



News and Notes

from the
Office of the President

Announcements ♦ Updates ♦ Meetings ♦ Events

November 24, 2008

Volume 13

What's In The News!

Meetings of the Week	1
Calendar of Board Meetings	1
Construction Project Updates	1
News and Notes from the Office of the President	1
Campus Events	2
Faculty/Staff Resources	2
Committee Reports	2
<u>Environmental Stewardship</u>	2
e-Waste Recycling Event	2
<u>Accreditation Update</u>	2
<u>Athletics</u>	
Fitness Tip	3
City's Greatest Talent Show	3
An Evening of Dance	4

Meetings of the Week

Monday	11/24/08			
Tuesday	11/25/08	2:00 p.m.	President's Council	Canceled
Wednesday	11/26/08	2:00 p.m.	Institutional Assessment Committee	D-102
		3:30 p.m.	Master Planning and Resource Oversight Council	D-102
Thursday	11/27/08		HOLIDAY - ALL SITES	
Friday	11/28/08		HOLIDAY - ALL SITES	

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>.



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

News and Notes from the Office of the President



(President's Office)

↩ Anyone wishing to place an article in the next News and Notes bulletin should send it via e-mail to Barbara Butler or Erin Flanagan by Tuesday, November 25th, before 12:00 noon as it is a Holiday week. Thank you. ↩

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/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

eWaste recycling event

The Saturday, November 15th eWaste recycling event took in over 200,000 pounds of electronics from 1500 cars. City College helped make sure that these electronics did not go to the landfill but were instead recycled properly. Thanks so much to everyone who came out! (Klipple)

Help the environment...WORK OUT AND WARM UP! Not only is a daily workout good for your health, it can also reduce your energy bill as it will elevate your body temperature and keep you feeling warmer for up to four hours. Provey: [The Little Green Book](#).

Accreditation Update - www.sdcity.edu/accreditation

Athletic Information

Fitness Tip: Exercising in Subfreezing Air

This time of the year people love to head to the mountains to ski. For athletes skiing may not be enough and might want to exercise in subfreezing air. Is it dangerous to exercise in sub-freezing air? Provided below are my thoughts regarding this matter:

In short it can be dangerous to exercise in subfreezing air. If you're prone to exercise induced asthma or angina, cold air can precipitate an attack. A light scarf or ski mask pulled loosely in front of your mouth can help warm up air. Another danger is dehydration, which will hinder the body's ability to regulate its temperature. When you're active, you lose fluids by sweating and particularly in winter by breathing.

The dry winter air has to be warmed and moistened by the respiratory system. As you exhale you lose water and when you can see your breath, you're seeing water droplets. Furthermore, urine production is stimulated by the cold. I suggest you drink plenty of nonalcoholic beverages when exercising. (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
sdccity.edu/savilletheatre



Photo by Manuel Rotenberg

