



# News and Notes

from the  
**Office of the President**

Announcements ♦ Updates ♦ Meetings ♦ Events

April 20, 2009

Volume 29

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## Meetings of the Week

<b>Monday</b>	4/20/09	2:30 p.m.	Academic Senate	D-121A
<b>Tuesday</b>	4/21/09	2:00 p.m.	President's Council	D-102
<b>Wednesday</b>	4/22/09	9:30 a.m.	Instructional Cabinet	D-102
		2:00 p.m.	Tech Review	B-104
		2:00 p.m.	Institutional Assessment Committee	D-101
		3:30 p.m.	Master Planning & Resources Oversight Council	D-102
<b>Thursday</b>	4/23/09			
<b>Friday</b>	4/24/09			

## Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
Tuesday, April 28	3:30 p.m. 5:00 p.m.	Board Open Door Session West City Center
Thursday, May 14	4:00 p.m.	District
Thursday, June 11	4:00 p.m.	District

## Campus Construction Project 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>.

## Spanish Immersion In Cuernavaca, Mexico - July 2009

Spring break is now over! Summer is almost here! Don't miss City's 7th annual Spanish immersion program to Cuernavaca, the city of eternal spring. Two-week (June 20 - July 4) and four-week (June 20 - July 18) programs are available. Brand new this year is the option to participate in a service learning opportunity with Habitat for Humanity or help teach English to Mexicans of all ages.

Study Spanish in small groups while living with a Mexican host family where three daily meals will be served, visit bustling Mexico City, the pyramids at Teotihuacan, and the lovely Spanish colonial city of Puebla. Go to [www.sdccity.edu/studyabroad](http://www.sdccity.edu/studyabroad) and click on the brochure links for more information. Registrations are currently being accepted. Contact Marion Froehlich at [mfroehli@sdccd.edu](mailto:mfroehli@sdccd.edu) or 619-388-3652 for more information. (Froehlich)

## 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

## Graduation 2009

Graduation 2009 Website: Graduation details on website. URL: <http://www.sdcity.edu/degrees/grad.asp>.

### To All Faculty:

Please send your Regalia Orders **asap** to DeeDee Porter. If your interested in helping with this year's Graduation, please contact Neary Sim, Graduation Usher Coordinator, at 388-3924.

**Grad Fair**, May 5 & 6, 2009 – Schwartz Square (Bookstore Patio).

**EOPS Graduation Luncheon Celebration**, May 15, 2009 – call 388-3932 to RSVP and detail Transfer/Career Center Graduation Celebration - TBA.

**Chicano-Latina Graduation**, May 16, 2009 – 12:00 noon – Saville Theater – All students are welcome. RSVP To Student Affairs 388-3498.

**Graduation Rehearsal**, May 21, 2009 – 3:30pm – Organ Pavilion, Balboa Park.

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

## 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](http://www.sdcity.edu/events.asp).



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

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

**Monday, April 20** - Pandit Vikkash Maharaj and Prabhash Maharaj, Classical Indian Music Concert

**Tuesday, April 21** - Eric Alexander Quartet

**Wednesday, April 22** - Language and World Cultures Day

**Thursday, April 23** - 2nd Annual Earth Fair, Gorton Quad, 10:00 a.m. - 2:00 pm.

**Saturday, April 25** - City College Hosts a Weekend of Peace Building

“Peace-ing Communities Together” with Hostelling International

**Sunday, April 26** - Peace Studies Symposium

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

## Faculty - Staff Resources at City College

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

## Committee Reports

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

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

Chairs' Cabinet

Curriculum

Curriculum Tech Review

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

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

Foundation Board Meeting

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

Instructional Services Council

Institutional Technology Council

Master Planning & Resources Oversight Council

Review of Services

Student Services Council

## Environmental Stewardship Committee



**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.**



(Klippel)

## Athletic Information

### **Fitness Tip: Additional Information Regarding Sports Drinks**

Drinks like Gatorade and Exceed provide carbohydrates and salts in addition to water. However, unless people are exercising over two hours they need only water. Muscles contain enough glycogen to fuel a two hour effort. After two hours the carbohydrates in sports drinks will replace the depleted energy stores.

As for salt, not enough is lost in sweat to require replacement in a concentrated form such as a salt pill. A normal diet should replace lost salts. Its critical you drink enough to get the water you need that includes 5 to 8 ounces of a 4 to 10 percent solution sports drink every 15 minutes.

The sugary sports drinks do come in handy after exercise when replacing fluids. Carbohydrates contribute to a fast, complete recovery from a workout and immediately after a long workout, the body is most receptive to producing muscle glycogen and glycogen itself provides the fuel to exercise again later. In addition, a balanced meal will replace vitamins, minerals and salts. Sports drinks may be a way to ensure quick replacement of a proper meal if its hours away. However, before exercise you should drink water only as sugary drinks or snacks may cause fatigue by upsetting the insulin/blood sugar balance. (Greer)

## Theatre Performances



San Diego City College Saville Theatre  
April 17 - May 3, 2009



# SWING!

**FRIDAY**  
April 17, 24, May 1 @ 8:00 pm

**SATURDAY**  
April 18, 25, May 2 @ 8:00 pm

**SUNDAY**  
April 19, 26, May 3 @ 2:00 pm

**RESERVATIONS**  
Phone: (619) 388 3676

**MORE INFORMATION**  
Phone: (619) 388 3617  
Email: [jurichar@sdccd.edu](mailto:jurichar@sdccd.edu)  
[www.sdcity.edu/savilletheater](http://www.sdcity.edu/savilletheater)

*General Admission \$15  
Students, Seniors & Military \$10*