



News and Notes

from the
Office of the President

Announcements ♦ Updates ♦ Meetings ♦ Events

October 27, 2008

Volume 9

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Meetings of the Week

Monday	10/27/08	2:30 p.m.	Academic Senate	D-121A
Tuesday	10/28/08	2:00 p.m.	President's Council	Canceled
Wednesday	10/29/08			
Thursday	10/30/08			
Friday	10/31/08			

Calendar of SDCCD Board Meetings

SDCCD Board Meetings		
Date	Time	Location
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.sdccity.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

Career Technology Center Groundbreaking October 16, 2008

The multilevel building will capitalize on the city's vision for 16th Street to evolve into a pedestrian-oriented passage. A landscaped plaza, located at the southern portion of 16th Street, adjacent to Broadway, will serve student and staff occupying the CTC and provide a pleasant gateway image for City College.



The five-level Career Technology Center will open in Spring 2010. The 88,000 square foot building will include City's Nursing, Photography and Cosmetology Programs, College Police, and 700 parking spaces.

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 30:** Day of the Dead Celebration - Kathlen Robles - D-121 A&B - 1:00 p.m.
October 31: Seussical the Musical - Saville Theatre
Friday and Saturday - 8:00 p.m.
Sunday Matinee - 2:00 p.m.
More information, email: jurichar@sdccd.edu or telephone: 619.388-3617

Saville Theatre: [www.sdcc.edu/saville theatre](http://www.sdcc.edu/saville%20theatre)

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

Academic Senate www.sdcc.edu/academicssenate

Chairs' Cabinet

Curriculum

Curriculum Tech Review

Environmental Stewardship Committee www.sdcc.edu/esc

Foundation Board Meeting

Institutional Assessment Committee www.sdcc.edu/iac

Instructional Services Council

Institutional Technology Council

Master Planning & Resources Oversight Council

Review of Services

Student Services Council

Environmental Stewardship Committee - www.sdcc.edu/esc/

Accreditation Update - www.sdcc.edu/accreditation

Athletic Information

Fitness Tip: Overtraining Signs

Many people experience heavy legs and lackluster performances during periods of increased training. While increased training generally improves performance there is a point at which a person's body becomes overburdened. The first and most obvious sign of overtraining is a noticeable drop in performance.

Signs of overtraining include a higher resting heart rate, especially in the morning. Other symptoms like fatigue, moodiness, irritability and even a lower sex drive can be difficult to connect to overtraining, but nonetheless it does exist. One of the primary factors to these negative effects on the body can be attributed to diet. Studies made in this area suggest that people who train heavily and skip on daily carbohydrate intake can lose some of the benefits of hard training. It's important to review your entire training plan periodically, including your diet, to determine if there are areas requiring improvement for preventing overtraining. (Greer)

