONENT	LOCATION	TIME
November 9-11	Hawk Classic	Livermore	TBA
November 16-17	LPC Hawks Shootout	Livermore	TBA
Tuesday, November 21	Cabrillo	Livermore	5:00pm
December 1-2	Cuesta College Tournament	San Luis Obispo	TBA
December 8-10	Fresno City College Tournament	Fresno	TBA
December 14-16	Monterey Peninsula College Tournament	Monterey	TBA
Thursday, December 21	Cabrillo	Aptos	5:00pm

SPORTS SCHEDULES



LAS POSITAS
COLLEGE

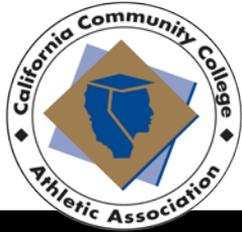


Women's Basketball 2017



DATE	OPPONENT	LOCATION	TIME
Wednesday, January 3	Ohlone	Livermore	5:00pm
Friday, January 5	San Jose	San Jose	7:00pm
Wednesday, January 10	San Mateo	San Mateo	5:30pm
Friday, January 12	BYE	BYE	TBA
Wednesday, January 17	San Francisco	Livermore	5:00pm
Friday, January 19	Chabot	Livermore	5:00pm
Wednesday, January 24	Skyline	DH	5:00pm
Friday, January 26	Ohlone	Fremont	5:00pm
Wednesday, January 31	San Jose	Livermore	5:00pm
Friday, February 2	San Mateo	Livermore	5:00pm

SPORTS SCHEDULES

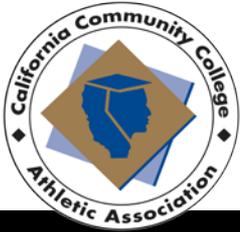


Women's Basketball 2017



DATE	OPPONENT	LOCATION	TIME
Wednesday, February 7	BYE	BYE	TBA
Friday, February 9	San Francisco	San Francisco	5:00pm
Wednesday, February 14	Chabot	Hayward	5:00pm
Friday, February 16	Skyline	DH	5:00pm
Wednesday, February 21	First Round Regional Playoffs	TBA	TBA
February 23-24	Quarter Final Regional Playoffs	TBA	TBA
Saturday, March 3	Regional Finals	TBA	TBA
March 7-11	State Championship	Ventura College	TBA

SPORTS SCHEDULES



Men's Basketball 2017



DATE	OPPONENT	LOCATION	TIME
Thursday, November 2	Tony Costello Tip-Off Classic	Livermore	TBA
Thursday, November 16	Mendocino Tournament	Ukiah	TBA
Wednesday, November 22	Gavilan	Livermore	5:00pm
Thursday, November 30	James Clerk Classic at CRC	Sacramento	TBA
Wednesday, December 6	Hartnell	Livermore	7:00pm
Friday, December 8	Skyline Tournament	San Bruno	TBA
Friday, December 15	Folsom Lake	Livermore	7:00pm
Saturday, December 30	Monterey Peninsula	Monterey	5:00pm

SPORTS SCHEDULES

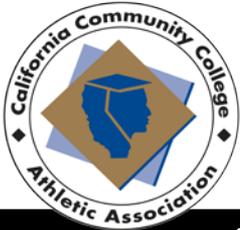


Men's Basketball 2017



DATE	OPPONENT	LOCATION	TIME
Wednesday, January 3	Ohlone	Livermore	7:00pm
Friday, January 5	Foothill	Los Altos	7:00pm
Wednesday, January 10	Canada	Redwood City	7:00pm
Wednesday, January 17	San Francisco	Livermore	7:00pm
Friday, January 19	Chabot	Livermore	7:00pm
Wednesday, January 24	Skyline	DH	7:00pm
Friday, January 26	Ohlone	Fremont	7:00pm
Wednesday, January 31	Foothill	Los Altos	7:00pm
Friday, February 2	Canada	Livermore	7:00pm
Wednesday, February 7	BYE	BYE	TBA

SPORTS SCHEDULES



Men's Basketball 2017



DATE	OPPONENT	LOCATION	TIME
Friday, February 9	San Francisco	San Francisco	7:00pm
Wednesday, February 14	Chabot	Hayward	7:00pm
Friday, February 16	Skyline	Livermore	7:00pm
Wednesday, February 21	1 st Round Regional Playoffs	TBA	TBA
February 23-24	Quarter Final Regional Playoffs	TBA	TBA
Wednesday, February 28	Semi Final Regional Playoffs	TBA	TBA
Saturday, March 3	Regional Finals	TBA	TBA
March 9-11	State Championship	Ventura College	TBA