



News and Notes

from the
Office of the President

Announcements ♦ Updates ♦ Meetings ♦ Events

November 03, 2008

Volume 10

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Meetings of the Week

Monday	11/03/08			
Tuesday	11/04/08	2:00 p.m.	President's Council	D-102
Wednesday	11/05/08			
Thursday	11/06/08	1:00 p.m.	Environmental Stewardship Committee	B-104
Friday	11/07/08			

Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
Tuesday, November 25	4:00 p.m.	District
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.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.



November 5: Performance - Viva Vivaldi - Author, Laurel Corona - 7:15 p.m., Saville Theatre

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/academicssenate
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

Accreditation Update - www.sdcity.edu/accreditation

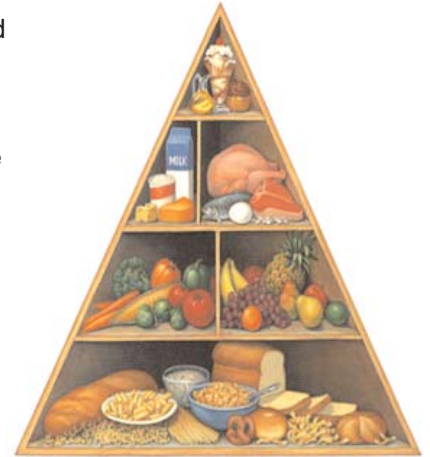
Athletic Information

Fitness Tip: Individual Dietary Guidelines

The federal government's dietary guidelines for Americans completing the food guide pyramid are at times confusing. The original dietary guidelines, which were developed by the U.S. Department of Agriculture in the early 1970's suggested a diet low in fats, sodium and alcohol and emphasized foods high in carbohydrates and low in sugar. The goals of these recommendations were to prevent disease and meet the body's needs for vitamins, minerals and complex carbohydrates like those found in starchy foods like bread and dietary fiber.

Dietary guidelines for American's today suggest a diet with plenty of grain products, vegetables and fruits. Specifically, these include breads, cereals, pasta, rice, potatoes, corn, dried beans and all types of fruits and vegetables.

The guidelines endorse a vegetarian diet as an alternative healthy way of meeting the recommended dietary allowances; however, it's important to include outside sources for meeting your protein needs. This information is helpful towards your nutritional goals. (Greer)



San Diego City College
Visual and Performing Arts
PRESENTS

Seussical the MUSICAL

October 31ST through
November 16TH, 2008

San Diego City College
Saville Theatre

Friday Oct. 31, Nov. 7, 14 @ 8:00 pm
Saturday Nov. 1, 8, 15 @ 8:00 pm
Sunday Nov. 2, 9, 16 @ 2:00 pm

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



The Community College BaccaLaureate Association's 2009 Student Essay Contest

\$1,000 to the contest winner!

Additional \$1,000 to the winner's community college!

Information and Entry Rules

The Community College BaccaLaureate Association (CCBA) is conducting the 6th Annual CCBA Essay Contest to determine what students think about community colleges offering baccaLaureate (four-year) degrees.

\$1,000 and an all expense paid trip to the Sixth Annual Community College BaccaLaureate Association Conference in Reno-Tahoe, Nevada from March 13-15, 2009 will be awarded to the individual with the winning essay. \$1,000 will also be awarded to the Student Government Association of the winner's college.

Rules For Entry

- Each contestant may submit only one essay and it must specifically address the topic.
- Contestant must be currently enrolled in a community college.
- Essay must be typed using 12-point type.
- The essay text is limited to a minimum of 400 and a maximum of 500 words.
- Essay must have the following at the top of the first page submitted:
 - ◆ Essay title, Author's name, address, telephone number and email address
 - ◆ Community college name, address, telephone number
- Entries must be e-mailed by February 5, 2009 or mailed by midnight of the same date to Dr. Beth Hagan, Community College BaccaLaureate Association, P. O. Box 60210, Ft. Myers, FL 33906 or BHagan7@aol.com. E-mail submission is preferable. The winner will be notified by February 10, 2009.
- Essays will become the property of the Community College BaccaLaureate Association.

Submission constitutes an authorization to the CCBA to use the essays for research, and grants the CCBA the authority to publish the results of the research and the text of the essays.

Topic

The essay contest topic is: **"Why obtaining a four year degree on my community college campus would be important to me."**

BaccaLaureate degrees are now offered on community college campuses throughout the United States and Canada through University Centers, 2+2 programs and Distance Learning. Community Colleges in fourteen states and three Canadian provinces confer the degrees themselves. Students who enter the essay contest should explore the issues of baccaLaureate degrees on community college campuses.

Information about this important movement is available on the CCBA web site:

www.accbd.org or by calling 239-596-7990 for contest questions.

(Ruffo)