



**Fullerton College**  
Excellence. Elevated.



SPRING 09

**EOPS Staff**

**Administration**

- Bob Miranda  
*Dean of Student Support Services & Director of EOPS*
- Cecilia Alvarado  
*EOPS and Care Manager*
- Andre Strong  
*EOPS Program Coordinator*

**Counselors**

- Maria Castro
- Bianca Carrillo
- Sabrina Jenkins
- Joe S. Reyes Jr.
- Sylvia Pimentel
- Ginny Sanchez
- Susan Vincent
- Joanna Campos
- Scott Lee
- Field Nguyen
- Aimee Tran Mucciari
- Chan Ton

**Specialists**

- Claudia Mojica Stone
- Teresita Guillen-Soto
- Sabrina Jenkins
- JP Gonzalez
- Lizzete Garcia
- Dolores Cornejo
- Josue Abarca

**Support Staff**

- Antionesse Cotton
- Christi Hartt
- Latrivet Henderson
- Nick Rasmussen

**Hourly Staff**

- Cynthia Barron Magaña
- Latrivet Henderson
- Deborah Menjivar
- Perla Reyes
- Anna Velez

# EOPS TURNS 40

by Cecilia Alvarado

The history of EOPS began during the Civil rights movement of the 1960's. Lack of access to higher education for students affected by language, social and economic barriers were the civil rights issues that helped form EOPS. Community activist and students pressured the California State Legislature to provide higher education access to underserved students. In 1968, several pilot student services programs were established. After the first year, the programs were evaluated and results submitted to the CA legislature. Because of the positive evaluation, in 1969 Senate Bill 164 (aka EOPS) , encouraged the state's community college to develop programs and services to meet the unique educational needs of students handicapped by language, social, and economic disadvantage, thus EOPS was born. Wow, this means that EOPS turns 40 this year.

EOPS officially opened up its doors in 1969 however; it took years before it became fiscally safe. Currently, Fullerton College EOPS is one of the biggest and strongest programs in the state. EOPS is always looking to see how it can best service the students. The goal of every EOPS program is to assist eligible students reach their academic goal. "Eligible" is the key word for EOPS. All EOPS students have the potential to succeed but have many barriers to overcome. When students meet their academic goals, EOPS does also. Nevertheless, to maintain such a large student services program, funding is key and EOPS has been very fortunate to be fiscally secure so far.

However, you cannot help but worry because in the news, Governor Schwarzenegger's speech, President Obama's speech and in conversations you cannot

help but hear two words "budget crisis." These are the times when you must inform yourself on what you can do to make a difference. EOPS is celebrating 40 years of existence by hosting a great Student Leadership Conference. The conference will take place on Friday, April 24th at UCI. Fourteen surrounding colleges will also be sending EOPS students to participate. Fullerton College EOPS is currently in the process of selecting students to sponsor. You must be an active EOPS student that is in good standing with the college and EOPS to apply. Some of the agenda items that will be covered at the conference are:

- \* Student Empowerment through Leadership & Activism
- \* Student Movement
- \* Political Issues regarding Higher Education
- \* Forming Student Organization
- \* Higher Education
- \* Key note Speakers, etc...

This conference is a wonderful opportunity for students to learn how they can make a difference in their college and community. Twelve students will be chosen to attend the UCI conference from Fullerton College.

Students will learn about how they can make a difference in California's higher education. The bottom line is this: in the 60's it took many community members and students to create a program like EOPS and now with our budget crisis, your community college system can use the support. Inform yourself and speak up so that educational programs like EOPS can also turn 40. Our community college programs should not become a casualty of the budget crisis. Motivate yourself to make a difference in history.

# Student Services = Team Work



By Dolores Cornejo

The Student Services Division at Fullerton College offers facilities and support services to students throughout the campus. The college provides comprehensive services; resources and educational experiences that help all members of our learning community become the best prepared citizens and workers of the world. EOPS/CARE is one of the many departments that dedicates many hours serving students and in order to ensure that our students receive the best service available. The number one way EOPS makes this possible is by collaborating with many Student Services Departments. These departments include; Admissions & Records, Campus Safety, Counseling Department, Cadena Cultural Center/Transfer Center, CalWORKs, Financial Aid, Bookstore, Bursars Office, Library, Tutoring Center, Writing Center, Disabilities Support Services, and EOPS/CARE.

For starters, the CARE program is a supplemental program within EOPS that provides services for our single parents receiving Cash Aid services. The CARE Specialist, Lizzete Garcia, coordinates services to students such as; gas cards, meal cards, parking permits or bus passes, and grants. Providing the aforementioned services entails working close with the District, Cafeteria, Campus Safety, and Financial Aid. CalWORKs office also works in partnership to provide CARE students with excellent service. Together the CARE and CalWORKs provide counseling services, fundraising for students events, and collaborate on event planning.

Another important partnership is with Admissions & Records which assists in providing EOPS/CARE students to receive priority registration every semester. It is important to maintain a close relationship so that there is smooth registrations period for EOPS/CARE students. This is extremely important for our students to be able to enroll in the classes they need in order to meet their educational goals. EOPS helps students reach their goals of graduating and/or transferring. The Counseling Department offers many counseling courses and some sections are reserved for students participating in EOPS/CARE program.

Transfer is an important goal for many EOPS students which is why there is a strong, close working relationship with the Cadena Cultural Center/ Transfer Center. Students interested in transferring to a four-year uni-

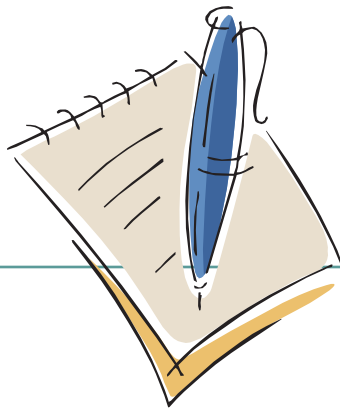
versity are encouraged by EOPS to visit and used the services at the Cadena Cultural Center/ Transfer Center. As an EOPS student, you know that workshops are important and are one of the requirements that should be completed as a continuing student in the program. The Cadena Cultural Center/Transfer Center offers workshops on transfer topics, university tours, diversity and cultural tours, and many workshops that explore diversity issues. EOPS encourages students to participate in these workshops not only because it is a program requirement, but these workshops are enriched with exciting information about transferring options and building bridges between cultures.

Our Fullerton College Library is where EOPS students spend most of their time which is why we work collaboratively. The Fullerton College Library organizes workshops that are geared towards EOPS students. Teresita Guillen-Soto is the Student Services Specialist that collaborates with the Cultural Center/Transfer Center, Library, Writing Center and EOPS Counselors to provide plenty of workshop opportunities for continuing students to complete during the fall and spring semesters. Another valuable resource available in the Library is tutoring services. Our Student Services Specialist, JP Gonzalez, teams up with the Writing Center and Tutoring Center to provide all the academic support EOPS students need to pass their challenging courses. Note that all new students **MUST** attend at least **THREE HOURS** of tutoring by the end of their first semester with EOPS.

EOPS and Disability Support Services work collaboratively to ensure that special needs students are accommodated. Student that participate in Disabilities Support Services (DSS) can receive credit for tutoring hours from lab hours completed with DSS, but must bring a letter verifying the lab hours. EOPS works closely with DSS to continue providing the appropriate accommodations. Students participating in the DSS program that have a unit limitation are required by EOPS to submit an official letter. This letter must come from DSS stating that they are a participant with a unit limitation. EOPS will honor that unit limit as full-time status and are allowed to be active in the program and receive services.

Collaborative efforts by all the departments discussed are extremely important, but of course as all students

(Cont'd on page 3)



# Note Taking

Fullerton College EOPS/CARE Student Handbook & Academic Planner

Learning to take notes effectively will help you to improve your study and work habits and will help you to remember important information. Often, students are deceived into thinking that because they understand everything that is said in class they will therefore remember it. This is dead wrong! Write it down.

Here are some hints on note taking.

- Don't write down everything that you read or hear. Be alert and attentive to the main points. Concentrate on the "meat" of the subject and forget the trimmings.
- Notes should consist of key words or very short sentences.
- Take accurate notes. You should usually use your own words, but try not to change the meaning. If you quote directly from an author, quote correctly.
- Think a minute about your material before you start taking notes. Don't take notes just to be taking notes! Take notes that will be of real value to you when you look over them at a later date.
- Have a uniform system of punctuation and abbreviation that will make sense to you. Use a skeleton outline and show importance by indenting. Leave lots of white space for later additions.
- Omit descriptions and full explanations. Keep your notes short and to the point.
- Don't worry about missing a point.
- Don't keep notes on oddly shaped pieces of paper. Keep notes in order and in one place.
- Shortly after making your notes, go back and rework (not redo) your notes by adding extra points and spelling out unclear items. Remember, we forget rapidly. Budget time for this vital step just as you do for the class itself.
- Review your notes regularly. This is the only way to achieve lasting memory.

(Cont'd from page 2)

## Student Services = Team Work

know; funding is a large role in keeping our students in school. EOPS and Financial Aid work collaboratively to ensure students FAFSA, BSA, and BOGG's are processed. The Financial Aid office is key to providing students with the financial resources to attend Fullerton College. The Financial Aid office assists in providing former foster youth students with Chafee Grant information, FAFSA workshops and presentations as well as accommodations to EOPS students transferring into the program. EOPS does have a Financial Aid Specialist, Claudia Mojica Stone. She can access the same Financial Aid information and with that she is able to award students their Book Service Award (BSA) cards and grants.

The BSA cards are essential in assisting our students in purchasing their textbooks. Claudia has a strong working relationship with the Bursars office and Campus Bookstore. Once Claudia receives the status of each student from their Student Services Special-

ist, she then works with these two departments to ensure EOPS students have the required text book cards. Please make sure that you are also checking the EOPS website for your BSA card status. Claudia sends out notifications regarding the BSA card via e-mail. If you do not receive these e-mails, you need to go online to <http://eops.fullcoll.edu> and click on EOPS Listserv and start receiving the e-mails from EOPS. Students pick up their BSA cards from the Bursars office and can only purchase text books from the Fullerton College Bookstore.

Student Services is a broad and diverse division of our campus. As one can see, EOPS/CARE is constantly and continuously working and collaborating with these various offices. This is all done in an effort to make sure that our Fullerton College, EOPS/CARE students enjoy a quality education with unbeatable student services.

# Can You Relate?

By JP Gonzalez

**If you heard that this person has received multiple awards for his work in and with the community... what would you think? Is this a good student? Would you think high achiever? Well...**

As a Fullerton College transfer student, a California State University, Fullerton graduate, and a current graduate student at the University of La Verne, he serves and volunteers with various nonprofit organizations such as Neighborhood Housing Services of Orange County (NHS OC), where he sits as treasurer on the board of directors. He also volunteers his time with NHS OC (La Habra Advisory Board) helping put together neighborhood revitalization projects in the city of La Habra. He also participates on the Fullerton Collaborative to help find resources for low-income students and parents, volunteers with PWIN OC (Progressive Women in Orange County) to support women candidates with progressive views running for elected office and finally, his passion for education has led him to participate with "Univision A Su Lado" (Channel 34), "California Cash for College" workshop organizer and "Save Me a Spot in College" presenter.

He works with first-generation, low-moderate income college students at both Advance! and Fullerton College. He is currently the Executive Director of Advance! (a nonprofit college advising center in the city of La Habra) which he became part of, since it's doors opened-up for the community in 2002, to assist students/parents with the college process. He has also been working for Fullerton College/EOPS (Extended Opportunity Programs & Services) on and off for the past few years as a Student Services Specialist, assisting students from under-represented and disadvantaged communities.

He has been awarded the 2005 "Good Neighbor Award" from NHS OC for outstanding commitment and service, the OC Latino 100 Award (2006-07), and the 2005 La Habra "Honorary Service Award" from the California State PTA in recognition for his outstanding service to children and youth. Recently in 2008, he went to Washington DC where he received a letter of recognition from the White House for his service as a volunteer and also received the Dorothy Richardson Resident Leadership Award which is a national recognition for his dedication in making La Habra a better place to live in and getting young future leaders involved in the community through volunteerism.

**Now again what would you think of this person?...**

Would you believe he barely transferred with a 2.2 from Fullerton College to CSUF?... Well he did. It took him nearly 10 years to complete his bachelor's degree, taking one class here and there and finally finishing at Fullerton College with the help of some very special people from EOPS and the Cadena Transfer Center. Something wonderful happened at Fullerton College. He found the help that always existed but he was previously unaware of. As a former EOPS student, he learned during his stay at Fullerton College that help is always there for students. It's just a matter of finding it and taking advantage of the resources. Thanks to this new found knowledge, he was able to complete his bachelors degree but not without having to go through one more obstacle.

Finding himself in a new place with a larger population and away from the comforts of Fullerton College, he went back to the old ways and found himself about to be academically disqualified from CSUF. What do you do when you're given an ultimatum? Do you give up or do you fight for it? He did the latter. The ultimatum was get two "A's" in the summer session or be dismissed from CSUF. Well when he knew what the outcome would be if he didn't then the will to succeed became greater. Those "A's" came out of that summer and a new student was born again. Nonetheless you know the outcome. He achieved that current goal of earning a bachelor's degree. Now the new goal, earning a masters in counseling, to help those same students that remind him of who he was and who he may of become if not for the help of the people in his life.

If you haven't put it together by now then I'll help you. That low-achiever, almost dismissed student was me, Juan Pablo "JP" González. I wanted to write this column to let people, especially our students know that there isn't only one right way to get to where you want to be. I've been a good student and a bad one; but what set me apart is what I did when confronting that barrier. Now, think about yourself...will you give up or will you fight to accomplish your goal. I know what I've done..."What are you willing to do to better your situation and those around you?"





# Scholarships... What happens to them?

Scholarships...“What happens to them?” is what Claudia and I wonder after we spend the time to print them out for our students. We were both glad to read the following...

In October of 2008, I came into the EOPS office looking for additional financial resources for college. As I was reading the different applications that were available in the lobby, I came across the 2008 Mexican American Dream Scholarship application. The scholarship is funded by a nonprofit organization named COFEM. When I read the requirements they were designated for CSU or UC Latino students whom are immigrants attending college full-time. As I am neither an immigrant nor attending a CSU or UC, I was not sure if I was going to be considered for this scholarship. The other requirements were letters of recommendation and an essay on challenges or obstacles that I have overcome. This gave me some hope and I proceeded with applying for the scholarship. Dolores Cornejo was so very kind to assist and write a letter of recommendation for me.

About two weeks after submitting all of the required documentation, I received a call from COFEM organization cordially inviting my family and I to attend a continental breakfast and luncheon on November 22, 2008 at Cal-State Dominguez Hills to receive the scholarship. I was very excited and proud to be apart of a memorable celebration. At this event, I met several Hispanic leaders of large corporations, which faced many challenges and have succeeded in attaining their higher education goals. This has been an accomplishment and an opportunity that I will never forget. This event has also given me inspiration and motivation to keep pursuing my higher education. In March of this year, I will be attending another ceremony, which will be more formal, to receive the rest of the scholarship.

Respectfully,

Eileen M. Anguiano

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***Congratulations!!!...Huong Nguyen for receiving the L.O. Culp Memorial Business Award from the Fullerton College Business/CIS division scholarship committee.***

*FC EOPS/CARE*

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## 28th Annual EOPS Student Recognition Ceremony

Every year EOPS recognizes students for their academic achievement and success. On May 14, 2009, we will host the 28th Annual EOPS Student Recognition Ceremony. Awards will be given to honor students who are graduating and/or transferring to a four-year institution. If you will be graduating and/or transferring after this semester and would like to be invited to the Annual Student Recognition Ceremony, go to the EOPS webpage at <http://eops.fullcoll.edu>, click on the Recognition Ceremony button, and fill out the on line form. If you have questions regarding this event, please contact Teresita Guillen-Soto in the EOPS office @ 714-992-7097.

# President & Dean's List

We, at EOPS, would like to congratulate the following students for their wonderful academic achievements!!!

## EOPS PRESIDENT'S LIST - FALL 2008

requires 12 or more degree applicable units in a semester with a 3.75 to 4.00 gpa

- |                     |                           |                     |
|---------------------|---------------------------|---------------------|
| Ardehalli, Seyed    | Hoang, Thienan V          | Ramsey, Diane M     |
| Ayo, Vicki          | Juarez, Diego             | Reyes, Eduardo J    |
| Cox, Maryann        | Le, Bich-Ngoc C           | Sinclair, Rebecca L |
| Dhaliwal, Mandeep K | Martinez Maruri, Georgina | Torres, Jose A      |
| Dong, Dung M        | Montero, Samuel G         | Tran, Andrew H      |
| Eisa, Nabeel Y      | Montoya, Raul             | Tran, Quoc          |
| Fernandez, Sandra   | Ngo, Khanh Hang N         | Tran, Tammy N       |
| Flores, Maria D     | Parra, Denise M           | Vega, Andres L      |
| Galvan, Veronica    | Petkova, Ivelina          | Villegas, Amber R   |
| Hoang, Huy Liem N   | Pham, Judy                | Zuniga, Jessica D   |

## DEAN'S LIST – FALL 2008

requires 12 or more degree applicable units in a semester with a 3.0 to 3.74 gpa

- |                               |                         |                        |
|-------------------------------|-------------------------|------------------------|
| Alnouri, Nariman              | Jalalipour, Mohammad    | Ramirez, Zuleima       |
| Alvarado, Jenny               | Jimenez, Alyssa S       | Rios, Genaro D         |
| Arroyo, Stephanie H           | Jovel, Jackelyn I       | Rodriguez, Viridiana   |
| Barrios, Erika M              | Kang, Richard J         | Rojas Perez, Oscar F   |
| Baylie, Kortney L             | Keevern, Christopher M  | Rose, Deborah          |
| Benites, Stephanie            | Knighten, Ghislaine L   | Rose, Vanessa          |
| Bermudez, Cris J              | Kuo, Weichen            | Saad, Karim            |
| Bermudez, Jessica             | LaPorte, Eugene Beau M  | Sabeghi, Nader         |
| Blanco, Crystal R             | Laghaee, Nikta          | Salazar, Merilou G     |
| Brown, Jennie M               | Le, Kim A               | Sanchez, Crystal P     |
| Camarillo, Rosario T          | Le, Chanh T             | Shirazi, Azar          |
| Castellanos Martinez, Maria J | Lo, Kyle A              | Shultz, Ashley J       |
| Castillo Arce, Efren          | Lopez, Magaly A         | Tadeo, Cynthia B       |
| Chen, Shuai- Chuan            | Lopez, Oscar E          | Talavera, Sherry M     |
| Clifford, Robin L             | Lu, Alisha              | Tehrani, Mahsa         |
| Corona, Nancy                 | Marsh, Byron A          | Torres, Ariana         |
| Danial, Rafek R               | Martinez, Julio C       | Tran, Quynh Chau T     |
| Dao, Vuong D                  | Martinez, Anthony J     | Truong, Ai-hanh T      |
| Dave, Vihar A                 | Martinez-Maruri, Monica | Unantenne, Nishantha K |
| Diaz, Llanely                 | Masse, Ailed            | Vielma, Chary          |
| Doan, Connie H                | Medina, Fabian E        | Villazana, Ian C       |
| Dorey, Anna                   | Mira, Danielle M        | Vo, Hieu T             |
| Escobar, Jose M               | Mohamed, Ahmed Y        | Vue, Mai L             |
| Flores, David V               | Morales, Angelica M     | Wang, Mingrui          |
| Galvan, Vanessa D             | Morales, Justin M       | Watson, Chadd E        |
| Garcia, Phuong T              | Narvaez, Maria V        | Williamson, Kimberly A |
| Girard, Pamela L              | Odonnell, Patrick D     | Woodard, Deonta T      |
| Gonzalez, Christian A         | Ong, Quang              | Zhang, Danni           |
| Guzman, Martha E              | Orozco, Rafael          |                        |
| Guzman, Monica Z              | Pelayo, Jorge A         |                        |
| Hashemi, Shajin               | Pham, Hieu C            |                        |
| Howard, Deanna M              | Phan, Leigh             |                        |
| Huertero, Perla               | Phelps, Brandy A        |                        |
| Hunt, Mia J                   | Rahmani, Soheil         |                        |
| Issa, Sam                     | Ramirez, Michelle       |                        |



# Corner

By Lizzete Garcia

Welcome to the CARE corner! I would like to give all of my new and continuing CARE students a warm welcome for their spring 2009 semester. I hope that all of you had a wonderful Christmas break. Please remember to take an active approach in your education and remain in contact with your CARE specialist and counselor! The CARE program will be hosting two main events this semester and we hope that you can participate. I would also like to give a big congratulations to my CARE students who transferred/completed their degree objective in the Fall 2008 semester. We are sad to see you leave but also happy to know

that you're taking your education to the next level. Have an awesome semester!

### Recap for FALL 2008!

Our Fall 2008 Region VIII CARE conference was a big success for all the students that attended. Students were left with a wealth of knowledge as well as inspiring stories about students who have overcome difficult life situations and/or on their way to becoming successful people in their communities. I would like to thank all the CARE students that attended the conference.



The Fall 2008 Adopt an Angel Holiday Event was a fun filled afternoon of music, crafts and children. We would like to give a special thanks to all of our donators and volunteers who assisted in making this event a great success! Here are some of the pictures of this year's event!



### **High School Teen Parent Outreach**

The event will take place in April of this year. During this event, local high school teen parent students will be visiting the campus in order to become familiar with Fullerton College. High School students will receive information on higher education, financial aid, college resources, and day care services for their children. I highly encourage our CARE students to participate and motivate the high school students by participating in the panel of guest speakers. If you are interested in participating in the panel of success please contact Lizzete Garcia at 714-732-5369.



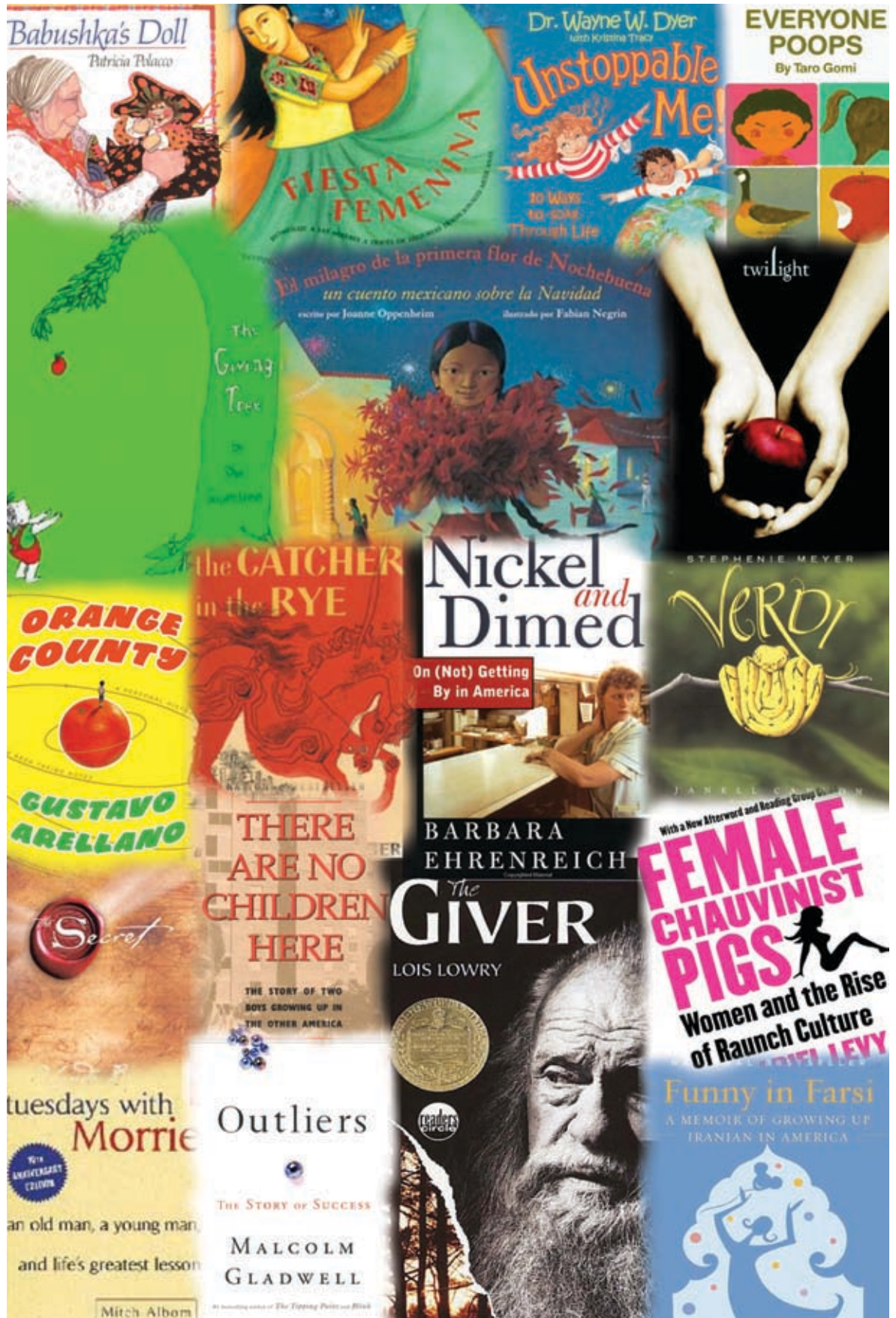
### **Single Parent Recognition Luncheon**

The EOPS/CARE and CalWORKs program will be hosting the Single Parent Recognition Luncheon in May. The luncheon will be held in order to honor all of our single parent students and their dedication towards their higher education. The Single Parent Luncheon is a fun filled event and it encourages students to network with each other. If you are interested in attending, please contact Lizzete to RSVP during the month of April. Space is limited!



SPRING 2009

# Recommended Readings



# What I Love About Working in EOPS?

By Antionesse Cotton

I absolutely love working in EOPS because of my co-workers. I started working in EOPS the day after returning from my honeymoon! During my first day working in EOPS, I was greeted with a party! Truly I couldn't even believe it myself! I had no idea that my welcome party would be the celebration of the friendships and memories that would follow.

There are so many special people that I work with. However, of all of them I will hold several memories close to heart. I will always remember the wonderful tour that Lizzete Garcia (EOPS Specialist) gave me. I will always remember the true friendship and mentorship provided to me by Sylvia Pimentel (EOPS Counseling Faculty). I will always remember the lessons of integrity demonstrated by Susan Vincent and Joe Reyes (EOPS Counseling Faculty). I will never forget the fabulous baby shower that was planned for me by Sonia Duran (Interim EOPS Manager-Cypress College).

The day I became a mother, I was truly concerned that I didn't know absolutely everything about parenting. Luckily, I learned that neither does anyone else! Still wanting to register for MOM 101, there are several co-workers that have made my transition to parenting so easy! Some of them include Teresita Guillen-Soto (EOPS Specialist), Cecilia Alvarado (EOPS Manager), Christi Hartt (EOPS Admin I) and Ginny Sanchez (EOPS Counseling Faculty). We have discussed diapers, feedings, and of course sleep deprivation!

There have been many days when I have been so engrossed in the EOPS Budget that I have often forgotten to eat! I will always be grateful to Nick Rasmussen for picking up lunch for me during those times! He and I both know that there is nothing like pizza!

Lastly, but definitely not least, I am grateful for the gallons of Starbucks coffee that have been bought for me by Andre Strong (EOPS Coordinator) and Josue Abarca (EOPS Specialist). I can honestly say that the secret to my daily smile is a cup of coffee!

I don't get to work with students as much as I'd like but I have to say that there is an EOPS student that makes my work day a great day! Her name is Maxine Stevenson. She is a phenomenal woman with so much passion, wisdom, and professional potential. When she visits the EOPS office, it makes my day.



*"I love working at EOPS because every single person who works there completes me. If I didn't have them I would be alone, I wouldn't have a family. When I have no motivation they motivate me, when I'm sad they make me happy, and when I'm feeling cold they make heavens my cape and they are pleased to cover me. EOPS truly cares and loves me and it doesn't get any better than that. =) CHEESE!!!"*

by Perla Reyes

*"I love working in EOPS because the office provides a pleasant environment and the people I work with are awesome. This March will be a year since I started working in EOPS, and I am so happy that I accepted to work here, because I have not only made great friends, but EOPS has also offered me the opportunity to be more active with school. I love working in EOPS because every day is a new adventure, a new experience and I love everybody!!!!"*

by Deborah Menjivar



*"I love working for EOPS because the more I aim to be an inspiration to the students, I find myself being inspired by them."*

by Christi Hartt

# Cooking Healthy, Easy and Affordable Meals

By Teresita Guillen-Soto

With food prices climbing, many of us are looking to cut our grocery bill. However, you do not have to cut out health and quality. You can buy healthy, inexpensive food to prepare easy meals.



## 10 Healthy Foods for \$1

### 1. Oats

One person can make breakfast for one week and receive the benefits of high fiber, complex carbohydrates and cholesterol lowering oats.

*Serving suggestion: Sprinkle with fruit and nuts for breakfast.*

### 2. Eggs

A half dozen of eggs cost about one dollar and are they are an inexpensive and excellent source of protein.

*Serving suggestion: Scrambled for breakfast, egg salad for lunch.*

### 3. Apples

Apples are a good source of vitamin C and they are a good source of pectin, which is a fiber that may help reduce cholesterol.

*Serving suggestion: Plain, applesauce, bake in apple bread.*

### 4. Nuts

Peanuts, walnuts and almonds are lower in cost when purchased in the shell. They contain high amounts of unsaturated and monounsaturated fats, which are good for you. Nuts are also a good source of essential fatty acids, vitamin E, and protein. To gain these nutritional benefits, you only need to eat a small amount because they are so nutrient-dense.

*Serving suggestion: Raw, roasted and salted, sprinkled in salads.*

### 5. Bananas

For one dollar, you can purchase a banana a day for the workweek. Bananas are high in fiber and potassium.

*Serving suggestion: By themselves, in smoothies, in cereal and in yogurt.*

### 6. Wild Rice

It does not cost much more than white rice and it is better for you. Wild rice is low in fat and high in protein and fiber. This nutty and robust flavored rice is a good source of potassium and B vitamins.

*Serving suggestion: Mix with nuts and vegetables for a cold salad or blend with brown rice for a side dish.*

### 7. Whole Grain Pasta

Whole grain pasta is a complex carbohydrate that is high in protein and B vitamins. Not to mention, it is one of the cheapest staples you can buy.

*Serving suggestion: Serve with you favorite sauce and a side salad.*

### 8. Low fat Milk

Low fat milk is under one dollar per serving. A single serving of other milk products like yogurt are also less than one dollar. The benefits for this small investment are high protein, vitamin A and D, potassium, niacin and an easy way to get calcium for strong bones.

*Serving suggestion: Use in hot chocolate, smoothies, and coffee.*

### 9. Pumpkin seeds

After you carve your Halloween pumpkin, save the seeds. They are an excellent source of magnesium, protein, and trace minerals.

*Serving suggestion: Salt and roast, eat plain, add to salads and soups.*

### 10. Coffee

Coffee contains beneficial antioxidants that protect from heart disease and cancer. It will not fill you up like the other foods on the list, but it can make you perkier. If you make your coffee at home, it will cost you less than one dollar per cup.

*Serving suggestion: Drink with milk for a calcium boost.*

You may find fast food or instant noodle soup for less than one dollar, but it is not such a great bargain knowing you are not getting much in nutrition and sustenance.

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Feed a Family of Four for Ten dollars

### Spanish Macaroni

Sautee several slices of Bacon with a small onion

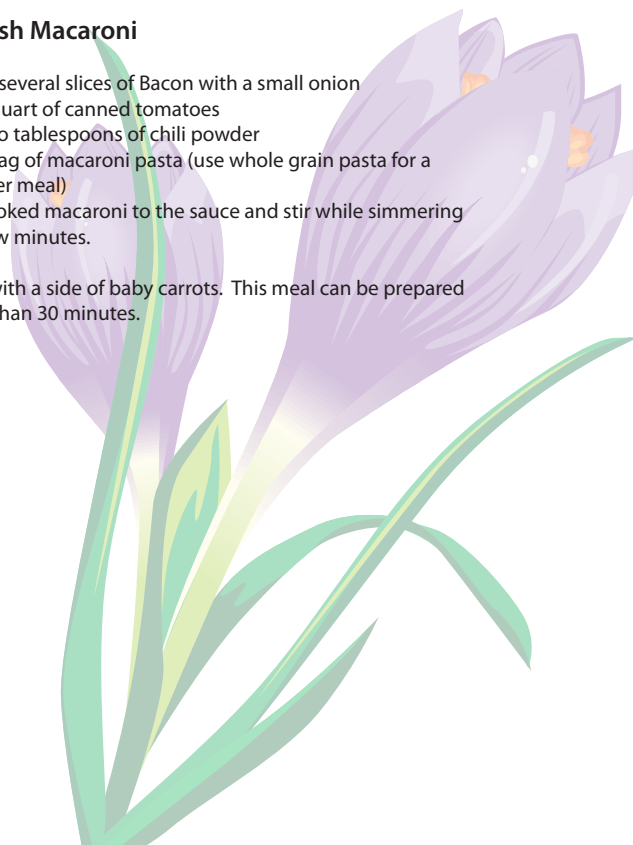
Add a quart of canned tomatoes

Add two tablespoons of chili powder

Boil a bag of macaroni pasta (use whole grain pasta for a healthier meal)

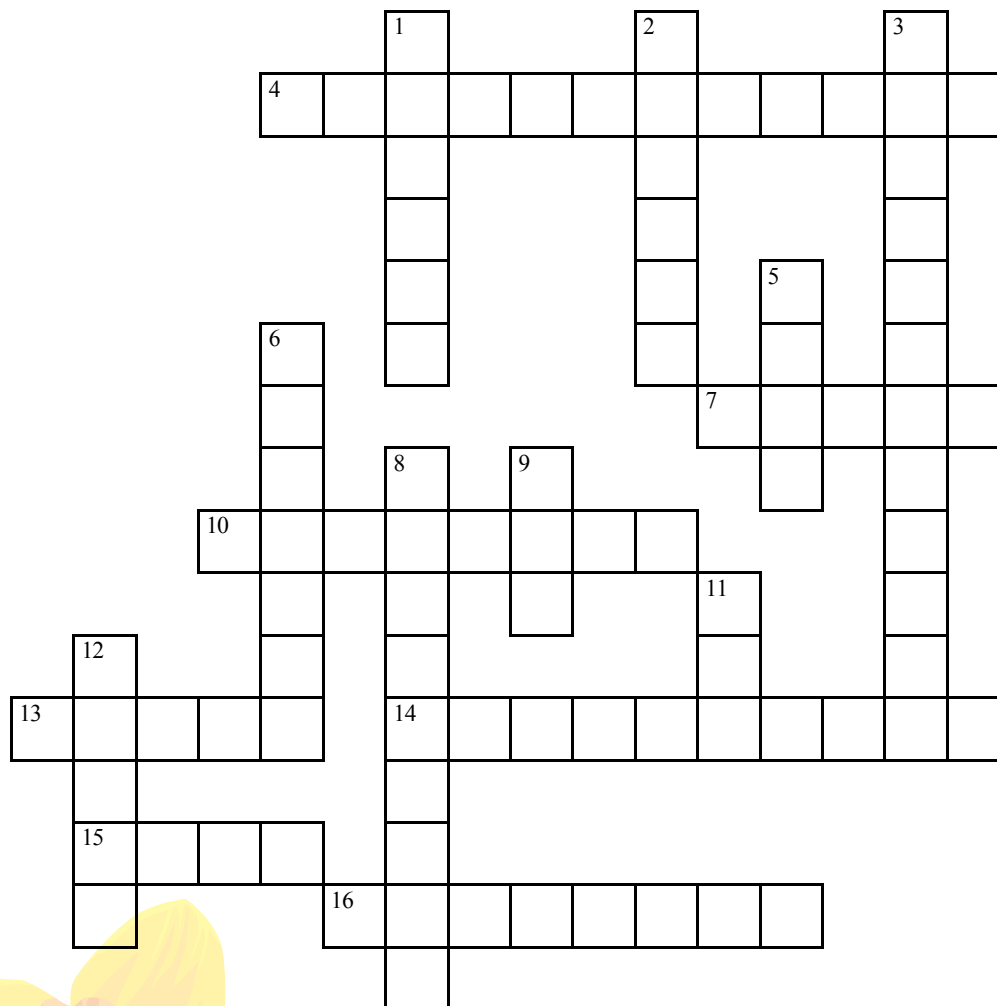
Add cooked macaroni to the sauce and stir while simmering for a few minutes.

Serve with a side of baby carrots. This meal can be prepared in less than 30 minutes.



# Tips to Success in EOPS

By JP Gonzalez & Christi Hartt



## ACROSS

- 4 \_\_\_\_\_ are also free money that require an additional application.
- 7 What is the common abbreviation for the Intergovernmental General Education Transfer Curriculum?
- 10 New students need to do three hours of these:
- 13 This needs to be done by March 2nd of each year:
- 14 Whom will be your best friend?
- 15 What is the program within EOPS that is for single parents?
- 16 Continuing students can complete one of these as an EOPS requirement:

## DOWN

- 1 What grant can current or former Foster Youth students apply for?
- 2 These do not have to be repaid:
- 3 What do you need a total of 4 each semester?
- 5 This pays for your units:
- 6 Name the Financial Aid specialist:
- 8 Who can help you choose your classes?
- 9 Name the CARE specialist:
- 11 Stands for Book Service Award:
- 12 What month is the FAFSA priority deadline?

**NOTE:** The First Fullerton College EOPS student that turns in a complete and correct puzzle will win a prize!!!

# - Calendar 2008 -

## Important Dates:

- April 22, 2009**—High School Teen Parent Outreach  
**April 16, 2009**—Faculty/Staff Recognition  
**April 24, 2009**—Region 8 Student Leadership Conference at UCI  
**May 8th, 2009**—Single Parent Recognition Luncheon  
**May 14, 2009**—28th Annual EOPS Student Recognition Ceremony

## EOPS Workshops:

Student Success w/ Ginny Sanchez

**March 20, 2009**

**March 27, 2009**

**April 3, 2009**

Student Success w/ Sylvia Pimentel

**March 18, 2009**

**March 25, 2009**

**April 1, 2009**

Personal Skill Building Workshops:w/ Susan Vincent

Presented by Joan Henry Mariposa Women and Family Center (a center for positive change)

### TOPICS

\*Safe and Unsafe Behaviors    \*Conflict Resolution    \*Alcohol and Drug Use

*\*Pizza will be served with Susan's workshops – see EOPS front desk for actual dates, times and meeting locations*

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## Some Facts about the EOPS Newsletter...

This newsletter is produced by Fullerton College's EOPS department, with editorial direction given by JP Gonzalez. For more information on the EOPS program, contact:

## EOPS

714-992-7097

<http://eops.fullcoll.edu>

### Mission Statement:

Fullerton College EOPS is committed to supporting students in achieving their academic and personal goals. To this end, the EOPS staff commits to the following actions:

- To stimulate and support student interest in their intellectual, educational and vocational achievement;
- To recruit and retain EOPS students;
- To provide personal and accessible services;
- To facilitate the transfer and career placement of students;
- To supplement the traditional educational and student support programs of the college; and
- To positively affect student self-concept and self-esteem.

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