



Jason Green bumps into his hero, Captain Recycle

He wasn't wearing his mask and cape, but college Sustainability Coordinator Jason Green recognized Captain Recycle the minute he walked into the room.

To most people, Alan Shapiro is just a mild-mannered Instructional Technologist at the Seminole Campus. But it wasn't too many years ago that Shapiro was Captain Recycle, Boca Ciega High School's masked marvel of all things green and recyclable.

Jason Green remembered, because he was one of Captain Recycle's students. And Green says that 18 years after his Boca Ciega days, he owes his ecologically friendly career to his old high school teacher.

"He had such an impact, he was such a passionate teacher," Green recalled. "He couldn't help but have an impact on how I looked at the world. From that class, I became a lifelong environmentalist. I made sure my family recycled at home. When possible, I rode my bike rather than drive and tried to raise the consciousness of my friends and family about not wasting energy and water."



See **GREEN** on page 2.

Alan Shapiro and Jason Green

SPC Reads posters on campus



The seventh annual SPC Reads campaign begins this month, coinciding with National Library Week, April 12-18. New posters featuring staff members can be found on all campuses and libraries.

Blue & White schedule

The Blue & White will not be published on Friday, April 10, as the college will be closed. The next edition will be on Friday, April 17.

SPC in the News

WTSP-Ch. 10 featured St. Petersburg College in a segment about returning to school during a recession. The student they spoke with is enrolling at SPC to pursue a bachelor's in Orthotics and Prosthetics after a career in real estate. Representatives from Financial Assistance Services also were on Ch. 10 Wednesday as part of a panel of experts who answered college financial aid questions for viewers from 5 a.m. to 7 p.m.



GREEN, *continued from page 1*

Now, both men are employed by St. Petersburg College, and both ended up in the same meeting at the Seminole Campus recently to discuss some college-related ecological subjects. Green recognized his old teacher right away; it took a few additional minutes for Shapiro to recognize Green.

But Shapiro's memory is pretty sharp when it comes to Captain Recycle.

"I was a science teacher at the time, and the state of Florida had just passed a law requiring communities to recycle a certain percentage of their waste," Shapiro said. "I wanted to get a recycling center started at the school, so I started a club we called Eco-Action."

Boca Ciega High School is in Gulfport, but Shapiro sought help from Tom Lehmann, the recycling coordinator for the city of St. Petersburg. He and his students drew up flyers, urging people to bring their recyclables to school.

To generate excitement among his students, Shapiro dreamed up the Captain Recycle character.

"I got a t-shirt airbrushed with the letters CR on the front, and I got a cape and a mask and I walked around the school as Captain Recycle," Shapiro said. "The whole thing became pretty popular."

The club gathered and recycled aluminum cans, paper, cardboard and Styrofoam. The effort was so successful that the recycling center at Boca Ciega became one of the most productive centers in the St. Petersburg system.

All of that made a big impression on many Boca Ciega students, but it made a huge impression on Green, who went on to a career as an architect and sustainability expert. He now leads all of the environmental efforts at SPC.

"(Shapiro) didn't care about appearances, he was so passionate and he ran around school in that cape and mask making sure students and teachers did the right thing by recycling," Green said.

It took Shapiro a little while to recall Jason Green, but once he did it created a rush of memories from his early-1990s Captain Recycle days.

"It blew me away, it was wonderful," he said. "Jason said, 'You kind of inspired me.' It made me feel good as a teacher, and as someone who still tries to do things for the environment. Teaching can be good."

All of SPC's recent green efforts, led by Jason Green, have Shapiro thinking about bringing Captain Recycle out of retirement.

"My old cape is gone," he said. "But I bet I could get another one."

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.

Soldier presents military items at Allstate Center

As a soldier serving in Iraq, Alex Somerson didn't have a whole lot of spare time, but he used what time he had to enroll in online courses offered by SPC's Center for Public Safety Innovation.



Iraq veteran Alex Somerson, center, visited the Allstate Center on March 19 and presented a collection of items from his Army unit to Allstate Center CEO JC Brock, left, and Eileen LaHaie, right, Executive Director of the Center for Public Safety Innovation at the Allstate Center. Somerson took 18 SPC law enforcement-related courses while on active duty in Iraq.

The Center is made up of three programs which are all based at the Allstate Center – the Regional Community Policing Institute, Multijurisdictional Counterdrug Task Force Training, and the National Terrorism Preparedness Institute.

Somerson hoped to use some of his active duty time to acquire training that would help him both in Iraq and in his civilian career in law enforcement. He found the answer in SPC online courses.

“He was searching the Internet, looking for policing courses, and he found us there,” said Eileen LaHaie, Executive Director of the Center for Public Safety Innovation. “He liked the courses so much that we told him about our counterdrug courses, so he took them, too.”

In all, LaHaie said, Somerson took about 18 online courses from SPC while he was in Iraq, courses paid for via federal grants provided to SPC's programs.

In 2006, the Center asked Somerson to write an article about his online training for Building Bridges, the center's newsletter. His article contained the following:

“There is no price tag I can put for the amount of FREE training that SPC has given me, I know it has saved my life (and others) a number of times on the streets and on the battlefield.”

Somerson visited the Allstate Center on March 19, and he presented the staff with a framed arrangement of items from his Army regiment. He and his family now are relocating to Tampa Bay, where he plans to pursue his degree at St. Petersburg College.

Russian ensemble to play at Tarpon Springs, Palladium

The Divertissement Ensemble, a prize-winning orchestral group from Orenburg, Russia, will appear at the Tarpon Springs Performing Arts Center May 1 at 7 p.m., and May 2 at the Palladium Theater in St. Petersburg at 2 p.m. and 7 p.m.



Tickets are \$10. Tickets and information are available by calling the Tarpon Springs Performing Arts Center at 727-942-5605 or The Palladium at 727-822-3590.

Founded by the Orenburg State Philharmonic Society in 1994, the ensemble is one of the most popular classical music groups in the Volga and Urals regions of Russia. The ensemble has given rich repertory performances in the most prestigious concert halls of Russia, including the M. Glinka Philharmonic Chamber Hall in St. Petersburg, the Moscow State Conservatory, the Moscow State Philharmonic Society and in the grand estates around St. Petersburg – Tsarskoye Selo and Pavlovsk. Members are participants and winners of different international competitions. Divertissement Ensemble plays a variety of music, from ancient to modern and ultra-modern.

Faculty/A&P staff expected at graduation

Spring graduation is Saturday, May 9 beginning at 10 a.m. at Tropicana Field. All full-time faculty and Administrative and Professional staff are expected to participate. Commencement is an opportunity to exhibit to students and their families our respect for the work they have done and the sacrifices they have made to earn their degrees.

According to college policy, May graduation day is considered an official duty day with pay for faculty, and participation in the ceremony satisfies the duty requirements for that day. (For more information, contact your program director or campus provost.) If you have a circumstance that might require your absence, a written or e-mailed request with the purpose specifically stated should be submitted to President Kuttler (via Kim Corry and cc to your supervisor) no later than April 24. You will be notified of the status of your request by April 29.

Faculty excused from participating will be expected to complete the appropriate leave form or arrange for an alternate duty day as directed by their supervisor.

"As valued members of the college family and as mentors to our students, please mark your calendar for this important event," Kuttler said. "And keep in mind the appreciation felt by many students and parents for your presence there."

Those who need to order a cap and gown should do so immediately at any on-campus Follett's Bookstore or by calling Amy Pelletier at 347-0310 (SP/G bookstore).

Adjuncts and percent-of-load faculty

Adjunct instructors and percent of load faculty are invited, but not required, to participate in the May 9 graduation ceremony. Participation includes marching in the faculty processional, along with full-time faculty and A&P staff, in full academic regalia. Program directors can provide further instructions as necessary for participation.

Those adjuncts and percent-of load faculty who wish to take part are asked to inform their program directors immediately, and make any necessary arrangements for regalia. For questions about graduation participation, please call Kim Corry at Ext. 3260 in the President's Office between 8:30 a.m. and 3 p.m.

Meeting notices

The **Education Committee of the Board of Directors for the Leepa-Rattner Museum of Art** will meet on Thursday, April 23 at 1:30 p.m. in the Archives Room. The purpose of this meeting is to discuss general business.

The **Board of Directors for the SPC Alumni Association, Inc.** will meet on Tuesday, April 14 at the District Office of St. Petersburg College. The purpose of this special meeting is to discuss the selection of the 2009 Outstanding Alum Award and general business.

The **St. Petersburg College Foundation, Inc.** will have a Finance and Investment Advisory Committee Meeting on April 23 at 9 a.m. at the District Office of St. Petersburg College. This meeting will be to consider routine business of the SPC Foundation Finance and Investment Advisory Committee.

Thank you

"As we are now enjoying some extra dollars in our paychecks, we would like to recognize, and express appreciation for, our Information Systems staff, who recently worked around the clock to program the payroll system to deduct less tax from our checks. Our technology personnel are often the unsung heroes, working behind the scenes on a daily basis to assure we have the tools to perform our work tasks efficiently with minimal disruptions. Many thanks to each member of the team!" - Carl M. Kuttler Jr., SPC President



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Blue & White is produced weekly by SPC's 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 or send by campus mail to Institutional Advancement, EpiCenter Services.

Cultural Corner

This weekly column features some of the 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 April 11

[Lysistrata, by Aristophanes, adapted by Todd Olson and T. Scott Wooten](#), 7:30 p.m.

Wednesdays-Thursdays, 8 p.m.

Fridays-Saturdays, 3 p.m.

Saturdays-Sundays. American Stage Theatre, St. Petersburg. \$31-\$39.

Continuing through April 12

[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.

April 3-5

[Moving Current Dance Collective](#),

Tampa Bay's premier modern dance company makes its Palladium debut with popular favorites from its repertoire. 7:30 p.m., Friday, April 3; 2 p.m., Sunday, April 5, Palladium. \$16.50 adults, \$11.50 students.

Friday, April 3

[Florida Orchestra Masterworks Concert: Bruckner Symphony No. 5, Stefan Sanderling, Conductor](#), 8 p.m., Tampa Bay Performing Arts Center. \$19-\$65.

NEW - Saturday, April 4

[Dance video: Swan Lake by Pyotr Tchaikovsky](#), 1:30 p.m. Leepa-

Rattner Museum of Art Auditorium. Free.

Sunday, April 5

[Andrea Beaton and Troy MacGillivray](#), a highly energetic Cape Breton fiddler and a master of piano and fiddle, they mix traditional tunes with modern and original compositions. 7 p.m., Stavros Great Room, Palladium. \$20 advance, \$25 day of show.

April 6-24

[10th Annual Juried SPC Student Exhibition, Crossroads Art Gallery](#), Clearwater Campus. Reception, 6-8 p.m. April 8. Free.

NEW - April 8-19

["Awake and Sing," Clifford Odets play performed in three acts by the Avenue Players Theatre](#), Leepa-Rattner Museum of Art Auditorium. 7 p.m. April 8-10 and April 16-18; 2 p.m. April 11-12 and April 18-19. \$10 members, \$12 non-members.

Thursday, April 9

[Side Door Special: Boogie Woogie/Blues Piano Stomp](#), with International Boogie Woogie piano star Bob Seeley, pianist Liz Pennock and bassist Dr. Blues. All three are inductees in the Boogie Woogie Piano Hall of Fame. 7:30 p.m., Stavros Great Room, Palladium. \$12 advance, \$15 at the door.

Friday, April 10

[St. Petersburg College Piano Concert Series: Howard Na, young artist recital](#), 7:30 p.m. St. Petersburg College Music Center, St. Petersburg/Gibbs Campus. Free.

Monday, April 13

[Encore 2009 Chamber Series: C'est Magnifique! A Tale of Two Cities](#), includes works by Vaughn-Williams, Saint-Saëns and Encore artistic director Mark Sforzini. Soprano Sara Peebles is the featured vocalist., 7:30 p.m., Palladium. \$10, \$15, \$20.

Wednesday, April 15

[David Fanning - Behind the Lines](#), WEDU and the Palladium present Fanning, Executive Producer of the PBS documentary series Frontline, in a rare public appearance. Fanning and a panel of area journalists will discuss global affairs and the state of journalism today. 8 p.m., Palladium. \$30 VIP (includes pre-show reception), \$15.

Thursday, April 16

[Student Recital](#), 12:30 p.m., St. Petersburg College Music Center. Free.



Wellness and sleep

How does sleep affect your overall wellness?

Wellness is viewed as balanced nutrition, managing stress, managing a healthy weight, being physically active and not smoking. Sleep, more specifically the lack of sleep, can greatly hinder your overall health and wellness.

Scientists at the National Institutes of Health state that it is not truly known why we sleep, but based on animal studies, it is known that the lack of sleep can lead to serious health concerns. Sleep encourages both your body and mind to rest and to rejuvenate. According to Web MD, a good way to deal with stress, improve your recovery from an illness and solve a problem is through a good night's sleep.

What is considered a good night's sleep?

On average, most adults need eight hours of good-quality sleep, meaning you have gone through all the stages of sleep which consists of dream-sleep and non dream-sleep. You should wake up feeling rested.

What hinders good-quality sleep?

- Caffeine
- Worry
- Alcohol
- Sleep apnea
- Some medications
- Pain and discomfort
- Shift work

How does the lack of sleep affect your overall health and wellness?

- **Balanced nutrition and weight gain**
Lack of sleep affects two important hormones: Ghrelin, which stimulates hunger,

and Leptin, which tells the brain that you are full after a meal. Lack of sleep lowers Leptin while increasing Ghrelin, which may lead to weight gain.

- **Stress**
Sleep deprivation studies reveal that stress has a cumulative effect and may lead to fatigue, moodiness, poor memory and may cause depression.
- **Smoking cigarettes**
Trying to quit or cut down on smoking may be jeopardized by fatigue and the desire to gain the stimulant affect of smoking.
- **Exercise**
Lack of sleep may halt your daily exercise regime due to fatigue and a lack of mental energy. While exercise, specifically such aerobic exercise as walking, can lead to better quality of sleep, it is not advised to exercise right before bedtime.
- **Accidents**
Sleep deprivation that leads to daytime sleepiness puts you at greater risk for accidents at home, at work and on the road.

How to get a good night's sleep

- Identify and explore ways to reduce or minimize things that hinder sleep as listed above.
- Learn a stress coping technique like focusing on something calming, like the sound of waves on a shore.
- Create a relaxing bedroom environment, turn off the TV, computer, and get rid of clutter.
- Keep your bedroom cool and dark.
- Try not to eat a big spicy meal before bedtime.
- If you suffer from lack of sleep, see your health care provider.



We're eco-friendly, but what about our pets?

The issue

We're eco-friendly, but what about our pets?

The larger issue

- We try so hard to make eco-minded decisions for ourselves that we forget about man's (and woman's) best friend.
- Typical dogs produce 274 pounds of waste each year, and each pet litter bag takes up to 100 years to biodegrade.
- We wouldn't eat low quality foods, so why should our pets?

Be part of the solution

Next time you go to your favorite pet store, look for eco-friendly items:

- Biodegradable doggie waste bags or litter box liners. Ask for [Bio Bags](#) made of 100% biodegradable and compostable corn!
- [Natural and organic food](#). Try one of these safe, high quality brands available at many stores including online.
- Organic pet treats. Even [Newman's Own](#) is getting into the Eco-pet craze.
- Do you have a stinky dog? Why not try a natural or organic shampoo.
- Look for eco-friendly pet toys made of earth-safe dyes and recycled materials.
- Holistic Veterinarian. Treat your best friend to acupuncture or holistic Chinese herbs.

To participate in the sustainable SPC initiative, e-mail green.jason@spcollege.edu or call 727-341-3283.

Locker Room: SPC baseball team third in conference

The baseball team ended its six-game losing streak in a big way Friday night, whipping Pasco-Hernando Community College 19-11. The hot streak didn't last long. Saturday afternoon the Titans lost to PHCC 7-6.

They won Monday night 2-1 against PHCC then lost in a makeup game with Hillsborough CC 10-9 Tuesday night.

SPC is four games out of first place in the Suncoast Conference with a 7-8 record and tied for third place with Hillsborough CC, one game behind PHCC.

The next home game is Monday at 6 p.m. at Carpenter Complex.

The softball team is 8-4 in the Suncoast Conference and in third place behind Manatee (10-2) and Polk (9-3). The team has won five of its last six games, including a doubleheader Saturday when it had to go nine innings in both games. The team has key home doubleheaders this week with Polk and Manatee.

The tennis team is 6-9 and is at home Saturday against Florida CC at Jacksonville.

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.

- » **SPC Madrigalians: Oh, Eternal Spring**, Monday 9 p.m., Wednesday noon and Saturday 11 a.m. and 8 p.m.
- » **The Music Center Presents: St. Petersburg College Band**, Sunday noon and 9 p.m.; Friday 8 p.m.
- » **A Night at the Palladium: Harambee; African Culture Showcase**, 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: Nathan Laube**, Monday 8 p.m.; Friday 9 p.m.
- » **A Night at the Palladium: Valentine and Stardust**, Wednesday, 9 p.m. and Saturday at noon and 9 p.m.

Educators in Industry summer session

The summer session of Educators In Industry (EII) will begin June 8 and end June 11. Participants will meet on Monday from 1 - 4 p.m. at Pinellas County Schools Administration building, and Tuesday, Wednesday and Thursday from 8:30 a.m. until 4 pm at various businesses. Six visits (two a day) will be made to business and industrial sites to acquire knowledge regarding career opportunities in Pinellas County. Visits will include such sites as WorkNet Pinellas, L-3 Communications, Tech Data, Pinellas Waste Water Plant and PSCU Financial Services. In addition to the business and industry site visits, the EII board members expect participants to attend a banquet to be held in November.

To complete your enrollment, the information below must be completed and sent to:

Karalia W. Baldwin, Secondary Guidance Coordinator
Pinellas County Schools Administration Building
301 Fourth Street SW
Largo, FL 33770-3536

As in all workshops that require you to be away from your work site, please be sure to get your supervisor's permission to attend. **Deadline to apply is May 15.**

Yes, I would like to be a summer 2009 EII participant

Name: _____

School: _____

Phone: _____ E-mail: _____

Subject area: _____ Position: _____

Administrator approval: _____

Please specify if you need any special accommodations because of physical limitations:

BOT *Highlights*

MARCH 17, 2009

TOUR OF NEW NATURAL SCIENCE/MATH/COLLEGE OF EDUCATION BUILDING

Prior to the Board meeting, the trustees were welcomed to the Clearwater Campus by Dr. Stan Vittetoe, Provost, and treated to a tour of the new building by him and Mr. Michael Carter, Director of Design & Construction. At the Board's request, a visit was also made to the Campus' library. Trustees were given opportunity throughout the tour for questions and answers.

BIDS, EXPENDITURES AND CONTRACTS (through Purchasing)

The Board approved the lease of a color copier, in place of two black and white monochrome machines, for the Tarpon Springs Campus Library through an agreement with Ricoh Americas Corporation that was originally approved at the Board's December meeting.

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

The Board approved the following: (1) Selection of Environmental, Safety & Health Consultants; (2) First Amendment to the Lease Agreement between SPC and the St. Petersburg Collegiate High School to lease space in the Student Services Building, SP/G; (3) Agreement between SPC and the Dollars for Scholars of St. Petersburg, Inc. for lease of space in HEC; (4) Phase I Schematic Design Documents and Preliminary Guaranteed Maximum Price for Parking Lot Expansion, SE; and (5) Phase I Schematic Design Documents (Social Science Building Demolition) and Preliminary Guaranteed Maximum Price for Remodel/Renovation of the Social Science Building, CL.

CHANGES TO THE BOARD OF TRUSTEES' RULES

The Board approved the following changes to the Rules and Procedures Manual: (1) Rule 6Hx23-2.02 General Employment Rules. This clarifies and modifies hiring guidelines; (2) Rule 6Hx23-2.20 Employment - Administrative/Professional Personnel. This clarifies and modifies language regarding acting budgeted positions; (3) Rule 6Hx23-2.36 Professional Leave. This clarifies and modifies provisions related to professional leave; (4) Rule 6Hx23-2.37 Sabbatical Leave. This clarifies and modifies provisions related to the granting of sabbatical leave; (5) Rule 6Hx23-2.39 Holiday Leave. This new Rule establishes criteria for holiday, "college closed" and floating holidays; and (6) Rule 6Hx23-2.40 Extended Leave. This new Rule establishes criteria for entitlement to extended leave.

CREDIT CURRICULUM CHANGES

EFFECTIVE TERM II, 2008-2009: The Board **approved addition** of the following courses: DEH 4901 Independent Study in Dental Hygiene; PLA 4806 Family Law. The Board **approved changes** in the following courses: CET 2685 Implementing Secure Converged WANS; NUR 3066C Health Assessment and Physical Appraisal. The Board **approved deletion** of the following courses: ARH 1821 The Museum in the Community; TAR 2054C Introduction to AutoCAD; TAR 2055C Intermediate AutoCAD. The Board **approved changes** in the following programs: **BAS Degree:** Paralegal Studies (LEGAL); **CT Program:** Web Development Specialist (WEBDVS).

EFFECTIVE TERM III, 2008-2009:

The Board **approved changes** in the following courses: FFP 2820 Emergency Preparedness; FFP 2821 Integrated Emergency Management Planning Systems II (IEMSII); FFP 2841 Contingency Planning for Business and Industry; FFP 2880 Public Policy in Emergency Management; FFP 2881 Emergency Management Leadership and Administration; HUS 1920 Professional Techniques for Human Services Personnel.

EFFECTIVE TERM I, 2009-2010:

The Board **approved deletion** of the following course: PEL 2341 Tennis I. The Board **approved addition** of the following program: **CT Program:** Digital Graphics (DIG). The Board **approved changes** in the following programs: **AS Degree:** Digital Media Production (DMPRD); Digital Video Production (DVPRD); Video Game Foundations (VGF).

GRANTS/RESTRICTED FUNDS CONTRACTS

The Board authorized a Letter of Agreement between Head Start Child Development & Family Services, Inc. d/b/a Pinellas County Head Start/Early Head Start and SPC for Head Start training and technical assistance funds.

FEDERAL DIRECT LOAN PROGRAM

Dr. Anne Cooper, Senior Vice President of Academic & Student Affairs, provided information to the Board on the direct lending program to be implemented for the 2009-10 academic year. Ms. Marcia McConnell, Director of Financial Assistance Services, shared a PowerPoint presentation on the benefits of direct lending, noting that the student loan process has been the most challenging for our students, and direct lending will improve this process. The Board was given opportunity for questions and answers.