



Community News

Contra Costa College • Diablo Valley College • Los Medanos College

Welcome to the **4CD Community News**, an online newsletter designed to provide news and information to our greater community. The Contra Costa Community College District (4CD) encompasses three colleges: [Contra Costa College](#) in San Pablo, [Diablo Valley College](#) in Pleasant Hill and San Ramon, and [Los Medanos College](#) in Pittsburg and Brentwood.

With nearly 50,000 students and thousands of course offerings, our colleges are open to all, and they provide associate degrees, associate degrees for transfer, certificate programs in dozens of industries, career training, athletics, student clubs, and more!

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November 2025

Colleges' Basic Needs Programs Honored by County



Every November, communities across the nation shine a light on the issue of homelessness—and the people and partnerships working to make a difference. In honor of Homelessness Awareness Month, Contra Costa County’s Council on Homelessness celebrated the remarkable organizations and individuals who support residents at risk of or experiencing homelessness.

Among this year’s honorees were 4CD’s Basic Needs Programs, the District’s Community College Welcome Week activities, and Diablo Valley College’s collaboration with the county’s Coordinated Outreach Referral and Engagement (CORE) program.

In its recognition, the Council presented 4CD with a certificate of appreciation for its outstanding partnership “that enriches the lives of people facing homelessness in Contra Costa County.”

Through Contra Costa, Diablo Valley, and Los Medanos colleges, students have access to essential basic needs services—ranging from food and housing support to transportation, health, wellness, and financial stability resources. Each college also offers a campus food pantry and convenient food lockers stocked with free grocery items to ensure no student goes hungry.

Learn More:

[CCC Compass Center](#)
[DVC Basic Needs Center](#)
[LMC Basic Needs Center](#)

Also in the news, the *Richmond Confidential* recently published an article about CCC's program: "[Contra Costa College keeps students fed after SNAP accounts run dry.](#)"

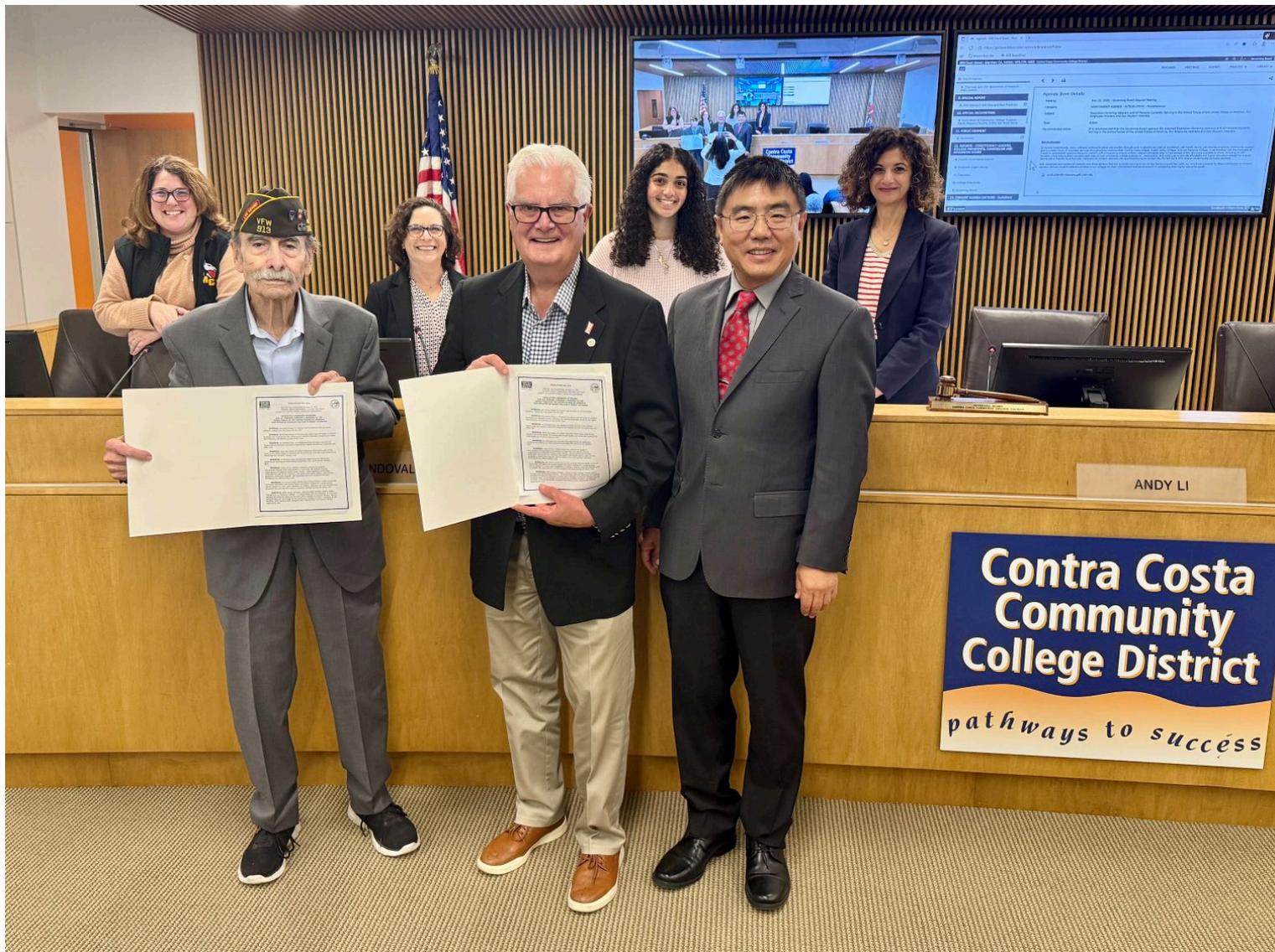


Each college offers food lockers supplied through a partnership with the [Food Bank of Contra Costa and Solano](#).



LMC's Marketplace was featured in this [East Bay Times article](#). DVC's food pantry will soon be featured in a TV news segment on KPIX Channel 5. Pictured here: LMC's Basic Needs Program coordinator Megela Ohare.

Sentinels of Freedom Pledges Continued Support of Colleges' Veterans Centers



Pictured from left: 4CD Governing Board Trustee Rebecca Barrett, Trustee and Veteran John Márquez, Governing Board Vice President Diana Honig, Sentinels of Freedom CEO Mike Conklin, Student Trustee Sophie Khouri, Governing Board President Andy Li, and Chancellor Mojdeh Mehdizadeh.

In honor of Veterans Day, Mike Conklin, chairman and CEO of Sentinels of Freedom, attended the 4CD Governing Board meeting to receive a [resolution honoring veterans](#). He also had an announcement: Sentinels of Freedom was making \$5,000 donations to each of the District's Veterans Resource Centers.

Mr. Conklin delivered the checks to each of the college's centers and took time to speak with students.

"I'm here to tell you, people in this community want to see you succeed," Conklin said to Los Medanos students, after sharing personal stories about his son whose combat injuries resulted in a stay at Walter Reed National Military Medical Center. "They all respect your service and sacrifice for this country."

Sentinels of Freedom, a nonprofit organization of veterans, works to help wounded and injured post-9/11 veterans transition into civilian life. Through personalized support, the group provides guidance to veterans pursuing higher education, establishing careers and working toward self-sufficiency.

The donations to each college are intended to support in-person math tutoring for student veterans. In the 2024-25 academic year, 4CD had 448 veterans enrolled in classes across the three colleges.

"Many veterans return to college after years away from the classroom, often facing challenges in subjects like mathematics as they transition back into academic life," said Rikki Hall, LMC director of Admissions and Records. "This grant provides essential, targeted support to help them build confidence, strengthen foundational skills, and ultimately succeed in achieving their educational goals."

The student veterans centers were established at all three 4CD colleges 10 years ago and have served as a sanctuary for study, collaboration, and community projects.

MESA Students Gain Real-World STEM Experience



A group of talented MESA students from around the District recently joined industry professionals in San Francisco for a science, technology, engineering and math (STEM) conference designed to build future leaders in engineering and computer science.

The MESA Student Leadership Conference brought together hand-picked community college and university students for an immersive 30-hour challenge. Teams were tasked with designing a product or service aimed at addressing one of the United Nations Sustainable Development Goals—an experience that tested creativity, collaboration, and problem-solving under pressure.

MESA (Mathematics, Engineering, Science Achievement) supports diverse students from underrepresented backgrounds as they pursue STEM education and careers. At the conference, DVC students had a rare opportunity to connect directly with company executives, engineers, and recruiters. Many participants build meaningful professional connections that often lead to internships or full-time roles.

In addition to the team challenge, students attended leadership and communication workshops and participated in a company expo featuring representatives from leading STEM employers.

This year's conference was supported by sponsors including Carollo Engineering, Keysight Technologies, Edison International, PG&E, Qualcomm, and Uber. Professionals from these companies also volunteered their time to host workshops, staff career fair tables, and mentor student teams.

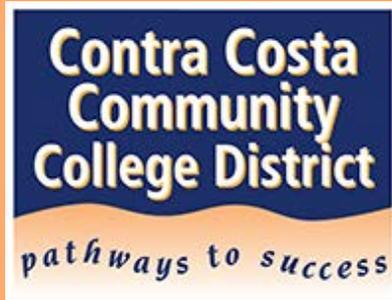
DVC, LMC Football Teams Victorious

Congratulations to the DVC Vikings and the LMC Mustangs for their football victories over the weekend!

The Vikings beat the Butte College Roadrunners 30-7 on Nov. 22 to win the opening round of the California Community College Athletic Association NorCal playoffs. They will go on to play the Modesto Junior College Pirates in the Conference Semifinals on Saturday, Nov. 29 in Modesto.

The Mustangs won the Golden State Bowl Game on Nov. 22, defeating the Coalinga College Falcons with a final score of 41-35. This victory capped off a successful 9-1 season for the Mustangs.





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