



# News and Notes

from the  
**Office of the President**

Announcements ♦ Updates ♦ Meetings ♦ Events

October 20, 2008

Volume 8

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## Meetings of the Week

Monday	10/20/08	1:30 p.m.	Chairs' Cabinet	D-121A
		2:30 p.m.	Instructional Services Council	D-121A
		3:30 p.m.	Academic Senate Executive	A-2
Tuesday	10/21/08	2:00 p.m.	Presidents Council	D-102
Wednesday	10/22/08	9:30 a.m.	Instructional Cabinet	D-102
		3:30 p.m.	Master Planning & Resource Oversight Council	D-o102
Thursday	10/23/08	4:00 p.m.	Board of Trustees Meeting	Mesa
Friday	10/24/08			

## Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
Thursday, October 23	4:00 p.m.	Mesa
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 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 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>.



## 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](http://www.sdcity.edu/events.asp).



October 23: Human Rights in Mexico - D121A&B

Saville Theatre: [www.sdcity.edu/saville\\_theatre](http://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](http://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](http://www.sdcity.edu/faculty-staff.asp)

Academic Senate [www.sdcity.edu/academicssenate](http://www.sdcity.edu/academicssenate)

Chairs' Cabinet

Curriculum

Curriculum Tech Review

Environmental Stewardship Committee [www.sdcity.edu/esc](http://www.sdcity.edu/esc)

Foundation Board Meeting

Institutional Assessment Committee [www.sdcity.edu/iac](http://www.sdcity.edu/iac)

Instructional Services Council

Institutional Technology Council

Master Planning & Resources Oversight Council

Review of Services

Student Services Council

## 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.sdcity.edu/accreditation](http://www.sdcity.edu/accreditation)

## Athletic Information

### **Fitness Tip: Defining Plantar Fascitis**

Plantar Fascitis is a common condition affecting millions of people each year. Many sufferers describe it as feeling like having a nail in your heel.

Pain is usually worse in the morning or after periods of extended sitting or standing. The plantar fascia is a thick, fibrous material covering the sole of the foot that helps to balance the complex movements of the foot and ankle. It provides static support and acts as a bowstring to support the medial longitudinal arch of the foot. People who are flat-footed or whose feet roll too far inward while running or walking, a condition called overpronation, places stress on the plantar fascia.

When the plantar fascia is stressed it becomes inflamed and develops painful microscopic tears at the heel. These symptoms can often be reduced through the use of an orthotic, stretching or having someone help you select a shoe that gives you support and motion control. Good luck! (Greer)

## Student Health Services

Student Health Services received 20 more doses of the flu vaccine today.



\$20 for faculty/staff  
and \$18 for students.  
Located in room A-116.  
(Cordell)

San Diego City College  
Visual and Performing Arts  
PRESENTS

# Seussical the MUSICAL

October 31<sup>ST</sup> through  
November 16<sup>TH</sup>, 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