

# BEAK BITES

OFFICIAL LAS POSITAS STUDENT GOVERNMENT NEWSLETTER



**LPC WELCOME WEEKS!**  
Spring 2022

**RESOURCES FOR YOUR SUCCESS**  
WEEK 1: JAN 18-20  
1:00PM-4:00PM

**CLUB FAIR**  
WEEK 2: JAN 25-26  
1:00PM-4:00PM

Campus contacts will be available to tell you about resources and answer all of your questions. Don't miss out on the fun activities that LPC student government has planned for your arrival to campus!

**How Do I Get There?**

- Daily parking permits are available in each parking lot for \$3 per day. Order your parking permit for the semester on CLASS WEB.
- Vehicles- \$45 per semester
- Motorcycles- \$20 per semester
- Ride "Wheels" or "Rapid Buses" for free with your LPC student ID! Visit admissions and records Online Service Center to obtain your student ID.

Sponsored by Student Equity and Achievement Committee and LPCSG

Contact Josue Hernandez, Student Life Program Coordinator, with questions: jahernandez@laspositascollege.edu

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## Welcome Weeks are coming!

**Week 1: Jan 18-20**

**Campus Resources**

1:00 PM-4:00 PM

**Week 2: Jan 25-26**

**Club Fair**

1:00 PM-4:00 PM

Daily parking permits are provided in each parking lot. Ride the "Wheels" or "Rapid Buses" to campus with your student ID.

At the Welcome Week Event there will be various tables with resources and campus contacts! Stop by and take advantage of the resources to help you create the best start to your spring semester.

Don't miss out! LPCSG will have exciting activities planned for your arrival to campus. Make the most out of your time at Las Positas College!



# Fun Finds: Holiday Recipes from LPC

Free unlimited online access to The New York Times is available to all LPC students, faculty, and staff.

**Set up your free account using this link**  
[NYT Cooking Pass \(app or website\).](#)

Librarian Frances Hui learned to bake this cinnamon crunch banana recipe during the pandemic. If you love cooking or baking double click the photo for the recipe!

## Curry Pumpkin Soup

(Courtesy of Rifka Several)



Cooking time: 45 minutes

Can be made up to 2 days ahead; cover and chill

Ingredients:

- 1 onion, diced
- ½ cup red bell pepper, diced
- 2 tablespoons curry powder (or to taste)
- 1 tablespoon garlic, minced
- 1 can (1 pound) pumpkin
- 2 chicken (or vegetable) bouillon cubes
- 1 teaspoon sugar
- 2 cups plain yogurt
- 1 tablespoon flour
- ½ cup fresh cilantro, chopped

## Cinnamon Crunch Banana Bread



### Cinnamon Crunch Banana Bread Recipe

This easy cake — no mixer required — is a popular staple at Bakesale Betty in Oakland, Calif. Pie, cake, cookies and a legendary fried chicken sandwich are...

### Instructions:

1. Add ½ cup water to 4 quart pan, add onion and bell pepper and cook over high heat, stirring often until onion browns lightly (about 10 minutes)
2. Add curry powder and garlic, stir in 2 cups water. Bring to a boil and add bouillon cubes.
3. Turn heat down to simmer and stir in pumpkin and sugar. Cover and simmer gently 25 minutes.
4. Mix a little yogurt with the flour until smooth, then mix in rest of yogurt. Whisk this into the simmering soup and heat to near boiling.
5. Serve topped with cilantro. You can also add a swirl of sour cream and toasted pumpkin seeds.

# Have A Great Winter Break!

**Congratulations, you have made it to the end of Fall 2021!**

Celebrate yourself this winter break. Do something fun, plan a day out with friends or get something nice to acknowledge your hard work this semester. The possibilities are limitless. What will you do to celebrate and remember your hard work?

**Winter Break: December 22-January 17**



## Jackie Leads a Short Meditation

Finals bring stress and pressure that may disrupt our balance and the feeling of being centered and grounded. You are not alone, many students take on multiple jobs, roles, on top of academics. Growth does not come quickly, learn to take a breath and feel tranquility and ease when things are moving slower than you may like them to be.

[Click here to watch the video.](#)



M i n d f u l n e s s  
M e d i t a t i o n :

L e t ' s r e d u c e  
o u r s t r e s s  
t o g e t h e r .



# Free Food!

## TRI- VALLEY FOOD RESOURCES



### Drive-Thru Grocery Distributions

#### Open Heart Kitchen & Tri-Valley Haven

Tuesdays & Thursdays / 9:00am - 3:00pm

6140 Stoneridge Mall Road, Pleasanton  
(Behind Workday. Turn onto Embarcadero Court and followsigns)

#### St. Michael Community Care

Saturdays / 9:00am - 11:00am

326 Maple St, Livermore  
(at the corner of 4th St and Maple St)

#### Muslim Community Center East Bay

Tuesdays & Thursdays / 3:00pm - 6:00pm

5724 W. Las Positas Blvd #300,  
Pleasanton

#### Tri-Valley Haven Food Pantry

Mondays, Tuesdays, Thursdays / 1:00pm - 5:00pm

Wednesdays / 1:00pm - 7:00pm

Fridays & Saturdays / 12:00pm - 4:00pm

418 Junction Ave, Livermore

Special holiday services available with advanced registration, call (925) 449-1664 or (925) 449-5845

#### Interfaith Sharing Food Pantry

Thursdays & Saturdays / 8:00am - 9:00am

678 Enos Way, Livermore  
(St. Bartholomew's Episcopal Church)

Senior Meals also available  
**(925) 500-8241**

#### DRIVE-THRU MEAL SERVICE Open Heart Kitchen

911 Loyola Way, Livermore (around the corner from the Robert Livermore Community Center)

MONDAY - FRIDAY | 1:00pm - 3:00pm



**Save the date for the next Market January 18 12pm-3pm.**

**Note:** The December Market is cancelled for December, LPC will not be receiving food to distribute. We hope you share this resource with anyone who needs it this month!

# Student Clubs: Our Home Away From Home



Psychology Club Vice President

## Elham Mausumi

How has your club membership served as your home away from home?

"Being a part of the psychology club has allowed me to meet a whole group of people who not only share similar interests, but also have the same experience of being a student during the Covid-19 pandemic. Our club gives students like me a platform where we can discuss important topics, and also gives us space to have fun and light-hearted conversations. We all support one another through tough times, and I truly feel like I've found a second family at LPC."

## Club Fair January 25-26

**Don't miss out on the fun activities planned!**

Are you interested in making new friends and learning more on topics you are passionate about? Visit Welcome Weeks and meet various clubs at LPC! Clubs will be tabling on campus in person, during week 2 January 25-26. This is a great chance to meet club advisors and officers. Get in contact with them and learn about the resources they have for you. Invest in you by attending Welcome Weeks!



# CAMPUS RESOURCES + TIPS



## Links:

- **2GenFund Scholarship** :Scholarship created to fund a child's enrollment at the Las Positas College Early Childhood Center of deserving LPC students.
- **Apply for Federal Workstudy**
- **Behavioral Health Workshop Series**
- **Free Mental Health Counseling**
- **Chill and Chats:**
  - - Dreamers Chill & Chat - 2nd and 4th Monday of the Month 4-5pm
  - - AAPI Chill & Chat - Tuesdays at 3pm
  - - Chill & Chat for Student Body - Tuesdays at 5-6pm
  - - Afghan Chill & Chat - Tuesdays at 6pm
  - - Middle College Chill & Chat - Wednesdays at 3pm
  - - LGBTQ Chill & Chat - Thursdays at 3pm
- **Covid PCR Testing** - everyday from 8:30 AM - 4:30 PM
- **Free Mental Health Counseling**
- **Free Microsoft Office 365**
- **Free New York Times Subscription**
- **Free Therapy Walk-in Sessions** -Fridays 9-11am at Health and Wellness Center
- **Grammarly** Premium
- **Honors Transfer Program**
- **Library Resources**
- **On Campus Meditation and prayer room**
- **RAW Center:** Reading and Writing, tutoring and paper drop off service
- **SmartShops:** cover academics, transfer, and career topics.
- **Technology Loan Request:**
- **The Market:** Pick up free food
- **Tutorial Center:** Free Drop In Tutoring Online or In-Person

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