

**Feb. 11, 2021**

Dear Colleagues,

As we get ready to embark on a well-deserved four-day break, the Parliament cannot help but meditate on the importance of self-care. Foothill College is an aspirational campus. We are always looking to get better at everything we do, but this hard work and commitment does take a toll on our physical and mental health. Recently, [major studies](#) have shown that walking for 30-45 minutes each day can make a huge difference to your well-being. Schedule daily walks and use them as an opportunity to connect with your family and friends. You can also join your colleagues for the weekly Walks and Talks.

The FHDA District also has lots of resources to help you with the stress and strain of everyday life. Please check out the [Employee Assistance Program](#) for information on counseling and mental health support.

## **Governance Updates**

### **Resource & Revenue Council**

The R&R Council met on Feb. 5 and discussed use of carryover funds from the B budget and possible allocation of a portion of those funds to equity initiatives. It was decided to reach out to find out more about how the Foothill College community feels about this matter and bring back those opinions to the March meeting.

Additionally, the council voted to approve the STEM Division and Science Learning Institute's proposal to pursue [action on bringing a MESA program](#) to Foothill College. And we heard an [update on completion of the 500K POWER grant](#) from **Lené Whitley-Putz**.

## **What's Happening Next Week?**

### **Monday, Feb. 15**

- [Campus Closed](#)

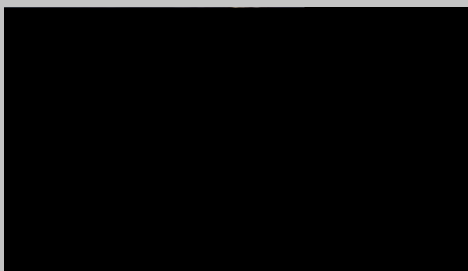
### **Tuesday, Feb. 16**

- [Virtual Yoga Flow](#)
- [Fund the Future Presents: Evelyne Keomian](#)

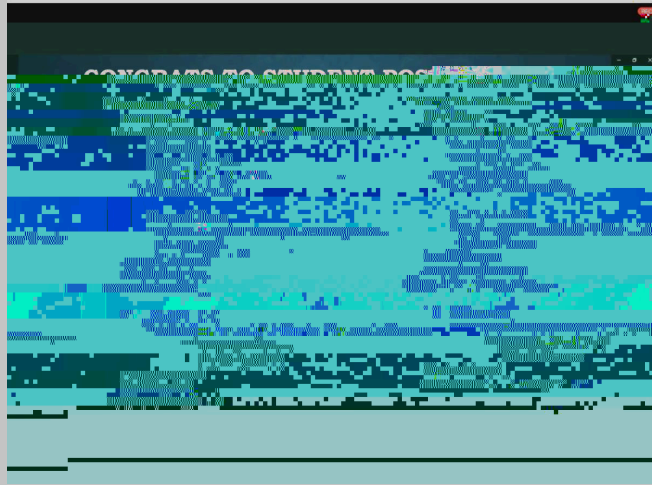
- [Black Love Is...](#)
- [Inter Club Council Meeting](#)

**Wednesday, Feb. 17**

- [ASFC Student Concerns Town Hall](#)
- [Sol Affirmations with Karega Bailey](#)
- [Research & Service Leadership Symposium Workshops](#)
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(ACERT) conference. These students will share their projects at the RSL Symposium.



## Become a Mentor for the RSL Symposium

More than 50 students are actively engaged in projects for the RSL Symposium, and many are still seeking mentors. A mentor can be instrumental in guiding students through the process of conceiving, planning, collaborating, executing, concluding, and presenting the results. Most mentors work with their student partners up to an hour per week, perhaps more as the symposium date approaches. This varies depending on the student, and the project.



The Symposium itself will be held on May 20. If you are interested in becoming a mentor or just want more information, please contact:

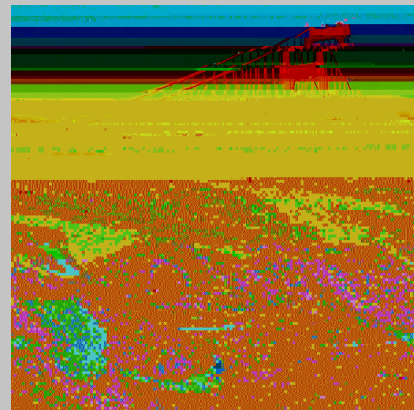
**Allison Herman**, [hermanallison@fhda.edu](mailto:hermanallison@fhda.edu)  
or **Michael McCusker**, [mccuskermichael@fhda.edu](mailto:mccuskermichael@fhda.edu)

## Foothill Walks & Talks

Foothill Walks & Talks is back! The podcast for your walk this week is "The Easiest Person to Fool" from the Hidden Brain (Feb. 1 episode).

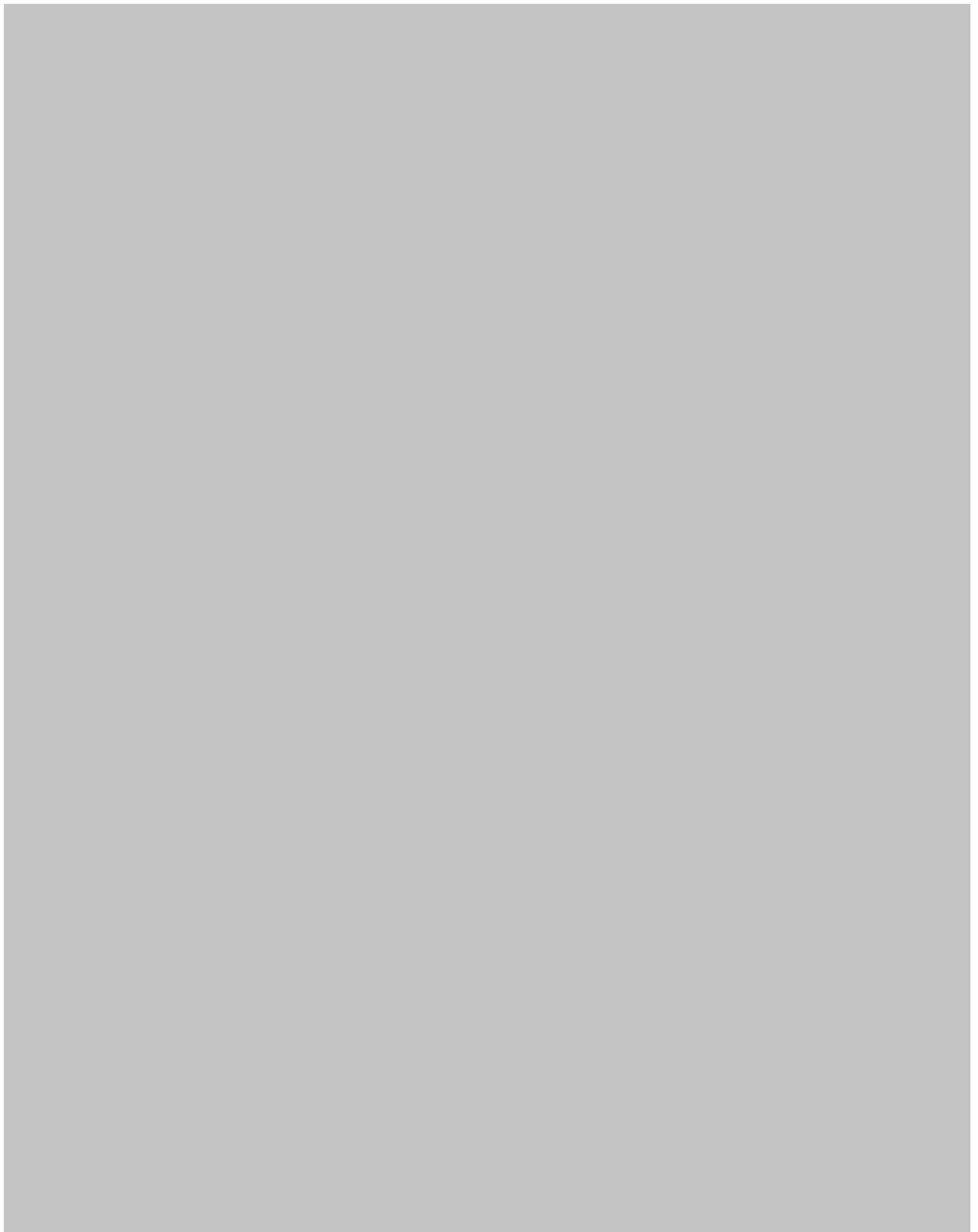
To record your walks and encourage your colleagues, join the Foothill Walks & Talks group on Strava.

Then, join us on Friday, Feb. 19, from 5-6 p.m. for a **Happy Hour**. BYO beverage and one thing you found interesting from the podcast.



## Dental Hygiene Clinic Accepting Appointments

Students and community members can email



for emergency relief support from the college. Please encourage students to fill out this short application. All requests will be reviewed and we will contact students as soon as possible.

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