



VOLUME XXIII, ISSUE 22

Friday, June 26, 2009

FINAL OPEN ENROLLMENT DEADLINE TODAY



Take a **final look** at our Open Enrollment checklist on page 2 to make sure you didn't forget anything:

- 1 - Online benefits enrollment
- 2 - Verify your benefit selections
- 3 - Dependent verification
- 4 - Non-smoker verification
- 5 - Health Risk Assessment

Unbeatable benefits at SPC

At a time when many employers are reducing benefits or placing more of the financial burden on employees, SPC has done the opposite by keeping employee costs stable and expanding benefits. The college spent an average of \$850,000 per month for employee medical/dental claims in 2008-09. And while these costs are expected to rise about 8 percent this year, the Board of Trustees decided not to pass the increase on to employees. The cost of benefits has increased the college's average contribution to 38 percent of a budgeted employee's base salary.

IMPORTANT paycheck deduction change

Because there are three paydays in July and to allow time for processing changes in benefits, benefit deductions will not be taken out of the July 3 paycheck. Instead, deductions will be taken from the paychecks on July 17 and 31. The next time there are three paydays in a month (January), the deductions will be taken from the first two paychecks.



Happy Independence Day!

The college will be closed on Friday, July 3, in observance of Independence Day.

NOTE: There will be no Blue & White on Friday, July 3.

The next issue will be published on Friday, July 10.

Collegiate high school earns county's only 'A'

The St. Petersburg Collegiate High School was the only Pinellas County high school receiving an "A" from the Florida Department of Education for 2008-09.

"We're thrilled to be an A school," Principal Starla Metz said. "And I'm very, very proud of the students and staff; they worked really hard."

The grades are based on Florida Comprehensive Assessment Test (FCAT) scores in reading, math, writing and science. SPCHS was one of 1,822 schools statewide earning "A" grades. SPCHS also has excelled and been recognized in several other areas:

- » It received an "A+" designation by the City of St. Petersburg.
- » Ninety percent of the SPCHS grads received both high school and Associate in Arts diplomas.
- » The dollar value of scholarships awarded to SPCHS students was more than \$1.5 million.
- » The school also had one National Merit scholarship finalist and one National Achievement scholarship finalist.
- » SPCHS had five students who were named National Merit scholars. *Continue on page 2.*

Continued from page 1

Metz attributes SPCHS students' achievement to the school's outstanding staff and faculty, curriculum tailored to the individual student, and relationships staff and faculty build with students.

"We're teaching critical thinking skills, writing and reading across the curriculum," Metz said. "When you do all those things well, that's what empowers students to achieve at high levels."

Open Enrollment checklist



Online benefits enrollment

Open enrollment has been extended through tonight at midnight. Even if you have **no changes** you must go through online benefits enrollment. Follow the [step by step instructions](#) (pdf).



Verify your enrollment selections

If you've already finished Open Enrollment, you still can log in to [MySPC](#) and make changes through tonight at midnight. If, after reviewing the Benefits Summary you have a change, just select "Benefits Enrollment," make your changes and submit.



Dependent verification documentation

Please submit your [dependent verification](#) documentation ASAP if you want your dependents to be covered as of July 1.



Non-Smoker Verification

If you want the discounted rate, you must complete the non-smoker verification screening. Extra Non-Smoker Verification Screenings are still available today! Stop by Human Resources (at EpiCenter Services) today before 4 p.m.



Health Risk Assessment (HRA)

The confidential [Health Risk Assessment](#) is required if you want the discounted rates. If you currently are covered through the college, your

deadline is June 30. If you're new to Aetna as of July 1, your deadline to complete the HRA is July 31. Don't forget: use your Aetna user name and password (not your SPC username and password).

The [Open Enrollment News](#) Web site has been updated. Get all the details on the recently updated Open Enrollment News Web site.

Foundation meeting notices

The Finance and Investment Committee for the St. Petersburg College Foundation meets Wednesday, July 22, at 10:30 a.m. at the District Office (Consular Corporate Conference Room 102), 6021 142nd Ave. N, Largo, followed by the Board of Directors meeting (President's dining room) at noon.

Clearwater Cultural Conference July 31

SPC faculty and staff are invited to the Hispanic Leadership Council's Annual Conference, "Embracing Our Changing Community: Responding to Cultural Differences," from 8:30 a.m.-4 p.m. July 31 in the Teaching Auditorium building on the Clearwater Campus.

Representatives from SPC, the Pinellas County School Board, the Juvenile Welfare Board and other community entities will present on topics such as understanding and appreciating differences, perceptions, and connecting with immigrant families for student achievement.

"Our demographics at SPC are changing and they're changing fast," said Student Activities Coordinator Rod Davis, who will be a moderator at one of the discussion panels at the event. "I think our faculty and staff could pick up some interesting facts pertaining to diversity at this conference."

The registration cost is \$20 on or before July 23 and \$25 afterward. For further information, contact Karen Sandini at 727-547-5680.



InfoFest 2009 is July 9

Faculty, advisors and staff from Student Services and Financial Assistance will be available to answer students' questions and help them enroll at

InfoFest 2009. The event, scheduled Thursday, July 9, from 5 - 7 p.m., serves students at five sites. The 2008 InfoFest resulted in more than 100 applications. Direct students to the [InfoFest 2009 Web page](#) for details.

Graduation July 25 in Largo

The college's 110th Commencement will take place at 10 a.m. on Saturday, July 25 at First Baptist Church of Indian Rocks in Largo, which features a 3,000-seat auditorium with major audio and video performance enhancements.

Approximately 300 graduates are expected to march, including baccalaureates. As in previous non-May ceremonies, a full faculty and staff procession with regalia will not be held. However, faculty and staff are encouraged to attend to show support for the graduates. Because of limited seating, reserved seating (ID required) can be arranged by contacting [Tina O'Daniels](#) at Ext. 5720.

The commencement address will be delivered by President Carl M. Kuttler Jr. A Student's Perspective will be shared by two graduates, one a two-year student and one a four-year student from the Management and Organizational Leadership program of the College of Technology and Management. The 2009 Outstanding Alumnus Award, announced at Spring 2009 Commencement, will be presented to E. Ann McGee, President of Seminole Community College. Invocation and benediction will be delivered by Rev. Terry Collier of the Network of Christian Counselors.

Other notables onstage: members of the Board of Trustees, President's Cabinet, Baccalaureate Deans and Faculty Senate.

For those students, family and friends who cannot attend the graduation ceremony on July 25, a [link to view a live broadcast](#) of the ceremony will be available beginning at 9:50 a.m. under "[Click to View Broadcast.](#)"

[Summer graduation details](#) are online.

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 47 in Pinellas County.

- » **The Music Center Presents: Rebecca Penneys** - Monday and Friday at 9 p.m. and Saturday at 8 p.m.
 - » **Stories from the Campfire: Living Life Without Limits** - Saturday at noon and 9 p.m.; Wednesday at 9 p.m.
 - » **CoMotion Dance Theatre - Spring 2009 Dance Concert** - Sunday at 11 a.m. and 8 p.m.; Thursday at 8 p.m.
 - » **Frontline: Behind the Lines** - Tuesday at 9 p.m.
 - » **The Music Center Presents: Percussion Ensemble** - Sunday at 11:30 a.m. and 8 p.m.; Thursday at 8:30 p.m.; Saturday at 8:30 p.m.
 - » **A Night at the Palladium: Divertissement Ensemble** - Saturday at 11 a.m. and 9 p.m.
-

Equal Opportunity

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 eao_director@spcollege.

NASA praises SPC's education students

The National Aeronautics and Space Administration (NASA) commended St. Petersburg College for sending six outstanding Education students to take part in the [NASA Ames Research Center Pre-Service Teacher Summer Institute \(PSTI\)](#).

The college has partnered with NASA for six years, sending college students planning to teach in elementary and middle school to participate in the program.



Lisa Valencia of NASA's Kennedy Space Center Education Office told Adeniji Odutola, Dean of SPC's College of Education, that the SPC students were "exceptional."

"We appreciate your sending us six outstanding students," Valencia said. "Your students were exceptional. You can be very proud of them and the way they represented your school."

Pictured left, Elementary students ready for "take-off" during a technology lesson. *Photo courtesy of NASA Ames Research Center.*

"Their desire to be the best teachers they can be is inspiring," she said. "We know they will motivate their students to become future leaders of our great nation, especially in the areas of science, technology, engineering and math."

The SPC students, all minority future teachers, were Ashley Edwards, Yvonne Nkwocha, Sandra Santos-Garbutt, Giovanna Thomas, Wanda Wilson-Corbett and Tina Davis. They stayed at the Space Center for the two-week program, which began May 31.

NASA paid the students' expenses and supplied each with an \$800 stipend.

"Our students have gained much from this partnership arrangement with NASA," said Kay Burniston, Vice President of Baccalaureate Programs. "It is one of a number of creative programs that benefit SPC students."

The Blue & White

Editor: Wilma Norton

Web Designer: Barbara Wolter

Writers: Bill Frederick, Wilma Norton, Stephanie Henningsen

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.

Florida International Museum: Faculty and staff \$5.

Continuing through July 17

[Pinellas County Schools Spring Show](#), Crossroads Art Gallery, Clearwater Campus, Reception – May 20, 6-8 p.m. Free.

Continuing through July 19

[Florida Artist Group: 58th Annual Exhibition, Leepa-Rattner Museum of Art](#), Tarpon Springs. Also: Sam Gilliam: Works In The Permanent Collection, From the Dorothy Mitchell Collection, through June 28; Pava Members' Exhibition, through July 11; and Artists Of The Hamptons Selections from the Benjamin and Jean Gollay Collection, through Nov. 8. 10 a.m.-5 p.m. Tuesday-Saturday, 1-5 p.m. Sunday. \$5 adults, \$4 seniors, free for children, members and students. Sunday admission free for all.

Continuing through Oct. 4

[In a New Light: Selections from the Gulf Coast Museum of Art Collection, Florida International Museum at St. Petersburg College](#), St. Petersburg. Hours: 10 a.m.-5 p.m. Tuesday-Saturday; noon-5 p.m. Sunday. Last entry 4 p.m. daily. \$8 adults, \$6 seniors and military, \$5 groups, SPC staff and students, age 6 and younger free.

Continuing through July 5

[Tuesdays With Morrie](#), by Jeffrey Hatcher after Mitch Albom, 7:30 p.m. Wednesdays-Thursdays; 8 p.m. Fridays-Saturdays; 3 p.m. Saturdays-Sundays. First

show in the new American Stage Theatre at St. Petersburg College, St. Petersburg. \$31-\$39.

Saturday, June 27

[FLAG Artist Demo: Melissa Miller Nece](#), 11 a.m.- 3 p.m., Leepa-Rattner Museum of Art galleries. Included in admission.

Sunday, June 28

[Summer Film Series: Modern Times](#), 1936, 1:30 p.m., Leepa-Rattner Museum of Art Auditorium. Free.

Thursday, July 2

[Summer College Chorus Concert](#), 7:30 p.m., St. Petersburg College Music Center, St. Petersburg/Gibbs Campus. Free.

July 24-Aug. 16

[Doubt, winner of the Pulitzer Prize and a Tony Award](#), 7:30 p.m. Wednesdays-Thursdays; 8 p.m. Fridays-Saturdays; and 3 p.m. Saturdays-Sundays. American Stage Theatre, St. Petersburg. \$31-\$39.

Sept. 25-Oct. 11

[Fences, winner of the Pulitzer Prize and a Tony Award](#), 7:30 p.m. Wednesdays-Thursdays; 8 p.m. Fridays-Saturdays; and 3 p.m. Saturdays-Sundays. American Stage Theatre, St. Petersburg.



Exercising in hot weather

For many people, the onset of summer and hot weather leads to a rush outdoors for activity and exercise. Get active, by all means, but be aware of the dangers that come with hot weather exercise.

You should begin taking hot weather precautions when the temperature rises above 80° Fahrenheit. High humidity (above 75 percent to 80 percent) can contribute to overheating, so be especially careful when it is hot and humid. Precautions are especially important for the very young and the very old, as well as for anyone with high blood pressure, coronary artery disease or any other kind of cardiovascular disorder.

Dehydration and Overheating

The most general dangers from heat are dehydration and overheating. Water lost through perspiring comes directly out of your bloodstream. If the water isn't replaced, you can develop heat exhaustion, a condition marked by fatigue, dizziness, pale skin and shortness of breath. Heat exhaustion can occur in as little as 30 minutes if you're sweating heavily.

The solution: Stay well hydrated at all times. Drink at least a pint of water before your workout, and continue taking water during and after the exercise session. Drink even if you're not feeling thirsty. Your thirst mechanism is not always a reliable indicator of how much water you've lost.

Helpful Tips

- To tell whether you're dehydrated, check the color of your urine. It should be pale yellow. If it's darker, you need to drink at least a pint of water.
- Work out in the early morning or late evening when temperatures have dropped.
- Don't judge your hydration level by how much you appear to be perspiring. In a dry climate, you'll actually sweat up to 10 percent more than in a humid climate, even though you seem to be sweating less. (Reason: the sweat evaporates much faster in dry weather.)
- In hot weather, wear light-colored, porous clothing that allows sweat to evaporate freely. Full evaporation requires wet clothing, so avoid changing into a dry shirt.
- Drink as often as possible. When exercising or competing for more than an hour, use sports drinks in addition to water. If you prefer a fruit juice instead, dilute it with water and a pinch of salt.
- If you move from a cool environment to a hotter one, allow your body several weeks to adapt.
- If the temperature and humidity are too high, move the workout inside.

Source: *Aetna IntelliHealth*

If you have questions regarding wellness, contact [Cathleen Shears](#), Wellness Coordinator.



Another sustainable tip for the office

SPC's mission is to provide accessible, learner-centered education; I think this can be further demonstrated by carrying that idea into additional aspects of daily life. For example, it's nice to see the "please print only if necessary" or "please consider the environment before printing this message" at the end of e-mail messages, but if you are going to add a tag (signature) to the end of every email you send, consider an educational message. Think about changing (or adding) the e-mail tag to include an environmentally meaningful and thought-provoking fact:

- paper makes up 40% of landfill waste. print only what is necessary
- save up to 10,000 sheets of copy paper each year by printing only what is necessary
- save up to 4 million tons of copy paper each year by printing only what is necessary
- save a 100-foot-tall tree every year by printing only what is necessary
- save up to 7.5 pounds of paper per week by printing only what is necessary

To create a new signature, follow these steps:

1. From the main Microsoft Outlook window, on the Tools menu, click Options, and then click the Mail Format tab.
2. Under Signature, click Signatures, and then click New.
3. In the Enter a name for your new signature box, enter a name.
4. Under Choose how to create your signature, select Start with a blank signature. Click Next.
5. In the Signature text box, type your name, additional information and the text you select from above. You also can paste text to this box from another document.
6. To change the paragraph or font format, select the text, click Font or Paragraph, and then select the options you want. These options are not available if you use plain text as your message format. Click Finish.

To edit an existing signature, follow these steps:

1. From the main Microsoft Outlook window, on the Tools menu, click Options, and then the Mail Format tab.
2. Under Signature, click Signatures, and then New.
3. In the Enter a name for your new signature box, enter a name.
4. Under Choose how to create your signature, select Use this existing signature and select the existing signature you wish to edit. Click Next.
5. In the Signature text box, type your name, additional information and the text you select from above. You also can paste text to this box from another document.
6. To change the paragraph or font format, select the text, click Font or Paragraph, and then select the options you want. These options are not available if you use plain text as your message format. Click Finish.

To participate in the sustainable | SPC initiative, visit www.spcollege.edu/sustainability or call Jason Green at 341-3283.

July 2009 Birthdays/Anniversaries

Birthdays

07-01 Gabriel Horn
 07-01 Sarah Wardlow
 07-03 Christopher K. Kerr
 07-03 Tiffany D Stallard
 07-04 Anne E Decker
 07-05 Margaret Knoop
 07-05 Mary A. Hanlon
 07-05 Michelle R Offutt
 07-06 Eileen M. Gerew
 07-06 Mara T Zielmanski
 07-06 Leslie A. Barna
 07-07 Sharon E. McManus
 07-07 Lene L Carter
 07-07 Sandra M. Doria
 07-08 Maria I Cervera
 07-09 Douglas S. Duncan
 07-09 Kathi Brown
 07-09 Bita Pischevar-Haynes
 07-10 Jack D. Pinkham
 07-10 Henry Johnson
 07-10 Patrick T. Meegan
 07-10 Shane M. Oaks
 07-11 Richard L. Hess
 07-11 Ann R McNicol
 07-11 Roy W. Slater
 07-11 Bruce H. McClintock
 07-12 James L. Mignerey
 07-12 Anthony DePass
 07-13 Lara L Holmes
 07-14 Karen Kroeker
 07-15 Eva M Hefner
 07-15 Sharon R Setterlind
 07-15 Aimee Cekau Stubbs
 07-15 Jason Krupp
 07-15 Gwendolyn P Perez
 07-16 Grace D Barrett
 07-16 William G. Ehrbar
 07-16 Vernell L Jones
 07-16 Robert A. Martinez
 07-16 Alice M. Marks
 07-17 Catherine A. Drooger
 07-17 Larry B. Douglas
 07-18 Marte K. Toohill
 07-18 Pamela K Shelton
 07-18 Patricia G. Matchette
 07-18 Tyrone Clinton
 07-19 Andrew J Szymanski

07-19 John C Shoffner
 07-20 Beverly L. Grundset
 07-20 Aja M Page
 07-21 W T Springfield
 07-21 Robert W. Morey
 07-21 Lisa Leonard
 07-21 Bernard R Enlow
 07-21 James J. Kolenda
 07-22 Ruth A. Hufford
 07-22 Suzanne R. Carvell
 07-22 Carmen M. Reyes
 07-22 Debra J Huguley
 07-23 Shirley K Johnson
 07-23 Brenda K. Starr
 07-23 Welcita M. Gann
 07-23 Garry A Birchall
 07-24 Wayne R. Kidd
 07-25 Allan Bohrer
 07-25 Jonathan E. Steele
 07-25 Mary I. Anyan
 07-25 William K. Goree
 07-25 Jeffrey L. Cesta
 07-25 Maciej J. Hofman
 07-25 Ian H. Call
 07-26 Bradley E Jenkins
 07-26 Mark R Lulek
 07-26 Kadell Ford
 07-27 Patricia A O'Hare
 07-27 Sharon E. Donohue
 07-27 Thomas W. Derzypolski
 07-28 Paul J. Hanna
 07-28 Frances Z. Van Buren
 07-28 Nancy F. Smith
 07-28 Debbie L Falgoust
 07-28 Thomas E. Gregory
 07-28 Lisa A Bluhm
 07-29 William A. Barzen
 07-29 Wilma Norton
 07-29 Christina L Hand
 07-29 Victor G Dukes
 07-29 Amber L. Binalay
 07-29 Keosha Byers
 07-30 Myrtle L Coley
 07-30 Marcia Ann Castle
 07-31 Sarah H Moseley
 07-31 Elizabeth A Rickerman
 07-31 Moira J. Steullet
 07-31 Kenneth T. Casebier

Anniversaries

39 Barbara A Smith Pitts
 36 Wanda D. McCawthan
 32 Susan M Reiter
 29 Myrtle L Coley
 29 Jo-Ann Berger
 28 Linda J Buedel
 25 Kieve D. McCloud
 23 Gwendolyn H. Reed
 22 Jose J. Perez
 20 Barry S. Bertolino
 18 Antoinette Caraway
 18 Pamela S. Smith
 16 Sue L. Dillon
 16 Linda Giar
 15 Johnny Roundtree
 14 Marilyn F Scott
 14 Abbey V Tolman
 14 Kathleen G. Griffin
 13 Marisa C. Callahan
 13 Marsha M. Lange
 13 Sandra Nieves
 12 Maria I. Burgos
 12 Robert A. Meyer
 12 Tracy L Garrett
 12 Paula J. Raditch
 11 Herbert Jackson
 11 Neil M. Keith
 11 John B. Dressback
 11 Dennis J Werner
 10 Darlene M. Westberg
 10 Oscar F. Diaz
 9 Davie Gill
 9 Carol Anne Weideman
 8 Ann A. Browne
 8 Patrick J Petrick
 8 Sivilai K. Brusko
 8 Larry R. Martin
 8 Nathaniel Golden
 8 Carmen Torres
 8 Seward Benjamin Crew
 7 Leslie D. Rhaney
 7 Avinash A. Deshpande
 7 Karen L. Hesting
 7 Barbara J. Kincade
 7 Ayanna Amerigo Rowe
 6 Gwendolyn P Perez
 6 Scott B White
 6 Marsha K. Eubank
 6 Pamela K Shelton
 6 Linda S. Chang
 6 James L. Connolly
 6 Laquata J. Sullivan
 6 Deborah Robinson
 5 Christina L Hand
 5 Daniel L. Couillard

5 Gail Lancaster
 5 Joanne D. Arthur
 5 Tamica D Dukes
 5 Deborah Seslar Boyle
 5 Lynn Dean Grinnell
 5 Andrea A. Henning
 5 Jeanne C. Trimble
 5 Micheal S MacDonald
 4 Jose L. Lopez
 4 Aaron E. Petrie
 4 Daniel P Barto
 4 Levi Harris
 4 Radomir Knezevic
 4 Robert A Setzer
 4 Cynthia Alice McLeod
 4 Pamela H Mayhew
 4 Jeffrey J. Schering
 3 Kenneth Welch
 3 Constance M. Boyle
 3 Scott A. Sanford
 3 Christopher M. Pedicone
 3 Andrea J Kelly
 3 James P Knebllick
 3 Ann R McNicol
 3 Laurel A. Miller
 3 Michael T. Poulin
 3 Fabiola Castillo
 3 John P. Hesting
 3 Ca V Le
 3 Harold L. Best
 3 Carol L. Brandt
 3 Nicole Shalonda Howard
 3 Vonda L. Woods
 3 Chester John Yungaitis
 2 Linda M. Moczynski
 2 Ernest L. Parsons
 2 Kenny A. Patrick
 2 David A Walter
 2 Tiffany R Finklea
 2 Luis A. Guzman
 2 Corinne F. Kovich
 2 Margaret M. Miller
 2 Grace D Barrett
 2 Catherine E. Carr
 2 Paul L. Wilborn
 2 Lavester P. Miller
 2 Denise A Wilson
 1 Francis C Vainis
 1 Lauren E DuPont
 1 Narasipur V Srinivasa
 1 Edward W Woodruff
 1 Chris K Garrido
 1 Jasper W Gibbs
 1 Dianna L Baucknecht
 1 Hinh V Nguyen
 1 Calandra M Walker