



News and Notes

from the
Office of the President

Announcements ♦ Updates ♦ Meetings ♦ Events

November 17, 2008

Volume 12

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Meetings of the Week

Monday	11/17/08	9:30 a.m.	Instructional Cabinet	D-102
		1:30 p.m.	Chairs' Cabinet	D-121A
		2:00 p.m.	Curriculum	B204
		2:30 p.m.	Instructional Services Council	D-121A
Tuesday	11/18/08	2:00 p.m.	President's Council	D-102
Wednesday	11/19/08	3:30 p.m.	Master Planning & Resource Oversight Council	D-102
Thursday	11/20/08	1:00 p.m.	Environmental Stewardship Committee	B-104
Friday	11/21/08			

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 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/academicenate
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...SLAY VAMPIRE POWER! Televisions, DVD players, computers, and other devices use electricity when they are off so use power strips and turn them off when the electronic devices are not in use. 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)

City's Greatest Talent Show

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

The talent show is open for students, faculty members, staff members, and our community members. **Try-outs will be held on Saturday, December 6, 2008 and Saturday, January 10, 2009 from 12:00 - 6:00 p.m..**

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 student 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)



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
sdcity.edu/savilletheatre



Photo by Manuel Rotenberg