40th Anniversary Open House Approaching: Event Taking Shape

The reunion-style event will be held on Saturday, October 21, from 2-5 p.m. and is highlighted by faculty-student connections.

The interaction between a student and an instructor is one of the bedrocks of a community college education. So, it’s quite fitting that when alumni from across Cypress College’s 40-year history return to campus on October 21, they’ll have an opportunity to re-unite with some of the college’s most-popular faculty.

Among those who have already confirmed their attendance at the event are current faculty members Donna Friess, Pat Ganer, Therese Mosqueda-Ponce and Jim Phillips.

Former faculty include: Don Bedard, Joe Boyle, Kay Bruce, Mal Bruce, Neil Cooney, Tom Cooper, Gail de Mallac, Cy Edwards, Char Felos, Keith Green, Rick Gruver, Don Hucker, Terry Itnyre, Mike Jacobs, Barbara Marrs, Sandy McLeod, Pat O’Brien, Ron Redman, Tom Reeve, Paul Ricci, Chris Siragusa, Gail Taylor, Don Tyrrell, and Jack Weber.

Former presidents Christine Johnson, Jack Scott and Bedard are expected to attend as well.

Response from a recent newsletter mailed to alumni has been strong, indicating that a good number of former students will be here as well.

Because the event is an open house, many of the activities will run the entire time. They include an "In Memoriam" wall, a memorabilia display, an Alumni Art Exhibit and displays featuring pictures of former college presidents and former student-government presidents.

A variety of booths and tables will be setup as well.

Many of the returning faculty have set aside time to meet with students. For example, Felos, Jacobs and Itnyre will be in Fine Arts from 5-6 p.m. A complete list will be available at the event.

Copies of the alumni newsletter and alumni-contact cards are available from the Public Information Office. If you are a former student, please complete a card.

Also, please share this information with students as they may well have older siblings or parents who are former students. An informational flyer is available in the @Cypress "Extras" section.

Alumni can also complete a contact card on the Web by visiting http://CypressCollege.edu/40th.

Women’s Soccer Involved in Auto Accident

Five members of the women’s soccer team and an assistant coach were briefly hospitalized, but escaped serious injuries when their team van was demolished in a collision last Friday (September 29). The team was en route to Riverside Community College at roughly 1:40 p.m. when the van was struck by another vehicle while on the Riverside (91) Freeway near Imperial Highway. The five players and the coach were briefly hospitalized, but escaped serious injuries.

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Anniversary Event Taking Shape

As part of Cypress College’s 40th Anniversary Open House, alumni will have an opportunity to visit with current and retired faculty. The connection between students and faculty will be one of the highlights of the event.

So far, we have received confirmations from the following emeritus faculty that they will attend the event:

- Don Bedard
- Mal Bruce
- Gail de Mallac
- Keith Green
- Terry Itnyre
- Sandy McLeod
- Tom Reeve
- Gail Taylor
- Joe Boyle
- Neil Cooney
- Cy Edwards
- Rick Gruver
- Mike Jacobs
- Pat O’Brien
- Paul Ricci
- Don Tyrell

Current faculty members participating in the event include:

- Donna Friess
- Pat Ganer
- Jim Phillips
- Therese Mosqueda-Ponce

If you plan on attending, please let us know so that we can share the information with alumni.

Memorabilia, Photos and Other Items Requested

Tom Cooper has this request on behalf of the 40th Anniversary Committee:

May I also add an appeal to all who might wish to donate Cypress college “memory items” for display. We’ll set up a table in Culinary Arts to display anything you may want to bring with you to the 40th Anniversary Celebration on Saturday, October 21, 2006. We’ll be saving all those special Cypress College memory items as part of the Special Collections in the Library. We have some significant “firsts” that will be on display both in the Theater/Culinary Arts area as well as in the new Library.

Remember that the 50th celebration is not that far away and we would appreciate any items you may wish to contribute to the collection to be saved for that event as well!
Suggestions on how to stay healthy during the flu season

- Keep your immune system strong by eating a well-balanced diet and taking a multi-vitamin supplement daily
- Get plenty of sleep
- Keep your hands away from your eyes, nose and mouth
- Use tissues to cover your mouth and nose when coughing or sneezing
- Wash your hands thoroughly (at least 30 seconds of lathering) and frequently
- Stay home when you are ill

Another Alternative:
Healthy persons who are 5-49 years of age, not pregnant, and in good health should check with their doctor about getting immunized with the flu nasal spray. This is a live vaccine and is not for everyone, but it is an option.

GOOD HEALTH TO YOU ALL
The Cypress College Health Services Staff

How does the vaccine work?
The flu vaccine is an inactivated viral vaccine. This means that the viruses predicted to be predominant during the current season are grown in chicken eggs, harvested, and then killed through chemical means. The vaccine is then purified and tested for safety. When taken by humans, the vaccine stimulates the production of antibodies that fight off the viruses included in the vaccine.

How effective is it?
Influenza vaccine effectiveness varies from year to year, depending on the degree of similarity between the virus strains included in the vaccine and those circulating during the flu season. The vaccine can prevent symptoms of flu infection in up to 90 percent of healthy young adults, but its effectiveness can be as low as 30 percent among very elderly, frail persons.

Who should get the flu vaccine?
Influenza shots are recommended for anyone who wishes to avoid the flu. It is specifically encouraged for people over the age of 65 years and all people who are at high risk for developing serious complications from the disease. These high-risk groups include children 6 months to 2 years and people with diabetes, immunosuppression, severe forms of anemia and chronic diseases of the heart, lung or kidneys, including asthma. The vaccine is also recommended for women who will be in the second or third trimester of pregnancy during flu season, health care personnel, residents of nursing homes or other chronic-care facilities, children and teenagers who are receiving long-term aspirin therapy, and people who are in close contact with someone in a high-risk group.

Who should not get the flu vaccine?
People who have had previous vaccine-associated allergic reactions should not get the vaccine. Also, people with egg allergies should avoid immunization because the viruses used in the vaccine are grown in hen's eggs. The vaccine may be given in the presence of minor illnesses, but adults with acute febrile illnesses should usually wait until their symptoms abate.

What are the side effects?
The flu vaccine causes no side effects in most people. Less than one-third of those who receive the vaccine have some soreness at the injection site, and about 5 to 10 percent experience mild side effects, such as headache or low-grade fever for about a day after vaccination. Rarely, an allergic reaction may occur among people who have severe allergies to eggs. Since the vaccine is not a live vaccine, it is not possible to get influenza from it.

How often should you get it?
The vaccine should be taken every year because flu viruses are constantly mutating and each year the vaccine is updated to include the most current flu strains. The vaccine should also be taken annually because antibodies produced by a person in response to the vaccine decline over time.

When is the best time to get vaccinated?
The best time to get vaccinated is September to mid-November. However, if you miss your flu shot in November it is still not too late to obtain one. It takes about two weeks after vaccination to develop antibodies against the flu. In the United States, the flu season occurs from about November until April but peak activity usually occurs between late December and early March.

Sources: The Centers for Disease Control and Prevention; National Foundation for Infectious Diseases
Revised Hiring Committee Training Schedule

From: Angela Cotton
Subject: Revised Hiring Committee Training Schedule

Please see minor change in red.

Listed below is the schedule for Hiring Committee training for October - December, 2006:

Wednesday, October 4
1:30 - 2:30 p.m.
Fullerton College, LLRC, Room 820-P

Thursday, October 12
1:00 - 2:00 p.m.
Anaheim Campus, Staff Development Lab, Room 307

Tuesday, October 24
9:00 - 10:00 a.m.
Cypress College, LLRC, Room 248

Thursday, November 9
3:00 - 4:00 p.m.
Fullerton College, LLRC, Room 820-P

Monday, November 27
3:00 - 4:00 p.m.
Cypress College, Staff Conference Room, First Floor - Fine Arts

Thursday, December 7
11:00 - 12:00 noon
Anaheim Campus, Staff Development Lab, Room 307

If you, or any of your staff, have not received training during the last two years and will be serving on a Hiring Committee in the near future, please plan on attending one of these sessions. To verify whether training is current, please contact Angela Cotton in Human Resources via phone at 84816 or via email at acotton@nocccd.edu. To RSVP for training please contact Etta Dial at Fullerton College via phone 27273 or via email at edial@fullcoll.edu. Thanks for your help.

Are You a Cypress College Alumnus?

As part of the College’s 40th Anniversary Celebration, we are working to identify Cypress College Alumni and we are requesting your help.

If you are an alumnus we would like to know. We want to include you on our Alumni Newsletter mailing list. If a friend or family member attended Cypress, please pass along their names as well.

As you know, the key event of our 40th Anniversary is an Open House and Reunion on Saturday October 21st, from 2:00 pm - 5:00 pm here on campus. We would love to have a large turn out, particularly of former students and retirees.

Attached is a “Wanted: Cypress College Alumni” flyer, as well as a piece regarding the October 21st Open House. Also attached is an Alumni Biographical Information form, which we ask alumni to return.

Thank you, and see you on October 21st!

Disability Jeopardy on October 18

Please join the Disabled Students Program & Services as they present:

DISABILITY JEOPARDY
with host Alexis Trebek (aka Pat Ganer)

and contestants

Mike Kasler
Deborah Silva
Andrea Hannon

Wednesday, October 18, 2006 @2pm
Fine Arts Staff Conference Center

For more information contact DSPS at 484-7107.
Brian Wetzel was a professional stand-up comedian whose career and personal life were absorbed by his struggle with clinical depression and subsequent addiction. Bringing his sense of humor and experiences together, Brian takes his audience on a unique journey of laughter, painful truth, and finally, hope. By walking side by side with the affliction, he finds a way to keep surviving, keep learning, and keep living.

Since its debut in Sept. 2004 Side by Side has played such diverse venues as Stanford University and Napa State Hospital.

"Everyone really got a lot out of it... I believe those who have not been clinically depressed got empathy, those who treat the depressed got understanding and ideas about treatment and those who suffer from it got validation and a feeling that they are understood and not alone. “

(Donnovan SomeraYisrael, Health Education Specialist, Vaden Health Center, Stanford University)
Cypress College Patrons of the Arts
Invites you to join us at our Annual Fall Dinner Theater

Saturday, October 14th, 2006

Welcome to the ‘60s!
What happens when a rock and roll star is about to be inducted into the Army?

The plot revolves around rock and roll superstar Conrad Birdie and the complications that arise when his agent stages a publicity stunt on The Ed Sullivan Show in which he will kiss one lucky girl from Sweet Apple, Ohio before being drafted into the army.

Music by Charles Strouse
Lyrics by Lee Adams
Book by Michael Stewart

Check in: 5:30 PM    Dinner: 6:00 PM    Show: 8:00 PM

Seating is limited, so purchase your tickets early.
Last Day to Order Tickets: Monday, October 09th, by 7PM

Tickets are $35 per person and include:
Dinner * Dessert * Beverages * Parking

Admission to the Theater Production of Bye Bye Birdie

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 sub-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. If mailing, please write a separate check for membership.
Mail to: Cypress College Patrons of the Arts, 9200 Valley View Street, FA1, Cypress, CA 90630
For more information please contact the Patrons at (714) 484-7143 Or e-mail: Patrons@Cypresscollege.edu

Help students Reach for the Stars!
Cypress College invites the community — especially all past students — to join us for our 40th Anniversary Campus Open House

Cypress College is currently celebrating the campus’ 40th anniversary. The college first opened on September 12, 1966 — an unbelievable 74 days after escrow closed on the 110-acre former dairy farm. *Newsweek* magazine described it as “the instant campus.”

Several events will mark the anniversary. The community is invited to attend a campus Open House on Saturday, October 21, 2006, from 2-5 p.m. One highlight is the opportunity for former students to visit some of their friends and former faculty members.

Former students can reconnect with the college and subscribe to our upcoming Alumni Newsletter by visiting the Alumni page on our 40th Anniversary Web site at: [http://www.CypressCollege.edu/40th](http://www.CypressCollege.edu/40th).

**DID YOU KNOW?**

- **FULL-CREDIT**: Cypress College’s 58 bachelor’s-degree programs are equivalent to the first two years at Cal State, the University of California, and many private universities
- **FAST**: 122 career-certificate programs, completed in one semester to two years
- **EARN MORE**: Associate’s degrees are offered in 48 areas of study; earning an associate’s degree boosts lifetime earnings by $250,000
- **LOW COST**: $78, plus books, for a typical class
- **FINANCIAL AID**: Cypress College administers more than $6 million in federal and state funds annually
- **FLEXIBLE**: Classes available during the day, evening, on the weekend and even online
PARTICIPATION IS EASIER WITH WWW.EASYVOTER.ORG!

The www.easyvoter.org website features hundreds of pages of user-friendly nonpartisan content for new voters and busy voters in California, plus numerous downloads and resources for organizations who want to help them get involved. Redesigned and expanded for the November 7, 2006 election, www.easyvoter.org now offers easier navigation, more interactive features and a fresh new look.

- Find the popular Easy Voter Guide online with extensive links to more information from other nonpartisan sites.
- The 16-page Easy Voter Guide PDF can be downloaded in seven languages: English, Spanish, Chinese, Vietnamese, Korean, Tagalog and Japanese.
- Check out the new 22-page Bonus Edition in English and Spanish with statements from candidates for all statewide races.
- Use the handy look-up to see your personal ballot and polling place.
- All About Voting offers simple step-by-step photos and guidance that new voters have requested.

New site features include:

- A weekly quiz – a fun way to check your knowledge on current election-related topics
- Learn about the issues section – this lets voters start with their issues, not just the ones on the ballot; see quick overviews on Education, Health, the Environment, Transportation and Housing with links to more resources
- An expanded Education Tools section that includes free handouts, workshops, resources for multi-lingual voters, information for voters with disabilities and more
- The Spanish, Chinese, Korean and Vietnamese pages have been updated and revamped, and new organizations have been added to the Helpful Links section
- Easy look up for Who Represents You and tips on contacting elected officials

Link your site to www.easyvoter.org and help your visitors be better informed during and after election season. Choose a button to display on your site at http://www.easyvoter.org/site/evguide/section.php?id=54.

The nonpartisan Easy Voter Guide Project is a collaboration of the California Secretary of State’s Office, the League of Women Voters of California Education Fund and the California State Library, with additional funding from the James Irvine Foundation and the San Francisco Foundation. Contact info@easyvoter.org for more information or with suggestions.