Dear Health 11 students,

Welcome to the Spring 2013 semester at Los Angeles Valley College. My name is Patty Melody and I will be your Health 11 instructor this Spring 2013 beginning in just one week! Enjoy your last week of vacation (me too). Our Health 11 hybrid class is an accelerated 8-week class which will meet Tuesdays and Thursdays from 1:00-2:25pm in the North Gym smart classroom beginning next Tuesday, February 5th at 1pm. Our Health 11 "hybrid" class means we meet in our traditional format class "in person - in class" and we also communicate and learn "online" through our LAVC Virtual Classroom known as ETUDES. Our online component of our class will be available and published next Monday, February 4th (one day before we officially meet in the classroom on Tuesday, February 5th at 1pm) for your viewing. Since this is an accelerated 8 week course we cover 16 weeks of material in 8 weeks. Make sure you understand the study time and commitment you will need to be successful in this class. Since we begin this Health 11 hybrid class next week (week 1) on February 5th we will be done with this class (week 8) or Tuesday, March 26th right before Spring Break which begins March 28th through April 7th. If I am reading the Spring 2013 Schedule of Classes correctly our Spring Break this semester lasts eleven (11) days! I think we had a long Spring Break last year also since Cesar Chavez holiday is calculated in these 11 days too. Thank you Cesar! Besides welcoming you to Health 11, I wanted to share with you the textbook we will be using this semester. The title is "Your Health Today: Choices in a Changing Society" by Michael Teague, Sara Mackenzie, and David Rosenthal (2013). This is the 4th edition and the brief edition of a much larger version of this book. This textbook's ISBN number is 978-0-07-802847-2. This textbook covers 392 pages of health content and has an appendix of self-assessments covering chapters 1-16. Our LAVC Bookstore should have this textbook on their shelves but I have learned you need to call and get your book ahead of time if you want your textbook on the first day of class. The LAVC Bookstore prices this book somewhere around $125. I have had students that shop online at Amazon.com or Half.com that have had very good success buying their textbooks much cheaper. If you want to shop online I suggest you buy your book today so you have it by the start of class next week. If you find the second or third edition of this book I am fine with the quality of the older editions and they will probably be much cheaper. Good luck! If you find a great deal please share it with me and then I will share it with the rest of the class. As soon as our class is published next Monday, February 4th all of you will be able to communicate with one another. There are 45 students enrolled in this class. I usually have about 50 students showing up to class the first day trying to add. Please be in class the first day or I will need to drop you to make room for students trying to add the first day. Please let me know if you have any questions. My email is melody@lavc.edu. And again my name is Patty Melody. Welcome to Health 11 hybrid. See you in class Tuesday, February 5th at 1pm in the North Gym (same building that houses the Student Health Center). We are next to the softball field and the swimming pool. If you park near lot E (Hatterus and Ethel St.) you will be close to the North Gym. Parking is absolutely crazy on our campus especially the first 2 weeks. I suggest either public transportation OR come early because you will probably have to park a distance away and walk. Parking permits are typically not required the first week. Give yourself 30 minutes to park and
be patient. You will find strategies to what I call the "first day chaos". If you are new to LAVC we do have a cafeteria and bookstore that has food and snacks. There is also Sharkey's, Grandma's Thai and Subway across the street. Visit our campus this week to get comfortable with where all your classes will be. Take care and stay warm. Bye for now, Patty Melody
From: PE MELODY
   Los Angeles Valley College
   Spring 2013
   HEALTH 011 (section 7431)