

LPC Classified Senate
 2002-2003
 CONNIE BISH
 President
 CINDY AHRE
 Vice President
 DIANA NAVARRO-
 KLEINSCHMIDT &
 JENNIFER DULDULAO
 Activities Coordinators
 DORIS SCOTT, INTERIM
 Treasurer
 GAIL EHRHORN
 DORIS SCOTT
 CAROL ABERT
 LINDA PEIFER
 Senators

LAS POSITAS COLLEGE
CLASSIFIED CONNECTIONS

LPC Classified: Supporting the Students, Faculty and Administration of Las Positas College



April 2003
 Volume 2 Issue 4

LPC Classified
 Newsletter Staff:
 RONI JENNINGS
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 JENNIFER DULDULAO

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EXTRA! EXTRA!

Classified Connections has gone electronic!
 We're saving paper. We're saving money.
 We're keeping you in the know **ONLINE!**

Now you can read the latest Classified news
 on the **LPC INTRANET** at

<http://help/lpc/Classified/Newsletter/newsletter.htm>

If you cannot access the Las Positas intranet and would like to receive a printed copy of Classified Connections, you may contact Karen Kit at 373-5806 or email her at kkit@laspositascollege.edu



Be Informed by *Roni Jennings*

The classified membership has been holding informational meetings regarding the state of our district budget, particularly as it pertains to classified staff. The meetings have been well attended with good information available from Connie Bish, Classified Senate President, and Judy Martinez and Julia Schuelke, Classified Union representatives.

College President, Karen Halliday encouraged our staff to send her ideas that may help save the college money. Ms. Halliday also stressed the need to check out rumors that float around in uncertain times. Please ask our classified leaders or administrators when you hear things that need validation or clarification. Come to the meetings that are coming up so you can be informed and better able to make decisions that affect our future.



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TO ALL CLASSIFIED FLEX DAY COMMITTEE MEMBERS, PRESENTERS AND CONTRIBUTORS:

THANK YOU

FOR WORKING SO HARD ON OUR APRIL 14TH FLEX DAY!

BIRTHDAY CORNER



MARCH

13 ALICE KWAN
20 LINDA PEIFER

APRIL

4 DONNA IMPEY
8 CAROL ABERT
11 JUDY MARTINEZ
13 ANN JONES
14 CINDY AHRE
16 DEBBIE EARNEY
20 DIANA NAVARRO
27 LESLIE GRAVINO
28 JEANNE VIRGILIO
29 JOCELYN MARASIG
30 MARY STRAIGHT
30 ERICA LEWIS

MAY

1 ANN LOYOLA
2 JENNIFER DULDULAO
3 JUDY HANSON
8 STAN BARNES
10 MICHAEL HALLECK
19 GAIL EHRHORN
20 ROBERT BRUSSTAR
29 WILLIAM MCCARTHY
29 ELIZABETH NOYES

JUNE

28 CONNIE REDING
29 LETTIE CAMP

JULY

5 JOHN ARMSTRONG
8 KIM MCCALLISTER
22 SHARON DAVIDSON
24 JIM ADAMS
25 DAVE VIGIL

Was your birthday left off? Do you want it included? Please contact Linda Peifer (Extension 3083).

Welcome Adam Lawrence Kleinschmidt!

Congratulations to LRC Technician Diana Navarro-Kleinschmidt and her husband Larry on the birth of their son Adam!



Baby Adam was born on March 7, 2003 at 2:12 am. He weighed 7 pounds 2 ounces and was 20 ½ inches long. The family is happy and doing well

Graduation 2003 Needs Volunteers

Las Positas Student Services is seeking volunteers to help at the graduation ceremony on Saturday, May 31, 2003. Volunteers are needed to work from 7 a.m. to approximately 11 a.m. The graduation rehearsal will be at 8 a.m. and the ceremony itself will begin at 10 a.m.

As in the past, the college is offering up to four hours of comp time to Classified volunteers. Classified Staff members who are interested in assisting must request and work out comp time with their immediate supervisor and/or administrator beforehand.

Graduation day volunteers are needed to:

- ☞ check-in graduates
- ☞ help graduates with caps and gowns
- ☞ assist disabled or elderly graduates
- ☞ assist faculty with caps, gowns, hoods and assorted regalia
- ☞ greet guests and hand out commencement programs
- ☞ seat guests
- ☞ assist elderly or disabled guests
- ☞ direct shutter bugs to the photography area
- ☞ assist student government with the reception
- ☞ take pictures



If you are interested in volunteering your services at graduation please contact Karen Kit at 373-5806

Stressed, thank you very much!

Jim Gioia, Contributing Writer

The word stress has become such a part of our everyday vernacular that it has lost almost all of its meaning. We casually toss off a, “Stressed, thank you. And you?” as a response to the equally vacant “How are you?” And then off we go about our business, without really having paid any attention to our condition or that of our colleagues.

And what is that condition we call stress? The signs of stress tend to be subtle. Some are physical, some are emotional, some are cognitive, and some are behavioral. As an example, you might not realize that many memory problems may have nothing to do with age. Stress can have a major impact on both memory and concentration ability. See below for some common signs of stress.

SOME COMMON SIGNS AND SYMPTOMS OF STRESS

PHYSICAL

- muscle tension
- increased blood pressure
- jaw clenching
- headaches, stomachs
- aching neck, shoulders or back
- dizziness
- sleepiness/ sleeplessness
- constant fatigue

COGNITIVE

- forgetfulness, memory problems
- inability to focus or concentrate
- confusion
- limited creativity
- difficulty performing tasks that used to be easy
- disorientation of time, place or person
- heightened or lowered alertness
- suspiciousness, blaming

EMOTIONAL

- depression
- irritability, mood swings
- angry outbursts
- sense of powerlessness
- loss of emotional control
- inability to enjoy things you used to enjoy
- doubt, worry
- emptiness
- fear, panic, anxiety

BEHAVIORAL

- loss of interest in work/social activities
- withdrawal from friends, family
- lack of intimacy
- more fights
- increased alcohol use or smoking
- challenge of faith
- loss of meaning
- loss of direction
- being over-controlling with others

Physically, the effects of stress are enormous. Chemicals in our bodies that are designed to support us on an "as needed" basis become toxic when they remain in the system for too long. Most of the time we are not aware of their effect until some real physical and/or cognitive damage is done.

As devastating as the physical impacts of stress can be, I believe that the greater repercussions are on interpersonal intimacy. Taking a “white knuckle” approach to survive another day doesn't leave much energy available to engage in meaningful dialogue, and to have those conversations that can clear things up rather than store them up. It just feels like "too much work!" Over a period of time, this lack of interpersonal communication can do some real damage. Paradoxically, talking with and listening to another person is one of the best ways to counteract the impact of chronic stress.

Acknowledged or not, the need to be seen and heard and touched is a real antidote to stress. We are constantly reminded about the importance of diet, exercise and meditation in combating stress, but we do not hear enough about the relief that can come from clearing the air, sharing a thought, performing a genuine (not martyred) act of kindness, and taking the time to nurture and be nurtured. If you don't know what that means for you, then you aren't paying attention to your condition. Though stress is something you may survive, there are better ways to feel alive.

CLASSIFIED CONNECTIONS

APRIL 2003

Calendar

MAY TOWN MEETING

Wednesday, May 7
2:30 pm

The Outstanding Classified Award will be presented at the 10-20-30 Awards ceremony this year. Please come and applaud this year's Outstanding Classified recipient!

FUN IN THE SUN

Thursday, May 29
Noon

Please reserve this date for an end-of-the-semester Classified celebration. Details coming soon!

CLASSIFIED SENATE MEETINGS

are held from
2:30- 4:00 pm on the 4th
Thursday of the month.

The next meeting is

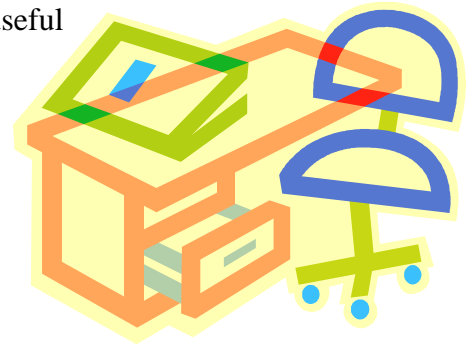
April 24th, 2003

PLEASE JOIN US!

Classified "Get Organized" Workshop

Nearly thirty Classified Staff members attended the Avery Office Products Get Organized Seminar on Friday, March 28, 2003. Avery presenter Kathy Gerrigan demonstrated the latest product innovations and gave us tips on how to better manage various aspects of our workday lives. In addition, participants were given product samples and catalogs. Lunch was provided courtesy of staff development. The presentation was fast-paced and energetic. In addition, Ms. Gerrigan mentioned some useful software and training that may be available free of charge to the campus.

Thank you to Kathy Gerrigan, the Classified Senate, Staff Development and President Halliday for providing this great workshop



Announcements

The deadline for accepting nominations for the Outstanding Classified Award closed on April 7, 2003. Since each individual division will be holding its own classified appreciation events and there will not be a campus-wide staff appreciation lunch this year, the **2003 Outstanding Classified Award** will be presented at the **May Town Meeting** with the 10-20-30 Awards.

Nominations closed April 9th for candidates running for **Classified Senate Officers** for the **2003-2004** Classified Senate. The election will be held near the end of this month and the new officers will be announced at the end-of-year event in May.

Speaking of the end-of year event, this year's event will be held **the last Thursday in May** and the theme is **FUN IN THE SUN**. Be sure to mark your calendar and watch your email for more information on this lunchtime activity to kickoff the summer!

The next **Classified Senate Meeting** will be **April 24**, from 2:30-4:00 pm Please come support the senate, voice your opinion and learn more about important campus and district developments.

