

CalWORKS News

TIS THE SEASON TO BE.....OVERWHELMED!



*“Take care of the minutes and the hours will take care of themselves.”
- Lord Chesterfield*

Midterm season has passed and it can leave a student feeling overwhelmed, stressed and worried. Trying to find a balance for all of the activities on your plate is one of the most difficult tasks to accomplish. An article from a previous newsletter of the SCC Health Center, *Mental Health– Finding Balance*

offers students some great advice.

Finding the balance is key to living a healthy and happy life. Too much of one thing and not enough of the other often lead to stress and sickness. Here are a few practical tips on maintaining balance in your life:

1. Setting manageable goals for each day. Prioritize the important and eliminate the unessential ones.
2. Be efficient with your time. Get down to business and don't procrastinate. Take a big task that might seem overwhelming and break it down into smaller,

more manageable tasks.

3. Take a break. Small breaks allow time to gain perspective as well as time to clear thoughts .
4. Listen to your favorite music. There is plenty of research that documents productivity and creativity with the usage of music.

The SCC Health Center is a great on-campus resource for students. For more information contact them at RN 125, 916-558-2367 or visit www.scc.losrios.edu/current_students/student_services/health_services.htm

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LATEST NEWS ON THE COURSE REPEAT POLICY CHANGE



Have you heard the latest news? The number of times you can repeat a class has changed. Previously, a student can take a class X numbers of times. But, now the number of times a student can repeat a course has changed. State rules are changing regarding the number of times you can repeat a course after receiving a D, F, or NP (No Pass) grade. Beginning with the Summer of 2012, you will only be able to enroll in a course **THREE** times.

Also, if you have a W (Withdrawal) on your record for a course, that will count as **ONE** of your three attempts (the only exception to the new three-attempt rule is for certain PE classes and a few other activity classes).

Continued on page 2.....

CALWORKS FALL 2012 TOY DRIVE

It's that time of the year again! CalWORKs is asking Sacramento City College Administrators, Faculty, Staff, and Students to donate toys for our 2011 Toy Drive. Let us continue this successful event by donating any new or gently used toys, including coloring books, puzzles, board games, books, etc. Please join CalWORKs in supporting our students this holiday season!

HELP US BRING A SMILE TO A SCC CHILD!

Please drop off donations at the following campus locations:

- CalWorks- SS 101
- Counseling- RN 147
- Student Government- SG 232
- MESA-RHS 122
- Cultural Awareness Center
- West Sac Center



DEADLINE FOR DONATIONS IS NOVEMBER 30TH!

For more information please contact CalWORKs at 558-2331 or visit us at SS 101.

LATEST NEWS ON THE COURSE REPEAT POLICY CHANGE CONTINUED.....

Here are some specific examples showing what will happen when you try to enroll in a class for next summer or thereafter:

- If you have taken a course twice and also have W on your record , you will not be able to take the course again.
- If you have two W's on your record for a course, you will only have one more time to repeat the course.

Keep these new rules in mind. Take these steps towards success in your classes; such as tutoring, working with your instructor, or meeting with a counselor. Also, be sure to drop unwanted classes during the no notation drop period to avoid getting a W on your record.

Please check the Sacramento City College website for more information:
http://wserver.scc.losrios.edu/~scounsel/intra/scc/course_repeatability.htm

“We cannot seek achievement for ourselves and forget about the progress and prosperity for our community. Our ambitions must be broad enough to include the aspirations and needs of others, for their sake and for our own” ~ Cesar Chavez



SPRING 2012 REGISTRATION DATES

- Nov 28-Dec 8- **Priority 1:** Students continuing from the prior semester
- Dec 9-Dec 11- **Priority 2:** New matriculated students
- Dec 12- Dec 14- **Priority 3:** New to college, new transfer, returning and returning transfer
- Dec 15- Dec 16- **Priority 4:** Advanced Education Students
- Dec 19-Jan 13- Spring Open Registration
- Jan 14- Jan 21- Spring Late Registration

***Don't forget to fill out your Supplemental Form on e-services in order to get your registration date and time. Classes fill up fast and you do not want to wait in order to register. Are you on track towards your educational goal? Make an appointment with a counselor before your registration date and have your educational planner reviewed!**

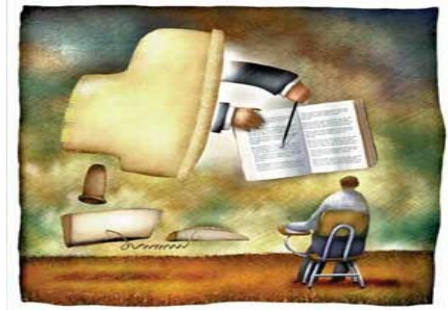
LEARNING TO LEARN

Stress, time management, note taking and test anxiety are words you have heard before. For many of us, they are also feelings we have experienced. And why wouldn't we? Most of us never learned how to learn, we were just taught the material on which we would be tested. Did you know that you could learn to read faster? Or that everyone has different styles of learning? If you took a Human Career Development Class (HCD) such as College Success, you have probably been exposed to these skills, but this may not be true for many of us.

Do you remember the saying, "give a man a fish; you have fed him for today. Teach a man to fish; and you have fed him for a lifetime." Putting our energy into skills like goal setting, self awareness and time management tend to be at the bottom of our priority list because they don't give the immediate results we want, but what if we put a little time in developing those skills? Like this saying, being a successful college student also take a little more than "being given a fish." As a student, the skills you must learn to be successful include learning how to take notes that work for you, managing your time, being an advocate for yourself, test taking skills,

and communicating effectively to name a few.

If you are wondering where in the world you are going to learn these skills, you don't have to look very far. Learning Skills and Tutoring on the first floor of the Learning Resource Center (LRC) has developed a series of workshops with various skills to help Sacramento City College students be successful. In addition to the workshops, there is the ACE (Actualize College Excellence) website: http://www.scc.losrios.edu/Academics/Learning_Resources_Division/Learning_Skills_and_Tutoring_Center.htm which offers students 15 tips to being successful. The program is set up for students to work on one skill each week for the entire semester. These workshops are free and a great way to help students gain a better understanding of themselves in order to be successful at Sacramento City College. For those of you who do not have the time to attend a workshop or prefer to learn these skills on your own, the first floor of the LRC has a gray spindle with lots of great handouts filled with information on techniques for reading faster, study tips for different learning styles and many more.



"Defeat is simply a signal to press onward" ~ Helen Keller

For more information on the workshops or the Learning Skills & Tutoring Department, please visit them on the first floor of the LRC room 144, call 916-558-2258 or visit their website at <http://web.scc.losrios.edu/tutoring/>.

The Center's hours are
Monday 9:00 am to 5:00 pm
Tuesday through Thursday
9:00 am to 7:00 pm
Friday 10:00 am to 1:00 pm
Saturday 10:00 am to 2:00 pm.

All of these services are free, so please take advantage of them.

Jan 14– First day of classes for full semester, first eight weeks, & first five weeks.

"It does not matter how slowly you can go so far as you don't stop." ~ Confucius

IMPORTANT SPRING SEMESTER DATES

Jan 29– Last day to enroll for full semester classes, first eight weeks & first five weeks

Jan 27– Last day to drop classes & qualify for a full refund for full semester classes

Feb 10– Last day to petition for Pass/No Pass for full semester classes

Feb 12– Last day to drop classes with out notification on record for full semester classes

Feb 23– Second five week classes begin

Mar 03– Last day to enroll for second five week classes

Mar 13– Second eight week classes begin

Mar 28– Last day to enroll for second eight week classes

Apr 09– Third 5 week classes begin

Apr 15– Last day to drop classes with a "W" for full semester classes

Apr 17– Last day to enroll for third week classes

May 16– Full semester classes end



A WORD FROM YOUR CALWORKS COUNSELOR!

What does a student need to know in order to be successful? What are some tips that would help CalWORKs students stay on track and maintain their goal. Beora Hart, one of our wonderful CalWORKs Counselors offers students these great tips!

- **Be aware of your registration date and time!** Even though you are first priority, everyone has different dates; so, be aware of your date and time in order to enroll into all of your classes
- **Follow your Ed Plan!** Your county case worker is monitoring your educational planner, so make sure you are taking the classes you are scheduled to take.
- **Get your paper work done!** Make sure you are turning in all the necessary paperwork (i.e. attendance verification) in order to stay in the program.
- **Read your email!** Keeping up to

date with you emails will keep you updated with all of the changes going on at Sac City, especially the changes with Financial Aid. The SAP process is getting tougher. Now students can only take a class 3 times or they will need to go to another district to retake the class. There are lots of changes going on and its important for CalWORKs students to be aware.

- **ALWAYS check-in with a counselor!** Even if CalWORKs students go to general counseling, it is important for students to visit a counselor 1-2 times a semester. Don't wait until the last minute because there are not any resources in place. Seek help once you feel you may not do well.
- **Be careful about dropping a class!** Getting a "W" will count as you taking that class. Be sure of what you are taking. The first two weeks of class should give you a good



idea of how the class will be taught and whether or not it is right for you. If you do not feel comfortable in it, drop the class before receiving a notation on your transcript!

We hope these wonderful tips from the CalWORKs Counselor have been helpful to continue your success. Remember our counselors are here to help.

Please make an appointment with a CalWORKs Counselor by visiting our front desk or calling the CalWORKs office at 916-558-2331.

"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back" ~ Maya Angelo

HOW AND WHERE TO RECYCLE YOUR CHRISTMAS TREE AFTER THE HOLIDAYS

Christmas is over, the egg nog is gone, relatives finally departed... and you're left packing up the lights and ornaments and wondering what to do with the Christmas tree. Put it out by the curb and hope that the garbage men will take it away. Not likely. Put it in a corner of the yard and believe it may break down. Not in your lifetime. So what?

Many cities and counties have recycling services to put your old Christmas tree to new life as a wildlife sanctuary, on a sand dune to protect the beach, chipped for mulch or as a bird feeder.

What Are Your Recycling Choices?

After the holidays, don't throw your natural tree away! Here are some tips on what to do with your tree after the holidays:

1. Curbside pick-up for recycling - Most areas will collect trees during their regular pickup schedules on the 2 weeks following Christmas. There are often requirements for size, removing ornaments, flocking, etc;
2. Call for an appointment to have a non-profit in your area pickup your tree. Some boy scout troops are

offering a pickup service for a small donation (often \$5).

3. Take your tree to a drop off recycling center. Most counties have free drop-off locations throughout the county. Usually, you may take up to two trees to any of the locations at the website below at no charge.
4. Cut the tree to fit loosely into your yard waste container

For more information:

<http://pickyourownchristmastree.org/disposing.php>

COMMUNITY RESOURCES

TURKEY DISTRIBUTION

SFFBS Oak Park facility –

3333 Third Ave (near 34th & Broadway)
November 22 & 23, 9:00am – 1pm

Holiday ingredients including a turkey and all of the wonderful Thanksgiving trimmings will be distributed to families in need starting at 9:00am each day. For Thanksgiving, SFBFS would like to see every family celebrate the holiday together with a meal. Several thousand families are expected to arrive each day of distribution. With a new layout to increase distribution efficiency, families should receive holiday meal assistance from SFBFS in record time. SFBFS does not provide a hot meal on Thanksgiving Day.



South Point Christian

7520 Stockton Boulevard, Sacramento, CA 916-423-1096

Thanksgiving Baskets Offered. Call for more information.

St. Matthews Food Closet

2300 Edison Avenue, Sacramento, CA, 916-927-0115

Thanksgiving trimmings offered. Bring ID and proof of residence. Call for more information.

St. Philomene's Parish

2428 Bell Street, Sacramento, CA 95825

A holiday meal will be served on Tuesday, November 24th at 5 pm.

St. Ignatius Loyola Parish

3235 Arden Way, Sacramento, CA 95825. 916-482-9666

A holiday meal will be provided on November 23rd and November 30th at 6:00 pm.

Sacramento Area Emergency Housing Center

10 am Brunch and dinner from 3 to 5:30 pm will be served.

CHRISTMAS RESOURCES

Salvation Army Christmas Assistance Sign Up

1200 North B Street, Sacramento, CA
916-669-2302. You must call, no walk-ins.

Heavenly Helpers Helping Hands

8250 Calvine Road, Suite C # 139, Sacramento, CA, 916-470-8322
Christmas vouchers and toys

St. Ignatius Loyola Parish

3235 Arden Way, Sacramento, CA 95825. 916-482-9666

A holiday meal will be provided on December 28th at 6:00 pm.



HOLIDAY RECIPES FROM YOUR SCC COMMUNITY



Potatoes Pancakes

- Food Network.com

Ingredients

- 8 Yukon gold potatoes
- 2 to 3 tablespoons white wine vinegar
- 1 clove garlic, smashed
- Kosher salt
- 2 eggs
- Extra-virgin olive oil

Cooking Instructions:

Grate 5 of the potatoes on the largest holes of a box grater. Toss the potatoes with the vinegar and place in a mesh strainer. Place a couple plates on top of the potatoes and weigh the potatoes down to try and squeeze out the excess water. Let sit for at least 30 minutes. Preheat the oven to 200 degrees F. Cut the remaining 3 potatoes into 6 pieces each. Place them in a saucepan with the garlic. Cover the potatoes with water by about 1-inch. Season the water generously with salt. Bring to a boil, reduce to a simmer, and simmer until they are fork tender, 10 to 12 minutes. Strain and, while the potatoes are still hot, pass them through a food mill or mash with a potato masher. Combine the grated potatoes and the mashed potatoes. In a small dish, beat the 2 eggs and add to the potato mixture. Season with salt. Coat a large saute pan or cast iron pan with olive oil and bring to a medium high heat. Make a 3-inch patty with the potato mixture, cook it, and eat it to make sure that the potato mix is seasoned perfectly. Re-season if needed. Working in batches, make and cook all the pancakes, until they are brown and crispy and cooked through, 3 to 4 minutes on each side. Blot the pancakes on paper towels and sprin-

Grandma's Pumpkin Muffins

-Submitted by Leonela Lepe (CalWORKs Staff)

Ingredients:

Cooking spray, 2 cups of all purpose flour, 1 tsp of baking powder, 1 tsp of Salt, 1 tsp of baking soda, 1/2 tsp of ground cloves, 1 tsp of ground cinnamon, 1 tsp of ground nutmeg, 2/3 cups of unsweetened applesauce, 1 cup of canned pumpkin, 2/3 cup of sugar, 1/2 cup of fat free egg substitute, 2/3 cup of fat-free skim milk.

Cooking Instructions:

Preheat oven to 400 degrees F. Coat a 12-hole muffin tin with cooking spray. Line with cupcake wrappers if desired. Combine flour, baking powder, salt, baking soda, cloves, cinnamon, and nutmeg in a large bowl. Combine applesauce, pumpkin, sugar, egg substitute and milk in a medium bowl and mix thoroughly with a wooden spoon. Add applesauce mixture to flour mixture and mix until completely incorporated. Pour batter into muffin tins so each hole is about 2/3 full. Bake for 20 to 25 minutes or until a toothpick is inserted in the center of the muffin comes out clean.

- Chopped green onions
- Serving suggestion: with rice or as a soup

Stuffed Bell Peppers

- Submitted by Marina Vinnikova (CalWORKs Student Assistant)

- 2 lb of ground beef
- 10 bell peppers of any color
- 1 cup of rice, cooked
- 1 big onion, chopped
- 8 oz of sour cream
- Fresh dill or parsley, chopped
- Salt, black pepper
- 1 big carrot, shredded
- 1 can of tomato sauce
- 1 egg

Cooking Instructions:

Boil rice on moderate heat for 10 minutes. Let rice cool to room temperature. While rice is cooling, cut the tops of the bell peppers, remove the seeds and rinse with cold water. Add cooled rice to the ground beef. Add salt and black pepper to taste. Add shredded and fried carrot and onion, fresh dill or parsley, chopped top part of peppers, egg and 1 1/2 cups of water, then mix everything. Stuff bell peppers with mixture. Take a big enough pot to put bell peppers into the pot vertically and 1 can of tomato sauce on the top of peppers. Cook stuffed peppers for an hour in covered pot. Serve with sour cream and enjoy!



"Food is our common ground, a universal experience" - James Beard

Louisiana Seafood Gumbo

-Submitted by Anissa Henry
(CalWORKs Student Assistant)

- Olive Oil, for sautéing
- 1 1/2 medium sized onions, coarsely chopped
- 1 cup of celery, cut crosswise into 1/3 (use the middle 1/3 only) & coarsely chopped
- 8 cloves garlic, finely chopped
- 1/2 green bell pepper, coarsely chopped
- 6 cups baked okra, sliced 1/4 thick & baked for about 10 minutes in baking pan
- Roux, recipe follows
- 6 tomatoes, roughly chopped
- Stock, recipe follows
- 1 lb shrimp heads reserved for stock
- 2 or 3 crabs, cleaned and chopped into chunks
- Lemon slices



FUN WINTER BREAK ACTIVITIES

It's winter break! Now what do I do? Both your children and yourself have time away from school and you do not know what you can do with them. How about build a gingerbread house? It is a fun and inexpensive way to spend time with your children... and then you can eat it afterwards! If you want to make it interesting, you can turn this activity into a friendly completion. You can make it as large and flashy as you would like or keep it more traditional.

All you need is a few basic essentials:

- Graham Crackers
- Frosting
- A variety of candy for decorations (m&m's, twizzlers, dots, gumdrops, kisses, marshmallows, candy canes, etc)

If you need a little extra help, you can use the website below for a little inspiration. This is a great activity to do with the kids and its also delicious!

<http://maryeaudet.hubpages.com/hub/How-To-Make-Gingerbread-Houses->

Other Suggestions:

- Making your own Christmas cards or Ornaments
- Visiting the library
- Baking together

For more ideas you can visit : <http://familyfun.go.com/autumn/fall-crafts/>



Events Calendar

10/21/2011-- First 5 Placer Outcomes Faire 10 am– 2 pm @ Westfield Galleria Roseville

10/22/2011– Safetyville USA's 20th Annual Halloween Haunt 11 am-4 pm

10/30/2011- Harvest Carneval @ First Covenant Church from 5 pm—8 pm in Rancho Cordova

11/14/2011– Veteran's Day, Holiday (Campus Closed)

11/18/2011– Kids Adventure Club 10 am-11 am @ Sunrise Mall Center Court

11/23-12/31– Theatre of Lights in Old Sacramento, Thursdays through Sundays @ 6 pm & 7:30 pm (20 mins long)

11/24-11/27/2011– Thanksgiving Break, Holiday (Campus Closed)

11/24/2011– Run to Feed the Hungry

11/25/2011– Fairytale Town Free Admission Day (When you bring in a canned good)

11/26/2011– Old Town Elk Grove Dickens Street Faire 8 am– 8 pm @ Old Town Elk Grove

December 2011– Christmas lights home tour @ Fab 40s (East Sacramento)

12/10/2011– Sacramento Santa Parade 10 am @ Downtown Sacramento

12/15/2011– Fall Semester Ends

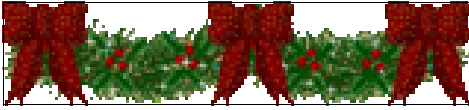
12/14-12/16/ 2011– CalWORKs Toy Drive

12/24/2011– Fairytale Town Free Admission Day 10 am to 2 pm

1/14/2012– First Day of Spring Semester

For more information on these and other events please visit:

<http://www.sacramento365.com/categories/index/8/283/city>



CalWORKs Staff

Ramona Cobian, Supervisor 558-2230
 Minh Tran, Job Developer 558-2667
 Velisa Robertson, Case Manager 558-2307
 Angel Garcia, Case Manager 650-2771
 Tou Yang, DHA Worker 558-2131
 Tammy Veach, Clerk 558-2775
 Marcos Solorio, Clerk 650-2178
 Leonela Lepe, SPA 650-2771

Counselors 558-2331

Imelda Farias
 Beora Hart
 Leslie Silveria
 Ed Stupka
 Farough Tabrizi
 Michael Taveres
 Charlotte Pierce-Washington
 Tanya Wright

Student Assistants

Anna Fekho
 Natalie Gerkus
 Anissa Henry
 Prescovia Sarandi
 Nyla Vaivai
 Marina Vinnikova

Reminders

- Update your Educational Planner.
- Meet with a SCC CalWORKs counselor.
- Meet with your SCC CalWORKs case manager every semester including summer. Case managers are Velisa Robertson, Minh Tran and Angel Garcia in the CalWORKs office.
- Inform SCC CalWORKs of any changes in your county assistance.
- Inform SCC CalWORKs of any changes in your household size.
- Inform SCC CalWORKs of any changes in your Employment or if you need a job.

Other helpful SCC phone numbers:

Admissions & Records	558-2351
CalWORKs Job Services	558-2331
Career Center	558-2565
Counseling (General)	558-2403
DSP&S	558-2087
EOP&S	558-2403
Financial Aid	558-2351
Health Office (Nurse)	558-2367
Library	558-2461
College Police	558-2221
RISE	558-2134
Student Clubs	558-2381
Student Government	558-2446
Tutoring Center	558-2258
Veteran's Affairs	558-2591
Work Experience	558-2069



L to R: Velisa Robertson, Tammy Veach, Beora Hart, Marcos Solorio, Ramona Cobian, Leonela Lepe, Minh Tran, Anna Fekko, Nyla VaiVai



Thank you to everyone who shared their knowledge and recipes in order to put together this wonderful CalWORKs newsletter!

- Sincerely, the CalWORKS Staff