Registration Under Way for STLCC’s Bridge to STEM-Life Science Program

Individuals looking for a new career path in the life sciences are invited to register for St. Louis Community College’s Bridge to STEM-Life Science program.

The one-semester, 16-week program begins March 18. Classes will be taught in the state-of-the-art classrooms and laboratories at the Bio-Research & Development Growth (BRDG) Park, 1005 N. Warson Road, across from the Monsanto World Headquarters.

In addition to science, math and computer courses and hands-on lab experience, individuals will receive career readiness training, gain job-seeking skills and assistance, and opportunities to network with biotechnology industry professionals.

Upon successful completion of the program, graduates will earn a Life Science Lab Assistant Certificate of Specialization from STLCC. Graduates are prepared for entry-level positions in a life science laboratory or entry into STLCC’s biotechnology associate degree program.

Participants must have a high school diploma or GED, and must be available to take classes 8:30 a.m. - 4 p.m. daily, Monday-Friday. Tuition and books are free to those who qualify.
Portion Control and Weight Loss

One of the key ways to lose weight and maintain a healthy weight is through portion control. Research has shown that Americans often underestimate how many calories they are consuming each day by as much as 25%.

What Is a Serving Size? Use the list below to gain a perspective on how much food a recommended serving size really is; it may be much smaller than you realize. According to the USDA, one serving equals:

- one slice of whole-grain bread
- 1/2 cup of cooked rice or pasta
- 1/2 cup of mashed potatoes
- three to four small crackers
- one small pancake or waffle
- two medium-sized cookies
- 1/2 cup cooked vegetables
- 1 cup (four leaves) lettuce
- one small baked potato
- 3/4 cup vegetable juice
- one medium apple
- 1/2 grapefruit or mango
- 1/2 cup berries
- one small chicken breast
- one medium pork chop
- 1/4 pound hamburger patty

A good guideline to help you understand portion sizes is to translate the abstract information represented by the serving size into something visual that’s easily remembered. So instead of trying to memorize lists of ounces, cups, and tablespoons, simply compare the serving sizes of particular foods to familiar physical objects. For example, a single serving of:

- Vegetables or fruit is about the size of your fist.
- Pasta is about the size of one scoop of ice cream.
- Meat, fish, or poultry is the size of a deck of cards or the size of your palm (minus the fingers).
- Snacks such as pretzels and chips are about the size of a cupped handful.
- Apple is the size of a baseball.
- Potato is the size of a computer mouse.
- Bagel is the size of a hockey puck.
- Pancake is the size of a compact disc.
- Steamed rice is the size of a cupcake wrapper.
- Cheese is the size of a pair of dice or the size of your whole thumb (from the tip to the base).

The best way to determine the amount of food in a given serving is to look at the Nutrition Facts label and measure it out. Although this may not be practical or that much fun, if you are able to take the time, you will soon be able to "eyeball" the amount of food and know whether there is too much or too little.

For example, filling a measuring cup with the proper sized portion of vegetables, rice, etc. and then emptying it onto a plate will help you learn what these serving sizes look like. Take note of how much of the plate is covered; this will help you in the future, even if you only do it once. Simply by having and implementing this knowledge, you will have taken an important step in managing your weight.
David L. Underwood Award Nominations

David L. Underwood was known for his love of education. He was deeply concerned with the welfare of students and staff alike. His dedication went beyond office hours – and he tirelessly gave of his time and talents to further the educational mission at Florissant Valley.

Recipients of the Underwood Memorial Lecture Award demonstrate that same dedication and commitment. Chosen by a committee of peers, the recipient exhibits excellence in instruction and a genuine, humanistic concern for students, faculty, staff, and all of education.

Criteria for Underwood Lecture Award

The following criteria were adopted by the committee in October 1975 for selection of the Underwood Award Recipient:

a) Must be currently employed at Florissant Valley
b) Must have a strong record of achieving excellence in instruction or instruction-related activities
c) Must have a record of evidence that shows a genuine contribution to the field of education, and a humanistic concern for faculty, students, and all persons in education
d) Must have a made contributions clearly beyond what would normally be expected and these contributions must be demonstrated over an extended period of time.
e) Must have satisfied these criteria during his or her tenure at Florissant Valley

Nominating Process

Florissant Valley employees may nominate someone for the award. The nominee should be from the ranks of faculty, administrators, or professional staff. This nomination is just a suggestion to the committee members and is not an application – so a simple, short email to Ruby Curry, Joe Worth, or Teresa Huether will suffice. The deadline for nominations is March 8, 2013. The recipient is selected on the basis of consensus of the committee members.

Apply for Washington University Danforth Scholarship by March 15

Each year, Elizabeth Gray Danforth Scholarships to Washington University in St. Louis are awarded to excellent St. Louis Community College students. The Elizabeth Gray Danforth Scholarship provides two-year, full-tuition scholarships for students from the St. Louis Community College system who transfer to Washington University.

Any qualified student from St. Louis Community College who is admitted as a transfer student to Washington University is automatically considered for this unique, competitive scholarship. To qualify for the Elizabeth Gray Scholarship, students must:

• complete 60 transferable credit hours from the St. Louis Community College by the end of the spring semester; and
• apply and are admitted to Washington University as full-time students beginning fall semester.

Scholarship recipients are chosen for academic excellence, enthusiasm for learning, clarity of goals, potential for leadership, and dedication to community service.

To be considered for the Elizabeth Gray Danforth Scholarship, students’ undergraduate applications must be submitted by March 15th. Applicants selected as finalists will be notified and asked to interview at the Washington University campus in early April.

The Elizabeth Gray Danforth Scholarship was established by the Women’s Society of Washington University in 1976. It was renamed in 1995 in honor of the late Elizabeth Gray Danforth, wife of Washington University Chancellor Emeritus William H. Danforth and the university’s first lady for 24 years.

For more information about applying to Washington University and the Elizabeth Gray Danforth Scholarship, contact the Office of Undergraduate Admissions:

Office of Undergraduate Admissions
Washington University
One Brookings Drive, P.O. Box 434003, St. Louis, MO 63143-4043
Telephone: (314) 935-6000     E-mail: admissions@wustl.edu     Website: admissions.wustl.edu
FV READING CIRCLE

Join us for a discussion of this hilarious and unusual memoir on Feb. 14!
IR, room 319 (3rd floor)
12:30 p.m.

Bring your lunch along with your thoughts on the book and share some laughs with colleagues. Copies of the book can be picked up at the bookstore. Don’t forget your staff discount!

RSVP to Stacey Lampman - 4854 / slampman@stlcc.edu.
Are you interested in an Internship for 2013?

Visit Career & Employment Services to:
- Learn about current internships for the Spring/Summer semesters
- Hear from a panel of employers recruiting for Spring and Summer interns
- Learn helpful tips regarding interviewing and preparation strategies

Wednesday, Feb. 27, 2013
11a.m.-1p.m.
Career and Employment Services
Student Center, Room 257
RSVP’s are required by Monday, Feb. 25
For more information, please contact Victoria A. Harris at 4218 / vharris72@stlcc.edu

The library has purchased a copy of Community College Innovations: Campus Strategies & Best Practices by PaperClip Communications. This 2013 resource guide is a “compilation of the latest best practices, news and initiatives involving two–year institutions around the county.” Listed in the book are some of the most effective methods community colleges are using to meet the needs of their student populations and support their surrounding communities. The item is located in the reference section of the library, Ref 378.154 C73439.

CTL Seminars
2012-2013
All Seminars in TC 105/107 at 12 p.m.

Feb. 15
Oh Freedom After a While: a screening of the film with introduction by the writer/producer—Candace O’Connor

In January 1939, Missouri Bootheel sharecroppers—black and white—staged a dramatic roadside protest to protest unjust treatment by local plantation owners. Their demonstration spurred the U.S. government to develop new housing for displaced sharecroppers. Some demonstrators also established a remarkable farming community and learned how to make lasting change in their lives.

March 22
Home Plate: A Strike-Out for Hunger: Florissant Valley’s Own Community Garden and Farmer’s Market—Mark Manteuffel and Jeff Forrest

Celebrate the inaugural year of the Community Garden and Market and learn about the challenges of growing vegetables during the Great Drought of 2012 with our two local heroes, Dr. Manteuffel and Professor Forrest.

April 12
Homicide, Mass Murder, and School Shootings: a Psychological Perspective—Steve Christiansen

Join Professor Christiansen (Psychology) in his discussion of homicide, mass murder and a discussion of recent shootings that have made the news. Learn about various types of multicide, motives and pre-incident warning signs prior murderers have demonstrated. The lecture will end with a focus on shooting at Institutions of Higher Education (I.H.E.) and the usefulness of a “threat assessment team.”
Your future success begins at St. Louis Community College.

Career Program

INFORMATION SESSIONS

What career path is right for you? Explore your options at STLCC by attending any of these Spring Career Information Sessions.

- Participate in interactive presentations
- Discover what each career might offer you in the future
- Learn about academic requirements and career options
- Hear from current students about their experiences in the program
- Learn how you can get started at STLCC

What are you waiting for?

Attend an upcoming session at a campus near you.

Wednesday, February 20 –
Career Connections in Court Reporting
6 p.m.-7:30 p.m.
Meramec campus, Business Administration Bldg, Room 105

Thursday, February 21 –
Adult Career Exploration, 5:30 p.m.-7 p.m.
Florissant Valley, Forest Park and Meramec campuses

Thursday, February 28 –
Nursing, 5:30 p.m.-7 p.m.
Florissant Valley campus, Engineering Bldg, Emerson Center Lobby
>Careers in Teaching and Business, 6 p.m.-7:30 p.m.
Wildwood campus, Multipurpose Room

Sunday, March 3 –
Allied Health and Natural Sciences Open House
1 p.m.-3 p.m.
Forest Park, Towers A-D, 4th floor

Wednesday, April 3 –
Careers in Design, 6 p.m.-8 p.m.
Meramec campus, Location to be announced

Thursday, April 11 –
Engineering, Math and Science Night, 6 p.m.-7 p.m.
Meramec campus, Lecture Hall

Tuesday, April 16 –
Bridge to Stem Life Science, 6 p.m.-7:30 p.m.
Bio-Research and Development Growth (BRDG) Park
Wamptee Conference Room, 1605 N. Warson Rd, St. Louis, MO 63132

Wednesday, May 1 –
Construction and Engineering, 5:30 p.m.-7 p.m.
Florissant Valley campus, Engineering Bldg, Emerson Center Lobby

If you need an accommodation due to a disability, please call 314-539-5002.

St. Louis Community College

For more information or to reserve your space visit us at www.stlcc.edu/visit or call 314-539-5002.
2ND ANNUAL CANCER AWARENESS BASKETBALL GAME

The STLCC basketball teams will be hosting the 2nd Annual Cancer Awareness game on Saturday, Feb. 16 at 1 p.m. on the Forest Park campus. The teams will be selling cancer awareness t-shirts for $15. There will also be several drawings for special prizes throughout the games.

To order a t-shirt or donate prizes to help us surpass last year’s total of $2,500, contact Coach Ethridge at methridge1@stlcc.edu or 314-644-9731.

FIX IT

The Division of Physical Facilities would like to remind faculty and staff to contact FIXIT for all campus maintenance and temperature related requests. The division coordinates all operations, maintenance and services for STLCC-managed buildings, including carpentry, plumbing, electrical, heating and air conditioning and much more.

Learn more at: http://collegeweb.stlcc.edu/PhysicalFacilities/

For service, contact us at: fixit@stlcc.edu or 314-539-5858.

ASSESSMENT NOTES—Feb. 2013

The latest issue of Assessment Notes is available here.

Archers

Archers Hold Off Washington University JV

With one week remaining in the regular season, the St. Louis Community College men’s basketball team was in need of a spark.

That spark Monday night came in the person of sophomore forward Cameron Hicks (Clayton), whose hot shooting night lifted the Archers to a 77-68 win over the Washington University junior varsity team.

Hicks scored a team-high 19 points Monday on 8-of-10 shooting.

The Archers (18-8) had struggled recently, and with just three regional games remaining, are in need of a strong finish before beginning the Region XVI Tournament. The Archers also received solid production from freshman guard Travon Williams (University City), who came off the bench to score 15 points, including three second-half 3-pointers. [MORE]

Baseball Team Primed for Rebound in 2013

For Archers baseball coach Tony Dattoli, the 2012 season was an aberration, and a severe one, at that.

For most coaches, a 30-31 record would not elicit euphoria, but for the Archers’ skipper, last season’s dip toward mediocrity was abjectly disappointing.

“Last year was as dismal a year on offense that we’ve had since we’ve been here,” Dattoli said. “We just had guys who didn’t make a lot of adjustments.”

But for as frustrating as last year may have been, the Archers’ prospects look immeasurably more promising for 2013. The Archers’ weakness from a year ago—offense—may very well prove to be the team’s greatest strength this year. The team returns first baseman Matt Weiss, who batted .341 and led the Archers with seven triples. Also returning is outfielder/designated hitter Mike Ehrhard, who won the team triple crown with a .369 average, eight home runs and 47 RBI. He also scored 44 runs, tops on the team. Ehrhard will attend Illinois State University at the conclusion of this year. [MORE]
THANK YOU

I would like to thank everyone at STLCC for all the prayers, cards, visits, words of encouragement and any token of kindness that has been shown to me and my family during this difficult time. I appreciate everyone's concern.

God Bless You All,
Michelle T. Johnson

TIDBITS

Questions.. Concerns.. Suggestions about our website? We can answer your questions, address your concerns and discuss you suggestions. Call Rachel Gomez at 4263 to schedule an appointment.

Have you signed up to become a Facebook fan? Join our Facebook community at http://www.facebook.com/STLCC.FV to hear the latest and greatest at STLCC - Florissant Valley! If you would like to post your events, awards, scholarships, grants and such on our Facebook page, send your information to rgomez15@stlcc.edu.

If you would like to receive text message alerts for emergencies, service interruptions and outages at STLCC, text —Follow STLCCAlert to 40404.

This will allow you to follow the Twitter feed of the STLCCAlert account without having to sign in to a Twitter account.

STLCCAlert is only updated in case of a service interruption to the computer or electrical systems, campus emergencies or other major occurrences that impact STLCC campuses.

The alert service is FREE; however, standard text messaging rates per your individual plan apply.

Non-Discrimination Statement

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination.

For information or concerns relating to discrimination matters, contact the Section 504/Title II Coordinator, Donna Dare, at 314-539-5285 for matters relating to disabilities, or the Title IX Coordinator, Pam McIntyre, at 636-422-2250 for matters relating to sex discrimination, or Acting Vice President, Student Affairs, Joe Worth, at 314-513-4250 for any other matters.

Accommodations Statement

St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please call the Florissant Valley Access office at 314-513-4551 at least six weeks before the beginning of class. Event or other public service accommodations requests should be made with the event coordinator within two working days of the scheduled event to request needs. Documentation of disability may be required. Individuals with speech or hearing impairments may call via Relay Missouri by dialing 711.

Community Relations

Administration Building

News Notes is a bi-monthly publication. The next issue of News Notes will be published on Feb. 26. Items for inclusion should be sent no later than the Tuesday preceding the publication date. All submissions should be addressed to:

Kedra Tolson
314.513.4221
ktolson@stlcc.edu

Rachel Gomez
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rgomez15@stlcc.edu

*The News Notes editor reserves the right to edit any materials for publication.