



**SEPTEMBER 25-OCTOBER 1, 2023**

## Mindfulness Monday

**Monday, September 25 at 12 p.m.**

Online ([Zoom](#))

Please join Student Health Education on Zoom for [Mindfulness Mondays](#) every Monday at 12pm. Mindfulness is our ability to pay attention to the present moment, with curiosity & without judgement. We will practice different Mindfulness techniques every Monday. Follow [@LAVC\\_StudentHealth](#) on Instagram & Facebook for updates.

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## ASU Mid-Autumn Festival

**Wednesday, September 27, from 6 -8 p.m.**

Student Union Plaza ([view map](#))

Join ASU for the Mid-Autumn Festival. Bring your family and enjoy an evening of appreciating the moon. We'll be making lanterns, painting pots, and eating moon cakes. LAVC students, pay your \$10 ASO fee in the Business Office or through your SIS Portal for free food.

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## Basic Needs Center Weekly Food Distribution

**Thursday, September 28 at 11:30 a.m.**

Outside Mosaic Village Unity Center - CC 127 ([view map](#))

The LAVC Basic Needs Center's Monarchs Market Weekly Food Distribution is open every Thursday from 11:30 am until food runs out. Any student is eligible to receive a wide variety of fresh produce and non-perishables.

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## Opportunities in STEM Cell Research

**Thursday, September 28 from 12-1 p.m.**

*MESA Scholars Center - LARC 229*

LAVC Math Engineering, Science Achievement (MESA) invites you to [STEM Cell Research Opportunities](#). Come listen to speakers discuss STEM Cell Research Opportunities through the CIRM and N-Compass Programs at UCLA and CSUN.

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## Department of Rehabilitation Q&A

**Thursday, September 28 from 1-2 p.m.**

*Mosaic Village: Unity Center - CC 127 ([view map](#))*

The Department of Rehabilitation (DOR) is visiting LAVC! Students will have an opportunity to learn about the services and eligibility requirements to join DOR. Come to this Q&A session, and find out if you're eligible to be a DOR student! Contact Natalie

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## ASU Hangout Night

**Thursday, September 28 from 5 -7 p.m.**

*Monarch Hall – Campus Center, 1<sup>st</sup> Floor ([view map](#))*

Join ASU for a night of dancing. Students are invited for an evening of dancing and fun with your Student Leaders. Bring your friends. LAVC students, pay your \$10 ASO fee in the Business Office or through your SIS Portal for FREE BOBA.

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## Women's Soccer vs Antelope Valley College

**Friday, September 29 at 2 p.m.**

*Monarch Stadium ([view map](#))*

Women's Soccer will host Antelope Valley College in a Western State Conference home game on Friday, September 29, at 2:00 p.m.. For more information please, visit [LAVC Athletics](#).

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## “Put Me Out to Pasture”, a visual art exhibition

**Ends October 27**

LAVC Art Gallery - Art Building ([view map](#))

In "Put Me Out to Pasture," artist Dakota Noot re-creates food and other animals in fantastical cutout installations. The work mirrors the aesthetics of coloring books and theater backdrops. Noot draws references to local beaches through sea life, distant farms in a barnyard, or cowboy imagery. For more information, visit the [LAVC Art Gallery](#).

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## Need Help? Visit the LAVC Welcome Center

The [LAVC Welcome Center](#) is here to help you find what you're looking for at Valley College! Get answers to your general questions, and get registration assistance on Monday-Thursday, 8 a.m.-7 p.m. & Friday, 8 a.m.-1 p.m. (except on holidays).

- **In-person assistance** - Welcome Center, 1st Floor of the Student Services Center (SSC) ([View campus map](#))
  - **Chat live** - [Welcome Center Virtual Lobby \(craniumcafe.com\)](#)
  - **Phone** - [\(818\) 938-8418](#) (press 1 for Welcome Center)
  - **Email** - [LAVCStudentSupport@laccd.edu](mailto:LAVCStudentSupport@laccd.edu)
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## Get Ahead this Fall—Enroll Now in 2<sup>nd</sup> 8-Week Classes

Open seats are available in Fall 2<sup>nd</sup> 8 week classes that begin on October 23. Secure your spot today by enrolling online using your [mycollege.laccd.edu Student Portal](https://mycollege.laccd.edu). If you need help registering, contact the [LAVC Welcome Center](#).

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## Tips for Not Getting a Parking Ticket

The campus will resume issuing parking citations on Monday, September 24, 2023. If you don't want to get a parking ticket, please make sure that your vehicle is not parked illegally, parked in staff parking spaces without a faculty/staff parking permit displayed, or using EV chargers without paying the daily EV charging rate (the receipt must be displayed on the vehicle dashboard). If you have any questions, please contact Administrative Services at (818) 947-2336.

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## ASU Membership

Unlock all the perks of being a LAVC student! Would you like access to Associated Student Union Member-only scholarships, join or charter a club, win prizes, free food at events and more? Just pay your \$10 ASU semester membership fee. You can pay it in the Business Office or through your SIS Portal. For info on more benefits visits the [ASU webpage](#).

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## Wellness Wednesdays: Self-Guided Meditations on Green Spaces

Student Health Education invites you to Wellness Wednesdays, most Wednesday at 12pm. We will visit different green spaces on campus for self-guided meditations. We will provide all you will need to relax and enjoy being in the moment. Follow us on Instagram & Facebook for location updates, @LAVC\_StudentHealth.

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## Openings Available for Children at LAVC Child Development Center

The Child Development Center has openings available for families with a need for care. The openings are for children ages 2-4 from 7:45am-3:00pm and school age children for after school care. Please contact the Child Development Center at [cdc@lavc.edu](mailto:cdc@lavc.edu) or call 818-947-2931 for more information and to request an application.

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## Upcoming Events

### ASU Dreamers Mural painting Day

*Monday, October 2 from 12-2 p.m. in the Student Union Plaza*

Join ASU, the Dream Resource Center and the Rising Monarch Club in our Mural Painting Day to advocate for our undocumented students at LAVC! LAVC students, pay your \$10 ASO fee in the Business Office or through your SIS Portal for free food.

### ASU Monarch Day

*Tuesday, October 3 from 1-3 p.m. in the North Mall*

Join ASU for Sports Day!! Participate in different sports, indulge in free food and have loads of fun! LAVC students, pay your \$10 ASO fee in the Business Office or through your SIS Portal for free food.

## ASU Noche de Fiesta

*Thursday, October 5 from 4 -7 p.m. in the Student Union Plaza*

Join us as we celebrate Latinx Heritage culture, food and participate in fun activities. LAVC students, pay your \$10 ASO fee in the Business Office or through your SIS Portal for free food.

## In-Person Monarch Registration Day

*Saturday, October 18 from 10 a.m.-2 p.m. in the Student Services Plaza*

Get in-person assistance from Counseling, Financial Aid, Admissions, and much more at our In-Person Monarch Registration Day!! You can see a counselor, get one-on-one registration assistance, win prizes and more! Details on the [LAVC Monarch Registration Day page](#).

## ASU Halloween Carnival

*Tuesday, October 31 from 12-3 p.m. in the Student Union Plaza*

Join ASU, for their Annual Halloween Carnival! Enjoy an afternoon of fun, games, mazes and more! LAVC students, pay your \$10 ASO fee in the Business Office or through your SIS Portal for free food.

To find other upcoming events, check the [LAVC Calendar of Events](#).

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*LACCD encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact the event organizer listed in the link above as soon as possible, but no later than ten (10) business days prior to the event.*

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