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(SEE BACK PAGE FOR
DETAILS)

SAC Newsletter

VOLUME 1, ISSUE 1

9 / 2 6 / 2 0 1 1

INSIDE THIS ISSUE:

Faculty Spot
light 2

Student Ser-
vices 2

Constitution
Vote 2

Legislative
Academy 3

Student Lead-
ership Training 3

New Student
Cabinet 3

Newsletter
Title Competi-
tion 4

Welcome to North Seattle Community College

Here at North, we have a diverse population and our students come from varied backgrounds with a wide range of experiences, all coming together to reach similar goals. We come here to take classes for a wide range of reasons. Some with the hope of transferring to a university in Washington or another state, some hope to study overseas and many others come from far away to study in a different environment. There are many who come to complete a technical program, earn an A.A. degree, or just to take a few classes simply to learn. Others come for the opportunity to work towards earning a B.A. right here on our campus. We have almost as many reasons for taking classes as we have students taking them. During the coming year, we will face many challenges in reaching our educational goals. For some,

the classes will feel overwhelming at times, for others the challenge will be financial, and almost everyone will be dealing with challenges that come from



This picture was taken on a beautiful sunny day at the North campus. Hopefully we will see a few more before fall sets in.

home or work. Any one of us may feel that the odds are stacked against us and that we can't make

it through. In spite of all of this, we all have a few things in common: a dream, a hope, and a passion. We dream of a better life through education. We hope that our hard work will pay off. We share a passion for what we can make of our futures.

I welcome you to follow your dream here at North and to join the community. I hope you will find all the support you need to complete your hard work and I encourage you to share your passion with your fellow students and the faculty. Most of all, I wish you success in reaching your dreams.

Hillery Jorgenson

Director of Student Administrative Council

Join or Create a Club Today!

Do you have an interest or hobby and wish you could meet other people who enjoy the same thing? Have you noticed clubs around campus and wondered how they work? Are you torn between wanting to be more active at school and having more time

to pursue your favorite activities? Join one of several clubs on campus or start your own! There are plenty of resources available to help you get a club going, including money for supplies, assistance with recruiting, and tips for success! Stop by the Stu-

dent Leadership and Multicultural Programs office behind the espresso lounge or email Victoria Albritton, Clubs and Volunteer Coordinator, in order to get started: VAlbritton@sccd.ctc.edu Start your club today!

Faculty Spotlight



Tracy Heinlein
Teaches: English
At North Since 1998

By Angela Reed

Tracy, who is an English instructor and the adviser for Licton Springs Review sat down for an interview and a cup of tea with Communications Specialist Angela Reed

Q: What's your favorite class and why?

A: That's like saying which of your children your favorite is. I love them all. I love the writing—coming up with ways to convey important information. Seeing how students re-

spond is rewarding to read. We have a lot of talented, clever, playful students here.

Q: Can you highlight something for student success?

A: Take English 101 and speak to an advisor early. Eat, sleep, pray and exercise daily. A healthy student will have greater success. The rest just falls into place.

Q: What are some of your pet peeves?

A: Lack of communication.

It's disrespectful. With work, attendance, punctuality—even emailing to say you're taking a mental health day—keep the communication flowing.

Q: What clubs interest you?

A: I'm an advisor for the Literary Guild and *Licton Springs Review*.

Q: Tell us something we don't know about you.

A: I'm an army brat—I've lived in Europe, Taiwan, Panama, and various States.

*Shake and shimmy
the night away!
Attend a Zumba
class in the
Wellness Center
every Tuesday and
Thursday at 5pm!*

Wellness Center- Let's get Fit!

By Tae Sun Krishnek

The beginning of a new year is a momentous time characterized by resolutions, goals for the future, and hope for kicking old habits and adopting healthier ones. When you begin this Fall quarter and new year of school, the Wellness Center is the perfect place to go to fulfill your goals of running 3 times a week to drop that “freshman 15” (or 25), working out every other day or playing basketball with your friends. The Wellness Center is located in the northeast part of campus and offers students exercise, sports, and training facilities. It has everything you need to get the body you desire- and more- with its collection of free weights, bar bells and weight machines. North Seattle's Wellness Center is specially equipped with a spacious, air-conditioned gym for basketball, volleyball, and indoor soccer. Above the gym is an indoor track with a 360 degree view of our gorgeous campus. Along with its quality facilities and ample equipment, the Wellness Center has studios where you can frequently participate in exciting, regularly scheduled drop-in fitness classes. The best news of all is you already paid your membership fee, So let's get well and do it all for free at our very own Wellness Center!

New Constitution For Student Leadership

By Tae Sun Krishnek

Circle October 18th, 19th and 20th on your calendars. These are the days that you can vote for the new NSCC student government constitution. A constitution is important because it outlines and establishes the power and structure of any given government. It determines how the government is organized, the limitations and reaches of its authority, and the purpose and goals of the institution. As the student government at North has transitioned from a traditional model to a new, more effective and productive model of student leadership (named the Student Administrative Council or SAC), revisions have been made to the constitution in order to legitimize the changes. Since the student government was created for the students at NSCC, it must be voted in by the students. So be sure to participate in the vote coming up this October. If you want to learn more, talk to your student leaders today.



Student Legislative Academy Applications Now Available



By Holly Wessel

Are you civic minded? Are you interested in getting your opinions on important issues heard by other students, and those with legislative power in Washington State? If these things interest you, you may all be interested in the

The capitol building in Olympia is the home of Washington's Legislator.

Legislative Academy. The Council of Unions and Student Programs, or CUSP, as it is better known, is a group that believes that programs run by students complement other programs run by institutions for instructional purposes. Also, that student participation in activities containing cultural, intellectual, athletic, or community properties helps develop a sense of purpose and leadership. The Legislative Academy is focused on bringing together students who want to effect a change in their lives, communi-

ties, and state. The academy is hosted approximately once a quarter, 4 times a year. The length and topic of the conference varies session to session. You could participate in projects about issues that are important to you such as tuition increases or sustainability, and presenting them to a room full other people who share the same interest in solving these problems. Overall, this could be a fantastic learning experience for those willing to put in the time to learn. Best of all, traveling and housing costs are paid by the school, so if this interests you, please come by the SAC office and pick up an application. Deadline is October 14th.

“The Legislative Academy is focused on bringing together students who want to effect a change in their lives, communities, and state.”

CUSP Leadership Training

By Angela Reed

The Student Administrative Council spent the week after Labor Day in Wenatchee attending the Council of Unions and Student Programs (CUSP) conference. The opportunity to network with student leaders from community and technical colleges across the state was very inspiring. We took a lot of helpful information back from the conference to get us ready for the upcoming school year. At the educational sessions, we gained some insightful tools to help promote diversity on campus. We are committed as student leaders to represent and be sensitive to the needs and concerns of our wonderful student population. Small gestures of inclusiveness make a big difference in the way we

have conversations and plan activities. Other educational sessions focused on creative icebreakers, moral-based decision-making, and leadership philosophy. As part of the conference, students were asked to propose and lead roundtable discussions with other interested student leaders around specific issues. NSCC's student council was active in organizing a discussion around concerns higher education funding. We brainstormed ideas with concerned students all around Washington State and are in the planning stages of a big event this winter involving potentially hundreds of students sending testimony or going to Olympia to address the Legislature. Stay tuned for more information and find out how you can be a part of that!

Congratulations Student Cabinet and Fee Board Members!

By Holly Wessel

The Student Administrative Council would like to take the opportunity to congratulate the newly hired members of the Student Cabinet. The Student Cabinet is an important part of the Student Leadership and Multicultural Programs here at North. They attend meetings and serve on committee boards with other students, administrators and faculty. These committees range from the Sustainability Committee, Budget Planning Committee, or the Tenure Review Board. The Fee Board is responsible for allocating almost one million dollars in funds every year. This is an accomplishment that all members should be very proud of. If this sounds like a job you would like, keep your eyes and ears open. Hiring will open up again in the spring.



President Mark Mitsui gave a presentation on the first day of the week-long training.

Director-
Hillary
Jorgenson



Project Manager-
Lindsey Streed



Clubs and Volunteer
Coordinator- Victoria
Albritton



Research and
Advocacy
Coordinator- Maia
Sebek



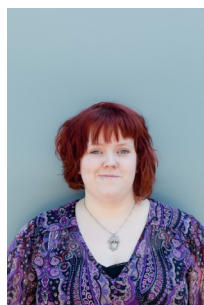
Cabinet Coordinator-
Richard Lee



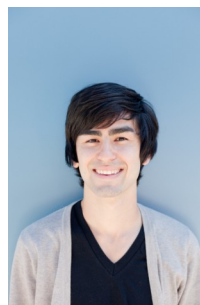
Fee Board
Coordinator-
Collin Denning



Communications Lead-
Holly Wessel



Communications
Specialist-
Tae Sun Krishnek



Communications
Specialist-
Angela Reed



Contact Information

Director
Hillary Jorgenson- HJorgensen@sccd.ctc.edu

Project Manager
Lindsey Streed- LStreed@sccd.ctc.edu

Clubs and Volunteer Coordinator
Victoria Albritton- VAlbritton@sccd.ctc.edu

Cabinet Coordinator
Richard Lee- RLee@sccd.ctc.edu

Fee Board Coordinator
Collin Denning- CDenning@sccd.ctc.edu

Research and Advocacy Coordinator
Maia Sebek- MSebek@sccd.ctc.edu

Communications Lead
Holly Wessel- HWessel@sccd.ctc.edu

Communications Specialists-
Tae Sun Krishnek- TKrishnek@sccd.ctc.edu
Angela Reed- AnReed@sccd.ctc.edu

Name Our Newsletter!



Attention Students! The Student Administrative Council needs your help! We thought about it, we racked our brains all summer long and could not think of a name for our SAC newsletter. If you have a good idea for a name send it by email or stop into our office and let us know. Remember, this is a newsletter, not a newspaper. If we choose your name, you will win a mystery prize!

Email: HWessel@sccd.ctc.edu