Dear Students,

We hope you are enjoying your classes and having a wonderful semester so far. The International Student Program (ISP) welcomed a record 44 new students from 20 countries including:
8 each from China and Korea,
7 from Japan,
2 each from Brazil, Germany, India and Taiwan, and
1 from Austria, Colombia, Egypt, Hong Kong, Hungary, Indonesia, Ireland, Nigeria, Pakistan, Serbia, Sweden, Thailand and Vietnam.

Our new students attended a successful 3 day New International Student Orientation from August 3 - 6. Students were warmly greeted by Vice President of Student Services Pam Luster, and Interim District Executive Director of Public Relations and Governmental Affairs, Laura Weaver. Please visit our website at http://www.laspositascollege.edu/international and click on the “Photo Gallery” tab as we have some photos from our New International Student Orientation.

We are honored that you’ve chosen to study at Las Positas College. We hope that you find the information contained in this newsletter enjoyable and helpful. As always, the ISP welcomes your feedback, questions, and story ideas.
With influenza (flu) season just around the corner, now is the time to prepare by getting immunized. Each year, 10 to 20% of Americans get ill. Influenza is caused by a virus and is much more serious than the common cold. Symptoms can include high fever, body aches, headache and extreme fatigue. The Student Health Center in Building #1700 will have the Flu Vaccine available starting on September 28, 2009. This flu shot for students is free! Flu shots can be 70%-90% effective in healthy adults. Annual vaccination against influenza is recommended for any adult who wants to reduce the risk of becoming ill with influenza or of transmitting it to others. Contrary to a popular myth, you can not get Influenza from the Influenza injectable vaccine. This is a limited supply of the vaccine, so if you’re interested, go to the Student Health Center right away. The Drop In schedule is as follows:

Thursday, October 8 - 11:00 am - 2:00 pm *students only  
Monday, October 12 - 11:00 am - 2:00 pm  
Thursday, October 15 - 3:00 pm - 6:00 pm  
Monday, October 19 - 3:00 pm - 6:00 pm  
Thursday, October 22 - 11:00 am - 2:00 pm

H1N1 (Swine Flu) Pandemic

A pandemic is a global outbreak of a disease that spreads easily from person to person and is affecting people around the world. On June 11, 2009, the World Health Organization (WHO) declared a global pandemic of novel influenza A (H1N1). Novel H1N1 influenza A is a respiratory virus that first caused illness in Mexico and the United States in the Spring 2009. The virus was declared a pandemic because of its rapid spread around the globe, not because of its severity. The first wave of H1N1 was very mild, comparable to a seasonal flu. However, this flu virus affects young adults and school children in greater numbers than expected. Researchers believe the new H1N1 flu virus spreads mainly from person to person through coughing or sneezing, just as the annual flu virus. People can also become infected by touching something such as a doorknob or desktop that has flu viruses on it and then touching their eyes, nose, or mouth. The seasonal flu vaccine will not protect against novel H1N1 influenza. A vaccine for the H1N1 is expected to be available later this month, but will not be distributed in the Student Health Center. For more information about the H1N1 virus, please visit the U.S. Centers for Disease Control and Prevention (CDC) website at http://www.cdc.gov/ or visit the Student Health Center website at http://www.laspositascollege.edu/healthcenter/news.php.
How to Prevent the Spread of the New Flu

Simple steps can help prevent the spread of the new flu virus and other germs that make people sick such as:

- Cover your mouth and nose with a tissue when you cough or sneeze and then put the tissue in a waste basket.
- If you don’t have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands with soap and warm water after coughing or sneezing for a least 20 seconds, or about the time it takes to sing the “Happy Birthday” song 2 times.
- Wash your hands often.
- If soap and water are not available, use a alcohol-based hand sanitizer.
- Keep your hands away from your eyes, nose, and mouth.
- Eat a healthy diet, get plenty of rest, and exercise regularly.

If you are Sick with the Flu

- Know the signs of symptoms of the flu. These may include fever or chills and cough or sore throat. In addition, symptoms of the flu can include runny nose, body aches, headache, tiredness, diarrhea or vomiting.
- Stay at home for at least 24 hours after there is no longer a fever (38 degrees Celsius or 100 degrees Fahrenheit) and get rest. Staying away from others while sick can prevent others from getting sick too.
- Contact your instructors to let them know why you will be absent from class.
- Drink plenty of clear liquids such as water, broth, sports drinks to keep from becoming dehydrated.
- Take over the counter pain relievers to reduce fever and ease body aches.
- Contact the Las Positas College Health Center or your Health Care provider if you are having difficulty breathing or are getting worse.

Got 12 Units?

All F-1 Students are required to have at least 12 units each semester to maintain their legal non-immigrant status in the United States. If you are missing some units this semester, the last chance to be enrolled full-time is to register for a Fast Track - 2nd Session course. These classes meet from October 19 through December 11. See page 120 of the Fall Class Schedule for a listing of these classes.

Important Note. The Deadline to Withdraw is approaching. Please be advised that International students may NOT drop a class with a “W” unless you are still enrolled and attending 12 units. The U.S. Immigration Service does not recognize “W”’s as part of your required 12 units to maintain full-time status. Before dropping a class, please come to the ISP Office to avoid falling out of status.
Fleet Week - October 8 - 13

The U.S. Navy’s Blue Angels highlight this annual spectacular event in San Francisco. An estimated 1 million spectators watch the show each year. The best viewing spots are at Fisherman’s Wharf, the Embarcadero, Ghirardelli Square, and Treasure Island.

Highlights include:
Friday, October 9
Blue Angels air show from 3:00 pm - 4:00 pm, weather permitting

Saturday, October 10
The Parade of Naval Ships from 11:30 am to 12:30 pm
Blue Angels air show from 3:00 pm - 4:00 pm, weather permitting

Sunday, October 11
Italian Heritage Day Parade, San Francisco’s oldest civic event from 12:30 pm - 3 pm. The parade travels from Fisherman’s Wharf to North Beach, the Italian section of San Francisco.
Concert Series at Pier 39 with live music from 1:00 pm to 6:00 pm
Blue Angels air show from 3:00 pm - 4:00 pm, weather permitting

Monday, October 12 and Tuesday October 13
Concert Series at Pier 39 with live music from 11:00 am to 4:00 pm.


Columbus Day - October 12

This day honors Christopher Columbus who is credited with discovering the Americas in 1492. Italian-Americans celebrate this day as a cultural pride day. This day is also known as “Indigenous People’s Day” in some cities like Berkeley and “Native American Day” in the State of South Dakota to recognize that there were already Native Americans living in the Americas at the time of Columbus’ “discovery” and that this encounter was eventually devastating to them and their civilizations. Many places are named after Columbus including the capital city of the State of Ohio, the District of Columbia, the western Canadian province of British Columbia, and even the country of Colombia in South America. This is a federal holiday in the United States and it is generally observed by banks, the U.S. Postal Service and other federal agencies. It is not a state holiday however and most business and schools, including Las Positas College will remain open.
Transfer Day - Monday, October 12, 2009, 10:00 am - 1:00 pm

Meet with university representatives from a variety of schools and learn about your transfer opportunities from 10:00 am to 1:00 pm in the lower Quad Area. Learn about admission, majors, housing and costs. Be sure to ask about the guaranteed admissions process. Some of the approximately 40 colleges attending the transfer fair include:

- CSU East Bay
- San Francisco State University
- Sacramento State University
- San Jose State University
- UC Berkeley
- UC Davis
- UC Merced
- Holy Names University
- Golden Gate University
- University of Hawai‘i at Manoa
- University of the Pacific
- University of San Francisco.

For a complete list of schools or for more information, please visit http://www.laspositascollege.edu/news/transferday2009.php or visit the Transfer Center in Building # 900. Show your school spirit and wear a shirt from any college of your choice on this day.

Major Faire - Wednesday, October 14, 11:30 am - 1:30 pm

Students are invited to meet faculty from Las Positas College and local universities such as CSU East Bay, the University of San Francisco and Mills College and community leaders at the 11th Annual Major Faire on Wednesday, October 14, 2009 from 11:30 am to 1:30 pm outside buildings 500, 600, 700, 800 and along the walkway towards the Library. This event is designed to allow students to explore a variety of career and college major options.

For more information, please contact counselor and faire coordinator Andrea Alvarado at 925.424.1427 or Nancy Wright at 925.424.1473.
Halloween— Saturday, October 31

Originally a Pagan festival of the Celts in Ireland and the United Kingdom, the tradition of Halloween was taken to the United States by Irish and Scottish immigrants in the 1800s. Christians celebrate November 1st as All Saint’s Day, and therefore, the night before, “All Hallows Eve” later shortened to Halloween, was believed to be the time of year that spirits make contact with the physical works, and a time when magic was most potent.

On Halloween, people carve pumpkins into “jack o’ lanterns”, dress up in funny or scary costumes, have bonfires, watch horror movies, visit haunted houses and at night, children decorated in costumes walk to their neighbor’s doors and say “trick or treat” and receive candy.

G & M Farms Cornfield Maze & Pumpkin Patch

Located at 487 East Airway Boulevard across the freeway in Livermore, this 6 acre cornfield maze and pumpkin patch was has been shown twice on the David Letterman television show and has been voted the “Best Seasonal Attraction in the East Bay” by Diablo Magazine. Open October 3 - October 31. Tickets are $8 for adults. $1 Discount coupons are available in the ISP Office. There is also a pumpkin patch, fresh produce, and farm animals and a Cow train for children. You can find details at http://www.gmfarms.com.

World Cultures Alliance Club Meetings

The World Cultures Alliance (WCA), the Student Club that celebrates the diversity of our campus with cultural and social activities meets every other Monday from 2:30 pm to 3:00 pm in the Club Room (the back room of the Cafeteria) in Building #1700. The meetings this month are on:
- Monday, October 12
- Monday, October 26

Come to the meetings to give suggestions on and vote on club activities and the spending of club funds.
2011 Diversity Immigrant Visa Program

The annual program, commonly known as the “green card lottery” provides 50,000 permanent resident visas available to persons from countries with low rates of immigration to the United States. This application is free and applicants are chosen by a computer-generated random lottery drawing. Entries for the Diversity Visa Lottery (DV-2011) must be submitted electronically between Friday, October 2, 2009 and Monday, November 30, 2009. For DV-2011, natives of the following countries are not eligible because they sent a total of more than 50,000 immigrants to the U.S. in the previous 5 years: Brazil, Canada, China (mainland-born), Colombia, Dominican Republic, Ecuador, El Salvador, Guatemala, Haiti, India, Jamaica, Mexico, Pakistan, Philippines, Peru, Poland, South Korea, United Kingdom (except Northern Ireland) and its dependent territories and Vietnam. Persons born in Hong Kong, SAR, Macau SAR, and Taiwan are eligible.

Applicants must have either a high school education or its equivalent or 2 years work experience within the past 5 years in an occupation requiring at least 2 years of training or experience to perform.

No countries have been removed or added from the previous year’s list of eligible countries.

Apply at http://www.dvlottery.state.gov during the registration period. Come to the ISP Office if you have any questions on this program or about how to apply.

Important Note
No fee is charged for the electronic lottery entry in the annual Diversity Visa (DV) program. Any intermediaries or others who offer assistance to prepare DV entries do so without the authority or consent of the U.S. Government. Beware of these scams as they charge fees but do not help your chance of obtaining a DV.

Major League Baseball Playoffs

Although Baseball season may be over for the local teams, you can still cheer for Sean and Nancy Wright’s favorite team, the Boston Red Sox as they try to win their 3rd World Series Championship this decade.
October Birthdays

Tsz Tung (Janet) Lee – October 6
Dewi Putri - October 10
Loada Sarcia - October 10
Ya Jie Liu - October 13
Khine Mo (Kristine) Oo- October 15
Rafael Janania - October 18
Gleicinara Fonseca - October 26
Mi Ok Lee - October 28

Maligayang Kaarawan (Tagalog for Happy Birthday)

Birthday Tradition in the Philippines
A mixture of East and West, birthday cakes are baked in various sizes and shapes. The celebration includes noodles representing long life, balloon decorations and piñatas. Filipino families display blinking colored lights to show that someone is having a birthday at their home. Earlier in the day, the family may go to Church to thank God for their birth.

Calling All Potential Graduates

The deadline to apply for Graduation is October 30. If you believe that you are ready to graduate, please schedule an appointment with Gilberto Victoria in the Counseling Office, Building # 700 to complete a “Petition for Graduation” Form. It is also very important to notify the ISP Office of your plans. Students planning on transferring to a university must notify ISP to insure your SEVIS record is transferred in a timely manner.

Post Completion Optional Practical Training (OPT)

If you are going to graduate this semester, and are interested in working up to 1 year full-time in a field related to your major, now is the time to apply. All F-1 students are eligible for OPT as a benefit of their F-1 status. To apply, you may complete and submit the application to the U.S. Citizenship and Immigration Services (USCIS) during the 90 day period prior to or during the 60 days following the date you complete all program requirements. It is currently taking the USCIS approximately 3 months to adjudicate these applications so now is a good time to apply. Please come to the ISP Office for more information.
Over the summer, we had Amanda Nelson, one of the students here at Las Positas College in our Visual Communications program design our front door to the ISP Office in Building #1500, Room #1502. She beautifully created a wrap with “welcome” in 30 different languages including Arabic, Chinese, Gaelic, German, Greek, Hawaiian, Hindi, Indonesian, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Swahili, and Vietnamese, with the colors of the flags where the language is spoken. We are absolutely thrilled to have it to represent our program and welcome students and visitors to our office and campus. It still brings us a smile each time we come into the office! If you haven’t done so already, please stop by and see it or to just say hi (and teach us how to say it!)

The Real “Rain Man” visits Las Positas College - October 19

Kim Peek, the one-of-a-kind “megasavant,” who was the inspiration for the Academy Award winning motion picture, Rain Man in 1988, is even more fascinating and gifted than his on-screen counterpart Raymond Babbitt. As one of the world’s most prolific savants, Kim possesses a near perfect memory. According to his father, Kim remembers more than 98% of everything he has read, seen or heard including hundreds of books, encyclopedias, phone books, maps and songs. He can even tell you the day of the week for any date within moments. Kim and his father, Fran return to Las Positas College to share Kim’s amazing talents and his inspirational story. Presented by the LPC Department of Psychology and the Psi Beta National Honor Society in Psychology.

Monday, October 19, 2009
Room #2420
7:00 pm - 9:00 pm
$5.00
For more information, contact Instructor Ernie Jones at ejones@laspositascollege.edu.
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