



## Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
Thursday, January 22	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.sdcity.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](http://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](http://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](http://www.sdcity.edu/faculty-staff.asp)

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)

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

## 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)

## Fall 2008 Student Learning Outcomes Salons

### Student Learning Outcome 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!

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, Cheez It Party Mix, Hansen's sodas

(Harris)

## 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)



## Environmental Stewardship Committee

Help the environment...GROW HERBS FOR HEALTH!  
Fresh herbs sold in packages are extremely expensive and wasteful. Provey: The Little Green Book.

**Accreditation Update -**  
[www.sdcity.edu/accreditation](http://www.sdcity.edu/accreditation)

## Martin Luther King Parade

Please advertise MLK Parade – January 17, 2009 – Meet @ Petco Park at 9am. Please join in City College Entry with President Burgess, Deans, Faculty, Staff and of course – students. Contact Student Affairs for more info. (Student Affairs)



It's the holidays!  
It's the holidays!  
Each merry bell chimes  
A time for remembering  
Old friends and old times  
A time of warm greetings  
Old ties to renew  
And a time for good wishes  
For good folks like you!

## Athletic Information

### Fitness Tip: Requirements for Post-Exercise Nutrition

Ideally, recovery nutrition requires two main components; however, these should be included with appropriate training, sleep and stress management. Both proper hydration and food consumption are addressed below:

1. Proper hydration is required throughout the day. The greater the temperature and humidity, the more fluids are required. In addition, for athletes who exercise in hot and humid weather or who exercise for an hour or more per day, sports drinks are the best choice for hydration and to maintain blood glucose levels. Drinking sports drinks will help to spare muscle glycogen, especially during endurance events. To evaluate proper hydration an athlete should weigh himself or herself before and after workouts. Ideally, if the athlete consumed enough fluids during a workout or event, he or she will have the same body weight before and after the practice or competition. An athlete should consume at least 8 to 10 fluid ounces of water or a sports drink for every pound lost after a workout or competition. Another method of assessing dehydration is urine color. Urine that is pale yellow is an estimate that a person is properly hydrated. Dark yellow urine usually means a person is dehydrated, where as urine color that is clear may indicate over-hydration.

2. Food consumption is equally as important as hydration. Often times after a workout or competition, athletes do not want to consume a lot of food. Nonetheless, consuming foods up to 2 hours post-exercise results in the best restoration of muscle glycogen. Thus, for athletes who cannot consume food right after an event, liquid foods may be better tolerated after a workout or competition. Examples would include sports drinks, sports gels and water, nutrition shakes, chocolate milk or fruit smoothies. (Greer)