



News and Notes

from the
Office of the President

Announcements ♦ Updates ♦ Meetings ♦ Events

October 06, 2008

Volume 7

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Meetings of the Week

Monday	10/06/08			
Tuesday	10/07/08	2:00 p.m.	President's Council	D-102
Wednesday	10/08/08	2:00 p.m.	Curriculum City Tech Review	B-104
		2:00 p.m.	Institutional Assessment Committee	D-102A
		3:30 p.m.	Master Planning & Resource Oversight Council	D-102
Thursday	10/09/08			
Friday	10/10/08	12:00 p.m.	Diversity Committee	D-121A

Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
Thursday, October 9	4:00 p.m.	District
Thursday, October 23	4:00 p.m.	Mesa
Thursday, 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.sdcity.edu/buildingupdates/default.asp>.



Submissions

Please e-submit ALL Bulletin articles directly to Barbara Butler and Lydia Gonzales 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.sdcc.edu/events.asp.



October 7: Jazz Live - Justo Almairos (Columbian Musician) - 8:00 p.m., Saville Theatre
October 9: Malaquias Montoya, artist - San Diego Asian Film Festival
October 10: Laura Castaneda, Producer - The Devil's Wind, 7:00 p.m., Saville Theatre
Saville Theatre: www.sdcc.edu/saville_theatre
World Cultures: <http://www.sdcc.edu/worldcultures/pdf/WC-EVENTS.pdf>
Athletic events: <http://www.sdcc.edu/athletics>

City College Faculty - Staff Resources

For current updates: www.sdcc.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.sdcc.edu/faculty-staff.asp	Institutional Assessment Committee www.sdcc.edu/iaac
Academic Senate www.sdcc.edu/academicssenate	Instructional Services Council
Chairs' Cabinet	Institutional Technology Council
Curriculum	Master Planning & Resources Oversight Council
Curriculum Tech Review	Review of Services
Environmental Stewardship Committee www.sdcc.edu/esc	Student Services Council
Foundation Board Meeting	

Environmental Stewardship Committee



Did you know that producing glass from virgin materials requires 30 percent more energy than from crushed, used glass? Save energy - recycle aluminum cans, glass and plastic bottles, paper and cardboard. (Environmental Stewardship Committee)

Accreditation Update - www.sdcc.edu/accreditation

The District-wide Accreditation Steering Committee met on September 24 and is now developing satisfaction surveys for faculty/staff and for students which will be administered during the spring. Our campus standard co-chairs are meeting with their standard committees to write the descriptive summaries for their portion of the self-study.

Also, the Master Planning and Resource Oversight Committee (which also serves as our Standard I committee) has been working on updating our Mission Statement. The revised statement will continue to be submitted to our shared governance groups for review, comment and approval. More questions? Check out our website or e-mail Roberta Alexander at ralexand@sdccd.edu. (Roberta Alexander and Peter White)

Athletic Information

Fitness Tip: Serious Negative Side Effects are Associated with the Use of Steroids

Today's news is filled with stories of famous athletes who are under allegations of using anabolic steroids. The use of steroids has very serious and often permanent physiological and psychological side effects that have been well documented.

Steroid use has been shown to increase aggressiveness and contribute to violent outbursts and temper tantrums. Other negative side effects for males include baldness, upper body acne, enlarged breasts, stunted bone development in adolescents and damage to the liver and enlarged prostate.

Since the testosterone the body needs is being supplied artificially, the function of the testicles is precluded and shrunken testicles and impotency may result. Steroid use also dramatically increases total cholesterol, decreases HDL, increases LDL and increases triglycerides.

When used by women, steroids lead to masculine traits such as a lower voice, facial hair, cessation of menstrual cycle and the other negative side effects listed for men. Human growth hormones represent another substance that has been used to enhance muscular size and strength and like steroids, they too have many serious side effects. Finally, the rapid and short term gains in muscle size and strength by using steroids are limited compared by the negative side effects that can be permanent. (Greer)