Hello Husky,

First, it is our continued hope that you, your family, your loved ones, and your friends all are safe, healthy, and well. As the numbers of COVID-19 cases steeply increases, nationally, and globally, we worry about the members of our community, and how they are coping as well with the many restrictions in place to help battle the infection.

As we see, every community is susceptible to the reach of COVID-19 and we are all in this together to ensure we are keeping safe. You are in our thoughts as we know we very greatly respect your resiliency and your adherence to measures that keep us all safe.

In this most isolating of times, know that you are not alone – ELAC Health Services and the ELAC community is with you, so please take advantage of the mental health and health services provided. We have provided many webinars on support services and will continue to do so on a monthly basis highlighting financial aid, basic needs, mental health, health services, counseling, and our specialized programs. Our next Zoom Webinar will be focus on Mental Health and other support services. Join us on November 12, November 17, and December 11!

Some of our programs will be providing updates and we will be taking questions though the Zoom Chat. Zoom link can be found at: https://linktr.ee/elacshc

Also, the 75th Anniversary Committee will be hosting a “For Rosa” on November 18th from 12:00 – 1:30 pm and a Spirit Rally

Hope we see you there!

We have a few more days until the big ELECTION. No matter the outcome, there will continue to be serious difficulties ahead as we continue to deal with COVID-19 and its repercussions. Whatever our political differences we may have, take this common action in the spirit of common good – VOTE!

Did you know you can vote at ELAC?

COME TO ELAC TO CAST YOUR BALLOT! MAKE YOUR VOICE HEARD!
Spotlight on the TRANSFER CENTER!

The Transfer Center is here to help you with your UC and CSU applications this Fall!

Visit the Transfer Center website to make an appointment with one of the Transfer Center Counselors, attend a Live Zoom UC/CSU application walkthrough session, and meet with a Transfer Mentor for a 30-minute application appointment.

APPLICATION TIPS

1. Get a head start on personal statement and UC Personal Insight Questions – Visit the UC website and look over the questions and start thinking about what you are going to write about.
2. Meet with counselor at LEAST once a semester to update your educational plan.
3. Keep your GPA up and go to virtual office hours.
4. Visit university websites and attend a virtual tour to get a sense of the campus. Look at the department sites to find out what is expected once you transfer over.

Transfer Center Fun Facts

UC Transfer Facts

• (2019) ELAC transferred 284 students to the UC system
• Ranked in top 20’s for transfer to the UC system
• 75% admit rate to the UC system
• UC Irvine is our #1 feeder UC campus

CSU Transfer Facts

• (2019) ELAC transferred 1291 students to the CSU system
• Ranked #3 in the state for transfers to the CSU system
• 87% admit rate to the CSU system
• CSULA is our #1 feeder CSU campus

Transfer Center Facts

• Supply all transfer services using various modalities
• Continue to provide individualized transfer support
• Tailored programming based on student interests
• 1-on-1 transfer application support
Coming Soon

Nov 18th: “For Rosa” Film showing on Women who had forced sterilization ~ 12 1:30 pm

Nov 20th: 75th Spirit Rally & Food Giveaway ~ 12 2 pm

Dec 3rd: President’s Town Hall ~ 12:30 1:30 pm

Dec 5th Univision Health Fair & Food Giveaway ~ 9 2 pm

Student Events and Highlights

Happy Birthday, ELAC!

History and Progress over the Years
The end of World War II found the Greater East Los Angeles area the center of a rapidly growing population creating immense educational need. To meet the education needs of the young women and men of East Los Angeles, the Board of Education of the Los Angeles City Schools (now LAUSD) officially established the East Los Angeles Junior College on June 7, 1945. After City Junior College, East Los Angeles College was the second Junior College opened in the Greater Los Angeles area.

Fast Facts

117
Students enrolled on Opening day.

50,000+
Students enrolled in a typical semester today!

#1
Ranked highest in California for awarding degrees and certificates to Latino students
SPONSORED VOTE CENTERS

**WHERE:**

**STAPLES Center**
1111 S Figueroa St.
Los Angeles, CA 90015

Enter at the Figueroa Street Entrance on the corner of Figueroa St. and 12th St. General parking is available at Gilbert Lindsey Plaza off of 12th St. and Figueroa St.

**WHEN:**
- Oct. 24 – Nov. 2: 10am - 7pm
- Nov. 3: 7am - 8pm

**WHERE:**

**Salesian High School**
960 S Soto St.
Los Angeles, CA 90023

Parking will be available on-site.

**WHEN:**
- Oct. 30 – Nov. 2: 10am – 7pm
- Nov. 3: 7am – 8pm

**WHERE:**

**Crenshaw High School**
5010 11th Ave.
Los Angeles, CA 90043

Parking will be available on-site.

**WHEN:**
- Oct. 30 – Nov. 2: 10am – 7pm
- Nov. 3: 7am – 8pm

Be Safe, Wear a Mask

Social distancing and public health guidelines will be enforced. Multilingual translation and accessible voting for voters with disabilities will be available. Voters who have missed the voter registration deadline can use conditional voter registration, or same day registration, at any vote center. Masks are required.

Metro is offering free rides on all Metro operated buses and trains on Election Day, Tuesday, Nov. 3. Metro will also provide Vote by Mail Drop Off Boxes at 19 Rail and Bus Stations.
Upcoming Events

NOVEMBER

- Thurs Nov 5, 11am-12pm - Mental Wellness During Difficult Times - Dr. Beliz, LA County Dept of Mental Health
- Mon Nov 9, 12:30-1:30pm - Self-Care & Mental Wellness in Times of COVID - Vanessa Venegas, Via Care
- Thurs Nov. 12, 2:00-3:00pm - Depression, Stress & Anxiety - Vanessa Venegas, Via Care
- Tue November 17, 12:30-1:30pm - Suicide Prevention! Know the Signs - Vanessa Venegas, Via Care
- Tues Nov. 24, 12:00-1:00pm - Depression, Stress & Anxiety - Vanessa Venegas, Via Care

DECEMBER

- Tues Dec 8, 3:00-4:00pm - Self-Care & Mental Wellness in Times of COVID - Vanessa Venegas, Via Care
- Wed Dec. 9, 1:00-2:00pm - Depression, Stress & Anxiety - Vanessa Venegas, Via Care
- Thurs Dec 10, 12:30-1:30pm - Suicide Prevention! Know the Signs - Vanessa Venegas, Via Care
- Fri Dec 11, 11:00am-12:00pm - Self-Care & Mental Wellness in Times of COVID - Vanessa Venegas, Via Care
- Fri. Dec 11, 3:00-4:00pm - Suicide Prevention! Know the Signs - Vanessa Venegas, Via Care

Upcoming Workshops

Register at  https://linktr.ee/elacshc

- Yoga: Tuesdays at 6pm & Saturdays at 9am
- Men's Support Group: Mondays at 6m
- Road to Recovery Support Group: Tuesdays at 6pm
- Women's Support Group: Wednesdays at 6pm
- LGBTQ+ Support Group: Thursdays at 6pm

Financial Aid Workshops- Zoom link https://laccd.zoom.us/j/93721218250

- Tues, November 3rd 12:00 – 1:00pm- FAFSA Workshop
- Thurs, November 5th 12:00- 1:00pm - Dream Act Workshop
- Tues, November 10th 5:00- 6:00pm - FAFSA Workshop
- Fri, November 13th 12:00- 1:00 pm- FAFSA Workshop
- Mon, November 16th 12:00- 1:00 pm- Chafee Workshop
- Thurs, November 19th 5:00- 6:00 pm- FAFSA Workshop
- Mon, November 29th 5:00- 6:00 pm- Dream Act Workshop
- Wed, November 26th 11:00- 2:00pm- CASH4COLLEGE
Student Support and Services

Click onto the Student Services webpage and you will find the links to all our services.

CARES ACT Application

We understand the tremendous impact that the Covid-19 has had on you this year and the struggles you are facing in your academic endeavors and everyday life. We want you to know that we support you and are here to help. The Higher Education Emergency Relief Fund authorized by the Coronavirus Aid, Relief, and Economic Security Act (CARES Act), was signed into law on March 27, 2020 and funds were distributed to institutions of higher education to address the disruptions caused by COVID-19. Some of these funds were distributed in May and June of this past year for eligible students.

The college has another round of CARES Act Funds that will be awarded to students with a focus on technology, food and other emergency assistance, dependent on need and eligibility as outlined below. Priority will be given to students enrolled full-time (12 units+) for the Fall 2020 Semester. Awards will be based on a first come, first serve basis. In order to qualify, you must:

- Meet the California College Promise Grant eligibility requirement
- Have completed the FAFSA Application, Dream Act or the California College Promise Grant Application.
- Not have an overpayment from any federal grant (ie. Pell Grant) or be in default on any federal student loan
- Be enrolled for Fall 2020 full-time (12 units or more) with at least six (6) of those units being taken at ELAC
- Be able to provide supporting documentation of need upon request, such as pink slip, unpaid utility bills, eviction notice, etc.
- Not have received CARES Act funding from any other educational institution.

Please click on the following link to submit a CARES Act Emergency Assistance Grant Application:

https://elac.scholarships.ngwebsolutions.com/scholarx_scholarshipsearch.aspx

The deadline to apply is: November 15, 2020

For any questions or problems (student log-in, application process, etc.) please send an e-mail with your complete name, e-mail address, Student ID#, along with your question to: CARES_scholarship@ELAC.Edu

Student Health Services

While the ELAC campus and the Student Health Center are closed due to the pandemic, our community partner, Via Care Community Health Center, is providing telehealth medical and mental health appointments to ELAC students. Via Care is the organization providing on-campus medical and mental health services since Fall 2019. For a medical or mental health telehealth appointment, call 323-268-9191, Monday – Friday, 8am – 5pm; after hours, on-call doctor available. Mention that you are from ELAC. Health fee required.

If you have general questions, just want to reach out, or need help connecting to resources for food, shelter, LGBTQ+, survivors of domestic violence, sexual assault, etc., Live Chat is available on the ELAC Student Health Center webpage. This is to reach non-medical, non-mental health ELAC staff. Live Chat: Monday – Friday, 8:00am – 4:30pm. To reach medical or mental health staff or to make an appointment, please call 323-268-9191. Keep up to date on events and resources on our social media: IG: @elacstudenthealth; FB: ELAC Student Health; T: @ElacHealth

Community Resources

- **Dignity Virtual Care Anywhere**: Enter code COVID19 for a free 24/7 virtual visit if you are experiencing COVID-19 symptoms of a low-grade fever (100.4 or above), cough, or shortness of breath.

- **LA County of Mental Health**: Hotline open 24/7 with information, resources and services to address issues of stress, mental health concerns and enhance well-being.

- **CalFresh (formerly food stamps)**: known federally as the Supplemental Nutrition Assistance Program or
SNAP, provides monthly food benefits to individuals and families with low-income and provides economic benefits to communities. The amount of benefits a household receives is dependent on household size countable income, and monthly expenses, such as housing and utilities. The program issues monthly benefits on an Electronic Benefit Transfer (EBT) card. Food may be purchased at any grocery store or farmers market that accepts EBT cards. 

https://www.getcalfresh.org/ Contact Cinthia Onoa, conoa@lafoodbank.org or (323) 234-3030 x169 for assistance.

LA Food Bank Pantry Locator: Pantry distribution dates and times are subject to change. Please call the pantry to verify that this information is current. Most pantries serve according to geographical service area. Food pantry clients should bring photo identification with them to the pantry. The identification should show client’s current residential address. However, all clients will be served the first time regardless of completion of application and service area. 

https://www.lafoodbank.org/find-food/pantry-locator/

Safer at Home | City of Los Angeles: LA County Department of Mental Health Hotlines For help 24 hours a day/ 7 days a week, please call (800) 854-7771. For everyone in the community, DMH is here for you as a resource and a partner. Services include mental health screenings, crisis counseling, and referrals to service providers. 

https://www.lacity.org/safer-home-resources

Employment Assistance
Have you lost your job during the COVID-19 pandemic? The State of California is here to help! Onwardca.org is a one-stop resource for people whose jobs have been impacted.

Housing Assistance
End Homelessness California/Shower of Hope, in partnership with ELAC, is offering interim housing for LACCD students experiencing homelessness.

Requirements:

- Between the ages of 18-26
- This initial pilot program focuses on male students
- Enrolled in 9 units or more continuously during their participation in the program
- Minimum GPA requirement of 2.0 must be maintained
- 16 hours of work per week required

$250 monthly rental requirement with first month free**

Apply for Financial Aid (FAFSA)
** EHC will not remove students for failure to pay but will require 6 volunteer hours per week and academic progress and effort to search for employment will be considered and prioritized

Space is limited

Contact Cecilia Cruz- cruzc3@laccd.edu for more information

*If you do not meet the eligibility requirements below, we still encourage you to apply and/or to email Cecilia cruzc3@elac.edu for referrals to other resources & programs.

Laptop lending

Are you part of a special program and need a laptop? EOPS and DSPS have set up a lending program! Please reach out to these programs to borrow a laptop today!

Scams and Fraud Alert

Phishing emails have spiked by over 600% since the end of February as cyber-criminals look to capitalize on the fear and uncertainty generated by the Covid-19 Pandemic. The most common subject line to get your attention and act to click relates to password expiration data breaches and job opportunities. According to the top 10 global phishing email subject lines, examining email subject lines from simulated phishing tests, the most clicked was ‘Official Data Breach Notification’ followed by common tactics such as fake delivery notes and workplace issues, including password expiry advisories, account updates and information claiming to be from HR or IT. The latest cell phone scam/fraud that keeps popping up is that you are eligible to get a refund or iPhone. If something sounds too good to be true, most times it isn’t. So, please proceed with caution and read what latest scams noted in the Federal Communications Commission (FCC) https://www.fcc.gov/covid-scams https://www.consumer.ftc.gov/features/scam-alerts

Financial Aid

The 2021-2022 FAFSA/Dream Act Applications are available. The applications are on-going and it’s not too late to apply! The funds are available for the current academic year from Fall 2020 through Summer 2021.

Attend one of our Workshops for more details!
Application Deadline: November 15th, 2020 @ 11:59 P.M.

Criteria
• The student must have completed 24 or more degree-applicable semester units at the time of the initial scholarship disbursement.
• The student must be enrolled part-time (6 units or more) at ELAC during all terms in which the award remains active.
• The student must have received a California College Promise Grant (CCPG).
• Minimum 3.0 GPA
• Several scholarships require that a student have a specific major

Awards will be distributed as follows.
• Full-time (12 or more units per term) = up to $600 per semester (or $1,200 cumulative)
• Three-quarter-time (9-11.99 units per term) = up to $450 per semester (or $900 cumulative)
• Half-time (6-8.99 units per term) = up to $300 per semester (or $600 cumulative)

East Los Angeles College Foundation is a 501(c) (3) non-profit organization. Tax ID# 33-0034221

STUDENT SUPPORTS
We know students are looking for extra support during this trying time. We have compiled a list of mental health and other support services available to students and we’ll continue to share them on a daily basis.

With new COVID-19 measures, it is now easier than ever for eligible California community college students to sign up and receive FREE money every month from CalFresh to help buy groceries. The average eligible student receives $150 each month and it only takes a couple of minutes to apply. Call 1-877-847-3663 (FOOD) or click here to fill out an application.

To apply please visit: www.elacfoundation.com/apply-for-scholarships
If students have Medi-Cal and are in need of mental health services, they can call the number on their health plan membership card, or call their local county mental health line. For help finding what services are covered, call the Medi-Cal Managed Care and Mental Health Office of the Ombudsman at 888-452-8609 Monday through Friday from 8:00 a.m. – 5:00 p.m.

If you are concerned about a family in need of food or assistance, or you need resources yourself, call 211, contact your local non-profit Family Resource Center, or apply for public benefits, which may include health care, cash aid, and food and nutrition assistance, through your county’s Social Services or Health and Human Services department.

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges Health & Wellness website. Specific COVID-19 resources are available on the home page.

Wellness Central is a free online health and wellness resource that is available 24/7 in your space at your pace.

Each Mind Matters offers resources, tools and activation kits for mental health.

The California Youth Crisis line runs 24 hours a day, seven days a week: 800-843-5200. The National Suicide Prevention Lifeline provides confidential assistance to anyone in crisis and their loved ones through a live chat and free 24-hour hotline at 800-273-8255. You can also text COURAGE to the Crisis Text Line at 788741.

Our LGBTQ students can also contact the Trevor Project by calling 1-866-488-7386 or text START to 678678 for 24/7 information. The Lesbian, Gay, Bisexual and Transgender National Hotline is available from 1:00-9:00 p.m. at 1-800-273-8255. Or call or text the Victims of Crime Resource Center at 1-800-842-8467. The ELAC OneZone is a great resource for LGBTQ+ students. Contact Lynn Wood, woodcl@laccd.edu or visit www.elac.edu/student-services/one-zone
The East Los Angeles College Child Development Center opened its doors in 1978, offering quality, affordable childcare when the Board of Trustees acknowledged that low-income single mothers in our community needed support. The Child Development Center is a California Department of Social Services licensed childcare facility for children ages 2-5 years, including kindergarten. The Child Development Center offers a developmentally appropriate program while supporting families and guiding and mentoring practicum students, work-study, and volunteers. Faculty and staff plan and implement curriculum for children that is intentional and appropriate for the age group, while incorporating children’s interests.

Covid-19 has changed the field of early childhood education. The pandemic has impacted how we connect, engage, and work with young children. For years we encouraged limited screen time for young children on cell phones, tablets, and computers. We now find ourselves in the midst of a distance-learning platform for young children.

As our faculty and staff adapt to the changing times, the Child Development Center remains open to our community and continues working with families to create a learning environment for children at home. Children and families are actively participating in yoga, music and movement, science experiments, math, story time, art exploration, and developing school readiness skills using everyday materials found at home.

The Child Development Center has always held the philosophy that opportunities to explore, learn through play, ask questions in order to reach conclusions, and positively resolve conflicts in a safe and nurturing environment should always be available to children. We believe that supporting families helps promote consistency and stability to young children, especially in times of stress or uncertainty. COVID-19 has further increased the need to support families and to include more hands-on interactions when working with children, including the use of technology, providing resources for food insecurities mental health services.

The Child Development Center continues to work with practicum students. Aside from the learning and individual experiences that practicum students receive while working with children and families via a distance learning platform, early childhood education students are learning how to think outside of the box and implement unique and new teaching strategies. Students are learning how to be flexible, the benefits of technology, and how to ask for help in order to create a supportive team. These skills are vital in any workplace.

The staff at the Child Development Center misses the day-to-day joy and excitement that takes place with children and families. We miss the accomplishments children achieve when they learn new concepts. We miss mentoring students. We miss our young scholars.

The Child Development Center is closely following the recommendations set by the Department of Public Health with regards to a future reopening. Social distancing procedures will be implemented. Although we expect in-person learning to be uniquely challenging, the Child Development Center will strive to continue to provide a quality education for every student. For more information on enrolling a child 2-5 years of age, transitional kindergarten (TK) or kindergarten, please email us at CDC@elac.edu.

Marcia Cagigas, Director, and Jaqueline Zavala, Vice Director
East Los Angeles College Child Development Center
Optimism-HOPE LIVES!

It’s important to stay informed, but it’s also important to know when you need a pause from stressful news. Take a break to watch a movie, read, or joke with friends. Practice building resiliency for the stressful news that’s arriving with increasing frequency. Be aware of how it makes you feel and how much media to take in.

Husky Pride lives on…