

# COUNSELING CONNECTIONS



MISSION COLLEGE Counseling/Matriculation

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## Hepatitis B Vaccination a Must for Asians/Pacific Islanders

By Rosalyn Chan, RN, Coordinator, Health Services

Hepatitis B testing and vaccinations are available in the Student Health Services. Asians and Pacific Islanders (APIs) have the highest rate of Hepatitis B of all ethnic groups. Hepatitis B rates for API population range up to 15%, compared to 0.3% among the general U.S. population. API individuals make up more than half of the 1.2 – 1.5 million known hepatitis B carriers (this infection may lead to liver cancer) in the U.S. The largest ethnic

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## Mission Graphic Arts Student Wins National Award Competition

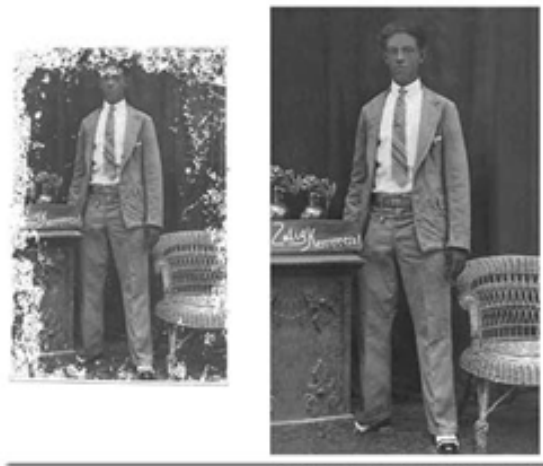


Photo Retouching GURU: Teresa Sarabia Backer

By Jim DeLongchamp, Division Chair

Teresa Sarabia Backer, a Mission College student in the Graphic Arts department, has won first place in a photo restoration contest sponsored by the National Association of Photoshop Professionals. Teresa used Adobe Photoshop to completely restore an old, badly damaged photograph. She won the Photoshop World Guru Award for Excellence in the Photo Restoration category. She competed directly with many industry professionals.

Teresa's award winning photo restoration can be viewed on the Association's website: <http://www.photoshopworld.com/guru/winners.html>.

In addition to winning the award, Teresa also won a membership into the National Association of Photoshop Professionals and three days of advanced Photoshop training in the Photoshop World Expo held in San Francisco in February. Congratulations Teresa!!

# Hepatitis B

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group at Mission College is API students – they can truly benefit by knowing the risks of Hepatitis B and how to prevent infection.

## **How is Hepatitis B transmitted?**

While Hepatitis B can be transmitted by blood transfusions, sharing needles, and unprotected sex, most API individuals become infected as infants (e.g. during the birthing process) or through close contact with bodily fluids of an infected person in the household.

## **What Should You Do?**

— Get tested – Student Health Services offers the blood test (student price: \$25) to check if the individual has already been infected.

— Get vaccinated – if the blood test is negative, the individual should get the Hepatitis B vaccine (special student price: \$35/per injection – series of 3 over 6 months). The Hepatitis B vaccine has been named the “Anti-Liver Cancer Vaccine.”

— Join the “Jade Ribbon” Campaign – by wearing the jade ribbon which was selected as an emblem because jade is considered by Asians to be the essence of heaven and earth. Folded like the Chinese character meaning “person”, the Jade Ribbon is also symbolic of the spirit of the campaign in bringing people together to help each other by spreading the message of Hepatitis B and liver cancer prevention. Jade ribbons (and volunteer speakers) are available from the Student Health Services.

For clinical service appointments, students are encouraged to come to Student Health Services, room W1 – 303 or call 408 – 855 – 5140.



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# FINANCIAL AID UPDATE

By Janet Stevenson



## **The early bird gets the worm!**

Now is the time to apply for Financial Aid for the 2004-2005 academic year. Those students who submitted the “2004-2005 Free Applications for Federal Student Aid” to the processor by March 2, 2004 will receive “priority” in the processing cycle for federal and state grants. However, students may continue to apply throughout the 2004-2005 academic year but will be processed after the “priority” group. The “2004-05 Mission College Scholarship Application” deadline date was March 11, 2004; recipients will be announced at the Scholarship Awards Night on Thursday, May 13, 2004. If you missed this year’s deadlines, remember that you need to get your applications in early.

## **Better late than never!**

We are still accepting applications for this, the 2003-2004 academic year, for BOG Fee Waivers and federal financial aid. Students are encouraged to drop by the Financial Aid Office (E1-401) for information.

The Financial Aid Web Site has been updated. To view this site, go online to [www.missioncollege.org](http://www.missioncollege.org) click on “Student Services” – click on “Financial Aid”. Look for information and links to different financial aid information, applications and forms. The site is updated as new information becomes available.

## **Federal Stafford Loans**

Mission College will again begin distributing Federal Stafford Loan applications from March 2nd through April 16th, 2004 for the continuing 2003-2004 academic school year. Students will not be able to apply for a student loan until they have received an award letter. If you haven’t received a letter, check with the Financial Aid Office for requirements.

Students who have received their first loan check for the Fall 2003 semester will receive their second loan check sometime after mid-March 2004. Student ID numbers will be listed in the Financial Aid Office window when their checks have been received by our office. As soon as you see your number posted, come to our office with picture ID to pick up your check(s).

## Desktop Publishing— Useful in Any Career

*By Jim DeLongchamp, Dept. Chair*

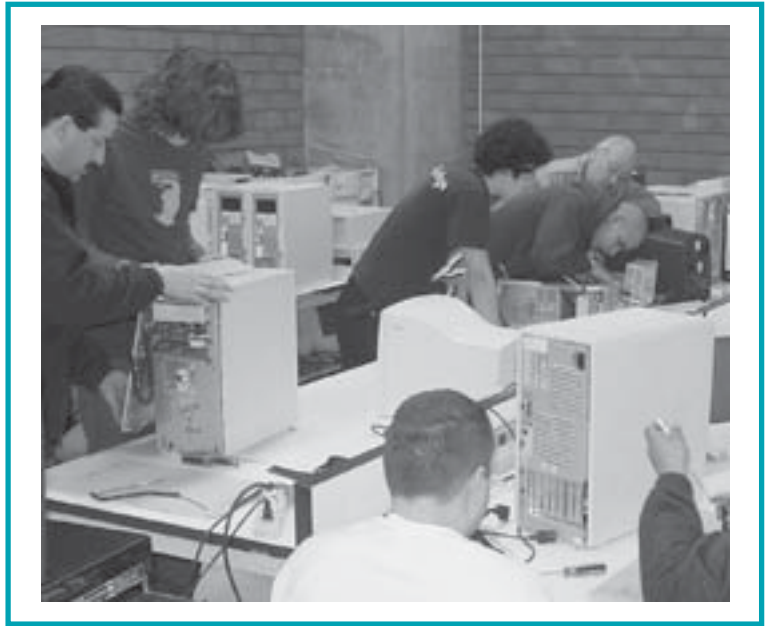
Are you looking for an exciting career, do you want to change careers, or do you want to upgrade your computer graphics skills? The desktop publishing classes in the Graphic Arts Department may be right for you.

As one of the original vocational departments in the college, the Graphic Arts Department has been placing graduates in local industry for over 25 years. Both PC and Apple computers are available in the 25-station graphic arts lab in S1-502. The term Graphic Arts may give the impression that it is an industry of artists, but there are a great many jobs available to students in the industry that require little or no artistic talents.

It is one of the largest industries in the Bay area and was recently listed as one of the top 10 fastest growing occupations in the U.S. by the U.S. Department of Labor. As our economy recovers, the demand for printed material is on the rise and graphic arts technicians are the people who will be needed to produce them.

Students create business cards and letterheads as well as books, brochures, newspapers, and magazines. Software such as Photoshop, Illustrator, InDesign, and QuarkXPress make up the bulk of instruction. Both beginning and advanced level classes are offered. The department offers both Certificate and Associate of Science degrees that are fully transferable to 4-year colleges.

*For information about the Graphic Arts department, contact Jim DeLongchamp at (408) 855-5291 or stop by the S1-502 Graphics Lab.*



## Computer Repair Program Helps Save \$3,000,000

*By Cliff Monroe*

StRUT is an acronym for ***Students Recycling Used Technology***, a program at Mission College run by Rendee Doré and Cliff Monroe. Part of a statewide initiative, the program receives donated computers and other technology, refurbishes them and then delivers them to partner schools in the area. But this is not just about recycling tons of equipment that otherwise might have gone into landfill. StRUT introduces technology, business, science and ecology education into K-16 schools through the StRUT Technology Education System. The computer recycling program relies on a timely donation system that provides computers to schools before they reach their end-of-life date. The Silicon Valley StRUT Alliance has 16 school partners and 375 students in its program. It has donated over 4,100 computers to date making a \$3,278,400 savings to regional school districts, including Mission College. The program has been in existence since 1998.

The Mission College equivalent to Students Recycling Used Technology in the high schools is our CET 67 course. Computer Diagnostics, Repair and Upgrade is an introductory course on the diagnostics, repair, and upgrade of IBM PC/clones. No previous experience with computers is required. The course includes hardware configuration, software diagnosis, maintenance procedures, memory upgrade, floppy and hard disk installation and setup, troubleshooting and much more. The StRUT program supplies a variety of PC platforms to learn on and experiment with. Students will get a first hand experience at starting a small business at computer maintenance and repair. This course is excellent for the person who owns his/her own computer and wants to understand how to maintain and use it. This course is a pre-A+ certification course that articulates with the CET 90A Computer Service Technician (A+) Hardware course.

## WACAC- The College Fair of a Lifetime

WACAC, Western Association of College Admissions Counselors, will hold their Annual recruitment event at Mission College this year on May 6. It is their 6th time at Mission. If you have never attended, this should be the time. We will have approximately 160 college representatives here to answer your questions and help you decide what college or university you should pick as your transfer school. Don't miss this opportunity!

**Save the Date:**

**College Fair, May 6, 2004**



## Attend Your Mission College Orientation Online!

- 1) Go to the Mission College Web Site: <http://www.missioncollege.org>
- 2) Click on "Student Services"
- 3) Then click on... "Online Orientation"

**Check It Out Today!**

## Reminder: New Communications Requirement for AA/AS Degrees

*By Rob Dewis, Communications Instructor*

If you are a new student to Mission College as of Fall 2003 or later, this applies to you. It also applies to returning students who didn't take a class in the 2002-2003 school year unless you had already taken English 108A. The current Oral Communication requirement for receiving an AA at Mission College can be fulfilled by successful completion (grade C or better) of COMM 001 (Public Speaking). The Oral Communication requirement for receiving an AS degree can be fulfilled by successful completion of COMM 001, COMM 004 (Small Group Communication), or COMM 015 (Career Communication).

## Blood and Bone Marrow Registry Drive

*April 29, 12 noon to 6 p.m., Center Space, Main Building  
Sign-up at the Student Health Center*

*By Rosalyn Chan, RN, Coordinator, Health Services*

### Why Should You Donate Blood?

Patients need your gift of life! Currently, there is a very serious blood shortage in our community.

It is a great way to learn your blood type. When you donate, your blood is typed for free. You get a mini-physical. Each donor has their blood pressure, pulse, hematocrit (anemia screening) and temperature checked. The entire donation process will take approximately 60 minutes.

It's a big morale booster. This is one of the few things you can do to directly save another person's life.

One donation goes a long way. Your single donation may be separated into several blood products to help treat up to 4 different patients. — Red Cells: anemia, kidney dialysis, surgery; Plasma: burn victims, shock, liver disease; Platelets: leukemia, cancer, surgery; Cryoprecipitate: hemophilia

### Why Should You Participate in the Bone Marrow Registry Program?

Currently, there is an urgent need for donors of different ethnic backgrounds, including African-American, Asian/Pacific Islander, Hispanic/Latino, American Indian/Alaska Native. All in all, what does this mean? If you belong to the ethnic groups mentioned, it is extremely important that you get tested. 3000 people search the registry every day in search for the life-saving donor. You could be the person they're looking for!

### How Do You Sign Up?

Contact Student Health Services by coming to room W1 – 303 or calling 408 – 855 – 5141. You may also arrange for an appointment on-line by logging onto [www.beadonor.com](http://www.beadonor.com).