



News and Notes

from the
Office of the President

Announcements ♦ Updates ♦ Meetings ♦ Events

November 10, 2008

Volume 11

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Meetings of the Week

Monday	11/10/08	10:00 a.m.	Health and Safety Committee	D-121A
		1:00 p.m.	Review of Services	D-121A
		2:30 p.m.	Academic Senate	D-121A
Tuesday	11/11/08		HOLIDAY ALL SITES	
Wednesday	11/12/08	2:00 p.m.	Institutional Assessment Committee	D-102A
		2:00 p.m.	Curriculum City Tech Review	B-104
		2:00 p.m.	Institutional Technology Council	R-108
		3:30 p.m.	Master Planning and Resources Oversight Council	Canceled
Thursday	11/13/08	1:00 p.m.	Environmental Stewardship Committee	B-104
Friday	11/14/08	12:00 p.m.	Diversity Committee	D-121A

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

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>.



Faculty/Staff Travel/AB1725

Colleagues, Wednesday, November 12th, by 12:00 p.m. is the time to submit your travel request for travel to occur in December 2008. Submit to Don Long via my box in the mail room. (Long)

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 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 13: Documentary - "Bare Offerings" - Carlos VonSon, Producer - 12:45 p.m. - D121 a&b

November 20: Lecture - Conservation in the Wakatobi Marine National Park - 11:25 a.m. - D-121 a&b

Saville Theatre: www.sdcity.edu/saville_theatre

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

Help the environment...SUBSCRIBE TO A CSA (Community Supported Agriculture) where a farm sells shares of future crops to subscribers who then receive a box of produce each week. www.localharvest.org to find a CSA in your area. Provey: The Little Green Book.

Accreditation Update - www.sdcity.edu/accreditation

Athletic Information

Fitness Tip: Tips to Prevent Dehydration

To find out how much fluid you are losing I suggest you weigh yourselves before and after you exercise. Any weight loss in that short amount of time or over one or two days is water loss. Provided are other tips to help prevent dehydration:

1. Be sure to drink plenty of water before, during and after exercise.
2. Attempt to keep water cool because cool water leaves the stomach most quickly.
3. It's important to monitor your urine. Scant or unusually dark urine can indicate a fluid shortage in the body.
4. Do not rely on thirst because thirst lags behind the body's needs for water. Instead, make drinking a habit and plan your long bouts of exercise so you pass water fountains or a friend's house where you can stop and drink.
5. Schedule your exercise sessions for the coolest time of day. The best time is the early morning or evenings when the sun is low.

How much water should athletes drink? The guideline used to be 5 ounces of water every 15 minutes but in hot weather that may not be enough. I suggest athletes drink as much as possible but balance your water intake with adequate electrolytes. (Greer)

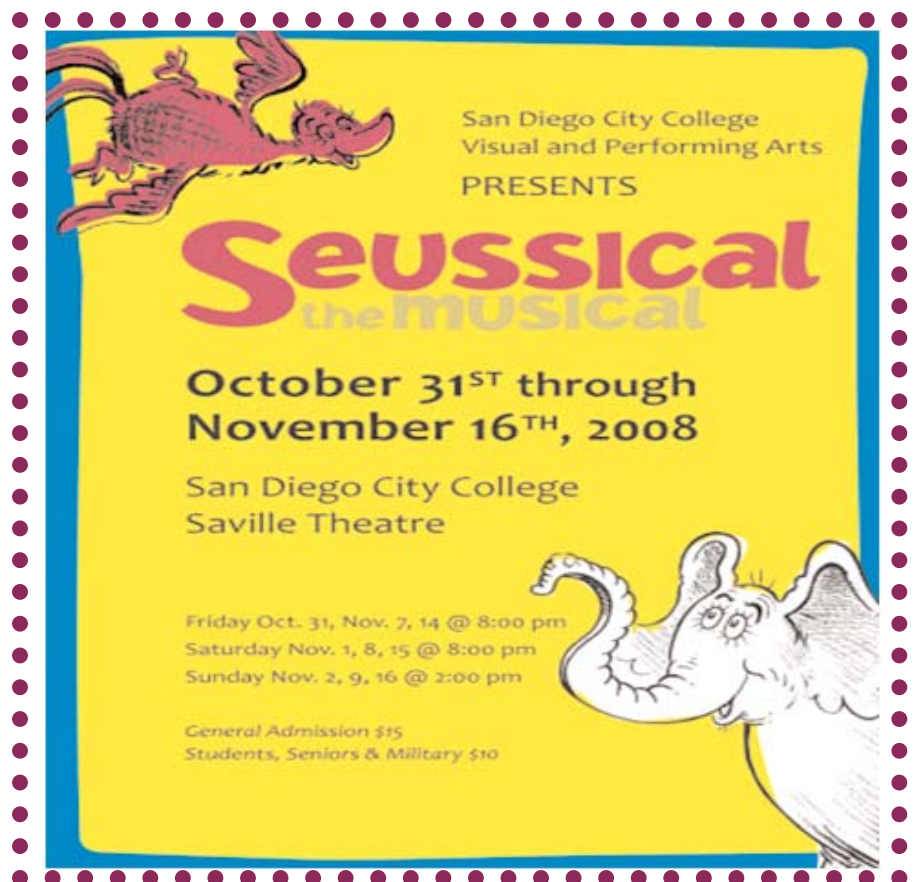
Child Development Center

To all of the wonderful Departments of City College,

Many, many, many heartfelt thanks for the wonderful and thoughtful treats that everyone provided for the children of the Child Development Center. We were overwhelmed with your generosity. We cannot thank you all enough for making Halloween a safe and happy time for the children in our care. So many of you put so much time and effort into the treats.



Thank you again for celebrating this holiday with the children.
(Cecil - Child Development Center)



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)

AN EVENING OF DANCE

December 5th at 8pm
December 6th at 2 and 8pm

A magical evening of Contemporary Modern
dance, Hip Hop, and Dance Theatre.
A faculty and student dance concert.

Directed by Alicia Rincon.

General Admission \$15
Student, Senior and Military \$10
FREE PARKING! Bring the entire family!

San Diego City College, Saville Theatre
15th and C Street, Downtown

More information:
arincon@sdccd.edu, (619) 388-3563
sdccity.edu/savilletheatre



Photo by Manuel Rotenberg

