



insider

Staff News for Santa Rosa Junior College, April 30, 2004

Cinco de Mayo Celebration on Petaluma Campus

The college community is invited to the Petaluma Campus to celebrate Cinco de Mayo on Wednesday, May 5 from 12:00 to 1:00 p.m. on the quad. Food, Aztec dance performances, and a concert will highlight the activities.

The music and dance performances by Xagua Gura, a group from Oaxaca, Mexico, will include traditional and indigenous music using original Mesoamerican musical instruments. The group will again perform in the Mahoney Library from 7:00 to 8:00 p.m.

Photographs by Philippe Pierry of life in Jalisco and Michoacan, Mexico will be displayed on the exhibit's opening night in the Mahoney Library from 6:00 to 7:00 p.m. The photo exhibit will be displayed through May 30.

May 5 Traffic Restrictions on Santa Rosa Campus

In anticipation of Cinco de Mayo crowds on and around Mendocino Avenue, the City of Santa Rosa and District Police will enact traffic and parking restrictions on Wednesday, May 5, that will impact access to and from the east side of the Santa Rosa Campus.

Starting at 4:00 p.m. and into the evening, traffic will be limited to one lane in each direction, and side streets will be blocked on Mendocino Avenue between College Avenue and Steele Lane. Staff and students are advised to approach the Santa Rosa Campus either from Bear Cub Way or Scholars Drive, off of Armory Drive or from Scholars Drive via Elliott Avenue coming from Armory Drive.

After 5:00 p.m. the entrance to Bailey Lot at Pacific and Mendocino will be blocked off. Vehicles already in the lot will have to exit to the west via Bear Cub Drive onto Armory Drive. In addition, the Mendocino Avenue parking lot behind Wolf Coffee will be locked all day.

Please advise students of traffic flow changes for that day so they can plan accordingly.

Summer Repertory Theatre Seeks Summer Housing

Summer Repertory Theatre needs housing for nearly 50 students who will participate in this summer's program. Because of SRT's popularity many more students will come to the Santa Rosa Campus this year, so if you have extra room from May 22 through August give Frank Zwolinski a call on ext. 4221.

48th SRJC Golf Tourney May 14

The SRJC community, including retirees, is invited to attend the 48th SRJC Golf Tournament scheduled Friday, May 14 at 11:00 a.m. at the Bennett Valley Golf Course. The event will include 18 holes of golf followed by an awards ceremony. The cost of the event is \$21 resident and \$27 non-resident, payable on the morning of the tournament. Contact Izzy Derkos by Friday, May 7 to participate, ext. 4237.

Last Call For Graduation Student Success Stories!

Stories highlighting unique student achievements are requested for commencement for possible inclusion in Dr. Agrella's address. Please submit noteworthy stories about students by May 7 to Carolyn Pansini-Evans in A&R or at Cevans@santarosa.edu. If you know any family members of SRJC faculty and staff who may be graduating on May 22, forward that information as well. Students with unique talents, others who may have achieved excellent academic success, students who overcame significant obstacles to graduate, or still others who show great promise are all good candidates for possible inclusion in commencement.

Spring Performance Celebrates Diversity in Dance

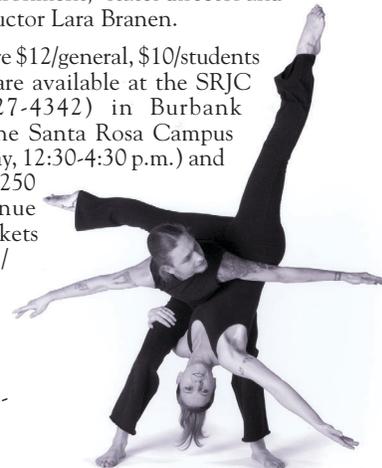
"Trip the Light Fantastic," a diverse and colorful dance program, will be presented in Burbank Auditorium on the Santa Rosa Campus. Evening performances are at 8:00 p.m. on May 7 and 8, with matinee performances on May 8 at 2:00 p.m. and on May 9 at 1:30 p.m.

The program includes a range of styles including "Bollywood" style Indian dance, jazz dance, hip hop, modern, and ballet, and features pieces by faculty and advanced dance students.

"This is overall our most upbeat and colorful show in years, reflecting an optimism for the future. That said, there is work included that deals with serious issues such as drug abuse and the environment," states director and SRJC dance instructor Lara Branen.

Advance tickets are \$12/general, \$10/students and seniors, and are available at the SRJC Box Office (527-4342) in Burbank Auditorium on the Santa Rosa Campus (Wednesday-Friday, 12:30-4:30 p.m.) and at T&B Sports, 1250 Mendocino Avenue in Santa Rosa. Tickets at the door are \$15/general, \$12/students and seniors.

For information call (707) 522-2621, ext. 2.



Tips to Improve Your Health at Work

Spending hours in a chair in front of a computer, five days a week can take a toll on your body. Note the following tips to better office health.

- Replace candy bowls with something healthier.
- Drink an adequate amount of water.
- Exercise! Find a regular walking partner who will drag you out of the office even when you're busy.
- Eat a healthy lunch with reasonable portions.
- Use a speakerphone, a shoulder cradle, or a headset at work while on the phone.
- Make sure the distance to the computer screen from your eyes is about an arms length away. If you can't read your screen from an arm's length away, simply increase the font size on your computer.
- Vacations are an important part of staying healthy at work.
- Your keyboard, mouse, and phone can harbor thousands of germs that can make you sick. Use disinfectant.
- Know yourself and your limits. Stay within those limits given your job.
- Know when to break, know when to take a vacation.

For the complete text go to <http://content.health.msn.com/content/articles/81/97069.htm>

Flea Market May 8

Booth spaces are going fast and continue to be sold for a communitywide Flea Market held on the Santa Rosa Campus, May 8 from 9:00 a.m. to 4:00 p.m. Vendors will set up at 7:30 a.m. in the Bailey Field parking lot at the corner of Mendocino and Pacific Avenues. Booths are \$14 per space purchased in advance or \$18 on the day of the event, if space is available. Proceeds of the Flea market benefit the Associated Students. Call Student Affairs for more information and to reserve space, ext. 4424.

Redwood Empire Wind Ensemble & SRJC Symphonic Band Perform May 11

The Redwood Empire Wind Ensemble and the Santa Rosa Junior College Symphonic Band, directed by Bennett Friedman and Meryl Wamhoff, will perform in Burbank Auditorium on the Santa Rosa Campus on Tuesday, May 11 at 7:30 p.m. Admission is \$5.00, and there is a \$2.00 charge for parking on campus. The program features works by Mozart, Holst, Schuman, and a Symphonic Suite from the movie, *Harry Potter*. For information call 527-4249.

Work Station Yoga

The SHAPE Committee presents "Iyengar Yoga at Your Work Station" on Tuesday, May 11 from noon to 1:00 p.m. in the Pioneer Hall Meeting Room on the Santa Rosa Campus. Speaker Pam Field, owner and director of the Santa Rosa Yoga Center, will present the Iyengar Yoga system, which is meditation in action. Special focus is placed on developing correct body alignment, stamina, strength and flexibility. Geared to increase vitality and improve balance and coordination, time at the end of the presentation is made to eat lunch. Being comfortable clothes, an empty stomach, and a sense of humor. Call ext. 4803 with questions.

PERS Home Loans Available

As a college employee, did you know that you may be able to borrow against your PERS retirement for a down payment on a mortgage? You are also entitled to two float down lock days during the processing/underwriting period. Call Debbie Riedmuller at (707) 569-2640 for information or go to www.grlweb.com/driedmuller.

GALEAF Potluck Schedule May 16

The GALEAF (Gay and Lesbian Employees and Friends) have scheduled an end of year potluck on Sunday, May 16 at 2:00 p.m. Partners and children are welcome. Contact Rhonda at ext. 4586 for more details.

We Tip Our Hats

SRJC Adjunct Faculty member **Jacqueline Kramer** recently published *Buddha Mom, The Pathway of Mindful Mothering*. Now out in paperback, the volume addresses motherhood's spiritual path and explores mothering from a conscious psychic perspective.



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Published by the SRJC Public Relations Office
(707) 527-4266

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