

Week of Dec. 14, 2009

CALENDAR

- Dec. 14 **Orchestra concert**, 7:30pm, Recital Hall
- Dec. 15 **Contemporary Gospel Choir**, 7:30pm, Parkview Presbyterian Church
- Dec. 17 **End of fall semester**
- Dec. 18 **Women's Basketball vs. College of the Sequoias** at CRC, 5pm
- Dec. 22 **Men's Basketball vs. Gavilan** at Gavilan, 3pm
- Dec. 31 **Men's Basketball vs. Ohlone** at CRC, 1pm

FACULTY/STAFF HIGHLIGHTS

Nutrition Professor **Dana Wassmer** has written another article. This one is about Avoiding the Freshmen 15. You can find the article on the CA Community College Family and Consumer Sciences Web site:

http://www.cccfcs.com/uploads/Nutrition/NFSCA%2009-10/Wassmer_12_09-Freshmen_final.pdf

DIVISION HIGHLIGHTS

Men's Basketball:

Went on the Road to the Skyline Classic Tournament
 12/12- Vs. West Valley College Won 71-53
 12/13- (Semi-Final Game) Vs. Skyline College Won 80-50
 12/14- (Championship Game) Vs. Las Positas College Won 69-58
 Took 1st Place!
 Overall Record: 9-2

Women's Basketball:

Took off to the Solano Tournament
 12/12- Vs. De Anza College Won 60-41
 12-13- (Semi-Final Game) Vs. Chabot College Won 59-56
 12-14- (Championship Game) Vs. Solano College Lost 78-68
 Took 2nd Place!
 Overall Record: 5-3

PICTURE(S) OF THE WEEK... The President's Reception bought out many employees for fun, food and festivities!



STUDENT HIGHLIGHTS

A HUGE congratulations to Communication Professor **Chris Wagner's** student, **Truong-Khanh Nguyen**, who took first place in informative speaking at The Donna Sparks Intramural Tournament Friday 12/4/09. According to Chris, "She has worked very hard...Her presentation was excellent, and she has been practicing her speech for some time, word by word, listening to English pronunciations on the Internet. There were over 60 people competing in the event, and she made it to a final round of four."

Sandy Margullis - class of 2006/2008 - She tells us that after completing our CRC/CSD Firefighter Internship program she accomplished her goal and was promoted to State Fire Marshal. Sandy said "The participation from Cosumnes Fire was the best part and unbelievable! From the dedicated instructors Captain Haas and Firefighter Freeman, the crews that would come to the training tower to help the class, to the help they all provided while your worked at the station. I never would have been able to learn so much or do as much as I did without each and everyone of them. Another great part of this program is **Carol Bernardo**, she took over our class for **Amy (Avalos)** and was so supportive and interested."

PROFESSIONAL DEVELOPMENT

CASSL is pleased to announce open registration for the **@One Northern California Winter Institute**. Join us for three days of hands-on fun and productive project-based learning. The Sacramento Winter Institute at Cosumnes River College is an ideal place to learn new skills and apply them to your own office or class projects while meeting other professionals from throughout the California Community College system. The three day workshop, including lunch, costs just \$75.

Register today at:

http://www.onefortraining.org/institutes/09winter_norcal_workshops.php

FOR YOUR INFORMATION

Thanks to the generosity of the CRC community, we're well on our way to meeting the **Pepsi Challenge** goal for the Cosumnes River College **Annual Fund!** As you may know, Pepsi has offered to match each and every dollar we raise (up to \$5,000) in support of the Annual Fund through December 31, 2009. That's a total of \$10,000 in support we can provide for our students. There's still time left to donate to the fund that helps us address the most critical needs on the CRC campus. If you'd like to become an Annual Fund supporter please contact **Ken Cooper** or **Lynn Demirer** in the Office of College Advancement for a donation form today. You can also give online at www.crc.losrios.edu/foundation. Click the orange "Make a Gift Now" button. Thank you for all you do in support of CRC student success!

This is the last Inside CRC for 2009. We will resume at the start of the spring 2010 semester. Have a wonderful winter break everyone!