

ASSOCIATED STUDENT  
ORGANIZATION

**SPECIAL  
POINTS OF  
INTEREST:**

- Welcome to the 15-16 ASO Members
- ASO Executives
- Coming Out Day
- Club Training Day
- Speaker Series
- Sports
- National City Higher Education Center // HECS
- Calendar // Student Spotlight

# ASO Newsletter

## *What is the ASO?*



The Associated Student Organization (ASO) of Southwestern College (SWC) is the official recognized voice of the students. The organization offers a unique opportunity for students to gain both leadership and communication skills and learn the basics of parliamentary procedure. The ASO consists of 7 Executive, 22 Senators, and other branches, including the Inter Club Council.

### Welcome Message from the ASO President

On behalf of the Associated Students Organization, we hope that each of you has had an excellent semester thus far! Southwestern College provides an array of ways to make the most out of your time on our campus; from our academics, to our clubs, to our learning communities, our athletics, and of course through the ASO, the official voice and representative for students. The ASO is here to serve students, and help them feel heard, represented, and part of a close-knit community. Through our wide range of services and activities, such as scholarships, resource rental programs, and campus wide events during college hour, we are here to work together and foster a fulfilling and memorable college experience. May your college experience at Southwestern be as wonderful as it has the potential to be. Best of luck in the upcoming school year!

Melissa Rodriguez



**Melissa Rodriguez: ASO President/Student Trustee** ([asopres@swccd.edu](mailto:asopres@swccd.edu)). She is the official representative of and to the student body. Her most favorite quote is "Do what you feel in your heart to be right -for you'll be criticized anyway" - Eleanor Roosevelt.

# Meet your Executives



**Alyssa Cox: ASO Executive Vice President** ([asovp@swccd.edu](mailto:asovp@swccd.edu)). Her main duties are to assume the president's duties when needed, and chair the ASO senate meetings. She believes in this particular quote; "If you feel you are in a black hole, don't give up. There's a way out." - Stephen Hawking.



**Virginia Perez-Gonzalez: ASO Social Vice President** ([asosvp@swccd.edu](mailto:asosvp@swccd.edu)). She is the one that chairs the ASO Activities Committee, , and is responsible for coordinating ASO College Hour. Her favorite quote is "It is our choices, Harry that show us who we truly are, far more than our abilities." Albus Dumbledore, Harry Potter and the Chamber of Secretes by JK Rowling.



**Aileen Contreras: ASO Vice President for Club Affairs** ([asovpc@swccd.edu](mailto:asovpc@swccd.edu)). Her duties are to chair the Inter-Club Council and Club Links, and to be the link between the cabinet, ICC, and the Activities Committee. Her favorite quote is "Life is either a daring adventure or nothing. Security does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than exposure. -Helen Keller.



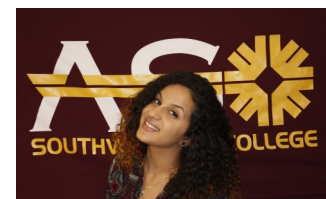
**Priscilla Morales: ASO Vice President for Public Relations** ([asovppr@swccd.edu](mailto:asovppr@swccd.edu)). She is highly responsible for chairing the ASO Communications Committee, and coordinates all ASO publicity. Her quote is "To be recognized and found, we must first be lost."



**Estela Delgado Rodriguez: ASO Vice President of Finance** ([asotres@swccd.edu](mailto:asotres@swccd.edu)). Her duty is to prepare the ASO budget for the year she is elected to represent. She believes in this quote, "The best way to find yourself is to lose yourself in the service of others" -Mahatma Gandhi.



**Yousra Yassein: ASO Executive Secretary** ([asosec@swccd.edu](mailto:asosec@swccd.edu)). She is responsible for the minutes for every Senate, and Executive meeting. Her favorite quote is "Even if you're on the right track, you'll get run over if you just sit there." -Will Rogers.



# Meet your Senators



## *Senators At-Large*

- ◇ Rubi Cuevas
- ◇ Jorge del Castillo
- ◇ Jose Gutierrez
- ◇ Marysol Huicochea
- ◇ Alex Mendoza
- ◇ Emmanuel Mercado
- ◇ Yasmeen Obeid
- ◇ Cynthia San Pedro
- ◇ Ariel Stutzman
- ◇ Kimberly St. Aubin
- ◇ Valeria Zepeda

## *School Senators*

- ◇ Mona Dibas (Language and Literature)
- ◇ Abraham Gertz (Social Sciences, Business & Humanities)
- ◇ Allen Palmatier (Mathematics, Science, and Engineering)
- ◇ Lauren Snyder (Health, Exercise Science and Applied Technology)
- ◇ Jose Vera (Arts and Communications)

## *Higher Education Center*

- ◇ Erich Allman (Otay Mesa)
- ◇ Dannielle Griffin (San Ysidro)
- ◇ Freda Hernandez (National City)

## *Inter Club Council Senator*

- ◇ Kyle Lord

Senators are the key to make things happen in the Associated Student Organization. The duties of a senator vary within each senator position, however all must attend the weekly Senate Meetings; which are currently held in room 563A on Thursdays from 11:45AM-1:15PM. Senators must attend at least 2 of the 6 standing committees meetings which are chaired by both executives and senators. Senators must maintain 9 units during the fall and Spring semester; as well as a cumulative 2.5 GPA.

## National Coming Out Day



A multitude of people showed up to an event where you tell your story. All speakers weaved a creative non-fiction about a specific aspect of their lives. All speakers told the audience that they supported the LGBT community. Most came out to support their LGBT fellow humans, but a lot bravely went to the microphone and pronounced their personal deviation from the sexual social norm, heterosexuality. You must understand that anyone who tells the world that they aren't a socially accepted norm is hard for any individual, and very personal. To put this in perspective, what the people who spoke did, regardless of sexual preference on Oct 8, 2015 was fundamentally hard. Some have difficulty coming out as either LGBT or an ally of the community either due to home life or social pressure. The ASO Executive Vice President of Club Affairs, Aileen Contreras decided to hold National Coming Out Day in recognition for those who couldn't speak, or come out yet. To those of you who spoke and showed your support, thank you for doing so. There are millions of people in the world who must remain in the metaphorical closet, either due to religious, economic or political reasons for never revealing their true selves.

Written by Allen Palmatier

Math, Science, and Engineering Senator

**Coming Out Day**  
**Thursday October 8th**

## Club Training Day

Club Training Day was held on Friday, October 16, 2015 between the hours of 10:00am to 2:00pm in room 214. Students were informed on how to run an efficient club through several workshops that were presented by ASO Officers knowledgeable with clubs and their organization. The ASO VP of Club Affairs, Aileen Contreras, gave a brief welcome and the ASO President/Student Trustee, Melissa Rodriguez, presented on leadership. Workshops were then held on Parliamentary Procedure, paperwork, allocations/club funds, club resources, promoting/advertisement, activities planning, and club administration. ASO VP of Club Affairs Aileen Contreras then concluded the event with a closing statement. Club members contributed to the workshops by providing examples of effective organization from their own clubs. Special thanks go to Student Activities Office, ASO Senate, ASO Advisors, ASO Executive Board, ICC Reps and Club Advisors for making this event a possibility. The ASO generously provided refreshments for those that attended.



Written by Jose Vera, Arts and Communication Senator

**Club Training Day**  
**Friday October 16th**

## Speaker Series (#SWCSpeakerSeries)

We are currently hosting an array of speakers in our campus, "Cultivating Courageous Conversations" is designed to start conversations about the diversity that exists on campus and how we build an inclusive environment to embrace that diversity. The topics that are covered are challenging to some, but important conversations to have. This semester we have brought author Sonia Nazario (immigration), author Gary Karp (disability), and author Tim Wise (racism and privilege) on October 22nd. We will continue our series next semester with Scott Fearing (LGBTQ) in February, among others. All students are welcome to attend with the goal of building environments that are inclusive and equal to all.

Written by Freda Hernandez

Higher Education Center Senator



## Southwestern College on Athletics

Who doesn't remember playing a favorite sport in elementary school and loving it whether they were the all-star or not. A favorite past time of yours should not be limited just because you're in college. Southwestern College offers a wide variety of sports to be involved in including from basketball, football, soccer, water polo, cross country, volleyball, track and field, swim/dive, softball, baseball, and cheerleading. Many individuals do not realize that just because they enroll in the class: Intercollegiate (sport), that they do not have to be on the official roster and can still practice with the team until they feel comfortable to compete. As a student-athlete for Southwestern an individual has two years that they can participate and roster to play other colleges but outside of that you can still be involved in daily training and conditioning. It's a great way to get involved in the college, get fit, and show your spirit. Another major deal breaker for some is that practice is every day and usually for a few hours. Most coaches are aware that education comes first and will make exceptions to better accommodate students' hectic schedules. With so many athletic classes to choose from each semester, you're sure to find something that you like to test out your skills.

***"It Never  
Gets Easier,  
You Just Get  
Better."***

Written by Lauren Snyder

Health, Exercise Science, Athletics and Applied Technology Senator





# National City Higher Education Center

We are proud to inform you that many good things are happening at our Higher Education Center in National City. With the construction of a new building at the Higher Education Center, full time student equivalent capacity will be 1,230. Ultimate Center capacity is targeted at 1,500 FTES, requiring 300 parking spaces on site. (Johnson Favaro, The Project)

Some of the amenities this new building is expected to include are: four science labs, a large Community Room that could seat up to 90, a community for the Medical Office Professional Program and office space for faculty and adjunct staff just to highlight a few. Many local and potential students have expressed their interest in enrolling once classes begin in this new building. Construction is expected to begin spring 2016.

Your Associated Student Organization, (ASO) is happy to support and sponsor events for our students at HECNC and we want to hear from you. Please contact your school's Senator, Freda Hernandez at [freda\\_swc@outlook.com](mailto:freda_swc@outlook.com) for details on upcoming student related projects and events. You are also encouraged to follow us on social media @HECNC or by searching under Hashtag: #HECNC.



Written by Freda Hernandez HECNC Senator

## Crown Cove Aquatic Center



\*The Crown Cover Aquatic Center is an off-campus center of Southwestern Community College District. Nestled between the cities of Coronado and Imperial Beach on the Silver Strand State Beach; it provides a wide range of educational and recreational aquatic activities to the surrounding communities.



## San Ysidro Higher Education Center

### Personal Wellness Services

- Counseling and support service for anyone experiencing stress, anxiety, etc.
- November 3&17, December 1&15
- Appointments must be scheduled at student services.
- It is confidential

### Student Community Group!

- 12:15-1:15pm in the conference room
- Come help plan and participate in fun activities!

### Flu Shots

- Students \$11 and staff \$16, pay at student services and save your receipts
- Hours are 4pm - 6:30pm on Mondays and 8am - 1:45pm on Thursdays



## Otay Mesa Higher Education Center



### **Programs offered at HECOM:**

- ⇒ Nursing
- ⇒ Fire Science
- ⇒ ENIT
- ⇒ Police Academy



# CALENDAR

Date	Event	Time	Location	Cost
11/17	<b>Feminism &amp; Social Change</b>	10:10-11:35AM	Student Union East	Free
11/19	<b>Man Up? Pop Culture and (Un) Healthy Masculinity</b>	10:10-11:35AM 1:20-2:45PM	Student Union East	Free
Mondays	<b>ICC</b>	1:15-2:15 PM	Room 214	
Mondays	<b>Communications Committee</b>	3:00-4:00 PM	Conference Room 603 J	
Tuesdays	<b>ASO Executive Meetings</b>	5:30-6:30 PM	Conference Room 603 J	
Tuesdays	<b>Activities Committee</b>	1:15-2:15 PM	Conference Room 603 J	
Wednesdays	<b>Ways and Means Committee</b>	4:45-5:45 PM	Conference Room 603 J	
Thursdays	<b>ASO Senate Meetings</b>	11:45-1:15 PM	Room 563 A	
Thursdays	<b>Constitution Committee</b>	4:30-5:30 PM	Conference Room 603 J	
2nd/4th	<b>Calendar Committee</b>	1:30-2:30 PM	Room 104	
Fridays				

## Do you want to publicize your event?

- ♦ **Workshops**
- ♦ **Auditions**
- ♦ **Campus Tours**
- ♦ **One time or recurring meeting times**
- ♦ **Times of availability**

Contact the Vice President of Public Relations at [asoyppr@swccd.edu](mailto:asoyppr@swccd.edu)

# Student Spotlight: Lauren Snyder



Lauren Snyder is a Southwestern College Student, who is from Pennsylvania and is majoring in Hospitality and Tourism Management. Snyder is a Veteran who served for Four and a half years. After being injured, she decided to attend college, specifically she chose Southwestern College for the vast amount of rich diversity at the campus. During her first year of Southwestern College, she joined the swim team and the water polo team. Lauren Snyder broke the Southwestern College swim record in the 4 x 200 with a time of 2:39.59.

Snyder began her second year with a 3.7 GPA and joined the Associated Student Organization as a Senator At-large and is currently the Senator for the Health, Exercise Science, Athletics, and Applied Technology. Snyder's reason for joining has been to make changes on problems that she saw as a fellow Southwestern College Student. She explained that the Associated Student Organization has helped her develop her interpersonal skills as well as overcoming on her Dyslexia. Lauren Snyder is currently working the Emergency Response on Campus with the Safety Committee and the Police Department.



\* SWCCD Policy 3570

<http://swccd.edu/documents/hr/PolicyNoSmoking.pdf>

**Nominate someone with the following criteria:**

- ♣ 2.5 GPA
- ♣ Southwestern College Student
- ♣ Community involvement
- ♣ Outstanding performance in preferred field

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