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“It is not length of life, but depth of life.”
Ralph Waldo Emerson

ACADEMIC SENATE ANNOUNCEMENT

The Academic Senate is seeking interested faculty to serve as senate representatives on the Facilities Planning Subcommittee (FPSC).

Please confirm your interest with Alex Immerblum, Academic Senate President via campus email - immerbaw@elac.edu by Thursday, December 17, 2009

East Los Angeles College
1301 Avenida Cesar Chavez
Monterey Park, CA 91754
Annual ELAC Holiday Social

(Sponsored by ELAC Classified Employees Association)

Let’s get together for good food, music, dancing, raffle & fun!

Date: Thursday, December 17, 2009
Time: 12-4 p.m.
Place: Almansor Court
700 S. Almansor Street
Alhambra, CA 91801
Cost: $25 per person (maximum 150)

ACADEMIC SENATE FACULTY DUES
ONLY $30 for 2009-2010

Your tax-deductible contribution supports our students through scholarship awards and helps to cover Senate expenses.

The Scholarship Fund is utilized entirely for student/departmental scholarships and Summa and Magna Cum Laude graduates. (We need $6000, but have collected only $2690 so far.)

The Faculty Fund allows us to cosponsor with the Foundation the scholarship dinner for our students and fund luncheons and other activities for faculty meetings such as graduation, opening day, etc.)

To make the payment, call Veronica Jaramillo (Senate treasurer) x8851 or email her (jaramiv@elac.edu) to get the form.

* Although faculty dues are only $30, you may choose to give more!
**East Los Angeles College Athletics**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Opponent</th>
<th>Location</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td><strong>Men’s Basketball</strong></td>
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</tr>
<tr>
<td>Dec. 18</td>
<td>Fri</td>
<td>West Los Angeles</td>
<td>West Los Angeles</td>
<td>6:00 pm</td>
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<tr>
<td>Dec. 28-30</td>
<td>Mon-Wed</td>
<td>San Diego Mesa Tournament</td>
<td>San Diego</td>
<td>TBA</td>
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<tr>
<td><strong>Women’s Basketball</strong></td>
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<tr>
<td>Dec. 17-21</td>
<td>Thurs-Mon</td>
<td>Rams Classic Tournament</td>
<td>San Francisco</td>
<td>TBA</td>
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<tr>
<td>Dec. 29</td>
<td>Tues</td>
<td>Long Beach</td>
<td>Long Beach</td>
<td>6:00 pm</td>
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<tr>
<td>Dec. 30</td>
<td>Wed</td>
<td>Mira Costa</td>
<td>ELAC</td>
<td>5:30 pm</td>
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Amusement park tickets sold for all faculty, staff, and students at the Student Activities Office G8-119. **Tickets sold on a cash basis only, except for faculty and classified staff who are able to write checks with proper ID.** Tickets are sold between the hours of 8:00 am ~ 7:30 pm, M-TH and until 3:30 pm on Friday. If you have any questions, please call ext. 3795.

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<th><strong>ASU/Employee</strong></th>
<th><strong>Non-ASU</strong></th>
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<tr>
<td><strong>Magic Mountain:</strong></td>
<td>Adult $25/ea</td>
<td>Adult $26/ea</td>
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<td></td>
<td>Child $15/ea</td>
<td>Child $15/ea</td>
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<td></td>
<td><em>(Child Tickets are for children under 48”)</em></td>
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<tr>
<td><strong>Universal Studios:</strong></td>
<td>General $50/ea</td>
<td>General $51/ea</td>
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<td>No separate child tickets</td>
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<td><strong>Aquarium of the Pacific:</strong></td>
<td>Adult $18.95/ea</td>
<td>Adult $19.95/ea</td>
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<td>Child $10.95/ea. Flat Rate, Ages 3-11</td>
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<tr>
<td><strong>Knott’s Berry Farm:</strong></td>
<td>Adult $30/ea</td>
<td>Adult $31/ea</td>
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<td>Junior $21/ea</td>
<td>Junior $22/ea</td>
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<tr>
<td></td>
<td><em>(Junior Ticket Ages 3 &amp; up, Under 48”)</em></td>
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<tr>
<td><strong>Hurricane Harbor</strong></td>
<td>General $18.50/ea</td>
<td>General $19.50/ea</td>
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<td></td>
<td>Child $13/ea, Under 48”</td>
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**AMC AND REGAL THEATRE TICKETS (UNRESTRICTED)**

Now available at the Student Activities Office, G8-119 on a cash basis only. Faculty and staff can pay by check with employee ID. Any questions, please call ext. 3795.

**ALL MOVIE TICKETS ARE UNRESTRICTED!**

- **AMC** ~ $8.50 /ea. Flat Rate
- **Regal Theatres** ~ $8.50/ea. Flat Rate
Are You Assisting / Caring For An Older Adult?

Perhaps you do not realize you are a “Caregiver” since you are a relative or friend to the person you are helping. However, if you consistently help an older adult with daily activities such as, help manage their medical needs, home maintenance, paying bills, grocery shopping and errands, or assist in making important decisions, YOU are a caregiver.

The City of Los Angeles Department of Aging is pleased to announce a Family Caregiving Series of topics that can be of use for those helping in the daily care of a family member or friend. The series of FREE workshops are available to support those who are caring for older adults.

This Family Caregiving Series includes:

- East LA College E3-101, 110
- Presentations time: 12:00pm – 1:00 pm

Reducing Caregiver Stress – Wed. Dec 9, 2009
(Coping skills to overcome the emotional impact caregivers may feel)

Fall & Injury Prevention – Wed, Jan 13, 2010
(Falls and Injuries are preventable. Learn how to keep your home safe)

Medication Management - Wed, Feb 10, 2010
(Taking multiple medications can complicated. Learn practical ways to avoid adverse reactions and accidents)

Reducing Your Risk of a Stroke- Wed, March 10, 2010
(critical information on staying healthy and knowing the warning signs)

Healthy Eating – Wed, April 14, 2010
(What kinds of food & how to prepare food to stay energized)

Legal Issues & Planning Before a Crisis – Wed, May 12, 2010
(Pre-planning is key to avoiding crisis. Learn important information on how to talk to your loved ones)

Memory Loss and Aging – Wed, June 9, 2010
(Tips on how maintaining and improving your memory. Also, understanding what is dementia)

Bring your lunch and learn about helpful tips that will benefit you and your family.
If you have any questions, please call:
Anat Louis Psy.D. (213) 252-4007 or Anat.Louis@lacity.org
Susi Rodriguez Shapiro M.S.G. (213) 252-4004 Susi.Shapiro@lacity.org
www.lacity.org/doa