St. Louis Community College is celebrating 50 years of dynamic learning and a legacy of positive impact on the community Monday, May 21, at Busch Stadium.

Alumni, current students, current and former faculty and staff, and friends of the college are invited to purchase discounted ticket for the Cardinals game that evening against the San Diego Padres. Right/left field loge tickets are available for $15 each and infield terrace seats are priced at $10.

Activities include a performance by SH-BOOM! from 5:15-6:30 p.m. in the Ford Plaza, the combined district choir under the direction of Jerry Myers will sing the new STLCC Anthem near center field at 6:30 p.m., and a ceremonial first pitch to Meramec alumnus David Freese from STLCC Chancellor Myrtle Dorsey. Former baseball and softball All-Americans and Hall of Fame inductees will also be recognized.

The STLCC Mobile Tech Center will be parked outside the stadium on Clark Street for tours.

Faculty and staff in attendance are invited to share with us stories of your time at STLCC, comment on our blog and make your mark on our map. Computers will be set up near the Ford Plaza for visitors to tell their stories.

With four different campuses and a rich 50-year history in St. Louis, STLCC has truly become part of the community. Since 1962, our alumni – more than 1.2 million strong – have been the fabric of this region: business and civic leaders, entrepreneurs and working professionals all have made STLCC a stop on their journey.

Join the celebration. Purchase tickets and tell your STLCC story today at www.stlcc.edu/50.
7 Most Effective Exercises

No. 1 WALKING
Why it’s a winner. You can walk anywhere, anytime, either on a treadmill or with no equipment other than a good pair of shoes. How to: Beginners should start by walking 5-10 minutes at a time, gradually moving up to at least 30 minutes per session. As you progress, lengthen the time of your walk before boosting your speed or incline.

No. 2 INTERVAL TRAINING
Why it’s a winner. Adding interval training to our Cardio workout can boost fitness, burn more calories, and help you lose weight. The basic idea: vary the intensity of your aerobic workout to challenge your body instead of loafing in your comfort zone. How to: Push up the pace for a minute or two, ten back off for 2-10 minutes, depending on the length of your workout and how much time you need to recover. Do this throughout the workout.

No. 3 SQUATS
Why it’s a winner. Squats work multiple muscle groups—the quadriceps, hamstrings and gluteals—all at the same time. How to: Keep your feet shoulder width apart and your back straight. Bend your knees and lower your rear as if you were sitting down in a chair, keeping your knees over your ankles.

No. 4 LUNGES
Why it’s a winner. Like squats, lunges work all the major muscles of the lower body. Lunges also help improve your balance. How to: Face down, place hands slightly wider than shoulder width apart and your back straight. Bend your knees and lower your rear as if you were sitting down in a chair, keeping your knees over your ankles.

No. 5: PUSH-UPS
Why it’s a winner. Push-ups strengthen the chest, shoulders, triceps and core muscles. How to: Face down, place hands slightly wider than shoulder with apart. Place toes or knees on the floor, creating a smooth line with your body, from shoulders to knees or feet. Keeping rear-end muscles and abdominals engaged, lower and lift your body by bending and straightening your elbows, keeping your torso stable throughout the move.

No 6: ABDOMINAL CRUNCHES
Begin by lying on your back with feet flat on floor and palms slightly supporting your head. Press your lower back down. Contract abdominals and rise first your head (tucking your chin slightly), then your neck, shoulders, and upper back off the floor.

No. 7 – BENT-OVER ROW
Why it’s a winner. The bent over row works all the major muscles of the upper back, as well as the biceps. How to: Stand with feet shoulder-width apart, bend knees and ten forward at the hips, then engage the abdominals, and extend spine to add support. Hold weights beneath the shoulders with hands should width apart. Flex elbows and lift both hands toward the sides of body. Pause, then slowly lower hands to starting position.

May is National High Blood Pressure Education Month

Did you know one in three adults has high blood pressure?

Blood pressure is the force of your blood against the walls of your arteries as your heart pumps blood throughout your body. A blood pressure reading contains two numbers. The top number measures the pressure when your heart pumps blood (systolic). The bottom number measures the pressure when your heart is at rest (diastolic). High blood pressure indicates that your heart is working harder than normal, putting both your heart and arteries under strain. A blood pressure reading of 119/79 or less is considered within the ideal range for most adults. A blood pressure reading of 120/80 to 139/89 is considered prehypertension in most adults. Your goal should be to maintain your blood pressure within the normal range, if possible, or lower than 140/90, except in persons with diabetes, in which case the goal should be 130/80 or lower.

High blood pressure, or hypertension, increases the heart’s workload, causing it to enlarge and weaken over time. It also increases the risk of stroke, heart attack, kidney failure and congestive heart failure. When high blood pressure exists with obesity, smoking, high blood cholesterol levels or diabetes, the risk of heart attack or stroke increases several times.

Source: American Heart Association

Click here for more information about High Blood Pressure.

Health & Wellness Center

Get a walking-buddy at the Health and Wellness Center! The following services are available at no cost:

- automatic/digital blood pressure
- digital scale for weight check
- body mass and body composition analysis
- pedometer check-out system for walking on campus (valid student/staff I.D. required).

The Center is located in the Physical Education building, Room 214. Hours are as follows:

- Monday - Thursday: 8 a.m. - 8 p.m.
- Friday: 8 a.m. - 4 p.m.
St. Louis Community College participated for the first time in the annual MAA (Mathematical Association of America) Collegiate Mathematics Competition. The Missouri Collegiate Mathematics Competition is a team event open to any college or university in the state of Missouri. Most universities in Missouri have been participating since 1996.

Six students represented Florissant Valley. They were sponsored by Joe Bauer and Dobbie Herrion from the Math Lab, and Rita Pernik and Rokhaya “Daba” Ndao from the Math Department.

The sponsors hope to participate every year. If you know of any student that might be interested in participating in the competition next year, contact Daba at 4845.

FVAC highlights
April 2012

The Florissant Valley Academic Council met on Monday, April 23, 2012. Highlights of the meeting included:

Revisions to the Administrative Procedure G.5.2, which establishes the basic prerequisites for placing into 100 level courses, was disapproved. Concerns were expressed regarding the elimination of the three year time limit on prerequisites, changes in the retesting policy, and lack of clarity in the wording. Concern was also expressed regarding changes made to this procedure in May of 2011 which eliminated the English and Math requirements. In May, 2011, revisions to the AP G.5.2 were approved at CAC without due diligence and vetting on the local councils.

The Revisions to the General Education 42-hour block was presented to the council. Chris Stevens described the changes and responded to questions about how the content and skill goals that former cornerstone and capstone courses addressed would be met in the new plan. The council waived lodging and voted unanimously to approve the General Education 42-hour block as presented. Chris looks forward to working with cornerstone and capstone teachers to facilitate the conversion of these courses to the new format as well as with those who will participate on implementation committees.

April Assessment Newsletter

SEED Midwest Leadership Conference

The SEED 2010 students attended the SEED Midwest Leadership Conference, April 26 – 29 at Northcentral Technical College in Wausau, Wisconsin. This is a student-run conference of SEED students attending colleges in the Midwest. Besides STLCC, the schools attending were Fox Valley Technical College from Appleton, Wisconsin, Scott Community College from Bettendorf, Iowa, Kirkwood Community College from Cedar Rapids, Iowa, and Northcentral Technical College. There were approximately 150 SEED students from the seven SEED countries: Dominican Republic, El Salvador, Guatemala, Haiti, Honduras, Mexico and Nicaragua. Ours was the only deaf group.

The students were charged with conducting a workshop for their peers. Our students presented Your Role as an Agent of Change: Breaking Down Communication and Cultural Barriers.

They split the students into country groups, and taught survival signs in those countries’ sign languages, as well as in American Sign Language. The hearing students appeared completely engaged and excited about learning another language, and having the skills to assist the deaf in their countries when they have the opportunity.

Winston Urbina from Nicaragua presented his Community Action Plan to implement training sessions to teach young deaf children and their families sign language.

Oscar Ruiz won the talent show with his impersonations of famous people, including President Obama, Arnold Schwarzenegger and the Incredible Hulk.
A reception was held in the Emerson Lobby on April 24 for the six STEM Scholarship awardees that are leaving Florissant Valley and going on to further their education at four-year institutions.

Dr. Pat Suess introduced all of the STEM awardees that were present at the reception and gave them TI-84 calculators as gifts from the program. Vice President Agrawal spoke to the audience about the history behind the National Science Foundation grant that supports the scholarship and how Florissant Valley was selected to be a part of the NSF STEM Initiative.

The STEM scholars are as follows:
- Katie Etris
- George Harper III
- Ciara Jones
- Nicole Chambers
- Angelique Taylor
- Chidiebere Onukogu

In honor of STLCC’s 50th Anniversary the FV Film Circle presents

Annie Hall (1977)
Friday, May 11, 2012
Noon

Multipurpose Room

Synopsis: Woody Allen’s romantic comedy of the Me Decade follows the up and down relationship of two mismatched New York neurotics.

Jewish comedy writer Alvy Singer (Allen) ponders the modern quest for love and his platonic relationship with tightly-wound WASP singer Annie Hall (Hannah Keaton,née Diane Hall). Navigating the rocky road of their coupling, Alvy/Annie weigh in on such topics as analysis vs. therapy, movies vs. TV, the absurdity of dating rituals, anti-Semitism, drugs, and, in one of the best set pieces, repressed Midwestern WASP infancy vs. crazy Brooklyn Jewish bohemia.

Stacy Lampman will give a short presentation before the film.

For a complete calendar of events for Flashback Friday visit: https://stlcc-stl.cc/departments/entertainment/flashback-friday-events.pdf

Graduate Reception

The Florissant Valley Graduate Reception will be held in the Student Center Multipurpose Room from 2 to 3 p.m. Thursday, May 10. All faculty and staff are encouraged to attend this informal gathering to mingle with our graduates and their families.

Light refreshments will be served.

A & E Campaign

Donors from the Florissant Valley campus contributed over $2,800.00 during the 2012 Arts & Education campaign! These donations help in providing critical support to nearly seventy arts and education organizations in the St. Louis region and in ensuring their high-quality performances and exhibitions. Donna Nelson won two Jazz St. Louis tickets and Joanne Galanis won two tickets to the St. Louis Art Fair. A big thank you to everyone for helping make this campaign so successful!

National Day of Service

In celebration of National Day of Service, approximately 13 students from the National Society of Black Engineers (NSBE) and Scholarships for Education and Economic Development (SEED) partnered with the Urban League of Young Professionals to volunteer at Carnahan High School of the Future. The volunteers were present to encourage students who are preparing themselves for careers in the STEM field.
District News

Holiday Schedule for July 01, 2012 – June 30, 2013

Archers Close Book on Regular Season, Anxiously Await Region XVI Tournament

To say this spring hasn't gone as St. Louis Community College's baseball team envisioned it would be putting it mildly. The Archers fought through what was arguably the most arduous of head coach Tony Dattoli's 10 seasons.

That has Dattoli and his players eagerly awaiting this week's Region XVI tournament.

"The inconsistency has kind of produced an air with the team that they're looking forward to the postseason to kind of right the ship and get a fresh start," Dattoli said. "They're going to go into the postseason where everyone's really 0-0. It's a fresh start, it's a new season. That's kind of been the sentiment in the last week."

The Archers will be anxiously awaiting that fresh start as they completed the 2012 regular season with a 27-29 record. The Archers' final three losses were by three runs or less.

The Archers have shown flashes of brilliance. During the second week of the year, STLCC reeled off 10 consecutive victories, but followed that with a 17-26 record the rest of the way. The team has also seen strong performances at the plate by individual, namely freshmen infielders Mike Ehrhard and Matt Weiss, but that has not always translated to consistent team-wide production.

Despite the struggles, Dattoli looks forward to the opportunity to approach the regional tournament from the view of an underdog, which has been an unfamiliar position during his time at STLCC.

"I'm kind of reveling the fact that we are the underdog," Dattoli said. "Our backs are against the wall and it's us against the world. Hopefully it's a motivating factor for our guys. It's not a good feeling to be under .500 going into postseason, but it's a different aspect where we're used to having the target on our back. We're going to be the predators here."

The Region XVI Tournament begins Wednesday, May 9 in Joplin, MO. The Archers enter the tournament as the sixth seed, and will square off against third-seeded Maple Woods Community College. The Archers narrowly lost a doubleheader to Maple Woods in their final two regular-season games, dropping a 10-7 game in which they held a 7-0 lead, and lost the nightcap 8-7.

It's official – St. Louis Community College is 50!
On April 3, 1962, voters approved the establishment of the Junior College District of St. Louis-St. Louis County—a new and radical education-al model for the area at the time. The goal of the JCD was to provide affordable access to higher education to everyone--a concept that endures and continues to drive the college's efforts in 2012.

Since that day, more than 1.2 million students—1.2 MILLION!—have come through our doors in pursuit of higher education, career preparation, professional development and personal enrichment.

We think that's worth celebrating!

Throughout this anniversary year, a growing list of events and activities will be held to commemorate this milestone in St. Louis Community College's history. No matter what your connection is to STLCC—as a current student, alum, current or former faculty or staff member, or community supporter—we encourage and invite you to reconnect with us by taking part in any or all of our campus and districtwide celebrations, and by telling us your STLCC story!

- Place your pin on our 50th Anniversary map
- Get the latest on what STLCC is up to with our 50th Anniversary blogs
- Like us on Facebook and follow us on Twitter

Join the celebration today!

STLCC – the Starting Point for Three Generations

With a legacy of success that spans three generations, St. Louis Community College was the stepping stone in their lives that made all the difference.

Stacy Gee Hollins, Information Systems department chair at STLCC-Florissant Valley, her mother, Diane Weaver, and grandmother, Laverne Haulcy, are proud to call themselves STLCC-Florissant Valley alumni. [MORE]
GREEN COLUMN

From Peggy Moody’s Desk:

The BIG RESULTS for the district are that TRASH increased by 1847.5 lbs but recycled paper also rose by 3079.5 lbs, bottles by 2758 lbs and newly collected compost added 5111 lbs. With these amounts, the district was able to divert 10,948.5 lbs more from the landfill than in 2011. This is a savings for the college because our trash contract costs 2.5 times more than our recycling contract. Recycling truly SAVES both the college pocketbook as well as the environment.

The STLCC campus Benchmarking winners are:

- **The STLCC Gorilla Winner** goes to Meramec campus for collecting 41,810 lbs of recyclables. Florissant Valley collected 29,456 lbs, Forest Park collected 28,991 lbs and the Cosand Center collected 13,996 lbs. Wildwood collected 25,499 lbs.

- **The STLCC Per Capita Winner** goes to the Cosand Center where employees collected 52.42 lbs of recycling per person! Florissant Valley collected 5.45 lbs per person, Forest Park was at 4.70 lbs per person and Meramec was at 5.25 lbs per person.

- **The STLCC Waste Minimization Winner** goes to Meramec where their recycling and trash were 9.72 lbs per person. The Cosand Center was at 75.74 lbs per person and Florissant Valley was at 13.79 lbs per person.

- **The STLCC Grand Champion** goes to the Cosand Center at a 69.39% recycling rate. Forest Park was at 44.28% and Florissant Valley at 39.49%.

**EASY GREEN TIPS**

1. Invest in a reusable bamboo utensil travel set and eliminate the use of plastic ware when at work, on the road or traveling.  
2. Make a resolution to conserve more water.  
3. Bring your used (burnt out) CFL bulbs to Lowe’s to properly dispose of them.  
4. Replace toxic home cleaners with a mixture of baking soda and vinegar or use another organic all natural cleaner!  
5. Try to use major appliances (washer, dryer, dishwasher, etc.) during off peak hours to save some money!  
6. Reduce use of plastic and paper bags by using reusable totes. Most stores give a credit!  
7. Donate your old towels to a local animal shelter, clear room in the house and give a furry friend a soft place to rest.  
8. Share a magazine subscription with a friend, not only will you share the cost but you will cut down on the amount of trees used!


**Peggy’s Blog**

The Queen of Green’s blog can be accessed [here](http://www.squidoo.com/easy-green-tips). For more information on green initiatives, visit: [http://www.stlcc.edu/green/](http://www.stlcc.edu/green/)
THANK YOU

On behalf of my family and myself, I wanted to thank you for the beautiful flower arrangements, cards, prayers and kind thoughts you sent at the loss of my father. Your thoughtfulness means so much, especially during this difficult time. Thank you again for extending your support.

- Ellen Nickrent-

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 will take action necessary to ensure non-discrimination. For information, contact Laura Sterman, Vice President Student Affairs, 3400 Pershall Road, St. Louis, MO 63135, 314-513-4258 or Dr. Donna Dare, Section 504/Title II Coordinator, 300 S. Broadway, St. Louis, MO 63102, 314-539-5364.

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.

A listing of current STLCC employment opportunities can be viewed at www.stlcc.edu or a hard copy can be obtained from the Business Services office.

Community Relations

Administration Building

News Notes is a bi-monthly publication. The next issue of News Notes will be published on May 22. 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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