



## Michael Bennett is new Associate Vice President, Financial Assistance



Michael Bennett, Director of Financial Aid at Brookdale Community College in Lincroft, N.J. for the past 23 years, has been selected to fill the new position of Associate Vice President, Financial Assistance, Scholarships and

Veterans Services at St. Petersburg College. He starts his new duties in April. Although he has the same name as the previous president of St. Petersburg College, he is not related.

The position is new at SPC, made necessary by the expansion of financial aid applications and disbursements at the school. Marcia McConnell, director of Financial Assistance at the college, will remain in her position.

"We created the new position because of the increased amount of financial aid applications at SPC," said Anne Cooper, Senior VP Academic & Student Affairs. "Michael Bennett was an excellent candidate in part because he is nationally recognized in the field."

Bennett said he was excited by the challenges he sees at SPC.

"I feel very fortunate to have the opportunity to join St. Petersburg College at this particular time in a new leadership position," he said. "I've been very impressed by all the college has accomplished, with the campuses I've visited, and with the people I have met. Like others, I celebrate the goals of access, learner-centered education and excellence."

Bennett received a bachelor's degree in English from Widener University in Chester, Pa. in 1976. He then earned a master's degree in student personnel service at Rowan University in 1979.

Before working at Brookdale, he was Program Officer for Network Services at the New Jersey Higher Education Assistance Authority. Earlier, he was Director of Financial Aid at Monmouth University in Long Branch, N.J.

He began his career as a high school English teacher.

While at Brookdale, Bennett served as National Chair of the National Association of Student Financial Aid Administrators, an organization that represents financial aid professionals at nearly 3,000 postsecondary institutions.



### Baseball game at Bighthouse Field

Mark your calendar for the baseball team's only appearance this season at Clearwater's Bighthouse Field, Wednesday, Feb. 11., 3 p.m.

## **SPC student uses Heimlich Maneuver to save man**

Rodney Daniels, an SPC physical therapy student, was going about his duties at The Springs at Boca Ciega Bay when he heard someone scream. An elderly man had started choking, and it was the man's wife who had screamed for help. By the time Daniels had run across the room, a female staffer had begun applying the Heimlich Maneuver, but the man, who was a patient at the facility, continued to choke.

"She was trying to apply the Heimlich while the man remained seated in his chair," Daniels said, "but the Heimlich works much better if you can get the person into a standing position."

Daniels, 40, got the man up into a standing position and started re-applying the Heimlich. After several minutes, the food that had lodged in the man's throat popped out, and he began breathing again.

"I could see that the man had very weak reflexes," Daniels said, "and it ended up taking two or three minutes to get him breathing normally."

"We are all so very proud of him, and you all should be very proud of the quality of students you are preparing for the health care world," Jean M. Burke, Rehab Director at The Springs at Boca Ciega Bay, said in an e-mail to Rebecca Kramer, Program Director at SPC's Physical Therapy Program.

Daniels, a second-year student in the program, was performing a clinical assignment at the facility when the incident took place. He said that learning CPR and the Heimlich Maneuver are part of his training.

Daniels has worked in the medical field for the past 15 years as an aide, and he said this wasn't his first experience with the Heimlich Maneuver.

"I think this was number 6," Daniels said. "All of them have been successful. The last one was a 250-pound amputee, and that was hard because I had to stand him up. But that one was successful, too."

## **Memorial service Sunday for Tony Capasso**

A memorial service for Tony Capasso is scheduled for Feb. 8 at 9:30 a.m. at the Hospice House Woodside. Capasso, 79, was a longtime bus driver for the college who died Thanksgiving Day.

## **Retired Clearwater instructor Bergsma dead at 75**

Donald J. Bergsma, an instructor of architecture at SPC for 25 years, died Jan. 28. He was 75.

Mr. Bergsma joined the St. Petersburg Junior College faculty in the 1970s, working in the Building Arts Department on the Clearwater Campus. He taught previously at the University of Michigan and the University of Utah, and he came to SPJC in hopes of establishing a high-quality architectural program that would mirror the first two years of a university education.

He was instrumental in transforming a typical junior college drafting program into a fine architectural transfer program. Students of the program have moved on to such schools as the University of Florida, FAMU, Berkeley, Columbia, Harvard, MIT, Penn, Southern California Institute of Architecture, UCLA and Yale.

"Mr. Bergsma set the bar very high," said Robert Hudson, who also teaches in the Building Arts Department. "He demanded nothing short of excellence. He was fond of reminding people, 'Good enough' means 'I don't care.' His students responded to the challenge.

"One of his last comments was, 'I have a long list of excellent students I have been privileged to know.'"

Mr. Bergsma retired from SPJC in 1995.

At his request, there was no funeral or memorial service.

## **New director for Alumni Association**



Paul Hanna is the new Executive Director of the Alumni Association. Hanna has been the Executive Director of the SPC Foundation for two years. He now will oversee both departments. Tiffany Stallard is the new Associate Director of the Alumni Association.

Hanna replaces Mike O'Keeffe who remains the Director of Institutional Advancement. Gina Proffit, who has been the Executive Staff Assistant for the Alumni Association for seven years, has taken another job at the college.

## **\$5,000 Silverberg Endowment grant proposals now being sought by SPC Foundation**

The Silverberg Endowment for Academic Excellence was first awarded in 1982 and has been since given annually. The annual grant, of up to \$5,000, goes to support, enhance, enrich or develop programs of benefit to SPC and its students.

Proposals for 2009 are now being accepted.

Proposals are invited from faculty and staff in regular (non-acting) budgeted positions in any area of SPC. Grants are for up to \$5,000. Particularly sought are those ideas that will engage persons in creative endeavors and activities.

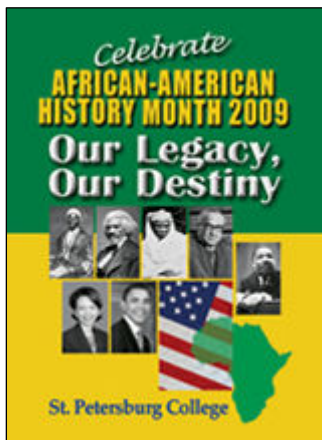
Submissions should be forwarded to the campus provost for review and signed approval; then to Executive Director Paul Hanna of the SPC Foundation at the District Office by March 20.

Proposals will be considered by the Silverberg family, and it is expected that the 2009 award will be announced by April 30.

When submitting proposals include:

- Campus and department submitting the proposal.
- Name(s) and campus addresses of proposal originator(s).
- A brief description of the proposal, including goals and objectives, costs involved, project timeline, method of evaluation, and statement of purpose and need.

Deep appreciation is expressed to the members of the Silverberg family for the establishment of the Endowment Fund, and for their interest in and support of St. Petersburg College.



### **Our Legacy, Our Destiny**

February is African-American History Month. Plan your celebrations with our online [Events Calendar](#) (pdf) »

## **Online repository of free teacher resources**

Check out the free resources available to Florida K-20 educators in The Orange Grove. The Orange Grove is an online library of free learning resources where Florida's educators can discover, contribute, store, manage and electronically share content.



The Orange Grove houses many types of resources, from single video, audio, or image files to complete lessons. The materials are peer-reviewed for quality assurance, tagged for easy searching, and can be easily integrated into your current course. You also can contribute learning objects to The Orange Grove for use solely by other professors at SPC or to be used by individuals throughout the state.

The Orange Grove Web site has a video that explains how the repository works.

Be sure to request an account so you have full access to the repository. Soon, general information sessions will be held on a campus near you.

For more information, please contact Vicki Greenfield, Ext. 3698, College of Nursing or Mark Billiris, Ext. 612,1 Seminole/eCampus Mathematics Department.

## **Notice of Meetings**

The Board of Directors for the SPC Alumni Association, Inc. will meet on Tuesday, Feb. 10, at 6 p.m. at the SPC District Office in the Consular Corporate Conference Room 102, 6021 142nd Ave. N. Largo. (Note new location). The purpose of this meeting is to discuss general business.

## Study Abroad adds summer trip to Guatemala

Public safety officials and students can fulfill their Public Safety Administration practicum requirement by going on the new Study Abroad trip to Guatemala, Central America, July 22-28.



Get more information at the upcoming Guatemala information meeting on Wednesday, Feb. 18 from 12-1 p.m. and 7 to 8 p.m. at the Allstate Center, AC-Main 116, 117, or visit the Study Abroad Web site.

This study abroad program is open to all SPC students. Participants will have the opportunity to:

- Explore the challenges of gangs and crime faced by Guatemala's Civilian National Police.
- Study the socio-economic, political, educational and industrial factors impacting policing, gangs and the quality of life in Guatemala.
- Tour the U.S. Embassy in Guatemala City with presentations by the Narcotics Affairs Section of the State Department, Civilian National Police and Galileo University.
- Tour Villa Nueva, a model precinct that reduced gang violence, and the police academy.
- Engage in a crime prevention project for the Civilian National Police and the Villa Nueva community.

## College offers GRE and SAT prep classes

Spread the word about two new test prep classes:

### Combined GRE Math/Verbal review class

Feb. 4-April 1, Wednesdays, 6-9 p.m., Seminole Campus.

\$275 tuition includes textbook, practice test workbook and CD-Rom resources

This eight-week class includes preparation for the new analytical writing section.

### SAT review class

Feb. 21-April 25, Saturdays, 9 a.m. to noon

Clearwater, Seminole, St. Petersburg/Gibbs and Tarpon Springs campuses

Targeted for May 2 SAT test

\$215 tuition includes textbook

This eight-week class includes preparation for the math, verbal and essay sections

For more information or to enroll, call Lifelong Learning at 727-341-3184. Class size is limited.

## Locker Room: Sports teams are in full swing

The men's basketball team lost to Pasco Hernando Community College Wednesday night 89-78, falling to 12-12 overall and 4-4 in the Suncoast Conference.

Polk CC, which defeated SPC Monday night 63-53, is undefeated in the conference (8-0) and St. Petersburg looks as if it will battle for second place the rest of the way with Hillsborough CC.

The teams that finish second through fifth in the conference meet in a playoff after the season to determine the other state tournament entry from the conference.

The women's team lost to Hillsborough CC 60-50 Wednesday night, leaving it 3-10 for the season and 1-6 in Southern Conference play.

The baseball team bowed to Central Florida 8-3 on Friday in its season opener, then defeated always-tough Chipola twice on Saturday, 8-1 and 10-0. On Sunday the team was trounced by Chipola 14-1.

In softball, SPC opened its season with a 4-2 loss to Miami Dade on Saturday before splitting two games with Indian River on Sunday, losing the first game 5-4 before winning the second contest 4-1.

The tennis season got under way Friday with a 6-3 loss at Abraham Baldwin Agricultural College. On Saturday, SPC lost 7-2 at Central Florida CC before losing at Florida CC at Jacksonville 9-0.

For results please visit [www.spcollege.edu/athletics](http://www.spcollege.edu/athletics).

## On SPC TV

Here is the broadcast schedule for the original cultural programs recorded by SPC for broadcast on the college station. SPC-TV can be seen on Bright House 620, Knology 19, Verizon 27 in Pinellas County.

- A Night at the Palladium: The Kym Purling Trio, Wednesday and Saturday at 12 and 9 p.m.
- The Music Center Presents: St. Petersburg College Band, Sunday 12 and 9 p.m.; Friday 8 p.m.
- CoMotion Fall Dance Concert, Monday 9 p.m.; Saturday 11 a.m. and 8 p.m.

- A Night at the Palladium: An Evening with Rosa Rio, Sunday 11 a.m. and 8 p.m.; Wednesday 9 p.m.
- The Helios Jazz Orchestra: Live by the Stacks, Tuesday 8 p.m.; Thursday 9 p.m.
- A Night at the Palladium: Statesman of Jazz, Monday 8 p.m.; Friday 9 p.m.

## A Catalyst for Economic Recovery

The Florida College System Council of President's recently released *A Catalyst for Economic Recovery* (pdf). The one-page document provides a variety of informative statistics regarding the role community colleges play during times of economic recovery and is available in the Blue & White online.

## Blue & White

Editor: Wilma Norton

Web Designer: Barbara Wolter

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*Blue & White* is produced weekly by the St. Petersburg College Office of Institutional Advancement, to communicate administrative and staff information to college employees.

Submissions should be received no later than Friday noon for publication the following Friday. Send them by e-mail to [norton.wilma@spcollege.edu](mailto:norton.wilma@spcollege.edu) or send by campus mail to Institutional Advancement, EpiCenter – Services.

## Cultural Corner

This weekly column features arts and entertainment events presented by St. Petersburg College and its partners.

### Discounts

**Florida Orchestra:** Faculty and staff now can purchase tickets at the student rate of \$10. Call the Florida Orchestra Ticket Center at 727-892-3337 and identify yourself as faculty or staff to place your order. Students can purchase two \$10 advance tickets through the mail, in person or by phone at the Florida Orchestra ticket center. Students must present ID when collecting tickets at the Will Call window on the night of concert. Subject to availability. Some restrictions may apply.

**Palladium:** Faculty, staff and students receive a 10 percent discount to all shows produced by the Palladium or its partners at the Palladium.

**Continuing through March 29**  
**St. Petersburg College: Legacy of Leadership**, St. Petersburg Museum of History, 335 Second Ave. NE, on the approach to the Pier. 10 a.m. to 5 p.m. Tuesday through Saturday, 1 to 5 p.m. Sunday. \$12 general, \$9 senior

and student, \$7 ages 7 to 17, ages 6 and younger free.

**Continuing through April 12**  
**[New exhibits: It's a Dog's Life:](#)**  
Photographs by William Wegman and Sanctuary: Anna Tomczak Photography, Leepa-Rattner Museum of Art, Tarpon

Springs. Admission: \$5 adults, \$4 seniors, free for children, members and students. Sunday admission free for all.

**Continuing through Feb. 6**  
**[SPC Faculty Art Exhibition](#)**,  
**[Crossroads Art Gallery](#)** –

Clearwater Campus.  
Reception: Feb. 4, 6-8 p.m. Free.

**Continuing through Feb. 15**  
[King Hedley II](#), by Pulitzer Prize-winner August Wilson, 7:30 p.m. Wednesdays-Thursdays, 8 p.m. Fridays-Saturdays, 3 p.m. Saturdays-Sundays. American Stage Theatre, St. Petersburg. \$31-\$39.

**Friday, Feb. 6**  
[St. Petersburg College Piano Concert Series: Rev. Sean Duggan](#), solo recital, 7:30 p.m. St. Petersburg College Music Center. Free.

**Friday, Feb. 6**  
[Palladium Pipes Series: Nathan Laube](#), 7:30 p.m. Palladium. \$12-\$22.

**Friday, Feb. 6 and Sunday, Feb. 8**  
[Florida Orchestra Masterworks Concert: Tchaikovsky: Symphony No. 4, David Alan Miller, guest conductor, Betti Xiang](#), erhu, 8 p.m. Feb. 6, Tampa Bay Performing Arts Center, Tampa, and 7:30 p.m. Feb. 8, Ruth Eckerd Hall, Clearwater. \$19-\$65.

**Saturday, Feb. 7**  
[Keyboard Conversations: Chopin for Lovers!, Jeffrey Siegel, pianist](#), 7:30 p.m. Palladium. \$15-\$25.

**Saturday, Feb. 7**  
[Dance video: The Sleeping Beauty by Pyotr Tchaikovsky](#), 1:30 p.m. Leepa-Rattner Museum of Art. Free.

**Sunday, Feb. 8**  
[Opera video: A Night in Venice by Johann Strauss](#), 1:30 p.m. Leepa-Rattner Museum of Art. Free.

**Tuesday, Feb. 10**  
[St. Petersburg College Jazz Band Concert](#), 7:30 p.m. St. Petersburg College Music Center. Free.

**Saturday, Feb. 14**  
[Valentines and Stardust](#): An evening of romantic American standards featuring Randy Carmichael, son of legendary composer Hoagy Carmichael and an acclaimed pianist and singer. A romantic buffet dinner is offered before the concert. 6 p.m. dinner, 8 p.m. show. Palladium. Dinner \$25. Concert only, \$15, \$20, \$25.

**Tuesday, Feb. 17**  
[Side Door Brown Bag Series: Lunchtime concert with Judith Alstadter on piano](#), noon. Palladium. Bring lunch – beverages provided. \$10 - SPC Staff, \$12 - general public.

**Feb. 18-March 6**  
[Photography Show, Crossroads Art Gallery](#), Clearwater Campus. Reception: March. 4, 6-8 p.m. Free.

**Thursday, Feb. 19**  
[Side Door Jazz: Nate Najar with Cynthia Sayer](#), 7:30 p.m. Palladium. \$20

**Feb. 20-22**  
[Florida Orchestra Masterworks Concert: Blue Danube, Klaus Peter Seibel, guest Conductor, Markus Groh, piano](#). 8 p.m., Friday, Feb. 20, Tampa Bay Performing Arts Center, Ferguson Hall; 8 p.m. Sat., Feb. 21, Mahaffey Theater; and 7:30 p.m. Sunday, Feb. 22, Ruth Eckerd Hall. \$19-\$65.

**Friday, Feb. 20**  
[Heissler Organ Series: Isabelle](#)

[Demers](#), 7:30 p.m. St. Petersburg College Music Center. \$5 suggested donation. SPC staff and students free with ID.

**Friday, Feb. 20**  
[An Evening with Leo Kottke](#), 8 p.m. Palladium. \$32.50, \$52.50

**Tuesday, Feb. 24**  
[Encore 2009 Chamber Series: C'est Magnifique!, featuring Jeff Multer and Friends](#). Dessert and discussion with the artists follow concert. Palladium. \$10-\$20.

**Wednesday, Feb. 25**  
[WMNF and the Palladium present: Loudon Wainwright III, opening act: Kathleen Edwards](#), 7:30 p.m. Palladium. \$25.

**Friday, Feb. 27**  
[St. Petersburg College Band Concert](#), 7:30 p.m. St. Petersburg College Music Center. Free.

**Saturday, Feb. 28**  
["Passages of Martin Luther King Jr.,"](#) produced by Bob Devin Jones and The Studio@620, a dramatic reading and song. A Q & A session with playwright Clayborne Carson and historian Ray Arsenault follows. 7 p.m. Palladium. Adults \$12, Students \$6

**Friday, March 6**  
[Heissler Organ Series: David Enlow](#), 7:30 p.m. St. Petersburg College Music Center. \$5 suggested donation. SPC staff and students free with ID.

**Friday, March 13**  
[Madrigalians Concert, "Oh Eternal Spring,"](#) 7:30 p.m. St. Petersburg College Music Center. Free.



## Simple tips to improve gas mileage and save a bunch of green!

### The issue

Poor gas mileage

### The larger issue

- Oil is a non-renewable resource, and while there is debate as to how long it will last, we eventually will have to find new ways to fuel vehicles.
- Poor fuel economy increases our dependence on foreign oil.
- Burning gasoline and diesel fuel contributes to air pollution.
- You will pay an extra \$200 to \$1,500 each year by driving inefficient vehicles. This can cost many thousands of dollars over a vehicle's lifetime.
- Oil spills from oil refining, transporting and use damage ecosystems and pollute water.

### Be part of the solution

Follow these simple steps to save a bunch of green (pun intended):

- Don't drive aggressively. Speeding, rapid acceleration and braking wastes gas by lowering highway mileage up to 33 percent and 5 percent around town.
- Don't speed! Gas mileage rapidly decreases above 60 mph. Assume that each 5 mph you drive over 60 mph is equal to paying an additional \$0.24 per gallon. Not speeding is safer.
- Replace your air filter! Doing so can improve your car's gas mileage by 10 percent.
- Give your car a tune up. Fixing a car that is out of tune can improve gas mileage by about 4 percent.
- Keep your tires properly inflated. This can improve mileage by more than 3 percent.
- If possible, carpool. You can cut your weekly fuel costs in half if you take turns driving (or even better, use Pinellas Suncoast Transit Authority or ride a bike).
- Don't idle. It wastes fuel and pollutes the air. Turn off the engine when waiting.
- When shopping for a new car, buy the most efficient option possible. Educate yourself with this complete [listing of fuel economies](#) for all 2009 automobiles and get the facts on [hybrid technology](#).
- If you must buy an SUV, consider a hybrid! The highest efficiency hybrid SUVs include the [Mazda Tribute](#), [Ford Escape](#) and [Mercury Mariner](#).

### Want to become involved with SPC's exciting sustainability initiatives?

To participate in the **sustainable** | SPC initiative, e-mail [green.jason@spcollege.edu](mailto:green.jason@spcollege.edu) or call 341-3283.

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 [ea\\_eo\\_director@spcollege.edu](mailto:ea_eo_director@spcollege.edu).



*This article and other health information are available on our [Wellness blog](#).*

## **Are you making your co-workers sick?**

You may not realize that you could be making your co-workers sick. When you work in close proximity to others in an office for eight hours a day or longer, you can easily spread germs. You also may not be aware that they have a fragrance-related sensitivity or allergy.

### **Cold and flu:**

Most of us have gone to work with a cold or flu. The most common reason is a busy work schedule, pressing deadlines or a class to teach. But being present at work does not mean that you get a lot done. If you are not feeling well, odds are that you will make more mistakes, be less productive and may spread cold and flu germs to your co-workers.

You are most contagious just before and 24 hours into your first cold and flu symptoms. The flu usually is associated with a fever.

### **What to do?**

If you are sneezing and have fever, stay home

### **How to stay well?**

- Get a yearly flu shot
- Wash your hand several times a day
- Use hand sanitizer at your desk

### **Fragrance sensitivity and allergies**

According to the American Academy of Dermatology, there are about 5,000 different fragrances used in perfumes and other products. And for some, exposure to multiple combinations of fragrances in the workplace can lead to negative physical reactions.

Reactions to fragrances such as perfumes and cologne can include: headaches, hives, sneezing, breathing difficulties and eye irritation. According to researchers at the Monell Chemical Senses Center in Philadelphia, breathing in others' fragrances can have serious health consequences and can be compared to breathing second-hand cigarette smoke.

### **What to do?**

If you wear perfumes or other scents, be courteous to co-workers by using less or none when you are at work.

For additional wellness articles, visit the [SPC Wellness blog](#).