



# News and Notes

## from the Office of the President

Announcements ♦ Updates ♦ Meetings ♦ Events

May 18, 2009

Volume 33

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# Graduation is May 22nd!



### Graduation 2009

- **Graduation Rehearsal**, May 21, 2009 – 3:30pm – Organ Pavilion, Balboa Park.
  - **City College Graduation**, May 22, 2009 - 6:00pm – Organ Pavilion, Balboa Park.
- (Rodriquez)

### Last Issue of the Bulletin for 2008-2009

Summer is at long-last on the horizon, bringing new opportunities for all of us. Some will continue to provide outstanding instruction and student support to our Summer Session students. Others will embark on much-deserved vacations, travel here or abroad, or restful time with family and friends.

Whatever the future holds in store for you, know that your continued contributions to City College are acknowledged and appreciated. I look forward to seeing you on campus this summer or when you return in the fall. Best wishes!  
Terry

**Look for the next issue of the Bulletin to be delivered to your e-mail inbox on August 24th, 2009.**

### Meetings of the Week

<b>Monday</b>	5/18/09	2:30 p.m.	Academic Senate	D-121A
<b>Tuesday</b>	5/19/09	2:00 p.m.	President's Council	Canceled
<b>Wednesday</b>	5/20/09	9:30 a.m.	Instructional Cabinet	Canceled
<b>Thursday</b>	5/21/09	2:30 p.m.	Environmental Stewardship Committee	B-104
<b>Friday</b>	5/22/09			

### Submissions

Please submit ALL Bulletin articles directly to Barbara Butler and Erin Flanagan in the President's Office by 12:00 p.m. on Thursdays one week prior to publication.  
Thank you.

### Evening and Weekend

Administrator:  
Cellular Phone  
(619) 559-3468

### Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
Thursday, June 11	4:00 p.m.	District

### Campus Construction Updates and Notices

On City's homepage under About City College, simply click on the **CONSTRUCTION UPDATES** on lower left column. For all construction project updates and notices, please go to:

<http://www.sdccity.edu/buildingupdates/default.asp>.

### Campus Events

Many new events are added throughout the semester. To add your event, simply click on the SUBMIT YOUR EVENT graphic at [www.sdccity.edu/events.asp](http://www.sdccity.edu/events.asp).



Saville Theatre: [www.sdccity.edu/saville theater](http://www.sdccity.edu/saville%20theater)

World Cultures: <http://www.sdccity.edu>

Athletic events: <http://www.sdccity.edu/athletics>

### Faculty - Staff Resources at City College

For current updates: [www.sdccity.edu/faculty-staff.asp](http://www.sdccity.edu/faculty-staff.asp)

- \* District Resources \* Directories \* Web Site Updating and Development
- \* Communications/Publications Guidelines \* Forms/Procedures/Applications
- \* President's Bulletin \* Meetings Calendar \* Faculty/Staff Fitness Center Calendar
- \* Sites of Interest We Host

### Committee Reports

Committee Reports can be found in your Outlook mail under Public Folders.

Academic Senate [www.sdccity.edu/academicssenate](http://www.sdccity.edu/academicssenate)

Chairs' Cabinet

Curriculum

Curriculum Tech Review

Environmental Stewardship Committee [www.sdccity.edu/esc](http://www.sdccity.edu/esc)

Flex Committee [www.sdccity.edu/faculty-staff.asp](http://www.sdccity.edu/faculty-staff.asp)

Foundation Board Meeting

Institutional Assessment Committee [www.sdccity.edu/iac](http://www.sdccity.edu/iac)

Instructional Services Council

Institutional Technology Council

Master Planning & Resources Oversight Council

Review of Services

Student Services Council

### Environmental Stewardship Committee



(Klipple)

**Farmer's Market every Tuesday 9:30 - 11:30.  
Come get your fresh organic veggies - cultivated with  
love by City College students.  
Please bring your own bag.**



### Athletic Information

#### **Fitness Tip: Salads Should Be Healthful**

Ounce for ounce, salad can be low in calories yet loaded with nutrition. However, if you add on ingredients such as blue cheese, bacon bits or creamy dressing, that thin salad can serve up loads of extra calories and grams of fat. It's just important to keep salads healthful.

Provided below are a few healthy tips:

1. Start with dark leafy greens: Lettuce, spinach and mustard leaves can give you plenty of folic acid and vitamins.
2. Add protein: Choose from lean items such as grilled chicken or salmon, hard boiled eggs, black beans and chickpeas. Avoid fried or crispy foods.
3. Add on fresh veggies: For less than 25 calories a serving, you can get vitamin C, potassium, folic acid, fiber and a variety of antioxidants. Be sure to choose a rainbow of colors including bell peppers, shredded carrots, onions, mushrooms, radishes, broccoli and cauliflower.
4. Finally, stick to low calorie or low fat dressings or try mixing one to two tablespoons of light extra virgin olive oil with vinegar and fresh lemon juice.

