Foods and Nutrition Department Suzanne Denton reports:

- Saddleback student, Bahar Sharareh, invited and interviewed Joanne DeMarchi RD, Associate Faculty in the Food and Nutrition Department to Saddlebacks own, KSBR 88.5 FM jazz radio station. During a 30-minute interview they discussed healthy beverages, simple ways to improve your diet, portion control, proper use of supplements and caffeine. This interview will air during the month of March.
- Lisa Hesse, Sports Nutrition instructor, completed her 7th Surf City 1/2 marathon.

Lisa Inlow reports:

**Helping Hands Food Distribution**

- On the first and third of each month we are working with Helping Hands to help feed our community members and students who need a helping hand by providing free groceries. Last week we hit a record high and were able to feed 75 families.

**Orange County Farm & Food Lab Tour**

- FN 120 Contemporary Meals students enjoyed an informative field trip to the farm and food lab at the OC Great Park. Students learned about sustainable cuisine using gardening techniques which include vertical gardening, composting, organic fertilizer and portable hydroponic systems. Our tour was guided by Karen Wilson, Master Gardener & Cordon Blue Graduate.

**Surfas Culinary District**

- FN 241 Culinary Principals II students toured the new Surfas Culinary District in Costa Mesa. Surfas is a professional equipment and gourmet supply store that caters to chefs and restaurateurs. Manager Johnathan Shultz gave our students a knife demonstration, demo kitchen tour and gourmet cheese lecture and tasting. Students are calling this the best field trip yet!

**Outreach – Vital Link**

- Culinary Lab Tours – 2 tours were completed this past semester offering potential students a look into our class structure, lab assignments and career opportunities. Potential students enjoyed a pizza building workshop in the culinary lab developed to engage and inspire.
Lori Hoolihan reports:

- At the California Dietetic Association (CDA) conference in April, we have a session approved on "A New Paradigm Surrounding Dietary Fat", featuring Dr. Ronald Krauss from Children's Hospital in Oakland. More research is accumulating that saturated fat may not be as bad as once thought and this session will outline the new research on dietary fats and heart disease risk. This could in the future lead to changes in the Dietary Guidelines, which currently state that intake of saturated fat should be less than 10 percent of our calories. In addition, research is looking at different types of saturated fat and their different metabolic effects.

Architecture and Drafting Blake Stephens reports:

- I wrote an article for Technolinks, here is the web linkage. [http://www.technolinkassoc.org/emails/email_newsletter_perpectives_Spring2013.html](http://www.technolinkassoc.org/emails/email_newsletter_perpectives_Spring2013.html)
- On Friday, February 22nd 8 faculty members out of 11 in the department visited FUTEK Corporation in Irvine for a tour of their design, drafting and manufacturing process for high tech sensor devices used in everything from spacecraft to your Garmin mapping device. We were impressed with their quality in manufacturing culture as well as zero failure rates of their products in decades of use. The tour was led by 2 Saddleback grads of the department who used their education here to build careers in high tech. A follow up tour of FUTEK management and owners is scheduled at Saddleback on March 13th to build an ongoing partnership.

Rapid Digital Manufacturing Brett DeSilva reports:

- We have received the Dimension SST 3D printer and its up and it up and running. Students were introduced to various forms of Rapid Prototyping and Additive Manufacturing during their visit to the Medical Devices & Manufacturing show in Anaheim at the beginning of the month. Enrollment is up significantly from last semester and students are very excited about the direction the program is moving. The students have also started a club called the FDM (Fabrication, Design, and Manufacturing) Club that is currently going accreditation thru the ASB.

Environmental Studies Morgan Barrows reports:

- The Environmental Awareness Club participated in a beach clean-up at Dohney Beach.
- The Environmental Awareness Club is also busy planning a hike on March 16th, Earth Week April 22-15, and a fieldtrip to a wildlife viewing station in May. Everyone is welcome to participate.
- Student volunteers are working hard in the California Native Garden getting it ready for spring.
Marine Science Technology Morgan Barrows reports:
- Students had a wonderful time sailing to Catalina last weekend.

Fashion Design and Fashion Merchandising Lindsay Fox reports:
- Planning of Fashion a La Mode outreach event is progressing. High School students are working on and submitting contest projects for judging. Winners will be announced at the event.
- Planning of Annual Department Fashion Show is enthusiastically underway.
- Dianne McGroarty attended the MAGIC trade show in Las Vegas
- Lindsay Fox attended LA Textile Show
- Lindsay Fox took three sections of Fashion Trends and Cultural Costumes and both her Dye Processes on Fabrics Class and Fashion Illustration Classes on several class trips to the Bowers Museum to view the following exhibits, films and lectures: Cut: Costume and Cinema, Maurice Sendak: 50 Years, 50 Works, 50 Reasons, Spirits and Headhunters: Art of the Pacific Islands, 400 Years of Fashion: Victoria and Albert Museum.

Horticulture Ken Lee reports:
- Robert and I have been taking our students to California Native Plant Gardens as a part of Ornamental Native Plants class field trips. And, so far, response from students has been quite positive. We had visited Rancho Santa Ana Botanic Garden in Claremont and Golden West College California Native Garden, so far. And, five more visits to make. Besides learning California native plants from experts, it has been great bonding time between students and faculty members.
- Landscape Designers Club has been officially kicked off with students who are passionate about sustainable landscape design. Both Robert and I are involved as the club advisors. As the continuing education, this will provide valuable opportunities for club member students to get involved in community services as landscape designers. They already have 5 leads that may be panned out as conceptual landscape design service opportunities, which in turn will bring closer relationship with local communities.
- Both Robert and I have been involved with California Native Plants Society Orange County Chapter, providing our support to organize the professional conference in October. It is still in early stage, but, it will be a great opportunity for students to get involved with industry professionals and to learn practical knowledge from them.
- Progress report on LA marathon training - Last Sunday, I ran 20.1 miles first time in 3 hours 12 minutes. It was tough run against very strong Santa Ana wind, but, it definitely helped me to build up my confidence to finish the entire 26.2 miles. Chris, Graphic Dept. Chair, mentioned that students’ design for my running gear marketing Saddleback College Trail project were progressing nicely, and, we will have the first mockup design review soon.

Cosmetology Don Taylor reports:
The Rotary Club of Laguna Niguel has offered a $500 scholarship for a top Saddleback College student in Cosmetology attending the Advance School of Beauty. The outstanding student is Kathryn Hoist. Thanks for the Rotary Club’s wonderful support of our student, their contribution will help her on her path to licensure and a successful occupation. The Rotarians represent all that is good in our community.