



News and Notes

from the

President's Office

Announcements ♦ Updates ♦ Meetings ♦ Events

September 28, 2009

Volume 6

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Meetings of the Week

Monday	9/28/09	9:30 a.m.	Academic Senate	D-121A
Tuesday	9/29/09	2:00 p.m.	President's Council	D-102
Wednesday	9/30/09	9:30 a.m.	Instructional Cabinet	D-102
		2:00 p.m.	Tech Review	B-104
Thursday	10/01/09	1:00 p.m.	Environmental Stewardship Committee	B-104
Friday	10/02/09			

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

Construction Update

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.sdcccdprops-n.com/default.aspx>.

Accreditation Update

The Accreditation Self Study Steering Committee is discussing planning agenda items this semester. Also, we will soon be announcing a campus-wide open forum/update to discuss the progress and evolving conclusions of the self-study process in which so many of our faculty, staff, and students have been involved over the past year and a half. We are interested in your input! If you have any questions, concerns, or input of any type, please contact me!

Roberta Alexander, faculty co-chair of the steering committee at ralexand@sdccd.edu. For more information on our progress, go to our Webpage at <http://sdccity.edu/accreditation>.

Submissions

Please submit ALL Bulletin articles directly to Erin Flanagan and Barbara Butler 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

Faculty/Staff Resources

For current updates: www.sdcity.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.sdcity.edu/academicsenate

Chairs' Cabinet

Curriculum

Curriculum Tech Review

Environmental Stewardship Committee www.sdcity.edu/esc

Flex Committee www.sdcity.edu/faculty-staff.asp

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

Campus Events

Many new events are added throughout the semester. To add your event to the campus calendar, send your information to chrisclark@wispertel.net. Check the Campus Events Calendar often at: www.sdcity.edu/events.asp.



Saville Theatre: www.sdcity.edu/savilletheater



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

Monday, September 28 - Saturday, October 3 - Book Fair Week

Monday, September 28 - Michael Ornelas, The Sons of Guadalupe: Voices of the Vietnam Generation and Their Journey Home, D-121 A&B, 12:45 p.m. - 2:00 p.m.



Athletic events: <http://www.sdcity.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.

www.SeedsatCity.com



(Klipple)

Fitness Tips

Avoiding the Overtraining Blues

Over training can seriously affect an individual including symptoms like fatigue, stale training, poor race performance, irritability and loss of enthusiasm for exercise, caused by excessive too many hard workouts.

Serious over training can cause sleep disturbances, hampered immune function, poor appetite and particularly in women, the cessation of menstrual periods. For solutions to this problem one needs to cut back on your exercise for a minimum of two weeks. I suggest experimenting with cutting back on exercise, adding rest days and substituting cross training days to see what works best.

If you suspect serious over training, cut your exercise back to only two or three days a week. 30 to 45 minutes at an easy to moderate effort. You can supplement this with more stretching and some cross training on other days of the week, but no more than an hour at an easy to moderate effort.

When you're feeling better and you are ready to increase your exercise time then look at your training over a year and plan periods when you will train hard and race. Then follow these with periods of easier exercise sessions too. (Greer)

Students in Free Enterprise

Business Networking Breakfast

Everyone is welcome! Mark your calendars!

Wednesday, October 21

7:45 a.m. - 9:00 a.m., D-121 A & B

Wednesday, November 18

7:45 a.m. - 9:00 a.m., D-121 A & B

Enjoy a continental breakfast and listen to dynamic business speakers.

For more information call the SIFE office at (619) 388-3071. (Brady)

Eco-Corner



Green tip of the week: Reduce CO2, if curbing your emissions has you stumped check out Bloom!

This site will help you sort out cost and carbon savings, customize your own plan, and help track your progress.

bbc.co.uk/bloom. (Wilson)

Study Abroad Program

Faculty are encouraged to announce the following information meetings to their students for spring 2010 study abroad programs to Spain and Italy.



On Monday, October 5th from 12:00 p.m. - 1:30 p.m. in D-121A, a Spanish instructor who will teach in Salamanca, Spain will be at City to share information about the program and the classes she will teach. A DVD and powerpoint presentation about the Salamanca program will also be shown.

On Wednesday, October 7th from 3:00 p.m. to 4:00 p.m. in D-121A, an Art and Humanities instructor who will teach in Florence, Italy will be at City to do the same.

For more information, contact Marion Froehlich, International Education Coordinator, in A-1-Q, at 619-388-3652 or mfroehli@sdccd.edu.

To learn about a fantastic scholarship opportunity to help pay program expenses, contact Ms. Froehlich ASAP (**before the meetings**)!!! (Froehlich)



Fourth Annual San Diego City College International Book Fair

September 28

City College Room D-121A/B
 12:45 p.m. - 2:00 p.m. Author Michael Ornelas,
 The Sons of Guadalupe
 7:00 p.m. - 8:00 p.m. Author David
 Lucero,
 The Sandman



September 29

City College Room D-121A/B
 12:45 p.m. - 2:10 p.m. Author Reyna
 Grande, Dancing with Butterflies

September 30

City College Room L-110
 5:30 p.m. - 6:45 p.m. Author Cheryl Klein,
 Creative Writing Workshop

September 30

City College Room D-121A/B
 7:00 p.m. - 8:30 p.m. Author Cheryl Klein, Lilac Mines

October 1

City College Room D-121A/B
 12:45 p.m. - 2:10 p.m. Residency with vocalist Perla
 Batalla

October 1

World Beat Cultural Center (2100 Park Blvd., Balboa
 Park)
 6:30 p.m. - 9:00 p.m. Director Terrence Stubbs,
 premiere: Nommogeneity
 Reception at 6:30 p.m. Screening at 7:00 p.m.

October 2

City College Saville Theatre
 7:00 p.m. - 8:00 p.m. Author Ella deCastro Baron,
 Itchy Brown Girl Seeks Employment
 8:00 p.m. - 9:00 p.m. Author Ana Castillo,
 The Guardians
 9:00 p.m. Concert with Perla Batalla

October 3

City College Saville Theatre: Full day of authors
 10:00 a.m. Gustavo Arellano, Orange County;
 ¡Ask a Mexican!
 11:00 a.m. Rodolfo Acuña, lecture, "Chicano Studies:
 from Activism to Mainstream"
 12:00 p.m. Olga García Echeverría,
 Lucia Gbaya-Kanga, Michelle Sierra and other authors
 from the City Works Press anthology, Lavanderia:
 A Mixed Load of Women, Wash and Word
 1:00 p.m. Barry Sanders, The Green Zone:
 The Environmental Costs of Militarism

October 3 - continued

2:00 p.m. William Powers, lecture, "Write to Make Change"
 3:00 p.m. Marilyn Chin, Revenge of the Mooncake Vixen
 4:00 p.m. Laurel Corona, Until Our Last Breath
 5:00 p.m. Willie Perdomo, Where a Nickel Costs a Dime,
 Emergency Money

October 3

City College Room C-211 En español (reading in Spanish)
 4:00 p.m. P.J. Sainz, Crónicas chúntaras. La música de la
 plebada



Children and Young Adults

October 3

South end of the cafeteria
 10:00 a.m. Willie Perdomo, Visiting Langston
 (Level: ages 4-8 years old)
 10:45 a.m. Roberta Labastida, My Ancestors' Village
 (ages 8-12)
 11:30 a.m. Rick Halsey, Fire and Chaparral (ages 12-adult)
 12:15 p.m. Jeff García, Santa Claus and the Molokai
 Mules: A Hawaiian Surfing Adventure (ages 4-8)
 1:00 p.m. Larry Keough, Fragilly and Dirty Dan (ages 3-7)
 1:45 p.m. Janet Gastil, Follow the Sun (ages 12-20 and
 up)
 3:15 p.m. Lowell Lindsay, Fossil Treasures (ages 12-16)
 4:00 p.m. Ying Chang Compestine, A Banquet for
 Hungry Ghosts (ages 13-17)

October 3

C-211 – En español—Readings in Spanish
 10:45 a.m. Úrsula Tania, Aspuk, Aspuk, Colorin, Colorado
 -- Espectáculo de cuentos, mitos, y leyendas de las
 Californias, música por Jesse Vázquez "Chaks."
 (ages 3+)
 1:00 p.m. José Lozano, Once Around the Block
 (Una Vuelta a la Manzana) (ages 4-8)
 2:30 p.m. P. J. Sáinz, Mica Chueca (ages 12-20+)

For more information on the October Bookfair, please go
 to the website: <http://www.sdcitybookfair.com>.
 (Escalante)