



# News and Notes

from the

## President's Office

Announcements ♦ Updates ♦ Meetings ♦ Events

October 05, 2009

Volume 7

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### Submissions

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

Thank you.

### Evening and Weekend Administrator:

Cellular Phone  
(619) 559-3468

### Meetings of the Week

<b>Monday</b>	10/05/09	12:30 p.m.	Academic Senate Executive	A-2
<b>Tuesday</b>	10/06/09	2:00 p.m.	President's Council	D-102
<b>Wednesday</b>	10/07/09	9:30 a.m.	Instructional Cabinet	D-102
		2:00 p.m.	Curriculum Review Committee	B-104
<b>Thursday</b>	10/08/09	1:00 p.m.	Student Services Council	D-102
<b>Friday</b>	10/09/09	10:00 a.m.	Health and Safety Meeting	Canceled
		12:30 p.m.	FLEX Committee Meeting	D-102
		12:30 p.m.	Diversity Committee	D-101
		1:00 p.m.	Review of Services	D-121A

### Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
October 15, 2009	4:00 p.m.	District
October 29, 2009	3:30 p.m. - Board Open Door Session 5:00 p.m. - Regular Meeting	Mesa
November 12, 2009	4:00 p.m.	District
December 10, 2009	4:00 p.m.	District

### Expense Reports

Deans, department chairs and other designees can use Web Advisor to access On line expense reports. Anyone who needs access to Web Advisor should submit a Computing Services Request form to their supervisor.

Because on line reports are available, Business Services has stopped distributing hard copies. (Davis)

### Accreditation Update

We are now in the process of finalizing our draft of the Self Study in preparation for the accreditation team visit in October of 2010. If you are interested in the process, in making sure your voice is heard, or in our findings so far, please contact us.

Roberta Alexander, Faculty Co-Chair  
Peter White, Accreditation Liaison Officer, Administrative Co-Chair

## Construction Updates

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>.

For information on all District-wide Proposition "S" and "N" Construction Bond projects, please see: <http://www.sdccd-props-n.com/default.aspx>.

## Faculty - Staff Resources

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
- ★ Campus Handbook - Administration & Governance Guide-Organizational Charts-Campus Directory

## Committee Reports

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

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

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 [w.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

## 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 theater)

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

**Wednesday, October 7** - Women Peacemakers, 9:35 a.m. - 10:50 a.m., D-121 a&b

**Thursday, October 8** - Teatro Izcalli, 9:35 a.m. - 10:50 a.m., Saville Theatre

**Tuesday, October 13** - Jazz Live - Gene Perry & the Latin Jazz Orchestra, Saville Theatre, 8:00 p.m.- 9:30 p.m.

**Wednesday, October 14** - Light Pollution and the Night Sky, Saville Theatre, 11:10 a.m. - 12:30 p.m.

**Thursday, October 15 - Thursday, October 29** - 10 Annual SD Asian Fil Festival, Hazard Center Ultra Star

**Saturday, October 17** - Trailer Park Queen, 7:00 p.m., Saville Theatre

**Monday, October 19** - Divya Devaguptapu, Indian Classical Dance, Saville Theatre, 11:15 a.m. - 12:30 p.m.

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

## Environmental Stewardship Committee



**Farmer's Market every Tuesday 10:00 a.m. - 12:00 p.m.**  
**Come get your fresh organic veggies - cultivated with love by City College students.**  
**Please bring your own bag.**



(Klippel)

## Eco-Corner



1. International day of Climate Action on October 24th brings citizens together across the globe. Join City College's Environmental Stewardship Committee at this year's KickGas event at Qualcolmm Stadium.

See [www.kickgasfestival.com](http://www.kickgasfestival.com) for more information or contact [twilson@sdccd.edu](mailto:twilson@sdccd.edu) to get involved!! See you there!

2. Fall Festival at the Farm, Tuesday, October 27 11:00 a.m. - 2:00 p.m. down at the farm next to the LRC. Come enjoy music, food and fall themes to celebrate the change of season.

(Wilson)

## Fitness Tips

### Hamstring Pain Treatment

On many occasions I am approached by students who suffer from hamstring pain. This pain in the muscles at the back of the thigh is often associated with activities that require sprinting.

For treatment, it's wise to use ice and anti-inflammatory. It's beneficial to wrap your thigh with a 6-inch Ace bandage. The muscle should be squeezed but comfortable. I suggest you do leg curls to strengthen the hamstrings. When doing them lift with one leg at a time so that a strong leg cannot compensate for a weaker one, and make sure you feel the work just in the hamstring, not the buttocks and calf. Stretching aggressively during the time you have a hamstring strain or pull can actually aggravate the muscle more and actually slow down the recovery process. I would only pro-actively stretch for preventive reasons once the hamstring pain is better. (Greer)

## Jazz 88.3 Membership Drive



Jazz 88.3 is a member-supported, non-profit service of the San Diego Community College District, providing a terrestrial radio station, on-line streaming, live concerts and special events every year. We support ourselves with individual listener memberships, corporate partnerships, and grants.

We host two annual campaigns to build and renew our core membership. These membership campaigns result in as much as 45 percent of our total membership income, so they are important to the fiscal health of our organization.

Considering the state of the nation's economy today, we have designed a campaign that takes advantage of our members' generosity in two ways: it supports Jazz 88.3, and it feeds the hungry in San Diego through a partnership with the San Diego Food Bank. For every pledge that the radio station receives, Miramar Furniture Market will donate meals to the Food Bank. The San Diego Food Bank served 200,000 people in 2008, but that number is up to 304,000 in 2009, because of the economic situation. Now is the perfect time to help our neighbors in need.

We have modeled our campaign after Vermont Public Radio that provided 40,000 meals for Vermont residents, and engaged more than 1,100 members for Vermont Public Radio. Based on previous Jazz 88.3 campaign results, a low response rate, would mean we receive membership pledges from about 640 people, which would allow the San Diego Food Bank to serve 5,300 meals. A mid-range response means pledges from about 800 listeners, which would serve about 6,800 meals. An exceptionally high response, something like the results in Vermont, would be about 960 pledges. That many pledges would give the Food Bank the means to serve more than 8,000 meals to hungry San Diegans.

To become a member, call 619-388-3000 or make an online pledge from our website, [www.jazz88.org](http://www.jazz88.org). (Calvert)

