



C U Y A M A C A  
· C O L L E G E ·

## *President's Report to the Governing Board December 13, 2016*

### ***Student Veterans Honored***

About 25 student veterans at Cuyamaca College were treated to a barbecue and a drawstring bag filled with school supplies at a Veterans Week commemoration in Central Park hosted by the El Cajon Elks Lodge #1812. The event, which also included a raffle for gift cards from Barnes & Noble and a pair of tickets to a Chargers' football game, marked the third year that the Elks have joined the college in honoring student veterans.

Cuyamaca College President Julianna Barnes thanked the veterans for their service and sacrifice, calling them "extraordinary people doing extraordinary things." Cuyamaca College Professor Emeritus Anthony Zambelli, a longtime member of the Elks and 2014 president of the El Cajon Lodge, said the barbecue was funded by a \$2,000 grant from the Elks National Foundation.



### ***Relaxation for Students – Art & Music***



The Cuyamaca College Student Health and Wellness Center hosted the Music and Art for Relaxation stress management/suicide prevention event. Over 250 individuals participated in demonstrations of music therapy (meditative drumming and singing) led by certified music therapists from Music Works, Inc.; live music and lecture on "sound transforms matter"; relaxation tables with arts and crafts; and aromatherapy provided by a DoTerra representative. Other

community participants included mental health counselors from County Health and Human Services Agency (HHSA), Family Health Centers, Borrego Health, and NAMI (National Association for Mental Health). Cuyamaca College was one of 50 sites that collaborated with the County of San Diego HHSA Live Well San Diego *Check Your Mood Day* which provided county-wide mental health screenings. Over 35 individuals were screened by Cuyamaca mental health counselors for anxiety and depression and referred for services as needed. Future activities will include monthly mental health outreach and education via Cuyamaca Relaxation Stations to begin during the 2016 final exam week.

### ***UP//CAFYES Student Fall Feast***

On Friday, November 18, our Unlimited Potential! (UP) and Cooperating Agencies Foster Youth Educational Support (CAFYES) students were validated at a Fall Feast to celebrate their victory of nearing the completion of fall semester at Cuyamaca College. Dr. Scott Thayer, VPSS, stopped in to

congratulate the students on their successful completion of the fall 2016 semester. Judi Reyes-Smith, Foster Youth Counselor Liaison, directed an icebreaker that quizzed all students on some of the fun historical facts of Thanksgiving. Through team work the students worked collaboratively to determine the answers. At the conclusion of the icebreaker, Pam Fleming, Financial Aid Foster Youth Liaison, provided the students with invaluable information on scholarships. Throughout the event the students were invited to feast on a traditional holiday luncheon of turkey and all the trimmings. The Theater Lobby in the Communication Arts Center was a commotion of laughter and activity as students and staff enjoyed their time together. Each student received a Cuyamaca College bag filled with school supplies, a current College Catalog and candy. In addition, Albertson's Gift cards, sponsored through the Grossmont Cuyamaca Foundation, were provided to each student in the amount of \$50.00. Following tradition, the students offered much thanks for the support they have received as they work to achieve their academic goals.

### ***Update in Counseling Services***

We continue to strengthen our service to students via SSSP. This strength is reflected in an increase of SSSP activities and efforts to provide consistent core services to our students. Some of those activities and services include:

*Coyote Connection* - An onsite matriculation program at five local feeder high schools;

*Education Planning Clinics* - A collaboration with instruction to link students in the classroom to comprehensive education planning efforts;

*Retention and Follow up Services* - distribution of success strategies and resources to assist students in getting back on track (i.e., GPA calculation tools, time-management tools, study tips, campus contacts).

### ***6<sup>th</sup> Annual Social Gathering***

Nearly 50 people gathered at Central Park to enjoy the music, and dance and history of the Native American culture at the 6<sup>th</sup> annual Social Gathering & Dance held on Tuesday, November 22. The event was hosted by the Cuyamaca College Library along with Student Affairs college hour. The Native American Student Alliance club held a bake sale to raise funds for its third annual Powwow coming to Cuyamaca College on February 4, 2017. Information booths on American Indian culture were staffed with members from the Southern California American Indian Resource Center. Chuck Cadotte of the Soaring Eagles served as the emcee of the event. This year's event focused on passing down the history of dance and song to the future generations. There were a number of different dances and songs played that day. Automotive instructor, Mr. Jim Hannibal, played his flute at this year's event.

### ***Free Flu Shots***

While the supply lasts, all Cuyamaca College students and staff can receive their free flu shot at Student Health Services during their business hours.

The office is located in I-137.



### ***Cuyamaca College's San Diego Center for Economic Education***

#### ***Update***

The San Diego Center for Economic Education (SDCEE) at Cuyamaca College provides economic programs for K-12 schools in San Diego County and surrounding areas. SDCEE helps schools to integrate the teaching of economics and personal finance across all grade levels. The SDCEE provides a variety of quality programs, classes and workshops that enable teachers to help students meet California State Standards in Economics and to have the practical knowledge and skills necessary to become vital members of the local and global economy. This is the tenth year that Cuyamaca College has been hosting SDCEE. SDCEE is one of five other centers in California; the others are all hosted by universities. Center Director Anthony Zambelli conducted a breakout session on using YouTube videos to teach economics and personal finance at the Western Business Educators Conference in Hawaii, the

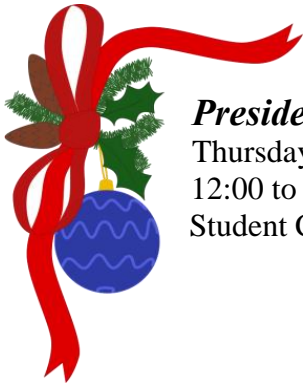
National Business Educators Conference in Las Vegas, and the California Business Educators Conference in Fremont, California. He conducted a breakout session on using public choice theory to explain the election and the national debt at the California Council of the Social Studies conference in Costa Mesa, the California School Economics Teachers Conference, and at the Professors Teaching Conference at the St Louis Federal Reserve Bank. Gifford teaches Accounting, Entrepreneurship, and AP Economics at Helix Charter High School. Anthony is Professor Emeritus of Economics at Cuyamaca College.

---

## *Upcoming Events*

*A complete list of college activities can be found on our website, [www.cuyamaca.edu](http://www.cuyamaca.edu)*

---



### ***President's Annual Holiday Party***

Thursday, December 15

12:00 to 1:30 p.m.

Student Center

### ***State of the College Address & Luncheon***

Wednesday, January 25, 2017

9:00 a.m. to 1:00 p.m.

Student Center

### ***Third Annual American Indian Powwow***

Saturday, February 4, 2017

Central Park