

Kuttler: SACS committee visit ‘makes us a better institution’



Lynn Grinnell, the college's SACS (Southern Association of Colleges and Schools) accreditation liaison, addresses the on-site team and part of the SACS planning team Sept. 26.



After more than two years of planning, the long-anticipated visit by a team of evaluators from our regional accrediting agency was completed last week.

The team, representing the Southern Association of Colleges and Schools (SACS), arrived Sept. 25 and departed Sept. 27 following visits to SPC sites. Members were from colleges comparable to SPC, including Randolph-Macon in Ashland, Va.; Gordon in Barnesville, Ga.; a branch of Louisiana State University in Alexandria; and Toccoa Falls in Georgia. Linda C. Stegall, from Kingwood College in Texas, was team chairman. The purpose of the visit was for the team to recommend to the association whether St. Petersburg College should continue to be accredited.

The team met with President Carl M. Kuttler Jr., the senior vice presidents, campus provosts, several program directors and librarians, the planning team, and other members of the college family.

Just before their departure, Kuttler and other college representatives met with the SACS visitors at the Radisson

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To the St. Petersburg College Family:

I'd like to take a moment to extend my heartfelt admiration and gratitude to each and every one of you who so warmly and enthusiastically supported the recent SACS reaffirmation process.

Rather than simply suffer through this challenge, we decided to embrace it, and turn it into something that would benefit our students and our entire institution. This required a very ambitious undertaking that had to involve every single member of the college family.

Needless to say, you rose to the challenge. Virtually every faculty and staff member realized the importance of the task, and invested the time and energy needed to really understand the college's approach and goals.

Without you, this important review process would have been considerably less successful than it was. Because of you, St. Petersburg College has set a standard that others will admire and emulate for years to come.

Thank you so much for your continuing commitment, and your hard work.

Warmest regards,

“Quoteworthy”



Liberty is not the power of doing what we like. Rather, it is the right of being able to do what we ought.

~ Lord Acton



Sue Slavin
Library Processing Center
District Office

Vet Tech

Pet of the month



Simba is looking for a home

Simba is a lovely black-and-white older cat who is looking for a home. She is de-clawed, very sweet and she loves to play. Simba would probably do best in an environment where she is the only cat, or where there is only one other older cat. If you are interested in adopting Simba, call Jessica Rice at Ext. 3689.

Volleyball team still in contention for state trip

With three Suncoast Conference matches remaining, the St. Petersburg College Titans could finish anywhere from first to fourth.

After beating Polk Community College Tuesday night 3-0 and Manatee Community College Sept. 27 3-0, the Titans are 5-2 in the conference and 13-2 overall.

SPC, South Florida CC, Hillsborough CC and Pasco-Hernando CC are all in contention for a trip to the state tournament Nov. 1-3 in Winter Haven. Only three teams from the conference will qualify.

Hillsborough CC and Pasco-Hernando CC each have one conference loss and South Florida has three.

Six-foot-3 middle hitter Heloisa Jaquim Dos Santos, out two weeks with a sprained ankle, was expected to return for the stretch run.

The Titans met Pasco-Hernando CC Thursday night at PHCC in a crucial match. For results, visit www.spcollege.edu/athletics. They stay on the road next week with a Tuesday match at HCC and a trip to South Florida CC on Thursday to close out the conference season.

Concert Band performs tonight at SP/G

The St. Petersburg College Concert Band performs tonight at the Music Center on the St. Petersburg/Gibbs Campus beginning at 7:30.

The college's premier instrumental ensemble will perform works by Sergei Prokofiev, Giovanni Gabrieli, Maurice Ravel, John Philip Sousa, Gustav Holst and Modest Mussorgsky.

It is the first concert of the new season for the band.

Ethics panels set for Monday and Tuesday

Two ethics forums are planned, one at the Clearwater Campus and the other at the St. Petersburg/Gibbs Campus. Both will recognize Disability Awareness Month and Mental Illness Awareness Week.

"Addressing Mental Health at St. Petersburg College" will be presented Monday at 7 p.m. in the Clearwater Teaching Auditorium, and on Tuesday at 7 p.m. in the SP/G Music Center.

The forums are sponsored by the Office of Services for Students with Disabilities (OSSD) and the Applied Ethics Institute.

Employment Opportunities

For job openings at the college, visit the Human Resources Web site at <http://www.spcollege.edu/central/hr/>.

St. Petersburg College is dedicated to the concept of equal opportunity. The college will not discriminate on the basis of race, color, religion, sex, age, national origin, or marital status, or against any qualified individual with disabilities, in its employment practices or in the admission and treatment of students. Recognizing that sexual harassment constitutes discrimination on the basis of sex and violates this rule, the college will not tolerate such conduct. Should you experience such behavior, please contact the director of EA/EO at (727) 341-3261; by mail at P.O. Box 13489, St. Petersburg, FL 33733-3489; or by e-mail at eaao_director@spcollege.edu.

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St. Petersburg College

SPC

Excellence in education since 1927

Wellness update



Cathleen Shears

Exercise should be fun

Few would dispute that a sedentary lifestyle is a major health risk. People who don't exercise are at greater risk for such things as heart attack, stroke, high blood pressure, obesity, depression and type 2 diabetes.

What to do? Exercise.

What is the best kind of exercise? Whatever you find fun and will do on a regular basis.

Don't even try to start an exercise routine with exercises you dread. Exercises you enjoy will give you a better chance of finding fitness success.

There are three equally important components to total fitness — aerobic, muscular strength and endurance, and flexibility. If you're just starting an exercise program, you may find that aerobic (cardiovascular) exercise will give you a good base onto which other components such as strength-building can be added.

Here's more about the three components of total fitness:

1. Aerobic – Walking, running, bicycling, swimming, rowing, roller-skating and dancing are all examples of aerobic activity. Such exercises both burn fat and increase cardiovascular endurance. (To be called aerobic, an exercise must be rhythmic and continuous, and must use the large muscle groups such as hamstrings and quadriceps.)
2. Muscular strength and endurance – “Resistance” exercise such as weight training is an example of this. Resistance exercise not only increases the strength and endurance of the muscle worked, it also increases lean muscle mass – which in turn increases your overall metabolic rate. An increase in lean tissue can improve your body composition.
3. Flexibility – Gentle stretching (not bouncing) when muscles are warm increases flexibility and range of motion around a joint. Muscles that are stiff and inflexible put you at greater risk for injury and limit your movements. When muscles are both strong and flexible, they are able to support your body and allow fluid movement.

College Wellness Coordinator Cathleen Shears' Wellness column appears weekly in the Blue & White.



SACS on-site visit team chairman Linda Stegall, president of Kingwood College, Kingwood, Texas, third from right, visits with SPC administrators: From left, partially hidden, Stan Vittetoe, senior vice president, Administration; Anne Cooper, senior vice president, Academic and Student Affairs; Jim Olliver, Seminole Campus provost and Earl Fratus, faculty co-chairman of the Quality Enhancement Committee and a Social Science instructor at the Seminole Campus.

SACS from Page 1

Hotel in Feather Sound, which is where the visitors stayed during their visit to SPC.

Kuttler told the visitors that planning for the evaluation visit was a long and tedious process “but we will enjoy the benefits of the learning curve. By preparing so carefully for your visit, we are a better institution,” Kuttler said.

Stegall said team members had learned much on their visits to the three college sites.

“We enjoyed the students very much,” she said. “And your staff and faculty seem

very enthusiastic.”

Jim Olliver, QEP chairman and Seminole Campus provost, said “the committee’s remarks to me were extremely helpful. We will now begin the process of implementing the critical thinking QEP that so many members of the faculty, staff and students have developed.”

A written report of the team’s visit should be available sometime this fall. The association will consider the reaffirmation of SPC’s accreditation when it meets in June.

Chorus will present Veterans Day program Nov. 11

The 140-voice College Chorus will present a program of patriotic music Nov. 11 at 3 p.m. at the Palladium Theater.

The Chorus will be joined by the SPC Madrigalians in presenting “American Remembers: A Veterans Day Salute.” Vernon Taranto Jr., director of choral activities, will direct.

The program will include *God Bless America*, *Battle Hymn of the Republic*, *This is My Country*, *Songs of George M. Cohan*, *America the Beautiful*, *Strike Up the Band*, and more.

Faculty Soprano Soloist Linda Switzer will be featured.

Admission is free, although a \$4 donation is suggested. For more information, contact Taranto at Ext. 4678 or tarantov@spcollege.edu.

WorkNet Pinellas summit provides business and education ideas



Apple Computer co-founder Steve Wozniak, right, spoke at the WorkNet Pinellas “Taking the Next Step” Business and Education Summit Sept. 27 at the EpiCenter. The all-day event was an effort to bring business and education together to promote partnerships. Above, leading educators in the community joined in a panel discussion. From left, they are: Beth Coleman, Clearwater Chamber of Commerce president who was the moderator; Karen White, University of South Florida St. Petersburg regional chancellor; Carl M. Kuttler Jr., St. Petersburg College president; Donald R. Eastman III, Eckerd College president and Clayton Wilcox, Pinellas County Schools superintendent.



Onward & Upward

Fernando A. Ojeda, Communications instructor, CL, will have a short story published this fall by the *Arlington Literary Journal* (ArLiJo), an online literary journal linked to Gival Press. His fictional story, *The Mall*, is about a boy who reminisces about the relationship with his parents before and after their divorce, and how a shopping mall serves as a symbol of these relationships. The story soon can be accessed at www.givalpress.com.

Job Fair Oct. 18 on Quad at SP/G

The Career Development Center at the St. Petersburg/Gibbs Campus will have its annual Fall Job Fair on the Quad, Thursday, Oct. 18, 10 a.m. to 1 p.m. It is open to the public.

Employers will be on hand promoting current employment opportunities. Positions include part-time and full-time, ranging from entry-level to experienced leadership opportunities representing a variety of industries.

Cancer awareness event at SP/G Wednesday

Oncologist Jeffrey Paonessa and Lanny Quinn, a melanoma survivor, will speak about cancer at the West St. Petersburg Community Library, SP/G Campus, Tuesday at 1 p.m. as part of Breast Cancer Awareness Month.

They will answer questions from the audience. The event is sponsored by Colleges against Cancer.

BOT *Highlights*

SEPTEMBER 18, 2007

PRESENTATION OF RETIREMENT RESOLUTION

The Board adopted retirement resolutions for Susan D. Delorey, Scholarships & Student Financial Assistance, St. Petersburg/Gibbs Campus; Hoeung Kim, Facilities Services, St. Petersburg/Gibbs Campus; and Thomas N. Tsien, Physical Science, Clearwater Campus. Ms. Delorey was present and, joined by colleagues, accepted her resolution as presented by Chairman Johnston and President Kuttler. Dr. Tsien and Mr. Kim were unable to attend.

BIDS, EXPENDITURES AND CONTRACTS (through Purchasing)

The Board approved the following: (1) Bid award to Creasey Printing Services for typesetting and printing of the 2008-09 College Catalog; (2) Bid award to Web Offset Printing for typesetting and printing of the 2008-09 Course Schedule Booklets; and (3) Additional insurance policy payments not included in the previously-approved membership assessment in the Florida Community Colleges Risk Management Consortium.

OTHER EXPENDITURES AND CONTRACTS (exceeding \$250,000)

Approval was given by the Board for an amendment to the St. Petersburg Collegiate High School lease agreement, which was approved at the August 21 Board meeting.

CAPITAL OUTLAY (Money that can be spent only on construction projects)

The Board approved the following: (1) Disposition of Surplus or Obsolete Property; (2) Challenge Grant Submissions for 2008-09; (3) Selection of pre-qualified small contractors for miscellaneous projects Collegewide; (4) Phase I Schematic Design Plans, Phase III 100% Construction Documents, and Guaranteed Maximum Price for the chiller plant expansion in preparation for the new Student Services Building at the St. Petersburg/Gibbs Campus; and (5) Phase I Schematic Design Plans for the remodel/renovation of classrooms, labs and offices, Phase III of the addition to the existing Downtown Center. A brief report was also given on the status of the Florida International Museum.

CHANGES TO THE BOARD OF TRUSTEES' RULES

The Board approved the following changes to the Rules and Procedures Manual: (1) Rule 6Hx23-4.20 Grading System. This establishes that satisfactory completion of SLS 0003 by students who tested into all three areas of remediation upon admission to the College will be graded on a "P/F" basis; and (2) Rule 6Hx23-5.17 Student Fees. This adds liability insurance and accident coverage fees for Orthotics & Prosthetics clinical courses.

CREDIT CURRICULUM CHANGES

EFFECTIVE TERM I, 2007-2008: The Board approved **addition** of the following programs: **AS** Degree: Healthcare Informatics (HCINF); **CT** Program: Healthcare Informatics (HCINF). The Board approved **changes** in the following programs: **AS** Degrees: Architectural Design and Construction Technology (ARCH); Criminal Justice – Public Safety Services (CJPSS); Drafting and Design Technology (DRAFT); Veterinary Technology (VETTC); **BAS** Degrees: Banking (BANK); International Business (INTBUS); Public Safety Administration (PSA); Veterinary Technology (VETTC); **CT** Programs: Drafting (DRAFT); Lean Six-Sigma Green Belt (LEAN); Sigx-Sigma Black Belt (SIXSG). **EFFECTIVE TERM II, 2007-2008:** The Board approved **addition** of the following **AS** Degree: Engineering Technology (ENG). The Board approved **changes** in the following programs: **AS** Degree: Healthcare Informatics (HCINF); **BAS** Degree: Technology and Management (TMGT); Veterinary Technology (VETTC); **CT** Program: Healthcare Informatics (HCINF). The Board approved **deletion** of the following **AS** Degree: Electronics Engineering Technology (ELEC)

GRANTS/RESTRICTED FUNDS CONTRACTS

The Board authorized applications for and acceptance of grant funding (if awarded) from: (1) Workforce Florida, Inc. for *Employ Florida* Banner Centers; (2) Florida Department of Education, Division of Workforce Education, for Critical Jobs Initiative – SUCCEED, Florida – Crucial Professionals – Nursing Programs; (3) Florida Department of Education, Division of Workforce Education, for Critical Jobs Initiative – SUCCEED, Florida – Crucial Professionals – Teaching Programs; (4) Pinellas County Emergency Medical Services Authority for Continuing Medical Education; and (5) U.S. Department of Education for Alternative Certification for Teachers, Paraprofessional Transition to Teaching Program.

St. Petersburg College – OCTOBER 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>To Do:</p> <p>Don't forget to Register to Vote!</p>	<p>1 0390 Registration Letter reviewed by A&SA <u>Final Load (1E/2B)</u> AIS creates app't's for <u>0390 Registration</u> A&SA Meeting 10AM-Noon, EpicCtr</p>	<p>2</p>	<p>3 <i>Sukkot Ends</i> 0385 Angel Attendance Roster Run Deadline for</p>	<p>4</p>	<p>5</p>	<p>6 CLAST</p>
<p>7</p>	<p>8 <i>Columbus Day</i> 0390 Registration Letters mailed</p>	<p>9 C & I Meeting</p>	<p>10 0385 Angel Attendance Roster Run 0385 Student Survey – 1st 8-Wk Mod</p>	<p>11 <i>Ramadan Ends</i> 0385 2nd 8-Wk Mod Due Date</p>	<p>12 0385 1st 8-Wk Mod <u>Classes End</u> 0385 4th Clearinghouse File Submission</p>	<p>13 Florida Teachers Exam 0385 2nd 8-Wk Mod Temp Rolls Printed</p>
<p>14</p>	<p>15 0385 2nd 8-Wk Mod <u>Classes Begin</u> 0385 2nd 8-Wk Mod Temp Rolls Distributed A&SA Meeting 10AM-Noon, EpicCtr</p>	<p>16</p>	<p>17 0385 Angel Attendance Roster Run Deadline for 11/13 C & I Meeting</p>	<p>18 0385 Online & Teleweb Mid-Term Examinations Begin PDs recommend '08-'09 SCL class size to Ps 0385 STL/Veterans Due Date</p>	<p>19 Last day to drop/refund/change to audit 0385 2nd 8-Wk Mod <u>Classes</u> 0385 Midterm Roster run by AIS</p>	<p>20 0385 Online & Teleweb Mid-Term Examinations End 0385 2nd 8-Wk Mod Perm Rolls Printed</p>
<p>21</p>	<p>22 0385 Midterm Rosters & 2nd 8-Wk Mod Perm <u>Rolls Distributed</u> Ps send SSI to PDs (0385 Reg, Exp, 2nd Mod)</p>	<p>23 C & I Meeting</p>	<p>24 0385 Angel Attendance Roster Run Last day to withdraw with "W" 0385 Weekend Classes</p>	<p>25 Last day to w/draw with "W" 0385 Regular & Online Classes</p>	<p>26 0385 5th Clearinghouse File Submission <u>FTE – 1 estimates</u> Ps give SCL class sizes for 2008-2009 to Sr VP</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31 <i>Halloween</i> 0385 Angel Attendance Roster Run 0390 Fees Verified</p>	<p>Important DATE!</p> <p>Mid-Term Exams</p> <p>0385 Online & Teleweb: Oct 18 – Oct 20</p>		