



Ribbon-cutting at Clearwater Campus Feb. 20

A ribbon-cutting ceremony for the new Natural Science/Mathematics/College of Education Building on the Clearwater Campus is scheduled for Feb. 20 at 9 a.m.

An open house also will take place from 8:30 to 10:30 a.m. Refreshments will be served, and tours of the LEED-certified "green" building will be offered.

Call or e-mail Sherry Armstrong to RSVP Ext. 2622 or Armstrong.sherry@spcollege.edu.

Scholarship House fundraiser is March 28

A black tie dinner to raise funds for the Helen K. Leslie BPW Scholarship House will be March 28 at the Don Cesar Beach Resort, 3400 Gulf Blvd., St. Pete Beach. All SPC faculty and staff are invited. Read the recent St. Petersburg Times article on the Scholarship House in the Blue & White online.

Cocktails and hors d'oeuvres will be served from 7 to 8 p.m. The dinner program will begin at 8 p.m. Vocal and instrumental entertainment will be provided by Suzette Jennings and Mood Swingz.

Tickets are \$150 per person. Go to www.educationfoundationbpwfl.org to make reservations.

The event is sponsored by the St. Petersburg College Foundation Inc. and the Education Foundation of the Florida Federation of Business and Professional Women's Clubs Inc.

The Helen K. Leslie BPW Scholarship House will be the first student housing at St. Petersburg College. The building will house 16 women who cannot afford to pay for both tuition and housing. It will be located on a five-acre site at the St. Petersburg/Gibbs Campus. The house should accept its first residents this year.



In the last few days, the New York Times, USA Today and other national media have reported on the hot online trend, "25 Random Things about Me."

On Facebook and other sites on the Internet, people are encouraged to write 25 random things about themselves and send the list to 25 friends. Millions have done so in the past month.

In that spirit, we share with you 25 tidbits of information about St. Petersburg College that we hope you will find interesting. Check out the online Blue & White for a link to 25 things and share them with 25 friends!

Fact Book Survey

We hope you have had the opportunity to review the 2008-09 version of the SPC Fact Book. To maintain our commitment to continuous improvement, we ask that you please take a few minutes to share your perspective and level of satisfaction with the Fact Book and other Institutional Research and Effectiveness (IRE) products and services by completing the [IRE Evaluation Survey](#). (link in Blue & White online)

If you already have completed this survey, we thank you and look forward to seeing your feedback. If you have any questions regarding the Fact Book or any other products and services that we provide, please feel free to contact us.

\$5,000 Silverberg grant proposals sought

The Silverberg Endowment for Academic Excellence was first awarded in 1982 and has since been 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 Paul Hanna, Executive Director 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.

Blue & White

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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.

Academic Round Tables retreat



Members of the Academic Round Table work on a "Starting Block" aimed at helping learners think critically about a topic. From bottom right, Kelly Malizia, Pat Barbier, Chad Mairn, Hector Perez-Gilbe and Mika Nelson.

Thirty-five faculty and staff attended the first Academic Round Tables (ARTs) retreat on Jan. 30. Presentations aimed at increasing students' ability to think critically included:

- » Learning Communities - Gail Lancaster
- » Assessment - Carol Weideman
- » Instructional Portfolios - Lynn Grinnell
- » Assessment Rubric for Critical Thinking (ARC) - Jesse Coraggio
- » Faculty Champion Guide - Janice Thiel

Faculty Champions and ARTs members from Early Childhood, the College of Education, Ethics, and Student Life Skills reviewed last year's efforts and began drafting a portfolio report; members from Business Technologies, the College of Nursing, Communication, Library and Paralegal worked on instructional portfolios for their disciplines.

Upcoming events

- Collegewide Quality Enhancement Committee meeting, Feb. 27
- Spring Critical Thinking Institute (held in conjunction with the Narrowing the Gulf Conference), March 26-27.

Events such as the ARTs retreat and Critical Thinking Institutes help bring SPC closer to fulfilling the initiatives of the Quality Enhancement Plan aimed at improving our students' ability to think critically. Contact [Janice Thiel](#) at Ext. 3110 for more information.

Alumni Association thrift store to benefit students

A thrift store soon will open to benefit St. Petersburg College.

The Dollars for Scholars Thrift Shop for the Benefit of St. Petersburg College will be located at the college's Caruth Health Education Center, 7028 66th St. N, Pinellas Park. The building faces 66th Street and has ample parking.

Michelle Piccione, President of the St. Petersburg College Alumni Association, said the thrift shop's mission is to raise funds for scholarships, student services and college projects. The Alumni Association will oversee the operation of the shop.

"One hundred percent of the proceeds will go back to the college, and we want to help students to learn marketable job skills," Piccione said. "The success of the thrift store initially will depend on the donations the college community brings by or drops off to our collection centers on the campuses," Piccione said. "I truly believe it will become part of the whole community and will fill a need that is being created by the harsh economic climate that is affecting us all."

The store will provide job training to students who volunteer there, helping them get hands-on experience with the day-to-day operations of a small business, which includes sales, marketing, bookkeeping and merchandise preparation.

A late March opening is expected, but donations of saleable goods are being accepted now. Needed donations to get the store up and running, include:

- Stationary clothing racks
- Gondola shelving
- Display cabinets
- Office supplies
- Computer
- Printer
- Eight-department cash register
- Sturdy metal hangers for clothing
- Cleaning supplies
- Large Rubbermaid-type plastic containers
- Large mirrors for fitting rooms

Donations that will be accepted for sale include:

- Gently-used men's and women's clothing (on hangers if possible)
- Men's and women's shoes
- Men's and women's accessories
- Household items
- College textbooks
- CDs and DVDs
- Home and office furniture in good condition
- Seasonal decorations
- Lamps

No bedding, children's clothing or toys can be accepted at this time.

To make a donation, volunteer or ask a question, contact [Michelle Piccione](#) at 727-742-8565.

Locker Room: Men's basketball team loses 3 conference games in a row

Hillsborough Community College men's basketball team defeated SPC 90-78 on Saturday, dropping the Titans to 12-13 overall and 4-5 in the Suncoast Conference.

The loss, coupled with two other losses earlier in the week, dropped SPC into third place in the Suncoast Conference standings, behind second place Hillsborough and undefeated Polk.

On Saturday, the women's basketball team lost to Miami Dade 53-52, a day after defeating Broward 56-36. The women's team is 4-11 overall, and 2-7 in the Southern Conference.

The baseball team lost to Chipola College Sunday 5-4, bringing the team's season record to 5-5.

In softball, SPC bowed to the University of Florida club team 4-3 before splitting two games on Sunday at the Triple Crown College Classic, losing to Miami Dade 6-1 before beating Florida Community College at Jacksonville 5-3. SPC's record is 3-5.

The women's tennis team defeated Southeastern University 7-2 on Friday.

Cultural Corner

This weekly column features arts and entertainment events presented by St. Petersburg College and its partners. **NEW** items are noted for your convenience.

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. 15
King Hedley II, by Pulitzer prize-winner August Wilson, 8 p.m. Friday-Saturday, 3 p.m. Saturday. American Stage Theatre, St. Petersburg. \$31-\$39.

Saturday, Feb. 14
Valentines and Stardust: An evening of romantic American standards with the Tommy Mullinix Orchestra, featuring Hoagy Carmichael's son Randy. 8 p.m. Coffee and dessert follow. \$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, Klauspeter 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.

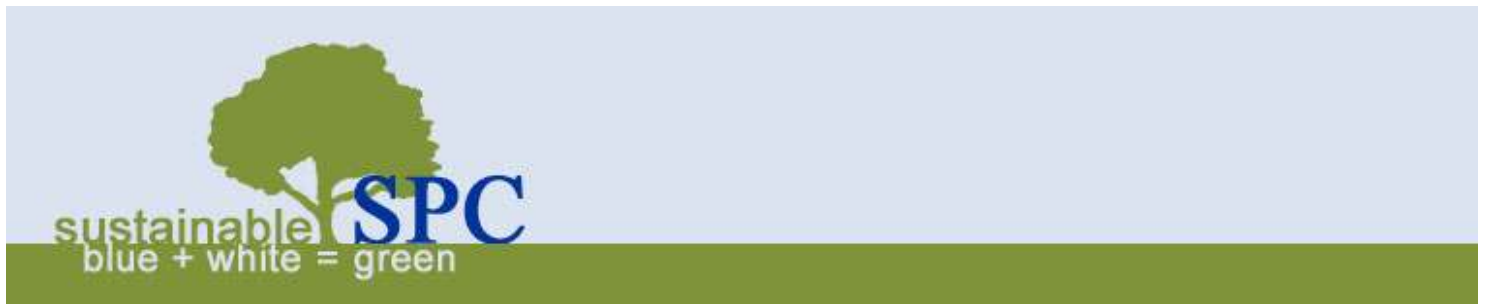
Friday, Feb. 20
An Evening with Leo Kottke, 8 p.m. Palladium. \$32.50, \$52.50

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.



Eco-friendly cleaning products reduce health risks

The Issue

Cleaning products full of chemicals

The Larger Issue

- Certain glass cleaners contain isopropyl alcohol, which can irritate the skin, eyes, nose and throat, and ammonia, which can irritate the skin and eyes and cause coughing, wheezing and shortness of breath.
- Certain all-purpose cleaners contain 2-butoxyethanol, which can cause headaches, dizziness, lightheadedness and confusion and eye, nose, throat and mouth irritation.
- Certain bathroom cleaners contain sodium hypochlorite/chlorine, which can irritate the skin and cause eye damage, coughing and/or shortness of breath.

Be Part of the Solution

By using eco-friendly cleaning products, you may be able to reduce health risks by reducing your exposure to harmful chemicals. Try these eco-friendly alternatives:

- Make your own cleaning supplies at home! Visit Ecocycle (www.ecocycle.org/hazwaste/recipes.cfm) for a variety of recipes.
- Try Dr. Bronner's Magic All in One (www.drbronner.com), a great all-organic and fair trade multi-use soap.
- Seventh Generation is a company that provides safe, and eco-friendly cleaning products. Find out what it has to offer at www.seventhgeneration.com.
- Try the original green cleaner: www.simplegreen.com.
- Even Clorox is in on the Green Revolution! Visit their Greenworks product line at www.greenworkscleaners.com.
- Also try method (www.methodhome.com).

Want to become involved with SPC's exciting sustainability initiatives? To participate in the sustainable | SPC initiative, e-mail 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 aeo_director@spcollege.edu.



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

This just in for Valentine’s Day: Chocolate can be good for you!

Did you know that chocolate has heart healthy benefits?

- Chocolate contains antioxidant flavonoids.
- Chocolate that is high in cocoa, 70 percent or more, is the most healthful.
- In small amounts, an ounce a day, one small square of dark chocolate can be heart healthy.

February is American Heart Month and in celebration, try this recipe, compliments of Weight Watchers. Perfect to prepare over the heart-focused Valentine weekend.

Chocolate Marshmallow Fudge

Servings: 36
 Preparation time: 10 min
 Cooking time: 5 min
 Level of difficulty: easy

Sure, you can buy a box of store-bought chocolates or you can make your own rich fudge at home without any fancy candy-making equipment.

Ingredients:

- 1 spray(s) cooking spray
- 1 2/3 cups sugar
- 2/3 cup fat-free evaporated milk
- 2 tbsp reduced-calorie margarine
- 12 oz semisweet chocolate, chopped (about 1 1/2 cups)
- 14 large marshmallow(s)

1. Coat an 8x8-inch pan with cooking spray.
2. In a medium saucepan, stir together sugar, evaporated milk and margarine; bring to a boil over high heat.
3. Reduce heat to medium-low and cook, stirring constantly, about three minutes.
4. Stir in chocolate and marshmallows; remove pan from heat and stir until smooth.
5. Pour mixture into prepared pan and refrigerate until firm, about two hours.
6. Cut into 36, 1 1/3-inch squares and serve.

Yields 1 piece per serving.

Notes: Store fudge in refrigerator. Or freeze for a firmer consistency.

Desserts -- POINTS® Value: 2
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Did you know?

SPC budgeted employees can now join a Weight Watchers group close to home or on the weekends and apply for up to 50% reimbursement of fees once per fiscal year. Just find a [Weight Watchers](#) class location that works for you.

This is a wonderful benefit and a great motivator to get you to a healthy weight! Class participation information must be valid, with current and dated receipts. Also, weight and attendance goals must be met in order to receive reimbursement. Contact Cathleen Shears in HR shears.cathleen@spcollege.edu to receive reimbursement forms.

Guns and Hoses Team Wellness Challenge Team



From left, Tom McKanna, Christine Pribyl, John Dressback, JC Brock, Chris Swift; kneeling: Jamie Ferrazano

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 and Verizon 27 in Pinellas County.

- » A Night at the Palladium: Nathan Laube.
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.; Tuesday 9 p.m.
- » A Night at the Palladium: The Kym Purling Trio
Tuesday 8 p.m.; Thursday 9 p.m.
- » A Night at the Palladium: Statesman of Jazz
Monday 8 p.m.; Friday 9 p.m.