



Dallas County Community College District

Office of the Chancellor

TO: DCCCD Board Members

FROM: Dr. Wright L. Lassiter, Jr.

DATE: May 27, 2011

RE: Weekend Memo # 235

LESSEN THE STRESS
Learn to Live Simply, Focusing on
What's Truly Important

There was an article in the magazine Family Circle some years ago that was shared recently with attendees at a stress relationship workshop. It caught my attention and I want to share it with the DCCCD community. These short points relate to our personal and work lives. Ponder them during these taxing and stressful lives that we all encounter now.

- *Don't answer the telephone during dinner.*
- *Stop trying to please everybody. Start pleasing yourself.*
- *Carve out an hour a day for solitude.*
- *Set aside one day a week for rest and renewal.*
- *For every "yes," let there be a "no."*
- *Don't squander precious resources: time, creative energy, emotion.*
- *Never make a promise you can't keep.*
- *Allow an extra half-hour for everything you do.*
- *Always carry something interesting to read.*
- *Breathe -- deeply and often.*
- *Drink pure spring water – lots of it.*
- *Always opt for comfort.*
- *Be instead of do.*
- *Exchange security for serenity.*
- *Luxuriate in your senses.*
- *If you don't love it, live without it.*
- *Let Mother Nature nurture.*
- *Go to bed at 9 o'clock twice a week.*
- *Move – walk, dance, run, find a sport you enjoy.*
- *Begin and end the day with prayer, meditation, reflection.*
- *Strive for realistic deadlines.*
- *Approach problems as challenges.*
- *Honor your aspirations.*
- *Savor beauty.*
- *Cherish your dreams.*
- *Don't be afraid of your passion.*
- *Search for your authentic self until you find it.*

DCCCD Administrative Offices

Joyce Williams, district director of workforce development, teacher education and international programs, has been elected to serve as regional director (Region 7) on the board of directors for the National Council for Workforce Education (NCWE). NCWE is committed to promoting excellence and growth in workforce education. As an affiliate council of the American Association of Community Colleges, the council provides a national forum for administrators and faculty in workforce education and basic skills, as well as representatives of business, labor, military, and government, to affect and direct the future role of two-year and other post-secondary institutions in workforce education and economic development. It provides the link between policy and workforce education and economic development by providing support, research, and critical information to members on current and future trends and policies.

The legacies of Erin Tierney Kramp and George Dawson continue today through DCCCD students who receive scholarships that honor their lives and the examples they set for others. Their extraordinary stories were featured on national television among the “most memorable guests” of The Oprah Winfrey Show during its farewell finale this month. Those recent segments are posted on the show’s official web site at <http://www.oprah.com/index.html>. The show’s May 19th segment on Kramp which featured an interview with her former husband, Doug Kramp, and her daughter, Peyton, was a follow-up to the first televised story in 1998 which aired when Erin was dying of breast cancer. Knowing that she likely would not see young Peyton grow up, Erin videotaped herself sharing various life lessons that her daughter could watch after Erin died. Doug and Erin shared a portion of the video diaries on the first Oprah show.

To honor Erin’s perseverance and courage as she battled breast cancer, Michael Brown, DCCCD Foundation board member, and Erin’s friend, established the Erin Tierney Kramp Encouragement Foundation and the Kramp Scholarship Endowment before her death in 1999. The scholarship fund is awarded every year by the DCCCD Foundation to students who exemplify courage and perseverance in the face of adversity. The Kramp Foundation, the DCCCD Foundation and Southern Methodist University also partnered in 2009 to provide full transfer scholarships to Kramp recipients who wish to continue their studies at SMU.

On May 13th, the show aired a story about George Dawson’s continuing legacy promoting literacy among communities in Dallas and across the country. Born the grandson of slaves in 1898, he learned to read at the age of 98. Then, at the age of 100, Dawson wrote his autobiography, *Life is So Good*, which he co-authored with Richard Glaubman. He was an honored guest at DCCCD’s annual African American Read-In events until his death in 2001. Inspired by Dawson’s story, several DCCCD employees established a scholarship in his memory. The George Dawson “Hold Fast to Dreams” scholarship fund is awarded by the foundation each year to a deserving DCCCD student who follows in Dawson’s steps, pursuing literacy, and learning at any age.

Eastfield College

Maria Renteria, an Eastfield College Upward Bound student, is a recipient of the 2011 “Michael & Susan Dell Foundation” Dell Scholarship. The Dell Scholars Program aims to provide students with everything they need to begin and complete college. The scholars receive \$20,000 each to complete their higher education, laptop technology, a private scholar networking community, resources, and mentoring to ensure they have the support they need to achieve their college degrees.

Eastfield College was well represented at the state *Texas Junior College Student Government Association (SGA) Convention* held in Austin on April 7-10th. Student body president Nicolas Hernandez led the delegation of students: Wendy Balderas (vice president); Bryan Palma (secretary); Ariana Najera (senator); Darlene Escandon (senator); and Cuahtemoc Ochoa (House of Representatives). These

students were recognized by their peers for being professional and proficient in parliamentary procedure. In addition, the college SGA was elected to serve on the executive board for Region II in the parliamentarian position. Region II sponsored a resolution to oppose HB1167 (relating to the carrying of concealed handguns on certain premises of or locations associated with schools or public junior colleges and public technical institutes) that was adopted at the state convention. The students played a significant role in the discussion by announcing that President Hernandez testified against this bill on behalf of college students at the public hearing held during spring break.

The “20th Annual Southeast Dallas Cinco de Mayo” parade and festival was held May 6th in Pleasant Grove. The Eastfield College Pleasant Grove campus hosted the festival portion of the celebration. Michael Gutierrez, vice president for teaching and learning; Bill Metzger, DCCCD trustee and one of the grand marshals; and cars from the college’s auto body program were featured in the parade.

Eastfield College students Nicolas Hernandez, Ariana Najera, and Edwin Romero were each awarded a \$500 scholarship from the Mesquite Rotary Club on May 3rd based on their academic achievements, leadership, and community and college involvement. All three students are members of the college Rotaract Club. Rotaract is an international service club and is sponsored locally by the Mesquite Rotary Club.

North Lake College

Our Students – Detra Craig, North Lake College director of TRIO student support services, welcomed TRIO Talent Search students for a visit to the central campus. Students came to learn about the college and the educational programs available to them. The program identifies and assists individuals from disadvantaged backgrounds by providing academic, career, and financial counseling. The grant-funded program encourages students to graduate from high school and pursue a college education.

Our Community – “The Friends of Coppell Nature Park (FCNP)” recognized the partnership between North Lake College and Coppell Nature Park at its annual dinner entitled “Music in the Park.” Dr. Paul Kelemen serves on the board of the park and together with faculty and staff from the college has worked on improvements such as building a bridge across the creek and adding mulch to the walking trails. The north campus and other college staff performed the “DCCCD Day of Service” at the park. Future partnership plans include a symposium on biomimicry to be held at the north campus with assistance from the college science faculty. The FCNP presented Dr. Herlinda Glasscock, president of North Lake College, with a beautiful fishing rod and reel as an expression of appreciation and to congratulate her on her upcoming retirement.

“Conozca Su Comunidad” (Get to Know Your Community) was co-hosted by North Lake College workforce development and south campus. This fair was designed to familiarize Irving residents with the south campus and the area community organizations. Over 150 attendees and 30 vendors enjoyed music and dancing from a great group of DJs. The array of choices included numerous activities for children, such as a bounce house and face painting, free food, the City of Irving bookmobile, and fire engine. While Wanda Whitten’s vision and leadership made this event possible, it was her stellar support team that made the event such a success; Laura Dunmore, Jill Fontana, Rocio Garcia, Victoria Hurtado, Elizabeth Turcios, Harold Butler, Beth Langer, Jan Estrada and last, but certainly not least, the incredible emcee Lesly Castillo.

In the Blazer spirit of community engagement, a team represented North Lake College at the *2011 Annual DFW Dragon Boat, Kite and Lantern Festival* held at Lake Carolyn in Irving-Las Colinas. The festival featured colorful kite flying and exciting dragon boat races, cultural performances, a lantern festival, plus traditional Asian food, arts and crafts, and educational activities. Attendees enjoyed the “chopstick game” as they learned about the ESOL offerings at the college. Manning the college booth

were Wanda Whitten, Natasha Isom, Amy Reggie, Cynthia Brink, and Tish Waters. Lynda Edwards, dean of educational partnerships and student recruitment, helped coordinate the event.

At the annual “State of the City Membership Luncheon,” the Coppell Chamber of Commerce featured Mayor Doug Stover, who delivered his State of the City address. Mayor Stover recognized Christa Slejko, North Lake College vice president of business services, and the college for the outstanding partnership with the city. Also in attendance were Mary Ciminelli, vice president of student services and enrollment, and Arthur James, north campus executive director.

Cedar Valley College

Student Success – Klarke Crittendon, a Cedar Valley College graduate, has been accepted into the Walt Disney College beginning this fall. As a part of the college she will have the opportunity to develop transferable skills, including guest services, problem solving, service recovery, effective communication, teamwork and leadership, attention to detail, time management, personal empowerment, self-confidence, responsibility, and cultural sensitivity.

Community Development – Cedar Valley College held a “solar” open house to introduce their solar instructor training network. Guests for the event included John Mann of Solar Sunrise and Dr. John Galitos from the Houston Community College-NE Energy Institute. The solar energy lab is scheduled to be completed and fully operational beginning with fall classes of this year.

Brookhaven College

Students from Creekview, Newman Smith, R. L. Turner, and Ranchview high schools have works on display in the Forum gallery at Brookhaven College. The School of the Arts opened exhibitions of works from the Carrollton-Farmers Branch Independent School District (CFBISD) schools on May 25th. In addition to the 75 students from the CFBISD schools, there are 22 works by 15 students from W. T. White High School in the Studio gallery. David Newman, gallery director, coordinated a reception for both exhibitions on May 26th.

More than 50 General Motors dealership service technicians gathered at Brookhaven College for a GM Parts and Service Club meeting on May 19th. Stephen Herd and Marvin Johnson, automotive technology professors, offered the college as host-site for the meeting that drew service managers from around the metroplex. The dealership representatives had an opportunity to see the expanded facilities for automotive courses and hear more about training opportunities at the college. Those who attended received copies of a new poster they can display in their lounge area which promotes the GM automotive service educational program at the college.

Annette Wilson, director of the career development center at Brookhaven College, was part of a featured story on a recent broadcast of The 33 News. She was part of a story about college graduates who are returning home when searching for a job. The story notes that as many as 85 percent of graduates are returning home, but Annette says she has seen an upswing in the job market. While many graduates are being called the “boomerang” generation, kids who are returning home, Annette also notes many parents are welcoming their children as they return. See the full story online at:

<http://www.the33tv.com/about/station/newsteam/kdaf-poll-85-percent-of-college-grads-returning-home-20110518,0,877643.story>.

Richland College

Sustainable Community Building – “Economic Viability” – On May 19th the Garland Chamber of Commerce hosted the 2nd annual *Business to Business Expo* in the gallery of the Richland College

Garland campus. Available exhibitor space was completely sold out and more than 175 people attended the event. Konley Kelley and Tandy Dollar of Richland College's corporate services and workforce training set up "training central," a space to showcase the college's corporate training and workforce development programs. Lisa Foster and Angie Whitney, corporate services instructors, met with many prospective training customers throughout the afternoon. Ron Bowman, Heather Morrison, Chip Izard, and Kimberly Mims also promoted a variety of college programs.

Student Success – Richland College is partnering with the Texas Workforce Commission (TWC) to host two Science, Technology, Engineering, and Mathematics (STEM) camps, June 15-28th and July 13-26th. These free camps are geared toward students, ages 14-16, interested in potential career paths in STEM fields. Students accepted to the program will receive a scholarship from the TWC to cover all costs of attendance. During the camps, students will explore numerous career options, including biomedical engineering; CAD/CAM manufacturing; computer science; civil engineering; digital forensics; electrical engineering; engineering technology; mechanical engineering; and web design/multimedia. Students will participate in tours and attend seminars with college experts in areas related to student success in higher education, such as financial aid, academic advising, career exploration and planning, learning support services, and student activities.

Employee Success – "Relay for Life," the signature fundraiser for the American Cancer Society, is an all-night event that takes place all over the world giving participants the opportunity to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease that affects too many lives. Teams camp out all night and take turns walking the track because cancer never sleeps. This year, Lindsay DeMoss, Richland College disability services interpreter coordinator, served as co-chair of the fundraiser for Richardson/Plano. Lindsay participates to honor her father, who has battled cancer for six years. Due to months of planning and hard work, this year's event on May 13-14th raised more than \$66,000.

Institutional Effectiveness – Richland College's expanded leadership team participated in the first day of its annual "Strategic Planning Retreat" on May 24th at the LeCroy Center. Strategic activities included a common reading discussion of *A National Strategic Narrative* and *How is Your Organization's Creative Tension?* to set the retreat's focus; review of the college's vision, mission, core competencies, and ThunderValues; revisions to organizational action plans; status reports on departmental action plans; statewide environmental scanning data review; Strengths/Weaknesses/Opportunities/Threats results analysis; and a status report on the assessment of course-and program-level student learning outcomes. The leadership team will reconvene on September 8th for day two of the retreat to assess market share data; review the college's measurement system; set 2011-2012 strategic planning priorities targets and measures; and finalize a five-year organizational action plan.

El Centro College

Dr. LaCheeta McPherson, executive dean of health and legal studies, was a speaker at the *Institute of Medicines' Allied Health Workforce Meeting* in Washington, D.C. on May 9th. LaCheeta was representing the Commission on Accreditation of Allied Health Education programs. Her presentation addressed opportunities and challenges in allied health accreditation. She was one of two community college speakers. The institute is one of the national academies funded by the federal government. This workshop was sponsored by the Department of Health and Human Services.

The annual Small Business Awards luncheon was held at the Arlington Hilton Hotel on May 12th. Fourteen awards were presented by the U.S. Small Business Administration, and two by the Arlington Chamber of Commerce. This salute to small business is done every year to honor outstanding businesses and service providers. It is held at this time in recognition of "Small Business Week." The key players are the North Texas Small Business Development Center, the Small Business

Administration, and the Arlington Chamber of Commerce. The featured speaker was Royalyn Reid, president of Consumer and Market Insights, who is a long-term client of the Dallas Small Business Development Center and the Center for Government Contracting. An honored speaker was Yolanda Garcia Olivarez, Regional Small Business Administration administrator.

On May 19th, Paul McCarthy, president of El Centro College, joined Mayor Duane Caraway, City Manager Mary Suhm, Holly Reed of AT&T, and John and Betty Crawford of Downtown Dallas, Inc. at the Sheraton Hotel for Suhm's "State of Downtown" address. Suhm summarized all of the positive things going on downtown and throughout the city as evidence that downtown Dallas is beginning to look like the hub of the fourth largest metropolitan area in the country.

Tony Pecina, college community outreach coordinator at El Centro College, was asked to participate on a panel and present at the *Texas Hispanic Serving Institutions (HSI) Consortium Spring Conference* hosted by Our Lady of the Lake University in San Antonio, Texas on May 19-20th. The conference was attended by 106 representatives of HSI colleges and universities. Tony's presentation provided detailed information and examples of how El Centro College has combined dual credit, outreach, and the college transition center activities to effectively utilize the Café Con Leche grant to recruit underserved students into college. Other conference highlights included a Greater Texas Foundation panel featuring Juan Sepulveda, director of White House Initiative on Educational Excellence for Hispanic; John Fitzpatrick, executive director of Texas High School Project/Communities Foundation of Texas; Dr. Wynn Rosser, executive director of Greater Texas Foundation, and Jacob Fraire, vice president of student and institutional success-Texas Guaranteed Student Loan Corp. Additionally, representatives of the Texas High School Project made a presentation, and requested that the consortium collaborate with them and share expertise on postsecondary access and success to assist in building out the Texas College Access Network.

Mountain View College

Over 74 employees from the Mountain View College student services and enrollment management office took part in the third annual "Student Services and Enrollment Management" retreat held at the El Centro College West Campus. President Felix A. Zamora provided the welcome. Keynote speaker Dr. Wright Lassiter, chancellor, spoke on leadership, and the discussion that followed was on collaboration, teamwork, and unity and leadership. Dr. Leonard Garrett, vice president of student services, provided the closing remarks, adding "We are staying on task to provide quality customer service to our students."

The Mountain View College theatre department will present "Twilight: Los Angeles, 1992" by Anna Deavere Smith, and directed by Akin Babatune. Created by Smith herself, the "documentary theatre" will provide the audience a glance into the civil unrest and the events separating Los Angeles in the wake of the Rodney G. King beating, and the verdict of the first trial. The documentary runs Wednesday through Saturday, June 22nd-June 25th at 7:30 p.m., and Saturday and Sunday, June 25-26th at 2:30 p.m. in the college performance hall. General admission is \$6; student and senior tickets are \$4. For additional information or reservations, call 214.860.8671. Please be advised that this production contains strong language and adult content which may not be suitable for children under the age of 12.