Important Dates in January 2016

EOPS Stress Relief Workshop

**When:** Every Thursday, starting January 28, 2016

**Time:** 3:00pm-3:30pm

**Location:** Rancho Cucamonga Main Campus MACC-208

Come and learn productive ways to relieve stress. By recognizing key stress factors and utilizing relaxation techniques, we can greatly improve our energy levels and positive outlook.

Are you ready to re-charge your mind and body to perform at your best?

Open to all EOPS students

Call (909) 652-6349 to register

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Ontario One-Stop TAY Center

316 East E St, Ontario CA 91764 (909)983-4466

*Ever find yourself in need of help when daily life challenges arise?*

The Ontario TAY centers Drop-In services and Full Service Partnership provides services for San Bernardino county residents between the ages of 16-25.

Services include:

- Counseling  
- Computer Access  
- Support Groups  
- Laundry Machines  
- Warm Meals  
- Mentoring  
- Shower facilities  
- Case Management  

Visit their website for more information

mhsinc.org

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The Chaffey College Student Dental Clinic will be open in spring on the following dates from 10am-2pm: Walk-ins welcome!

- Thursday 1/14/16  
- Friday 1/15/16  
- Thursday 1/21/16  
- Friday 1/22/16  
- Thursday 1/28/16  
- Friday 1/29/16  
- Thursday 2/4/16  
- Friday 2/5/16

Please have students who want to make appointments or if you have any questions contact us at: dentalclinic@chaffey.edu. We do NOT have a phone number.

- The clinic has a access fee of $10 per visit (not service)
- All Services are provided by students from WUSD dental students and Chaffey College RDA students supervised by licensed professionals.
- Students need to be registered for 1 class during the semester that services are rendered.
- We are doing exams, fillings, root canals, and simple extractions.
- We Can refer ALL persons to free dental tooth cleanings in the area.
- Although we state-of-the-art materials in our facility, we do not do any cosmetic procedures.

This semester – Western University School of Dentistry will be screening for their Board Exams. If you qualify: all your dentistry is done for free, travel will be provided, and a small stipend will be paid for being willing to participate. More information will be released the first week of classes. ALL PERSONS ARE ELIGIBLE FOR THIS OPPORTUNITY!
This holiday season, in the spirit of giving and good cheer Chaffey College student Lizbeth Lomeli brought smiles to many through her kindness. Lizbeth used her talents of sewing and design to make pajamas for a hundred children in her community. Lizbeth started out sewing and designing as a hobby. Combined with her kind heart and exceptional craft, she was able to bring joy to many. In the near future, Lizbeth plans to transfer to CSULB to pursue a degree in Fashion Design. Lizbeth is a great example of being a positive role model for all of us.

“What inspired me to start my pajama giving project was the fact that I had sewn my own pajamas since I was twelve years old. Since then, I started to feel like I was a pajama sewing expert. Two years ago for Christmas I started sewing pajamas for my family. This year I wanted to step up my pajama game and I challenged myself to mass produce 100 pieces of pajamas. When accomplished, I would head out to my local community to give to the children.”

“A lot of work, time and dedication were put into this project. I started off by calculating the amount of fabric required (and yes it was a lot of fabric). My family supported me and contributed by helping with the purchase of the fabrics and some of the supplies. It took about 5 days to fully complete all 100 pajamas. I Drafted out the patterns in different sizes, cut out all the fabrics and finally constructed the pajamas. The moment I started sewing I did not get up from my chair. It felt like I was running a garment manufacturing production line at my home. I was enjoying every step of it.”

“When I thought about giving, I thought I needed to have a lot of money or things. This experience taught me that giving to others can be the simplest thing but can have great effects. As long as you act thoughtfully and from the heart, that is all that matters. Overall at the end, it was a joyous experience. Being able to put a smile on a child as they received my pajamas was just simply AWESOME.”