African American Heritage Celebration

Discover more on African American heritage at St. Louis Community College - Florissant Valley during a month-long celebration in February. The kick-off celebration will take place from 11 a.m. -- 2 p.m. on Feb. 6, 2013 in the Multipurpose Room at the Florissant Valley campus, 3400 Pershall Road, Ferguson, MO.

The event will feature the Angela-Kumasi Nankama Aswad Kambeng African Dance and Drumming team; a story of Elijah Lovejoy presented by Barnes Bradshaw from the Missouri History Museum; musical performances as well as free soul food and giveaways. Genesis Steele, African American Male Initiative interim director, will give the keynote address.

Throughout the month there will be numerous discussions, lectures, exhibits and presentations. For a complete schedule of events, visit: http://users.stlcc.edu/departments/fv/AfricanAmericanHeritageCelebration-2013-calendar.pdf

African American History Month is an annual celebration of achievements by African Americans. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as African American History Month.

The grand finale will feature A Tribute to Whitney Houston by Cheryl Brown and Friends. The performance will take place from noon-2:30 p.m. on Feb. 28 in the Terry M. Fischer Theatre. Cheryl Brown is one of St. Louis most sought-after vocalists. She began her performance career at the age of four and by 15, she made her first recording. She has performed here and internationally with such well-known names as Anthony Hamilton, Theo Peoples, Walter Hawkins and the Clark Sisters. Cheryl also appeared in the Patti LaBelle show at the St. Louis History Museum.

For more information, call 314-513-4291. All events are FREE and open to the public.
Nutrition Therapy: Treatment of Eating Disorders
Tuesday, Feb. 26
PDR-A
1-2 p.m.

In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life, including anorexia, bulimia, and binge eating. While eating disorders may begin with preoccupations with food and weight, they can arise from a variety of physical, emotional, and social issues, all of which need to be addressed for effective prevention and treatment. Tuesday, February 26th, meet Erica Branz, MS, RD, LD Clinical Dietitian from McCallum Place Eating Disorder Treatment Center and owner of Branz Nutrition Counseling for a lively and informative talk about eating disorders and food issues.

Brought to you by the Counseling Department, NEDA and McCallum Place. Questions? Contact Jenna Mueller at 4267 / jmueller258@stlcc.edu

Winter Exercise Tips

All that is required for Winter-time workouts is some planning and employing all safety precautions. If you prefer to workout outside, keep the following tips in mind.

Get warm first. A proper warm-up is critical. Cold temperatures can make your muscles tight and therefore they are more prone to injuries. So, it’s important to get them warmed-up prior to engaging in intense physical activity.

Insulate your body. The best approach to dressing for outdoor exercise is with layers. Layering provides the most effective heating method, plus it allows you to remove the top layer if you get too hot. The layer closest to your skin should allow moisture to be wicked away. The top layer should be both wind and water resistant.

No sweat. Don’t assume that you have to sweat in order to get a good workout. You should avoid sweating that causes the clothing layer closest to your skin to get wet and cause you to be chilled.

Don’t strip when you get inside. While you may be tempted to immediately remove your layers when returning inside, give your body time to adjust. Post exercise hypothermia is possible. This happens when your body rapidly loses its heating stores.

Drink up. It’s just as important to stay hydrated when exercising in winter as it is in summer, even though you might not feel as thirsty.

Lighten up. If possible, it’s best to exercise outdoors during daylight areas. But, with shorten days that can be difficult to do. If you exercise outdoors when it is dark, wear reflective materials to ensure that you can be seen.

If the thought of getting outside to exercise makes you dive under the covers, instead choose one of the many indoor workout options. Below are just a few of the many choices.

Walk at an indoor location, like a mall. If you need extra motivation to get yourself to the mall, join a walking group. This will help you stay accountable to someone other than yourself.

Join a health club. This will allow you a large variety of physical activities to choose from every week.

Create a home gym. This doesn’t have to be expensive. You can easily set-up a great workout routine with just a set of dumbbells, an exercise ball and a jump rope. Get all of this for around $50.

If you have stairs where you live or close by, spend as little as 20 minutes at a time climbing up and down the stairs for a very intense and efficient workout.

Get wet. Find a local indoor pool you can use. Try swimming, water aerobics, or even just walking or running laps in the water.

Visit a library. Usually local libraries offer exercise videos you can check-out for free. Pick-up a new one to try out every time you return the previous video. By staying fit during winter you’ll be able to avoid gaining weight, have a head start on swimsuit season, and avoid losing strength and stamina caused from inactivity.
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.

Second Nature 2013 Climate Leadership Awards

STLCC—Florissant Valley is a finalist in the Second Nature 2013 Climate Leadership Awards, an annual competition among US colleges and universities that are signatories of the American College & University Presidents’ Climate Commitment (ACUPCC).

The awards program is sponsored by Second Nature, a national nonprofit that seeks to create a sustainable society by transforming higher education, and PlanetForward, a media company that publishes news, opinion, and insight about energy, climate, and sustainability.

Second Nature is offering two significant recognition opportunities to award finalists. The first, in partnership with Planet Forward, is a national video-voting competition. The public will vote on the most innovative institution in each Carnegie Classification, and campuses with the top votes at the end of April will have the chance to be featured on Bloomberg TV, in public media including the Huffington Post, and on a Planet Forward weekly webisode or newsletter.

Second Nature will also feature each finalist in a month-long series on climate leadership around Earth Day. All award finalists in good standing with the ACUPCC will be considered for the final round of Climate Leadership Awards. Winners will be chosen independent of the video-voting competition by members of the Second Nature Board not affiliated with ACUPCC signatory institutions in late Spring 2013.
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.
Safety Update
October – December 2012

CONGRATULATIONS SAFETY WINNERS!

The following departments have completing the requirements of the Safety Program and are eligible winners of the forth quarter 2012 Safety Program. To qualify each department must complete

- Three monthly trainings
- Three department inspections
- And have no accidents in that quarter

The quarterly winners will receive a department certificate and meal tickets for each person in the department. Yearly winners will receive a gift of a STLCC hat, shirt or jacket.

Supervisors, we appreciate that you take valuable time to let your employees know how important it is to work safely.

**FLORISSANT VALLEY**

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<thead>
<tr>
<th>Department</th>
<th>Name</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Housekeeping – Day</td>
<td>Scott Martin</td>
<td>9 quarters</td>
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<tr>
<td>Housekeeping – Evening</td>
<td>Keith Reece</td>
<td>5 quarters</td>
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<tr>
<td>Buildings/Grounds, Shipping/Receiving</td>
<td>Scott Martin/John Ferlisi</td>
<td>1 quarter</td>
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<tr>
<td>Auxiliary Services/Bookstore</td>
<td>Laura Stevens</td>
<td>1 quarter</td>
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Safety Inspection Findings – 4th Quarter 2012

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<th>Campus</th>
<th>Quarterly Findings</th>
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United Way Parking Spot

During last year’s United Way pledge drive, St Louis Community College offered a huge incentive for employees to donate; your own special parking spot right up front for an entire month! Any employee who donated $10 or more to the United Way during this pledging period was eligible to win. The lucky winner for the parking spot right in front of the Administration building for February is – Steve Ehlen! Congratulations Steve!
**District News**

### Child Care Grant Opportunities

The Child Care Access Means Parents in School (CCAMPIS) grant is a federal program that aids Pell Grant eligible St. Louis Community College students with the cost of child care.

The CCAMPIS program at STLCC also conducts educational workshops on financial management, literacy, educational play/child development, success strategies for college parents and children's physical/mental health.

More than 300 students have participated in the CCAMPIS program since 2009 and, when surveyed, more than 95 percent would recommend the CCAMPIS program to other STLCC students.

Children ages 2 to 12 years, who are enrolled or are enrolling in a quality licensed and accredited child care center, are eligible. Each CCAMPIS student is awarded a fixed dollar amount for child care expenses for the semester based on the student's credit hours, level of income and travel/study time.

Spring 2013 CCAMPIS enrollment will take place **Jan 2. to Feb. 1.** Learn more about [CCAMPIS](#).

### Archers

#### Women Drop Road Contest to Penn Valley

A strong first half saw the Archers grab an eight-point lead and position themselves for a quality road victory against a regional opponent.

However, it was the sluggish second half that led to a late Archers loss, 67-58, to Metropolitan Community College-Penn Valley Jan. 26.

The second-half slump has been a trouble spot for the Archers for much of this season. It appeared as if the Archers had kicked their late-game struggles after rallying for an 83-82 double-overtime victory at North Central College Jan. 19. Since that victory, however, the Archers have lost consecutive games to complete their recent three-game road stretch at 1-2. [MORE]

### Archers' Slow Start Leads to Road Loss

Following Saturday's 71-60 loss to Metropolitan Community College-Penn Valley, the St. Louis Community College's men's basketball team can take solace in one fact—its recent grueling road trip has reached its conclusion.

The three-game trip, which Archers head coach Randy Albrecht dubbed the most challenging stretch of games this year, left them 0-3 in the past week, dropping their season record to 14-7. [MORE]

### 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/](http://collegeweb.stlcc.edu/PhysicalFacilities/)

For service, contact us at: fixit@stlcc.edu or 314-539-5858.
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. 12. Items for inclusion should be sent no later than the Tuesday preceding the publication date. All submissions should be addressed to:

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ktolson@stlcc.edu

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