



News and Notes

from the
Office of the President

Announcements ♦ Updates ♦ Meetings ♦ Events

September 22, 2008

Volume 5

What's In The News!

| | |
|--|---|
| Meetings of the Week | 1 |
| Calendar of Board Meetings | 1 |
| Construction Project Updates | 1 |
| Campus Events | 2 |
| Faculty/Staff Resources | 2 |
| Committee Reports | 2 |
| <u>Environmental Stewardship</u> | 2 |
| <u>Accreditaiton Update</u> | 2 |
| City College Service-Learning | 2 |
| <u>Campus Police</u> | |
| The Quick Action of Campus Police Officers | 3 |
| <u>Athletics</u> | |
| Fitness Tip | 4 |
| <u>Foundation Scholarships</u> | |
| Friends of Downtown Science & Engineering | 5 |
| Rape Aggression Defense | 5 |
| <u>International Education</u> | |
| Teach in Paris, France Fall 2009 | 5 |
| Internationalizing the Curriculum | 6 |

Submissions

Please e-submit ALL Bulletin articles directly to Barbara Butler and Lydia Gonzales 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**

Meetings of the Week

| | | | | |
|------------------|---------|------------|------------------------------------|--------|
| Monday | 9/22/08 | 2:30 p.m. | Academic Senate | D-121A |
| Tuesday | 9/23/08 | 2:00 p.m. | President's Council | D-102 |
| Wednesday | 9/24/08 | 12:00 p.m. | Institutional Assessment Committee | D-102A |
| | | 3:30 p.m. | Master Planning & Resource... | D-102 |
| Thursday | 9/25/08 | | | |
| Friday | 9/26/08 | 12:00 p.m. | Foundation Board Meeting | D-102 |

Calendar of SDCCD Board Meetings

| SDCCD Board Meetings | | |
|------------------------|-----------|----------|
| Date | Time | Location |
| Thursday, September 25 | 4:00 p.m. | City |
| Thursday, October 9 | 4:00 p.m. | District |
| Thursday, October 23 | 4:00 p.m. | Mesa |
| Thursday, November 25 | 4:00 p.m. | District |
| Thursday, December 11 | 4:00 p.m. | District |

Campus Construction Project Updates and Notices

On City's homepage, simply click on the **AT WORK FOR CITY COLLEGE** graphic 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.sdcity.edu/events.asp.



October 3 - 4
Saville Theatre:
World Cultures:
Athletic events:
At Home:



3rd Annual San Diego City College International Bookfair
www.sdcity.edu/saville_theatre
<http://www.sdcity.edu/worldcultures/pdf/WC-EVENTS.pdf>
<http://www.sdcity.edu/athletics>
Wednesday, September 10th Women's Volleyball
Friday, September 12th Women's Soccer



City College Faculty -Staff Resources

For current updates: www.sdcity.edu/faculty-staff.asp

Directories ♦ Faculty/Staff Downloads ♦ Meetings Calendar ♦ President's Bulletin ♦
Web Site Updating and Development ♦ Faculty/Staff Fitness Center Calendar ♦ District Resources ♦ Additional Links

Committee Reports

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

Flex Committee www.sdcity.edu/faculty-staff.asp
Academic Senate www.sdcity.edu/academicsenate
Chairs' Cabinet
Curriculum
Curriculum Tech Review
Environmental Stewardship Committee www.sdcity.edu/esc
Foundation Board Meeting

Institutional Assessment Committee www.sdcity.edu/iac
Instructional Services Council
Institutional Technology Council
Master Planning & Resources Oversight Council
Review of Services
Student Services Council

Green Speaker Series - Presented by City's Environmental Stewardship Committee
For complete calendar: www.sdcity.edu/esc

Accreditation Update - www.sdcity.edu/accreditation

City College Service-Learning

The University of San Diego Center for Community Service-Learning congratulates the remarkable accomplishment of San Diego City College in this last year and a half. Starting with three faculty incorporating a service-learning component in a course, there are now 24 faculty using this pedagogy this fall.

In the Spring 2008 semester students did more than 8000 hours of community service, a great contribution by City College to the City of San Diego valued at \$152,000. Leadership by Francisco Moreno, a faculty member from Sociology, has made this rapid growth possible, and we expect to see continued growth. USD is proud to be a partner in this process. Congratulations!

(Elaine Elliott, Director/Center for Community Service-Learning/University of San Diego)

The Quick Actions Of The Campus Police Officers

On September 11, 2008 at the San Diego Community College Board meeting Sergeant Diana Medero, Officer Jerome Saludaes and Officer Malynda Lutz were presented the Officers Lifesaving Award in recognition for their efforts in saving the life of a Continuing Education student here at City College.

On Wednesday, March 5, 2008 at approximately 1230 hours, Sergeant Diana Medero, Officer Jerome Saludaes and Officer Malynda Lutz responded to a medical emergency assistance radio call at San Diego City College Room T-113. A 63 year old male student had collapsed to the ground. The student was not breathing, and no pulse could be detected by staff members who were performing CPR on the student.

Sergeant Medero and Officer Saludaes arrived and relieved the staff members. Prior to resuming CPR, the officers deployed an Automated External Defibrillator (AED) on the stricken student. Officer Lutz relieved Sergeant Medero from performing the chest compressions while Officer Saludaes continued administering breathst. The officers worked as a team and continued to administer CPR for approximately 15 minutes until the SDFD Paramedic Unit arrived. SDFD Medics continued CPR and administered an additional AED application prior to transporting the student to Mercy Hospital.

At Mercy Hospital the student's pulse was stabilized and he was breathing regularly. The San Diego Fire Rescue Training center Coordinator, Dan Beebe, complemented the officers for their effective response by stating, "The quick actions of the Campus Police Officers who began CPR and deployed their assigned AED were successful in saving this mans life." (Vargas)



Facilities, Vice Chancellor Dave Umstot reads the Officer's Commendation at the September 11, 2008 S.D.C.C.D. Board Meeting.



(From left to right) Officer Malynda Lutz, Officer Jerome Saluadres and Sergeant Diana Medero proudly display their awards.



Chief Charlie Hogquist with the award recipients.

Athletic Information

Fitness Tip:

What To Drink During Exercise

Guidelines for what to drink during exercise are less clear. The purpose of drinking during exercise is to provide water that can be used for sweat.

The more readily water can be turned into sweat, the better and water alone is generally the drink of choice because it moves most rapidly through the stomach and increased urine production is not likely to occur. When electrolytes and carbohydrates are added to water, it takes longer for water to be absorbed and used as sweat.

The benefits of drinking electrolyte and carbohydrate fluids during exercise must be weighed against the delay in absorption. Recent research suggests that low concentrations of additives delay absorption minimally, but more research is needed before firm guidelines can be established.

In addition, it appears from research that drinking electrolyte and carbohydrate fluids may not be necessary unless you exercise for 2 hours or more. The best way to ensure a proper concentration of electrolytes in replacement fluids is to consume commercially available drinks that are approximately equal to the electrolyte content of sweat but with a glucose concentration of no more than 6% to 8% such as Gatorade or exceed fluid replacement and energy drink. The added carbohydrates in such drinks may help you retain the fluids. Simply adding salt to water is helpful. (Greer)

City College Foundation

Friends Of Downtown Scholarship for San Diego City College

Criteria:

1. Must be currently enrolled in a minimum of 9 units at San Diego City College with plans to continue the following semester.
2. Must have already complete 18 units of college, to be verified by SDCC.
3. Must have a 3.0 or higher GPA, to be verified by SDCC
4. Must attach a one-page essay about your educational, community and career goals.
5. Must be U.S. citizen or a resident alien.

Note: Scholarship recipients will be selected at the discretion of the Friends of Downtown Scholarship Committee. Not all eligible students will be selected to receive a scholarship, due to limited funds.

Information About The Friends of Downtown Scholarships:

1. Number of awards for 2007-2008 School Year: 40+ Total (1 per student)
2. Amount of each award: \$450.00, if student meets the criteria listed above
3. Scholarships to be awarded on campus in October.

Application Procedure:

1. Return completed application with attached essay to the Office of Student Affairs (Room D-106) by noon October 6, 2008.
2. Applicant must submit a one-page typed, double spaced essay describing their educational, community and career goals, as well as need for this scholarship. The essay should include background information, volunteer activities on campus and/or in the community, why the applicant is applying for this scholarship, and why they should be considered. Attach the essay to the application.
3. If qualified, you will be contacted to participate in a group interview scheduled in October 2008.

Application Deadline: October 6, 2008 -12:00 p.m. (Ruffo)

Science and Engineering Scholarship 2008-2009 Application

A Little History: An admirer established this scholarship to honor Alice Cydell, Professor of Psychology at City College. This scholarship is available for students pursuing a career in behavioral sciences, biology, engineering, mathematics, physical and earth sciences. This scholarship is intended to provide funds for tuition, books and other educational expenses (bus passes, parking permit, etc.), for two semesters at City College, beginning with the Fall semester 2008.

Important Information:

Number of awards: Up to 12

Amount of each award: Up to \$800.00 per semester for two consecutive semesters

CRITERIA:

- a) Must be enrolled at San Diego City College in at least one course in the above mentioned disciplines
- b) Must be a San Diego County Resident
- c) Must have completed a minimum of 9 units of transferable work with an overall GPA of 3.0 or higher at City College
- d) Must be pursuing a bachelor's degree from a four year college or university
- e) Must submit a 1 page typed, double-spaced essay describing educational and professional goals and how this scholarship would assist in achieving these goals (Financial need may be included)
- f) Must submit two letters of recommendation from persons presently teaching or employed in the selected field
- g) To obtain the funds for the second semester, recipient must present evidence to the scholarship committee that classes paid for in the first semester were completed with a GPA of 3.0 or higher.

Scholarship Will Be Advertised: September 8, 2008 to October 6, 2008

Application Deadline: October 6, 2008 – at noon (no exceptions)

2nd Award Date: April 25, 2009, at the Annual Scholarship Awards Presentation. Attendance is required for release of scholarship funds. Non-Attendance will, in most cases, result in forfeiture of scholarship award.

Application Procedure: Return completed application and only requested materials to: Office of Student Affairs (D-106) (Ruffo)

Campus Police

Rape Aggression Defense Classes

Miramar College

Date: Saturday, October 25 and Saturday, November 1, 2008

Aerobic Room: A-111

Time Of Classes: 9:00 a.m. to 4:00 p.m.

This is a 12-hour program that begins with awareness, prevention, risk reduction, and avoidance, while progressing on to the basics of hands on defense training.

- ◆ No-nonsense, practical techniques of defense
- ◆ Provides static, fluid, and dynamic hands on training
- ◆ Provides students with comprehensive manual
- ◆ Has a LIFETIME return
- ◆ It's FREE



REGISTER AT ANY COLLEGE POLICE OFFICE. THE PROGRAM IS OPEN TO WOMEN ONLY! (Girls 12 years and up with parents consent are welcome). Number of participants is limited. Please note we must have 15 participants signed up.

Program Schedule:

Session 1: Introduction and hands on training (Oct. 25th)

Session 2: Students will participate in 100% full contact (Nov. 1st.)

For additional information please contact: College Police at Miramar College 619-388-7353

Ask for Sgt. D. Medero (Medero)

International Education

II Workshop For Internationalizing The Curriculum: International Negotiations Module Project (INMP)

The INMP is an on-line simulation of international negotiation that allows community college faculty from across the curriculum to infuse an international perspective into their classes. <http://www.icons.umd.edu/inp/index.html> Students negotiate on a range of international issues selected by the faculty members so that they can support the substance of their classes. Each participating classroom adopts the role of a different country and negotiates from the point of view of that country. At the conclusion of the project, students will be familiar with the culture, economy, history and politics of other countries, the interrelationship of nations, the art of negotiation, and with the Internet. Community college faculty from all disciplines are invited to participate and former students acknowledge that this was an exceptional learning experience as they not only learn more about current issues and negotiations in general, but that they become more aware of the ways in which such issues affect them personally.

The Fall Workshop will be November 7th and 8th at Whittier College where there is a chance to talk about important international issues, have a presentation by experts in the field, and meet with others who will be involved in the Spring simulation which takes place online. The special guest speaker is Steve Lamy, renowned Internationalizing the Curriculum expert.

While there is a \$ 1,000 registration fee (could be a sliding fee for first time college participants) for participation in the Spring Simulation, the Fall workshop is FREE and open to everyone. The INMP simulation has been taking place for over 15 years and has received rave reviews. Attendance at the November workshop could give faculty sufficient information to internationalize their curriculum without participating in the spring workshop. This workshop is appropriate for ALL disciplines.

All CCIE (California Colleges for International Education, of which City College is a member) faculty and administrators are invited to a free 2-day Fall workshop at Whittier College in Southern California. Lunch and a continental breakfast is included on both days. For additional information and to register, contact Rosalind Raby at rabyr@aol.com. (Froehlich)

Teach Your Classes In Paris, France During Fall 2009

The SDICCCA study abroad consortium is offering the opportunity to tenured faculty of its member colleges to teach their classes in Paris, France for an 8-week period during the Fall 2009 semester. Round trip airfare and accommodations are provided. Up to four weeks of classes will be held in San Diego prior to departure. Cuyamaca College is the sponsoring college.

Application deadline is Wednesday, October 1. For the application packet and/or to discuss this opportunity further, please contact Marion Froehlich, International Education Coordinator, at mfroehli@sdccd.edu or 619.388.3652. (Froehlich)