



November 13, 2012

Weekly Mission

HONORS CEREMONY

Faculty and staff are cordially invited to the LAMC Honors Ceremony which will be held on **Thursday, November 15, at 5:00pm**, in the Campus Center. Awards will be presented to students who have earned outstanding scholastic achievement for the Spring 2012 semester. Awards will be presented by President Perez, Ludi Villegas-Vidal, Janice Silver, and Margie Long. Student speakers will be Michael Griggs, Janet Romero, and Marine Akhparyan.



*Come Join Us
Thursday*

November 15, 2012
11:00 AM ~ 2:00 PM
Sampling: \$15.00
Campus Center Main

Los Angeles Mission College
13356 Eldridge Avenue
Sylmar, CA 91342
lamission.edu



Healthy Foods & Cooking Expo

“Medicine of the Future”

* Presenters *

- Stephanie Atkinson-Alston
Dean Academic Affairs
- Louis Zandalasini
Department Chair
- Louis J. Eguaras
Chef Instructor/Author
- Jesse Sanchez CEC
Chef Instructor
- Ramiro Villegas
Sous Chef
- Martin Gilligan CEC
Adjunct Instructor
- Cindy Rueda
Instructional Assistant

Louis Zandalasini
(818) 364-7849
Jesse Sanchez
(818) 364-7600 x 7148

The Culinary Arts Institute in conjunction with Vegan & Raw Food Chef Jesse Sanchez will share easy steps to achieve optimum levels of natural energy, maintain and/or, reduce weight, augment personal and physical motivation by making conscious food choices available at the local and farmer's markets. Chef Jesse will also share information regarding lucrative career opportunities as a Vegan/Raw Chef. An expo you won't want to miss. All gluten-free.

Samples:

- Power protein shakes Kombucha
- Plant-based proteins. Super Waters
- 30 minute vegetarian meals Cultured Salads
- Delicious Desserts

~ Flex Credit for Attending Faculty ~



Weekly Mission



Recreational Indoor Badminton Open to EVERYONE at LAMC Every Thursday 6:30-9pm

What: Recreational Badminton open to ALL levels at Los Angeles Mission College. This is NOT a class so anyone and everyone is welcome. You don't have to be a student of the college to play.

When: Thursday 6:30 pm - 9:00 pm with 9 lighted indoor courts available. This is on a drop-in basis so you don't have to show up exactly at 6:30 pm. Anytime between 6:30 and 9 pm would be fine but it would probably be more worthwhile to you if you show up sooner than later.

Where: Los Angeles Mission College Health, Fitness and Athletics Complex (HFAC) located on the new East Campus 12890 Harding Street, Sylmar, CA 91342 cross street is Eldridge.

This is a BRAND NEW facility with locker & shower. It is about 5 blocks to the southeast of the main L.A. Mission College campus.

How much: \$4.00 per person - 3rd person in your party will get 50% discount on

Please note: locations/dates/times for workshops are subject to change.

Visit the **Info Desk** for updated locations.

CT = Critical Thinking

LOS ANGELES MISSION COLLEGE ACADEMIC SUCCESS CENTER SERVICES CALENDAR

FALL 2012

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12 Veteran's Day	13	14 Grammar 1:30- 2:00 LRC 205	15 In-Text Citations 1:30- 2:00 LRC 234	16	17
18	19 Resume Writing 4:00- 4:30 LRC 234	20 Resume Writing 3:00- 3:30 LRC 234	21	22 Thanksgiving	23 Campus Closed	24
25	26	27 APA Format 4:00- 4:30 LRC 234	28 MLA Format 2:00- 2:30 LRC 205	29 In-Text Citations 2:00- 2:30 LRC 234	30	



admission meaning that he/she will only have to pay \$2. Also, any kids under 10 years of age get in free.

Badminton racket & plastic birdies will be provided if you don't have one. Or you can bring your own.

Parking: Plenty of free parking on the cross street, Eldridge Avenue, right in front of the gym. However, **DO NOT** park in the Faculty/Staff parking lot at the Center for Math & Sciences building next door.

Contact Steve Ruys at 818.364.7891 or 818.364.7621, email: ruyscc@lamission.edu
2nd contact Pong Nimnual at 310.877.3951 or pongnim@yahoo.com

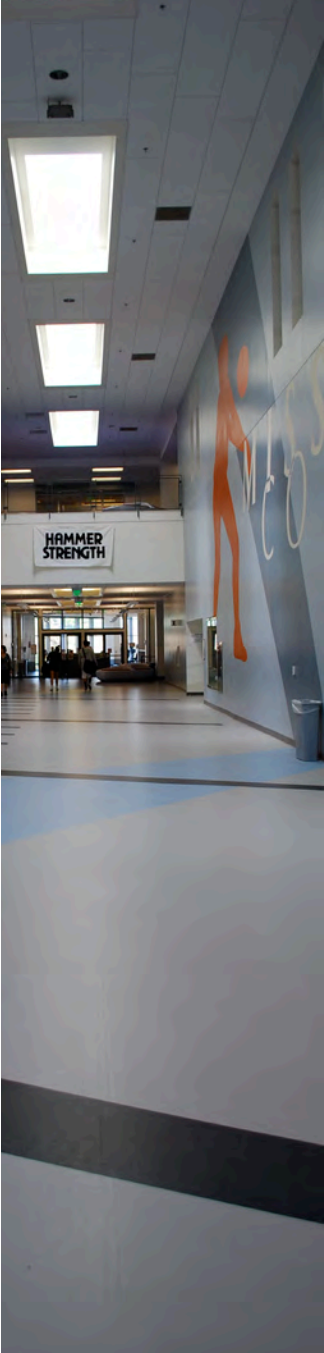
You don't have to know how to play, just as long as you want to have fun.

Bring the whole family. Bring a friend.

Or just bring yourself.

Hope to see you there!





Men's Soccer



2012 Men's Soccer Schedule / Results

Home =  Away = 

RECORD: 12-5-3 Conference: 11-3-1

Date	Day	Opponent	Location	Time	Result
*27 Aug	Monday	Harbor	Harbor	1pm	L 3-1
*4 Sept	Tuesday	Pasadena	Pasadena	1pm	T 1-1
*7 Sept	Friday	San Bernardino	San Bernardino	4pm	W 1-0
11-Sep	Tuesday	Citrus	Pierce	3pm	W 3-1
*14 Sept	Friday	Taft	Taft	3pm	L 2-1
<i>Conference Games</i>					
18-Sep	Tuesday	Glendale	Glendale	7pm	W 4-0
21-Sep	Friday	Oxnard	Oxnard	4pm	L 1-0
25-Sep	Tuesday	Santa Barbara	Pierce	3pm	W 1-0
28-Sep	Friday	Santa Monica	Santa Monica	4pm DH	W 3-2
2-Oct	Tuesday	Moorpark	Pierce	4pm	L 4-3
5-Oct	Friday	Canyons	Canyons	4pm DH	T 1-1
9-Oct	Tuesday	Hancock	Pierce	4pm	W 4-2
12-Oct	Friday	Citrus	Citrus	2pm	W 2-0
*16 Oct	Tuesday	Rio Hondo	Pierce	3pm	T 1-1
19-Oct	Friday	Glendale	Pierce	3pm	W 6-1
23-Oct	Tuesday	Oxnard	Oxnard	4pm	L 4-2
26-Oct	Friday	Santa Barbara	Santa Barbara	7pm	W 3-2
30-Oct	Tuesday	Santa Monica	Pierce	4pm	W 1-0
2-Nov	Friday	Moorpark	Moorpark	4pm DH	W 3-2
6-Nov	Tuesday	Canyons	Pierce	3pm	W 3-0
9-Nov	Friday	Hancock	Hancock	3pm	

Women's Volleyball

2012 Women's Volleyball Schedule / Results

Home =  Away = 

RECORD: 9-8 CONFERENCE: 5-5

Date	Day	Opponent	Location	Time	Result
*29-Aug	Wednesday	AVC Tourney	Antelope Valley	TBA	Scrimmage
*31-Aug	Friday	West LA College	MISSION	6pm	W 3-0
*5-Sep	Wednesday	Harbor	Harbor	6pm	W 3-0
*12-Sep	Wednesday	Harbor	MISSION	6pm	W 3-0
*14-Sep	Friday	West LA College	West LA College	6pm	W 3-1
*17-Sep	Monday	San Bernardino Rio Hondo	MISSION	2pm 4pm	L 3-0 L 3-1
*26-Sep	Wednesday	Pierce	Pierce	7pm	L 3-0
28-Sep	Friday	Moorpark	MISSION	7pm	L 3-0
3-Oct	Wednesday	Ventura	Ventura	7pm	W 3-2
5-Oct	Friday	Santa Barbara	MISSION	7pm	L 3-0
10-Oct	Wednesday	Hancock	MISSION	7pm	W 3-0
12-Oct	Friday	BYE	BYE		
17-Oct	Wednesday	Cuesta College	Cuesta College	7pm	L 3-0
19-Oct	Friday	Glendale	MISSION	7pm	W 3-2
24-Oct	Wednesday	Moorpark	Moorpark	7pm	L 3-0
26-Oct	Friday	Ventura	MISSION	7pm	W 3-0
31-Oct	Wednesday	Santa Barbara	Santa Barbara	7pm	L 3-0
2-Nov	Friday	Hancock	Hancock	7pm	W 3-0
7-Nov	Wednesday	BYE	BYE		
9-Nov	Friday	Cuesta College	MISSION	6pm	
14-Nov	Wednesday	BYE	BYE		
	17-Nov	Saturday	Coaches Meeting		

*Non Conference Games