

‘Experience SPC’ to help high school students, parents get answers

Have questions about college? St. Petersburg College can help answer your questions.

Four ‘Experience SPC’ sessions are scheduled this month. Sessions will be Monday at Seminole, Tuesday at St. Petersburg/Gibbs, Wednesday at Tarpon Springs and Thursday at Clearwater.

All sessions run from 5 to 7 p.m.

Guests will learn about associate’s and bachelor’s degrees, financial assistance, college costs, application and registration and much more from education professionals.

At 6:30 each night, a “Movie on the Lawn” will be shown.

Experience
SPC!



EpiCenter dedicated to Don Sullivan

More than 120 family members and friends of Don Sullivan were on hand Friday when the EpiCenter was dedicated to the former state senator. SPC President Carl M. Kuttler Jr. praised Sullivan for his support of the college, especially for his efforts to allow SPC to offer baccalaureate degrees. Board of Trustees members are shown moments after unveiling the plaque that has been placed in the entryway at the EpiCenter. Congratulating Sullivan, left, are: from left, Ken Burke, Richard Johnston and Evelyn Bilirakis. Additional photo, Page 2.

Women on the Way luncheon draws almost 250 people

Nearly 250 people attended the Women on the Way Appreciation Luncheon at Ruth Eckerd Hall on Friday.

The annual luncheon is held to thank supporters and donors who provide money, personal items and other resources to the women who participate in the Women on the Way program.

This year, those attending represented a number of diverse organizations, businesses and faith-based groups – everything from bridge clubs to women’s clubs to a Harley-Davidson riders’ organization.

Sharon Coil, who leads the Women on the Way program from its offices on the Clearwater Campus, welcomed guests and introduced a number of current and former students who have benefited from the WOW program.

“Our graduates have accomplished great things,” Coil said after the program. “But at that time in their lives, they needed support and encouragement, and we were there when they needed us.”

The most poignant part of the program came when several current

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“Quoteworthy”



“Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding that you can muster, and do it with no thought of any reward. Your life will never be the same again.”

— Og Mandino
salesman and writer



Submitted by
Cal Kerkela, HEC



Thank you, Don Sullivan

SPC President Carl M. Kuttler Jr., center, praises former State Sen. Don Sullivan for his efforts in making higher education more accessible to the residents of Pinellas County. Joining in the ceremony are, from left, Congressman C.W. Bill Young; Sullivan and his wife, Bretta; former Congressman Mike Bilirakis; former state Senate President John McKay; and former state Sen. Jim Sebesta.

Volleyball team wins one of three matches at state

The college volleyball team won one match and lost two in its trip last weekend to the state tournament at Polk Community College in Winter Haven.

SPC opened with a victory against Gulf Coast CC on Thursday. On Friday, the Titans lost to Suncoast Conference winner Pasco-Hernando CC and then were sent home by Hillsborough CC.

SPC ended the season 17-9 overall and 6-4 in the Suncoast Conference.

Hillsborough advanced to the state championship match, before losing to Miami Dade College. Both qualified for the national tournament in Council Bluffs, Iowa.

The SPC basketball teams opened play over the weekend. The men started with a 91-85 win against Florida Memorial College while the women were 107-51 losers to Seminole CC.

The men travel south this weekend for a pair of games. Friday night they are at Broward CC and Saturday they visit Palm Beach CC.

The women visited Clearwater Christian College Thursday and head to the North Florida Community College tournament this weekend for games tonight and Saturday night.

All home games are played at the St. Petersburg/Gibbs Campus, 6605 Fifth Ave. N, St. Petersburg. Admission is free for all games.

Chorus will present Veterans Day program Sunday

The 140-voice College Chorus will present a program of patriotic music Sunday at 3 p.m. at the Palladium Theater, 253 Fifth Ave. N, St. Petersburg.

The Chorus will be joined by the SPC Madrigalians in presenting "America Remembers: A Veterans Day Salute." Vernon Taranto Jr., director of choral activities, will conduct.

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.

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

Grievance committees need members

The college's grievance committees need members. Interested employees must submit their names to be placed on a ballot.

There are three separate grievance committees: 1) Administrative and Professional; 2) Career Service and 3) Faculty.

Each committee hears formal grievances of its peer group and has five members — three are elected. The three elected members are two employees from the peer group and one Administrative and Professional (A&P) employee. A fourth member is an A&P employee appointed by the president. The fifth is chosen by the first four committee members.

Anyone interested in serving must contact Lisa Charest in Human Resources at Ext. 3046 or via e-mail at charest.lisa@spcollege.edu by 5 p.m. Wednesday.

An election is scheduled for November after the ballots are complete.

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

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

Wellness update

by Cathleen Shears



Kick the smoking habit Thursday

Many smokers want to quit. Are you one of them?

Consider kicking the habit — even if for just one day — on Thursday, during The Great American Smokeout. Sponsored by the American Cancer Society, it's a day to say "no" to cigarettes.

Not only is the day set aside to snuff out tobacco, it's also a time to reflect on what smoking-related diseases (including heart disease, stroke, high blood pressure and cancer) can be avoided by quitting the habit. Tobacco use is the leading cause of preventable disease and deaths in the U.S..

An estimated 450,000 Americans die annually because of smoking, according to the American Cancer Society.

If you truly want to quit but just haven't been able to, here are some tips:

- Set a date for deciding to quit. Take one day at a time and set short-term goals.
- Avoid temptation: Get rid of all cigarettes, lighters and ashtrays.
- Consider a nicotine replacement therapy instead of quitting "cold turkey."
- List all the reasons you want to quit.
- Enlist support from non-smoking friends and family members.
- Don't give up. It takes more than several attempts to become smoke-free.

In addition, other resources include:

- The American Cancer Society's Quit-For-Life telephone counseling service toll-free hotline at 1-877-822-6669. This service is in English and Spanish.
- SPC-sponsored Smoking Cessation program. Contact me for more details (see below).
- Smoker's Survival Kit information packet on going smoke-free. Contact me for more details (see below).
- Employee Assistance Program (EAP) through Aetna. Go to www.aetnaEAP.com, put in the college ID (spcollege) and click on "Well-Being" at the top of the page.

Upcoming Lunch & Learn Brown Bag Sessions

Monday — Tarpon Springs Campus — GA 442
— 12:30-1 p.m.

Wednesday — EpiCenter — Services building,
Room 110 — 12:30-1 p.m.

Cathleen Shears can be reached at shears.cathleen@spcollege.edu or call Ext. 3083.

Job Power Seminar at Seminole

JP Quinton-Scott, re-employment planning coordinator for WorkNet Pinellas, spoke to students and others Nov. 1 about strategies for conducting successful job searches.

Quinton-Scott discussed interview tactics, resume and cover letter writing, dressing for success and other topics during his Job Power Seminar presentation at the Seminole Campus. The session was sponsored by SPC's Male Outreach Initiative, which works to increase the number of male students on all St. Petersburg College campuses through

programs that focus on responsibility, leadership and respect.

Similar sessions are scheduled at other SPC locations:

- Tuesday 1 p.m., Library Multi-Purpose Room, Clearwater Campus. Tech Data Corp. Senior Vice President and General Manager Pete Peterson.
- Thursday, 1 p.m., LY-259, Tarpon Springs Campus. Tampa Bay Devil Rays Director of Corporate Sponsorships Wes Engram.

Onward & Upward

Dave Randle, Ethics instructor (SE), has been selected as one of two people to represent the North America Region at the United Nations Environment Programme international meeting in Monaco in February. The meeting will include environmental ministers from nations around the world as well as the governing board of the U.N. Environment Programme. Climate change, loss of species, depletion of fisheries and global poverty are all on the agenda. Randle expects to have an opportunity for significant input.

Ethics instructors **George Sherman** (SP/G) and **Keith Goree** (SP/G) have been volunteering with the character education program with Pinellas County Schools for years. The college's Applied Ethics Institute is a partner in the school district's federal character education grant. This year, Pinellas County Schools was named a "National District of Character" by the Character Education Partnership in Washington, D.C. Pinellas County was the only school system in America so honored this year. Sherman and Goree went to Washington with Pinellas County Schools officials last week as they received their award at the National Forum on Character Education.

Music Festival planned for Saturday

The SPC ROCKS! Music Festival is Saturday from noon to 6 p.m. at the gymnasium on the St. Petersburg/Gibbs Campus.

Five bands will participate: Too Little Too Late; This Transmission; Magic Shoppe; Feminist Assault; and A.N.D.Y.

Admission is \$8 in advance, or \$10 at the door. Proceeds will benefit the SPC Foundation, Inc. for SPC music scholarships. Tickets are available in Room 118 of the Humanities Building on the St. Petersburg/Gibbs Campus.

Pay certs deadline is noon Dec. 10

Pay certification sheets for the leave/earnings period ending Dec. 14 must be received in Payroll by noon, Dec. 10.

Employees are asked to turn in their paperwork in a timely fashion to the person responsible for payroll.

"Many people are accustomed to making changes or filing late, but we will not be able to accommodate them," said Theresa Furnas, associate vice president of Financial and Business Services.

There can be no exceptions, Furnas said, adding that accuracy and completeness are critical.

If your paperwork is filed late or inaccurately, your paycheck will be delayed or changes will not appear until Jan. 4.

For those who get their paperwork completed on time, paychecks and direct deposit statements will be available Dec. 18 in each department.

If you do not pick up your check or statement Dec. 18, it will be available at your site Jan. 2.



Women on the Way Director Sharon Coil introduces five WOW members who shared their stories at Friday's Women on the Way Appreciation Luncheon. From left, Coil, Chivon Cowart, Shelanda Flowers, Megan Colpoys, Amy Jammer and Pamela Calloway.

Women *continued from Page 1*

and former Women on the Way program participants described to the audience how WOW and St. Petersburg College had changed and improved their lives, even as they dealt with poverty, abusive relationships and other serious challenges.

About 250 women are involved in the program currently, Coil said.

Women on the Way (WOW) is in its 26th year at SPC and counts several hundred women among its graduates. It was designed to meet the educational needs of women

who desire resources and support to complete college. The appreciation luncheons have taken place for about 20 years, Coil said.

"The donors love the luncheon, and when the women in the program look around and see all the supporters who turn out, it is very motivating for them," Coil said.

Money raised from contributors is used for about 25 WOW scholarships every term and for the purchase of textbooks or emergency purposes.



Working on a partnership

State Attorney General Bill McCollum, center, stopped by District Office last week to discuss opportunities for a partnership in Gang Prevention, Intervention and Enforcement. Joining in the discussion were, from left, J.C. Brock, Allstate Center campus executive officer; Eileen LaHaie, Multijurisdictional Counterdrug Task Force Training program director; Carol Rasor, Gang Education program manager, AC; Carl M. Kuttler Jr., SPC president; and John Pare, associate state attorney general. SPC will participate as a member of the Attorney General's Steering Committee to develop a statewide gang summit in December.

NOTICE OF MEETINGS

The St. Petersburg College Foundation, Inc. will have a Finance and Investment committee meeting on Nov. 15 and a Board of Directors meeting on Nov. 28 to which all persons are invited. At these meetings, routine business of the St. Petersburg College Foundation, Inc. Finance and Investment Committee and the St. Petersburg College Foundation, Inc. Board of Directors will be discussed.

The Finance and Investment Committee meeting will begin at 9 a.m. at the SPC District Office, 6021 142nd Ave. N, Largo in the Consular Corporate Conference Room #102.

The SPC Foundation will meet at 11:30 a.m. on Nov. 28 also at the District Office. The meeting will be in the president's dining room.