Healthy Bodies, Healthy Minds
Tuesday, October 22, 12 to 3 p.m., in Meister Hall Lobby.

You are what you eat, and think. Come and learn how to have a healthy body by making healthy food choices accessible and affordable in the community. Find out about available psychological services and family counseling. Confidential HIV and Hepatitis C screenings will be offered, as well as insurance enrollment. Refreshments and giveaways will be offered.

Blood Drive
Tuesday, October 22 and Wednesday, October 23, 12-6 p.m., in Meister Hall Lobby.

The 2013 Super Bowl Host Committee has partnered with New York Blood Center (NYBC) to help increase blood donations leading up to Super Bowl XLVIII. All donors with NYBC between now and January 17, 2014 will be entered into a sweepstakes for one pair of tickets to Super Bowl XLVIII. To donate blood, you must be between 16 and 75 years of age, weigh at least 110 pounds and have an I.D. with a photo or signature. Also, please be sure to eat and be well hydrated. Appointments are appreciated; walk-ins are welcome. Call the New York Blood Center at 800.933.2566 to make an appointment or ask questions regarding medical eligibility. Please donate! There is no substitute for human blood.

Hispanic Heritage Month Art Exhibit
Featuring Ray Felix
Through Wednesday, October 23, in Bliss Hall of Fame Art Gallery.

Don’t miss the final days of this exhibit. Our featured artist is Bronx native Ray Felix, Executive Director of the community based organization Bronx Heroes Comic Con, which promotes literacy and education through the practice of reading and creating comics. Felix is a graduate of the School of Visual Arts and received a masters in education from Touro College. Join us for a reception with the artist on Wednesday, October 23, from 12-2 p.m. in the gallery. Light refreshments will be available. The gallery is open Monday through Thursday, from 11 a.m. to 3 p.m. Call 718.289.5341 for information.

Film: La Hija Natural (Love Child)
Wednesday, October 23, 12-2 p.m., in Brown Center Playhouse.

The Dominican Cultural Club invites the college community to the screening of the first feature-length film written and directed by a Dominican woman — Leticia Tonos, a single mother with a degree in Advertising Arts from the London Film School. The film centers on the story of Maria, the teenage daughter of a single mother, who decides to look for the father she has never met after her mother dies in a tragic accident. Together they inhabit a haunted Dominican plantain field and face the “ghosts” of the past and present. La Hija Natural (Love Child) is dedicated to single mothers of the world and their children.

C.O.P.E. Career and Internship Fair
Thursday, October 24, 11 a.m.-3 p.m., in Loew Hall, Room 200.

All undergraduates and recent alumni are invited to attend. Come and find out about employment, internships, networking, career exploration and volunteer projects, Employers will be available to recruit and interview on site. Business and interview attire is required. Be sure to bring plenty of resumes with you. For more information, visit the C.O.P.E. Program in Loew Hall, Room 117; contact jonathan.alejo@bcc.cuny.edu or alex.luma@bcc.cuny.edu; or call 718.289.5603.

Dating Violence Prevention Workshop
Thursday, October 24, 12:15-1:45 p.m., in North Hall, Room 109.

The Office of Psychological Services will observe Relationship Violence Awareness Month during October with a series of workshops facilitated by peer educators from the NYC Healthy Relationships Training Academy, a program run by the Mayor’s Office to Combat Domestic Violence. Please join us for this week’s workshop, Dating Violence Prevention and Healthy Relationships, Part 1. Students registered for FYS or OCD will receive credit for their attendance.

A Day to Honor Our Heroes
Monday, November 4, 9 a.m.-4 p.m., in Colston Hall, Lower Level.

Congressman Charles B. Rangel, in collaboration with the CUNY Office of Veterans Affairs, the Department of Veterans Affairs, Bronx Community College and the Library of Congress present A Day to Honor Our Heroes. Please bring your DOD, VA benefits or CUNY I.D. for admission to campus. From 9 - 11:30 a.m. there will be speaker presentations on health care, homelessness and benefits. 12 - 4 p.m. learn about VA benefits and attend a career fair. RSVP at NY13Vets@mail.house.gov or call the Office of Congressman Rangel at 202.225.4365. Visit the BCC Office of Veteran and Military Resources located in Loew Hall, Room 114, or call 718.289.5100, ext. 5057.
Student Scholarship
For assistance with applying for any scholarship, please visit Colston Hall, Room 528. For more information on these and other scholarships, please visit the BCC scholarship website at: http://www.bcc.cuny.edu/scholarships/?page=Scholarship_of_the_Week.

The Senate Undergraduate Session Assistants Program offers approximately 30 talented undergraduate students an opportunity to experience state government and the legislative process, through their participation in an on-site, academically enriching and career-building work experience. The program runs about four months, beginning in early January and ending in late April. The applicant must be a United States citizen enrolled and matriculated in an accredited undergraduate degree program at a college or university located in New York State. The program is designed for college juniors and seniors, though exceptional sophomores may occasionally be selected. Freshmen are ineligible. Students must be enrolled full-time in the previous spring and current fall semester/trimester, possess a 3.0 GPA or better and meet their college/university requirements for off-campus study. A student's eligibility status must be certified by their campus liaison officer, academic advisor, chairperson, dean or other duly authorized campus personnel. To apply, visit http://www.nysenate.gov/webform/undergraduate-internship-application. Application deadline is Friday, October 25. Selections will be announced mid-November 2013.

Citizenship Drive
Are you or someone you know interested in becoming a U.S. citizen? The Bronx Community College Office for New Americans will hold an on-going citizenship drive in Gould Hall, Room 414, from 10 a.m. to 5 p.m., Monday through Thursday. To become a U.S. citizen you must be a legal immigrant without a felony or a significant misdemeanor, and you must have permanent residency and a green card for at least four years and nine months. All interested students, staff, friends and community residents must call 718.289.5837 or 718.289.5831 in advance to be screened for eligibility and to schedule an appointment.

Quote of the Week
“Patience is also a form of action.”

This Week@BCC
MONDAY, OCTOBER 21, 2013
1- Mid-Term Examinations - through Tuesday, October 22
2- Workshop: Communicating with your Instructors
   12 - 1 p.m., LO 200
3- Campus Ministry Event
   2:15 - 2:45 p.m., LO 422
4- BCC Women’s Volleyball Team CUNYAC Championship
   4 - 5:15 p.m. and 6 - 7:15 p.m. @ Hostos CC

TUESDAY, OCTOBER 22, 2013
1- Math Seminar presented by Dr. Roman Kossak, BCC
   12 - 1:15 p.m., CP 305
2- Workshop: Communicating with your Instructors
   5 - 6 p.m., LO 200
3- BCC Women’s Volleyball Team vs. Monroe CC
   7 - 8:15 p.m., @ Monroe CC

WEDNESDAY, OCTOBER 23, 2013
1- Transfer Talk: Writing a College Admissions Essay
   2 - 3 p.m., LO 319
2- HPEW Quit Smoking Session
   8 - 9 p.m., LO 321

THURSDAY, OCTOBER 24, 2013
1- Advisement: Transfer to Lehman
   12 - 2 p.m., LO 200
2- Multicultural/Structured Learning Time (SLT) Workshop
   12 - 2 p.m., BC 310
3- BCC/HPEW Introductory Quit Smoking Session
   12:30 - 1:30 p.m., LO 321
4- Children’s Halloween Celebration
   2 - 4 p.m., BC 211
5- Health Services/Adolescent AIDS Program: HIV Testing
   4 - 6 p.m., LO 101
6- BCC Women’s Volleyball Team vs. Westchester CC
   7 - 8:15 p.m., Alumni Gym

FRIDAY, OCTOBER 25, 2013
1- SGA Meeting
   4 - 6 p.m., BC 310
2- BCC Men’s Basketball Team Scrimmage vs Berkley
   4 - 6 p.m., Alumni Gym
3- SGA Halloween Party
   9 p.m. - 1 a.m., CO Lower Level

SATURDAY, OCTOBER 26, 2013
1- BCC Women’s Volleyball Team Double-Header
   vs. Sullivan CC and Orange CC
   12 - 2:30 p.m., @ Hostos CC

SUNDAY, OCTOBER 27, 2013
1- Men’s & Women’s Cross Country, hosted by CUNYAC
   9:30 - 11 a.m., Van Cortlandt Park Course

UPDATE is published by the BCC Office of Communications & Marketing. Send items to Ms. Debra Isaacs in LH-16 | Fax: 6008 or debra.isaacs@bcc.cuny.edu by Monday of the preceding week. For information, call ext. 5145.