

## THIS WEEK

### 7 • Saturday

- » Women's Basketball playoffs, Antelope Valley College, 7 p.m.

### 10 • Tuesday

- » NOCCCD Board of Trustees meeting, Anaheim Campus, 5:30 p.m.

### 11 • Wednesday

- » "Femme on Femme" gallery exhibition opens, Fine Arts Gallery. Artist reception from 6-8 p.m. Gallery Hours: Monday-Thursday, 10 a.m.-2 p.m., and Tuesday and Wednesday, 6-8 p.m. Continues through April 2.

### 12 • Thursday

- » Academic Senate meeting, CCPLX-419, 3-5 p.m.

### 13-14 • Friday-Saturday

- » "Little Shop of Horrors," Campus Theater, 8 p.m. Additional performances on March 20 and 21.

### 15 • Sunday

- » "Little Shop of Horrors," Campus Theater, 4 p.m. Additional matinee on Sunday, March 22.

## THEY SAID IT

**"No one can whistle a symphony. It takes an orchestra to play it."**

— H.E. Luccock

@Cypress is published each week. If you would like to have items included, please contact Marc Posner in the Public Information Office at ext. 47006 or [mposner@CypressCollege.edu](mailto:mposner@CypressCollege.edu).

**Dr. Michael J. Kasler, President**  
(714) 484-7308  
[mkasler@CypressCollege.edu](mailto:mkasler@CypressCollege.edu)



March 6, 2009, Newsletter from President Michael J. Kasler

## Good News Comes in Many Forms From Across Campus Community

► **As the semester advances, the number of successes, honors and accolades continues to climb. Congratulations to many Chargers.**

Appreciation seems to be in vogue these days as there is plenty to be pleased with. Here is a sampling of good news from across the campus.

### Women's Basketball

This year, the Cypress College Women's Basketball Team is co-conference champion with sister college, Fullerton College. Head Coach Margaret Mohr was honored as co-coach of the year, and Freshman Guard Quortlyn O'Neal is the conference's most valuable player.

The women opened the playoffs last weekend as the 11th seed, but upset LA City College, the 6th seed, by a 69-65 margin. The Chargers continue their post-season play with a visit to Antelope Valley, where they play the 3rd seed Marauders at 7 p.m. on Saturday.

The winner secures a berth in the state championship tournament.

### Scholar Athletes

For the third year in a row, the Cypress College Baseball Team and Men's Golf Team have been selected as Community College Athletic

Scholar Team recipients, emphasizing the academic achievement of all of the athletes on each team. Their coaches are Scott Pickler and Dana Bedard.

### Success Week

Last week brought another successful [Student Support Services Success Week](#). Designed as an in-reach event, Success Week features student workshops on Financial Aid, Avoiding the Credit Crunch, Time Management, Stress Management, Resume Building, and others. The concept is to expose a large number of students to the array of services offered by Cypress College to aid in their educational endeavors.

### Black History Month

Black History Month, recently concluded with the college's Dance Department presenting "Dancing through Black History." An earlier presentation featured a lecture by Jihad Saafir, a former member of the Nation of Islam, and a screening of the movie, "Malcolm X."

### Americana Awards

The [34th Annual Americana Awards Banquet](#), conducted by the Cypress College Foundation, were held last Saturday (Feb. 28, 2009) in the Grand Ballroom at the Disneyland Hotel. The event honors local citizens for their service to the community, along with a Man and/or Woman of the Year. The event raised over \$100,000 for the college.

### Kavanaugh to Oversee Academic Computing

Michael Kavanaugh has been selected and approved by the NOCCCD Board of Trustees to serve as the Interim Manager of Systems Technology Services. In that role, Kavanaugh oversees the college's Academic Computing department. Kavanaugh has worked 26 years for NOCCCD. His most recent assignment has been at the District Information Services Office as an Information Technology Specialist Coordinator. His responsibilities at the District included significant interaction with the campuses.

### Classified Employee Nominations Due March 11

Cypress College is proud to announce its 10th Annual Classified Employee of the Year award. This award will be given to a permanent classified employee who represents the dedication and commitment to making Cypress College an outstanding learning environment for our students.

This award offers the opportunity for administrators, faculty, classified staff, and students, to honor outstanding classified employees. [Nominations](#) are due March 11.

Core Values:

[Excellence](#)

[Integrity](#)

[Collegiality](#)

[Inclusiveness](#)

## CHARGERS

The men's basketball coaches of the Orange Empire Conference selected freshman guard **Tim Austin** to the first team. Austin led the Chargers in conference scoring (17.3 points per game) and rebounds (6.8 rebounds per game). He scored well consistently throughout conference, highlighted by a 25 point game against Santa Ana.

Sophomore forward **John Staats** was named to the second team. Staats led Cypress in three-point field goals in conference (32) while averaging 11.8 points per game.



**Quortlyn O'Neal**, a freshman guard on the women's basketball team, was named conference most-valuable player (see related story on page 1). O'Neal led the conference in both scoring and rebounding (18.6 points per game, 10.5 rebounds per game).

Sophomore guard **Sequana Norris** was named to the first team for the second year in a row. Norris led the conference in steals and averaged 15.8 points per game.

Norris and O'Neal were the top vote getters in the selection process.

Sophomore guard **Michelle Salemi** was voted to the second team all-conference.

# BUDGET NEWS\$

A report  
on Cypress  
College's  
Budget  
Situation

**The following information was provided by Karen Cant, Vice President of Administrative Services following approval of a revised state budget:**

I'm sure the news has already reached you that an 18-month state budget has been approved. While this concludes one phase of the budget challenge facing California this is by no means the end of the discussion.

To quote Erik Skinner the system Vice-Chancellor of Fiscal Policy, "While today's vote brings some temporary resolution to the budget process, I urge you to stay actively involved. The weeks and months ahead will present new challenges as the economy continues to sputter and, as a result, the state will face new fiscal challenges. As this occurs, we will need to be vigilant and active in order to continue to protect the capacity of the community colleges to serve Californians. For the moment, we will pause to take a breath and analyze the fine print in the budget package. But tomorrow we must begin preparing for the next round."

The community colleges have been treated very well in this budget ... yet this is still a budget that relies on significant tax increases, borrowing, a May 19 ballot, and deferral of payments to balance. We fully expect to have a revision of this budget proposed in the Governor's May Revise.

For this reason we will move forward with caution continuing to monitor purchase requisitions being submitted for both the 08/09 and 09/10 year and to analyze proposed budget reductions. Please continue to include detailed justifications in the document text of each requisitions for now. Since 09/10 requisitions are not released to vendors until July 1 — there is still the potential to pull back on purchases up until that point should budget news over the next few months turn south on us.

**Details of the budget were provided by Scott Lay, president and CEO of the Community College League of California (additional information is in the February 20 edition of @Cypress):**

Here are the highlights for community colleges:

- 2008-09: Eliminates the approved 0.68% cost-of-living adjustment (-\$39.8 million)
- 2008-09: Reduces state funding for mandates (-\$4 million)
- 2008-09: Defers \$340 million in state payments to the 2009-10 fiscal year (replacing \$245 million deferral approved in existing 2008-09 budget; minimizes state borrowing and reduces Prop. 98 guarantee)
- 2009-10: Funds 3% enrollment growth (\$185.4 million), enough funds for 36,000 new full-time equivalent students
- 2009-10: Maintains funding for the Competitive Cal Grants program, which provides 22,500 grants annually to needy non-traditional students
- Generally: Since there were no categorical or general apportionment cuts, language to allow categorical flexibility was not included
- Future: Places a measure on the next statewide ballot (now scheduled to be May 19) to repay K-12 and community colleges \$9.3 billion over seven years beginning in 2011-12.

### **Impact on Cypress College and the District**

It will still be another 3-4 weeks before sufficient detail and analysis are available to determine the exact impact to the college and District, according to Cant. Initial estimates indicate a \$3.6 million District-wide reduction in the current budget year and the upcoming 2009-2010 budget. However, as noted above, that still could change dramatically in the May Revise Budget.

## BRIEFLY

Cypress College's Astronomy Department is hosting star parties on Wednesday, April 1 and Thursday, April 30. High winds, heavy clouds, rain (even spotty rain), or any combination will cancel the event. For additional information, contact [Michael Frey](#).



Nine students from the Hotel, Restaurant, Culinary Arts program participated in the National Ground Hog Job Shadow day on February 13. The event was sponsored by the American Hotel & Lodging Association. Students had the opportunity to meet and dine with the Hyatt Orange County Hotel executive team, tour the property and spend some time hands on in various operational departments.



Attracting roughly 1,000 area high school students, Senior Day — the college's single-largest outreach event — will take place on the morning of March 26. The event offers the opportunity to showcase the many outstanding programs here at Cypress College. To participate in Senior Day, please contact Becky Rojas via e-mail, or at ext. 47199. [Additional information is also in the @Cypress extras.](#) Today is the deadline.



@Cypress

Online

## A message from the Office of the Governor

From the Desk of Paul Navarro

Now that we've all had a little time to step back digest the enormity of enacting an "17 month budget" I'd like for you to communicate to all the community college folks in the field how much I appreciate the jobs that they have to do on a day to day basis. The Governor has such an affection and respect for the community colleges. Clearly, that was evident by the way the final budget end up looking for community colleges. I can tell you that the Governor was steadfast in making sure that the community colleges were given a priority during the Big 5 process. We had many challenges in getting any agreement on the overall budget, and as would be expected, compromises had to be made all along the way. But we are all very happy that the community colleges were not compromised!!

On behalf of the Governor and myself, I'd like to thank all the community colleges for having faith in us to make sure that the State does what is best for the community colleges and its students.

Thank you Scott for getting this message out to everyone. Kudos to the League for keeping the Legislature informed on how important it is to maintain funding for the community colleges.

Paul Navarro  
Deputy Secretary - Legislative Affairs  
Office of Governor Schwarzenegger



# Student Support Services Success Week

Dear Staff:

I want to thank everyone who contributed to success week this week. I am thrilled our tradition continued and I would even suggest that our turnout this week exceeded expectations.

## HIGHLIGHTS

\*\*We had over 60 participants in our workshops during the week on topics that will enhance success.

\*\*Keith Cobb was able to secure a \$1500 grant through the ICANAF-FORD college campaign and as a result, we provided food for three days to support our marketing efforts. Food made a huge difference! I speculate that about 1200 visited our event near the pond during this week. Thanks, Marion for submitting those RQ's on such notice--you saved the day!

\*\*Alan Reza did another fine job collecting opportunity drawing items (ipod, gift certificates, etc) to help add incentives for student participation. Alan, great job . . . you know how to create the buzz. Your efforts are instrumental to our success.

\*\*When 2009-2010 Banner Roll occurs, we will be able to quantify another HUGE financial aid application increase because we offered the event prior to the March 2 priority deadline. Hopefully benefits in EOPS, CARE, CalWORKs will be reported as a result of our event.

Finally, it should be noted that this event is a TEAM effort. It is an opportunity to reach out directly to the students. Thanks for helping promote Student Services! We are a great team!

Rick Rams  
Dean of Student Support Services  
Cypress College



# CYPRESS COLLEGE

## OUTSTANDING CLASSIFIED EMPLOYEE OF THE YEAR

### Nomination Form and Guidelines

Cypress College is proud to announce its 10<sup>th</sup> Annual Classified Employee of the Year award. This award will be given to a permanent classified employee who represents the dedication and commitment to making Cypress College an outstanding learning environment for our students.

This award offers the opportunity to you, our administrators, faculty, staff, and students, to recognize those people who consistently treat members of our college community with courtesy and respect, who respond in a timely way to our requests, and who regularly demonstrate acts of kindness.

The following additional criteria will be considered in the selection process:

- service
- enthusiasm
- caring about students, colleagues, and the Cypress College community
- campus involvement
- special talents which contribute to the college
- effectiveness of job skills
- contributor to positive morale

### PROCESS

1. Nominations may be submitted by any member of the Cypress College community (students, staff, faculty, administrators).
2. Those making the nomination must fill out the nomination form (attached). **If possible**, please submit a typewritten form and turned into the Staff Development Office by Wednesday, **March 11, 2009, at 4:00 p.m.**
3. The selection will be based upon the information provided on this nomination form only, so include as much information on the form as possible.
4. The selection will be made by a subcommittee appointed by the Staff Development Committee, and will include representation from management, classified, students, and faculty.
5. The winner of the award will be announced at the Classified Appreciation Luncheon on **Friday, April 24.**

**CYPRESS COLLEGE**  
**2008-2009 CLASSIFIED EMPLOYEE OF THE YEAR**

**NOMINATION FORM**

(If possible, please submit a typewritten form.  
If handwritten, make sure the information is legible and in ink.)

I nominate \_\_\_\_\_, whose title is \_\_\_\_\_  
\_\_\_\_\_, to be considered as  
Classified Employee of the Year for 2008-2009.

Using the criteria on the attached page, provide examples of what the classified employee does to support your nomination.

Nominated by \_\_\_\_\_ Ext. \_\_\_\_\_ Date \_\_\_\_\_  
RETURN THIS FORM to the STAFF DEVELOPMENT OFFICE





curated by cari marshall

# femme on femme

female artists explore the female form

regina allen  
cynthia evans

d.j. hall

moira hahn

taravat talepasand

selina trieff

mary woronov

march 11 - april 2, 2009

reception: wednesday, march 11, 6 - 8 pm

Cypress College Art Gallery

9200 Valley View Street

Cypress, CA 90630-9897

714.484.7133

Gallery Hours

Monday - Thursday 10am-2pm

Tuesday 6-8pm

Friday by appointment only



[www.cypresscollege.edu](http://www.cypresscollege.edu)

IN THE PROJECT SPACE

## TWILIGHT

recent work by Dion Johnson



# Cypress College Patrons of the Arts

**invites you to join us for our annual  
spring dinner theater**

**Saturday March 14th, 2009**



## ***“Little Shop of Horrors”***

“A Boy...A Girl...and A Man-Eating Plant from Outer-Space...**Little Shop of Horrors**...the “**green**” musical.” This lively production is directed by Jim Hormel and choreographed by Marie Hoffman. It is based on the film by Roger Corman and Charles Griffith’s screenplay. The multiple versions of “Audrey” have been masterfully created by McAvene Designs.

**Check in: 5:30 PM**

**Dinner: 6:00 PM**

**Show: 8:00 PM**

Dinner will be held in the Cypress College Fine Arts Lobby and the show will be performed in the spacious Cypress College Campus Theater.

**Seating is limited, so purchase your tickets early.**

**Last Day to Order Tickets: Friday, March 06<sup>th</sup>, by 7PM**

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**Event Deliciously catered by *Paris*** (formerly of Food For Thought)

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**Tickets are \$35 per person and include:**

**Dinner \* Dessert \* Beverages \* Parking and**

**Admission to the Theater Production of *Little Shop of Horrors***

All proceeds go to Fine Arts Scholarships for Art, Dance, Journalism, Music, Photography, and Theater students.

**Your Donation is TAX DEDUCTIBLE.** The Patrons of the Arts is a committee of the Cypress College Foundation

NAME: \_\_\_\_\_ PHONE: (\_\_\_\_\_) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY/ZIP: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

**ENCLOSED IS MY CHECK FOR: \_\_\_\_\_ (#) TICKETS @ \$35 PER PERSON=\_\_\_\_\_**

**\_\_\_\_ I am unable to attend and I would like to donate \$\_\_\_\_\_ towards a Fine Arts Scholarship**

**Make checks payable to: Cypress College Patrons of the Arts**

**For accounting purposes please write a separate check for each event (Concert or dinner theater) and for membership.**

**For more information please contact the Patrons at (714) 484-7000 ext. 48203 or e-mail:**

**Patrons@Cypresscollege.edu**

**Mail to: Cypress College Patrons of the Arts, 9200 Valley View Street, Fine Arts 1<sup>st</sup> floor, Cypress, CA 90630**

**To All Division Deans, Faculty & Staff**  
**Senior Day is coming**  
**25<sup>th</sup>. Anniversary**  
**March 26, 2009**  
**We need volunteers**

Please help us to make this a meaningful experience for potential future students of Cypress College

**Please fill out the bottom and return to: Becky Rojas, Student Activities Office by March 6, 2009 714-484-7199**

-----  
My Division / Department would like to set up a

table \_\_\_\_\_

I will need power \_\_\_\_\_

How many tables \_\_\_\_\_

**Hours will be 8:00 am – 12:00 pm exhibits must be set up by 7:30 am**

**Division/Department**

Name: \_\_\_\_\_ Telephone#: \_\_\_\_\_

Email address: \_\_\_\_\_

**We need students to give campus tours and help with food service.**

**Student volunteer:** \_\_\_\_\_

Email address: \_\_\_\_\_ Phone #: \_\_\_\_\_

Time Available: \_\_\_\_\_

## **Calendar 2009**

February 23 - March 27

Progress Reports Due

February 23 - April 9

2nd Counseling Contact Period

March 2

Priority Deadline for Free  
Application for Federal Student Aid  
(FAFSA)

March 16

2nd Nine-Week Classes Begin

March 16

Last day for filing Spring '08 CSU  
General Education/IGETC Certification

April 6 - April 10

Spring Break

April 13 - May 22

3rd Counseling Contact Period

April 25

Last Day to Drop Classes with a "W"

May 11

Summer EOPS priority registration

May 13 - May 21

Final Exams

May 15

EOPS/CARE Success Celebration

May 21

Graduation Commencement  
Last day of the semester

June 2

New EOPS student orientation

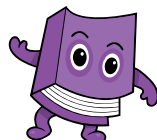
June 3

New EOPS student orientation

June 22

Summer classes begin

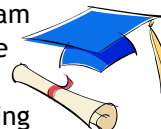
### ***Messages from Sonia Duran, Interim EOPS Manager***



Hello EOPS students and welcome back to another semester at Cypress College! As you may have noticed, our notification process for the book service award (BSA) was different this Spring '09 semester. As most of you are probably now aware, students with email addresses received their status letters for their book service eligibility via email. Many of you commented that you loved and appreciated this new and convenient procedure since you didn't have to stand in line to find out how much you were receiving for your BSA. Only those who were not eligible and had questions or concerns regarding their statuses were required to come to the office and attend "Resources & Resolution". Students who had no email address were notified by phone, and this was just as equally effective. We will continue to use this new process, so it is important that you continue to read the EOPS newsletter, the "What's New" page on our website, and the emails that we periodically send you.

Our first **Faculty & Staff Appreciation Day** is just around the corner and we are all very excited! Many of you have already nominated a special faculty or staff person who has positively affected your life. If you plan on nominating someone, don't wait too long. Stop by our office today and pick up a nomination form. All nomination forms must be submitted by 5:00 p.m. on **March 19, 2009**.

If you are graduating, transferring, or receiving a program certificate this school year, please let us know. We have already started planning our **Annual Success Celebration** and we want to know if you would like to attend this exciting event. You have worked hard to reach your goal and we want to celebrate your success. More information is on the way!



Last, but not least, don't forget to take advantage of the tutoring center located in the Library & Learning Resource Center (LLRC). EOPS and the LLRC are working together to make sure you receive additional tutoring time on your one-on-one sessions for those difficult subjects you may be struggling with. Our goal is to help you succeed!

Enjoy the rest of the semester and remember, we are here for you. Please stop by and see us anytime! Take Care.

***"Once you determine the root of your discomfort, decide if you can confront the problem head-on. If you can't change the situation, explore changing your attitude."***

...Tom McGrath





## Spotlight on our donors...

We would like to acknowledge the donors who contributed and helped make **CRAM-A-RAMA** a worthwhile activity for our EOPS students. With your help, we were able to offer refreshments and provide a place for our students who were feeling anxious about their finals. We truly appreciate your generosity.

### **COSTCO**

5401 Katella Ave.  
Cypress, CA 90720  
(562)668-5152

### **Sam's CLUB**

12540 Beach Blvd.  
Stanton, CA 90680  
(714)898-9891

## Spotlight on our Book Donor Winners...

Congratulations to all the winners of our **Book Donation Drawing**. These students donated books to our EOPS Book Loan Library and earned a drawing ticket for every book they donated. A total of 26 gift certificates and gift cards were given out. Special thanks to Harmony Foods, Lincoln & Knott Car Wash, Dalton's Café, Charo Chicken, Target, Señor Taco and Cypress College Bookstore.

**Zoe Boorn**  
**Heidi Dawson**  
**Carmen Galeana**  
**Elizabeth Gaughan**  
**Chad Hartley**  
**Hansa Kadakia**  
**Puong Lam**  
**Gladys Mora**  
**Roxy McGee**  
**Amani Nassman**  
**David Nausbaum**  
**Michelle Smallwood**

A special congratulations to **Romeo Aceituno**, who won 9 prizes because he donated so many books. Thank you everyone and keep those books coming!

## Spotlight on our students..

### *...Dean's Honor Roll*

Our sincere congratulations to our EOPS students who have been placed on the Dean's Honor Roll for Fall '08. They achieved this honor because each has officially completed (as shown on their transcript) 12 or more units in letter grade courses during the semester and earned a grade point average (GPA) between 3.0 and 3.74.

Ana C. Alvarado  
Claudia J. Arambula  
Jessica Arvizu  
Jose J. Avila  
Dianna Babin  
Mohamed E. Badawi  
Shanell M. Baricuatro  
Stacy M. Bates  
Laurel E. Bice  
Joseph P. Boemer  
Sabrina L. Bouck  
Kim Bui  
Hiba Byram  
Brian T. Carrington  
Dawne C. Carter  
Rickey N. Carter  
Arsenia N. Castillo  
Evangeline U. Castillo  
Claudia Crespo  
Natalie L. Crump  
Monique S. Dale  
Ann N. Dao  
Phuong K. Dao  
Ivy Gail A. David  
April J. Davie  
Nicole L. Davis  
Dina Deng  
Karla Deras  
Dishita P. Desai  
Cheryl A. Dyer  
Maria E. Elias  
Amanda J. Encineas  
Nicole A. Encineas  
Miriam Estrada  
Katrina D. Flores  
Juan C. Garcia  
Elizabeth K. Gaughan  
Jessica A. Gaxiola  
Holly L. Hale  
Natalie D. Hall  
Quan N. Hoang  
Trisha M. Howe  
Baohan Huynh

Jessica I. Iban  
Nadine M. Itani  
Dennis V. Jacobo  
Margarita Jimenez  
Cynthia J. Johnson  
Christine Z. Johnston  
Kelly C. Jones  
Jiyea Kang  
James H. Kent Jr.  
Cheryl A. Kwon  
Andee H. Lam  
Hanh N. Le  
Nguyen H. Le  
Andrew J. Lee  
Lynsey M. Lohr  
Audrey L. Lopez  
Ramona Lopez  
Sheraiah P. Lucena  
Tony M. Ma  
Phung N. Mai  
Jose G. Martinez  
Scott J. Martinez  
Mike M. McKinney  
Jessica D. Medina  
Oscar A. Mendoza  
Leyla A. Mohamed  
Maria G. Muniz  
Helen W. Mwangi  
Safa K. Nasser  
Ahmad Nassman  
Tuong D. Ngo  
Hao T. Nguyen  
Hong-Van P. Nguyen  
Huu Trac P. Nguyen  
Joyce M. Nguyen  
Kieu-Nga T. Nguyen  
My H. Nguyen  
Son D. Nguyen  
Thuy T. Nguyen  
Lynn C. Nim  
Guillermo F. Novales  
Janice Oh  
Nahla A. Othman

Wei-Sheng Peng  
Heydi M. Perry  
Viktoriya Petrosyan  
Hieu M. Pham  
Jimmy H. Plan  
Timothy R. Puckett  
Wendy Ramirez  
Michelle Ramos  
Ruby O. Rangel  
Mutia Ratu  
Galo I. Reinoso  
Ernesto H. Rendon  
Megan A. Reyna  
Joanne A. Rodriguez  
Angelica M. Rojo  
Veronica Romero  
Kristina A. Rubottom  
Terry Sak  
Amy L. Salisbury  
Ashley C. Schmitt  
Charlie J. Shin  
Rayanna L. Skilliter  
Nour Swais  
Julie D. Thach  
Celestine T. Thompson  
Mary Ann D. Tiongco  
Sonny B. Ton  
Duan Q. Tran  
Lac Q. Tran  
Thu A. Tran  
Christina M. Trujillo  
Jeanette Vazquez  
Ruth Vega  
Walid I. Vera  
Regina L. Vieira  
Thanhtam T. Vo  
Rachelle A. Watson  
David G. Wilson  
Tanya A. Wilson  
Daniel J. Winningham  
Bum Ho Woo  
Cherell C. Woodard  
Ayan M. Yusuf



## Spotlight on our...

### ...President's Honor Roll

Congratulations to our EOPS students who have been placed on the President's Honor Roll for Fall '08. They achieved this honor because each has officially completed (as shown on their transcript) 12 or more units in letter grade courses during the semester and earned a grade point average (GPA) of 3.75 or above.

Waleed M. Alfares	Vannkannary Khith	Rebecca J. Mugica
Santos A. Alvarado	Mai N. Khuong	David V. Nguyen
Edith A. Beltran	Erica Kim	Dennis Nguyen
Tsige M. Beraki	May Kim	Hai D. Nguyen
Vienna E. Brambila	Min K. Kim	Thanh C. Nguyen
Lam T. Bui	Pamela D. Lawrence	Vi T. Nguyen
Thuy N. Bui	Anh N. Le	Patrick A. Perry
Dorothy J. Castillo	Asiana T. Le	Binh H. Pham
Antonia M. Cervantes	Ha B. Le	Gibson L. Phan
Jacqueline M. Chappell	Huy Q. Le	Digna Saldivar
Joseph B. Coykendall	Long X. Le	Fady M. Saleh
Heidi K. Dawson	Katherine V. Lopez	Sandra Smith
An T. Dinh	Melissa D. Luong	Tuong Vy N. Ton
Catherine Do	David W. Melendrez	Giang H. Tran
Holly Do	Gloria M. Mena	Nghia Tran
Chanel C. Doss	Chris Menis	Tien T. Tran
Norman F. Folloso Jr.	Dragana M. Militiev	Julie T. Van
Yohana T. Ghirmazion	Jennifer J. Mitchell	Blanca E. Vanburian
Thanh V. Ho	Gladys J. Mora	Erich J. Weidtmann
Chibuzo V. Ikpeazu	Jenine L. Morales	

## Caps & Gowns

**Are you graduating this spring? Are you participating in the graduation ceremony?**

If you are a current EOPS student who will be participating in the Spring 2009 graduation ceremony and need help purchasing a cap and gown, please submit a request with your name and student ID number to the EOPS office by **April 3, 2009**. We will review your request and contact you regarding the pickup of your cap and gown. Requests will only be approved if you have applied for Spring 2009 Graduation.

**Congratulations on your accomplishment!**

**Visit us on the Web!**

[www.cypresscollege.edu/services/eops](http://www.cypresscollege.edu/services/eops)



### Spotlight on a former EOPS student...



This month's EOPS spotlight shines on a former EOPS & CARE student, **Albert Padilla**. Albert enrolled in our EOPS & CARE program in Fall 1999. He received his A.A. degree in Liberal Arts in Spring 2002. He also received his Bachelor's degree in Human Services from California State University, Fullerton and obtained his Master's degree in Counseling from Northern Arizona University. We are proud to share with you that Albert has now achieved his long-time goal and has opened up his own recovery center, **New Outlook**.

Albert, 11 years clean and sober, has had a very rocky road to success. He shares with us that being diagnosed with ADHD and oppositional defiant disorder had set the path for a life of destruction. By the time he was 12 years old, he had indulged in just about every illegal narcotic on the street. He was initiated into a street gang at age thirteen and by age 24, he had spent about seven years of his life in jail. This lifestyle continued until he was 37. Albert has now successfully turned his life around and has become a role model for his children, especially his daughter, Mia, who was his reason and motivation for becoming clean and sober.

Albert shares that he is thankful to the many people who work in the EOPS, CARE & CalWORKs program. Kelly Grimes, Lili Perez-Stroud, Michele Dugan and Arnette Edwards were just a few of the names he mentioned. He said that what helped him the most was the relationships he developed and the motivational support that these programs provided. He also shared that while attending Cypress College, he didn't feel alone and that our program was able to convince him that he had what it took to succeed.

These days, he spends his time helping others who are struggling with drug addiction so they too can turn their life around.

**Congratulations Albert!**  
**We are all proud of you!**

If you would like to learn more about **New Outlook**, please visit them on the web:

[www.newoutlookrecovery.com](http://www.newoutlookrecovery.com)

March 2009 - April 2009

**Counselors' Corner****We are here for you!**

Many of you know me, but for those who don't, my name is **Avery Estabrook-Olson** and I am a Student Services Specialist in the EOPS office. I conduct all of the outreach activities for the program, finding new students to join and receive benefits. I might have met you at your orientation, or possibly kickoff.

This semester I will be available to meet with you one-on-one for your second required counseling contact, or if you just want to stop by and say "hi". I will be responsible for students with last names in A-L, so if that is you, make sure you stop by and introduce yourself!

We know that our office is very busy, and it is often hard to see your counselor. I am another resource for you to ask questions or get assistance. Please feel free to call me or email me with any of your needs. Since this is our first semester having appointments together, I wanted to have a chance to let you know a little bit about me. I hope that you stop by and let me know a little about you.

I know how it feels to be a student. Juggling work, school and home life is something I am also doing while finishing my masters degree at California State University (CSU) in Long Beach. I am also enjoying being a newlywed (I just got married in July) and spending time with my Maltese puppy, Muffy. I am here for you and I hope we have the chance to work together this semester!



Hello, my name is **Michele Dugan**, I am the EOPS Student Services Specialist for students with last names M-Z. I have worked in the EOPS office for 13 years. I truly love my job! What I love most about it is that I get to work with students like you! Student success is my passion!

I am the mother of an 8 year old boy named Alexander and for those of you who don't know me, he is the light of my life!!! I have 3 dogs who think they are human and believe they should be treated as such. I also have a wonderful husband and will be celebrating our 15th-year wedding anniversary in May! To celebrate it, I would like to take an Alaskan cruise. Does anyone have any free tickets?



I received my A.A. Degree in Journalism from Fullerton College, my Bachelor's degree in Sociology from CSU in Fullerton, and my Master's degree in Educational Counseling from CSU in Dominguez Hills.

Many of the challenges you are facing today, I have also encountered. School was not easy for me and it always seemed that I had to work harder than other students. I know many of you feel this way. If there is any way I can help, please do not hesitate to come and talk to me. I would like to get to know you and become part of your educational journey.

**Program Reminders**

In order to receive EOPS benefits you are required to complete three counseling contacts each semester. These contacts must be completed during the following times:

**Second Counseling Contact**

February 23 - April 9

**Third Counseling Contact**

April 13 - May 22

**Important!****Time to Renew****2009 - 2010 BOGW**

**Registration fee waiver  
must be renewed each year**

**Faculty & Staff Appreciation Day**

Has there been a faculty or staff member at Cypress College who has positively affected your life? Is there a particular person who has helped you be successful and you want to express what a difference they have made? If so, Cypress College EOPS invites you to participate in our first **Faculty & Staff Appreciation Day**. Please take a moment to nominate an outstanding instructor or staff member whom you would like us to recognize because he or she has enhanced your educational experience.



Please visit our office to pick up a nomination form. Nominations are due in our office by **5:00 p.m. on March 19, 2009.**





# FAFSA Renewal



We hope you all applied for your FAFSA during the priority filing period. Missing the March 2 deadline may jeopardize the types of grants a student receives. For example, the cost of attendance for a typical dependent living with their parents is about \$9,196 for the academic year. The expected family contribution would depend on the parent's income from the previous year and would provide an unmet need amount. The following shows the difference in the amount of money a student **may be eligible** to receive if the dependent student described above applied for FAFSA before the March 2 deadline:

## On-time applicant - Filed by March 2

Work-study	2000.00
Pell Grant	4,376.00
Cal Grant B	1,551.00
SEOG Grant	1000.00
<b>Total Grants</b>	<b>\$8,927</b>

## Late Applicant - Filed after March 2

Work-study	0.00
Pell Grant	\$4,376.00
Cal Grant B	0.00
SEOG Grant	0.00
<b>Total Grants</b>	<b>\$4,376</b>

*If you missed the deadline, please note that you may still apply for the FAFSA and be eligible for financial aid.*

The grant amount a student is awarded cannot exceed the amount of the student's unmet need.

Actual student financial aid packages will vary according to individual circumstance and will depend on many factors.

Be sure to apply early to have the best chance of getting the best funds! If you have not filed yet, do so ASAP! You can go online ([www.fafsa.ed.gov](http://www.fafsa.ed.gov)) and apply. If you received financial aid for the 08-09 academic year, you must go online and renew your FAFSA. You will need a PIN to do this. If you do not have a PIN, you may obtain one at the FAFSA website.



## Stress-Free Ways to Start Your Day

Follow these four simple guidelines to rise and shine

*By John Riddle*

Do you barely lift your head off the pillow before daily pressures get on your case? Do your muscles reflexively tense up when the alarm clock goes off? Do 20 things from your to-do list start dancing around your head from the moment you open your eyes? Do you look at the coming day and see a string of impossible tasks that you know will leave you frazzled?

Don't feel as if you're doing something wrong if this sounds all too familiar -- we all have to contend with stress in our lives. What differs is the way we deal with it.

**Step 1: Get enough sleep.** Do you fall asleep on the sofa while waiting for the late news and weather? Maybe that's a sign to turn off the TV earlier and go to bed. Getting enough sleep is the key to waking up refreshed and equipped to handle stress. Most adults need seven to eight hours of sleep to feel their best.

**Step 2: Eat Breakfast.** A stress-free day starts by making time for a good breakfast. Set your alarm clock to go off 15 minutes earlier (this will be easier to accept if you start going to bed earlier) and use that time for a nutritious first meal. Whole-grain cereal is an excellent choice and there's nothing to prepare. If you leave yourself enough time, indulge in a healthy treat like pancakes.

**Step 3: Get some exercise.** Whenever you feel stressed, take a moment and do a few jumping jacks or arm and leg stretches. Don't be surprised if within a few minutes you start feeling more energized and less stressed. Make a point to fit some regular exercise into your day (but get your doctor's OK before you start any new fitness regimen).

**Step 4: Think positive.** Your attitude is your most prized possession. It is something you and only you control. Try to begin the day on the right foot by thinking positive thoughts and visualizing a great day ahead. Set a positive tone for your day and everything you face will be easier to handle.

...article retrieved from [www.miavita.com](http://www.miavita.com)

**Visit us on the Web!**

[www.cypresscollege.edu/services/eops](http://www.cypresscollege.edu/services/eops)

**CARE Corner ... Kelly Grimes**

Q) Is there an EOPS  
Graduation Party?

A) YES! On May 15.  
But we are also celebrating  
your success if you are  
transferring or receiving a  
certificate.

**EOPS STAFF****Richard Rams**

Dean, Student Support Services  
EOPS Director

**Sonia Duran**

Interim EOPS Manager

**Doreen Villaseñor**

EOPS Counselor

**Dr. Rolando Castillo****Megan Ly**

Adjunct Counselors

**Joanne Olimberio**

EOPS Program Coordinator

**Michele Dugan**

Student Services Specialist

**Makisha Glover-Hill**

Accounting Technician

**Rebeca Laveaga**

Student Services Specialist

**Andrea Mayberry**

Student Services Specialist

**Avery Olson**

Student Services Specialist

**CARE STAFF****Kelly Grimes**

CARE Program Coordinator

**Connie Boehler****Kimberly Taylor**

Adjunct Counselors

**Gail Smead**

Administrative Assistant

**The Eventual Outcome**

Be personally responsible for your own actions because every choice you make will have an outcome or consequence. Be willing to deal with the outcome because you made that decision. No matter what or who may influence you, you are responsible for that choice. You too can be influential. So, the next time you are blaming the instructor or other disruptive students for your failing grade, think about what choices you have. What will you do to make the lecture exciting? How will you overcome a class with a boring instructor? What is going to get you to class on time and make you an active and engaged learner?

The following are suggestions for taking control of your learning.

1. Ask questions in class.
2. Email your instructor if something is unclear and you cannot attend office hours.
3. Form study groups with reliable classmates.
4. Attend class. Do not schedule medical or dental appointments during class time unless it is absolutely necessary.



Take positive actions to make the most out of your college experience. Make commitments to yourself that are realistic and obtainable. Reward yourself for your accomplishments.

You are responsible for the eventual outcome of your life. You have been given the greatest power in the world -- the power to choose.

**Reminders:**

- ☆ **February 18-March 21:** Complete & return progress reports to EOPS.
- ☆ **March 2:** Visit your Financial Aid Technician to ensure that your Financial Aid paperwork is completed. You may also check your status using WebStar.
- ☆ **March 30 - April 3:** Pick up cuisine certificate for turning in progress reports.

North Orange County Community College District

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# *Nomination Form*

## *For*

# *Faculty / Staff Appreciation Day*

Has there been a faculty or staff member who has positively affected your life? If so, Cypress College EOPS invites you to participate in Faculty / Staff Appreciation Day. Please take a moment to nominate an outstanding instructor or staff member whom you would like to recognize because s/he has enhanced your educational experience.

Please fill out the bottom of the form and return it to the EOPS office by March 19, 2009

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Instructor's name and class or Staff name and office:

\_\_\_\_\_

Please give us a brief statement explaining how this individual enhanced your personal experience:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Student Name:

\_\_\_\_\_