



News and Notes

from the
Office of the President

Announcements ♦ Updates ♦ Meetings ♦ Events

December 08 2008

Volume 15

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>Accreditation Update</u>	2
Key Return	2
E-mail Deletions	2
<u>Athletics</u>	
Fitness Tip	3
City's Greatest Talent Show	3
Fall 2008 Student Learning Outcomes Salons	3

Meetings of the Week

Monday	12/08/08	10:00 a.m.	Health and Safety Meeting	D-121A	
			1:00 p.m.	Review of Services	D-121A
			2:30 p.m.	Academic Senate	D-121A
Tuesday	12/09/08	2:00 p.m.	President's Council	D-102	
Wednesday	12/10/08	2:00 p.m.	Institutional Assessment Committee	D-102A	
			2:00 p.m.	Institutional Technology Council	R-108
			3:30 p.m.	Master Planning & Resources Oversight Council	D-102
Thursday	12/11/08	1:00 p.m.	Student Services Council	D-102	
Friday	12/12/08	12:00 p.m.	Diversity Committee	D-121A	

Calendar of SDCCD Board Meetings

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

Submissions

Please e-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

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.sdcc.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.



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

World Cultures: <http://www.sdcity.edu/worldcultures/pdf/WC-EVENTS.pdf>

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

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/academic senate

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

Environmental Stewardship Committee

Help the environment...NEW LIFE FOR OLD LINENS! Instead of throwing away your old linens, towels, or T-shirts, donate them to an animal shelter where they may be used to dry off animals or to line a cage or kennel. Provey: [The Little Green Book](#).

Accreditation Update - www.sdcity.edu/accreditation

Key Return

Please return to College Police in T211 at the end of the semester any keys that will not be used next semester, i.e. any non-returning contract employees (resignations, transfers, retirements), non-returning classified hourly, non-returning adjunct instructors, keys for areas you no longer need access to and the CXX key if you have any other key as ANY key will open a staff restroom area. Thank you.
(Dexheimer)

E-mail Deletions

Please submit a Computing Service Request to delete accounts for email of any contract employees (resignations, transfers, retirements), classified hourly, adjunct instructors, interns, work studies, etc. if they will not be returning next semester. Thank you. (Dexheimer)

Athletic Information

Fitness Tip: The Value of Recovery Nutrition

One cannot underestimate the value of recovery nutrition with respect to the millions of fitness enthusiasts who enjoy exercise. Recovery nutrition has become a popular phrase in the sports world. It is important as everyone makes it to be so provided below is the value of recovery nutrition.

Recovery nutrition is important to working out because it adequately restores glycogen in the body, allowing for optimum performance from day to day. For this reason recovery nutrition allows for proper restoration of muscle glycogen; a person should feel strong each time he or she begins a workout or competitive event. However, other factors do come into play, such as adequate sleep, stress levels and proper training. Nonetheless, even when a person is not obtaining the proper amount of sleep, good recovery nutrition will still be helpful to the person's performance. Next week, I will share information regarding what optimal recovery nutrition requires so stay tuned!
(Greer)

City's Greatest Talent Show

San Diego City College is having "The City's Greatest Talent Show"!

The Talent Show will be on Saturday, February 28, 2009 in City's Saville Theatre at 7:00 p.m. The tickets will be sold at the box office, \$10.00 for students and \$12.00 for general public. Prizes will be awarded for 1st Place, 2nd Place, and 3rd Place.

If you would like to be a participant in the talent show and for more information, please contact **Tandy Ward in A-110 (Counseling dept.)** or call **(619) 388-3679**.

All proceeds will go for our Counseling Department's Scholarships. The Talent Show will be hosted by Tandy Ward, counselor at City and a member of the Counseling Scholarship Committee. (Ward)



Fall 2008 Student Learning Outcomes Salons

SLO Dialogs for Fast Results

Check the dates below for department or discipline work on student learning outcomes for the catalog, and/or * data dialogs. If you make a reservation food and beverages can be a part of your session. We can also find a larger room if needed. Two or more members of your program or department must attend for refreshment service. Call Berta at X3578 or Dotti at X3903 to make a reservation or just stop by, or we can schedule for another time!

Friday, December 12	10:00 a.m. - 1:00 p.m.	Dotti	A-116
	1:00 p.m. - 3:00 p.m.	Berta	A-2
Tuesday, December 16	9:00 a.m. - 1:00 p.m.	Berta	A-2
Wednesday, December 17	11:00 a.m. - 7:00 p.m.	Berta	A-2
Thursday, December 18	12:00 p.m. - 8:00 p.m.	Berta	A-2

***B.Y.O.D.** - Bring Your Own Data

This is time for you to review assessments you have collected and dialog with your colleagues about the results. We can also work to get a researcher to your meeting if you desire.

Food options:

A.M.

Breakfast bars, tropical island granola, orange juice, hot beverages

Early p.m.

Cheese and crackers, cookies, Hansen's soda, orange juice, hot beverages

Late p.m.

Subway sandwiches, Cheeze It Party Mix, Hansen's sodas

(Harris)