News and Notes
from the
President’s Office
Announcements ◦ Updates ◦ Meetings ◦ Events
September 05, 2011
Volume 03

Meetings of the Week
For all meetings go to: www.sdcity.edu/meetingscalendar
*Post your campus meetings at: www.sdcity.edu/websiteupdating

San Diego Community College District Board Meetings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, September 8</td>
<td>4:00 p.m.</td>
<td>District</td>
</tr>
<tr>
<td>Thursday, September 22</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session City</td>
</tr>
<tr>
<td>Thursday, October 27</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session Mesa</td>
</tr>
<tr>
<td>Thursday, November 10</td>
<td>4:00 p.m.</td>
<td>District</td>
</tr>
<tr>
<td>Thursday, December 8</td>
<td>4:00 p.m.</td>
<td>District</td>
</tr>
</tbody>
</table>

College Police Updates and Safety Information

Keeping our college communities safe is a collaborative effort. The College Police, Facilities Services personnel, faculty, staff, students and our neighbors all play a role in identifying unsafe conditions, reporting crime and alerting others to suspicious people and circumstances. Part of our commitment to maintaining a safe learning and working environment is rapidly addressing problems. Not only do we want a safe campus, we want a campus where people feel safe. Creating this environment requires constant vigilance and a quick response to perceived problems.

Everyone is urged to program the College Police Dispatch telephone number (619) 388-6405 into their cell phone. Reports may also be made by using the emergency call boxes located in most parking lots on campus, in classrooms and in elevators. Reporting crime is everyone’s responsibility. If you see a crime being committed on or around campus or are a victim of a crime, report it immediately. Be sure to check out our “Safety Information” on our College Police website for more information and “Like Us” on Facebook for news, traffic information and crime alert bulletins. (Sergeant Mirakian)

Seeds At City Urban Farm

Our Farmers Market is every Thursday from 9:30 a.m. - 11:30 a.m. Come get your fresh local organic veggies cultivated by City College students. Please bring your own bag. If you are interested in subscribing to our weekly community-supported agriculture (CSA), which consists of a bag of seasonal produce, herbs, and flowers, please contact Erin Rempala at erempala@sdc.edu. Bags will be $20 per week to pickup and $25 per week to deliver to your location on campus. Come and visit the urban farm, or come and visit us online at www.sdcity.edu/seedsatcity. (Rempala)
Campus Events

Check the Campus Calendar on the City home page often for new events. To add a campus event to the calendar, simply click on the WEBSITE UPDATE link at the bottom of any web page for the EVENTS CALENDAR UPDATE info. An event flyer can be attached also.  [www.sdcity.edu/events]

Saville Theatre:  [www.sdcity.edu/saviletheater]

World Cultures:  [http://www.sdcity.edu/worldcultures]

Saturday, September 10:  Jazz 88 Ocean Beach Music and Art Festival, Tickets $30,  [www.OBMusicFest.org]
Thursday, September 15:  Divya Devaguptapu:  *BharataNaatyam Dancing*, 9:40 a.m. - 10:30 a.m., Saville Theatre
Monday, September 19:  Dreamscape:  *Krump Dancing*, 11:15 a.m. - 12:30 p.m., Saville Theatre
Tuesday, September 20:  John Cleary:  “*Torture: Constitutional Issues*”, 9:40 a.m. - 10:50 a.m., D-121 a/b
Tuesday, September 20:  Jazz Live:  Roseanna Vitro, 8:00 p.m. - 9:30 p.m., Saville Theatre
Wednesday, September 21:  Bonnie Dumanis, 9:40 a.m. - 10:50 a.m., Saville Theatre
Thursday, September 22:  Sofia Laurein:  *Constitutional Jeopardy*, 12:45 p.m. - 2:00 p.m., Cafeteria

Athletic events:  [http://www.sdcity.edu/athletics]

Cosmetology Services

Please inform your students that at San Diego City College we are pleased to offer a special discount price for all hair, nails, and skin care services. District staff/faculty or students with valid District or College ID card get 1/2 price discount for all services except as noted!!! Take advantage of our beautiful facility. We are here to serve the community and fellow students and staff. Visit [http://www.sdcity.edu/Portals/0/CampusLife/Cosmetology/pdf/price_list_II.pdf] for services available. Our services are done by advanced students supervised by our experienced professors; we used Joico products and the Dermalogica skin care line.

It is our pleasure to give you a tour of our department. For services, we are open Wednesdays from 10:30 a.m. - 2:00 p.m., and Thursdays and Fridays from 8:30 a.m. - 2:00 p.m. Have a great semester! (Phillips)

Faculty-Staff Resources at City College

For current updates:  [www.sdcity.edu/facultyandstaff.asp]

- Academic Calendar
- Academic Senate
- Campus Handbook
- Classified Senate
- Class Schedules/Catalog
- Committees
- Curricunet
- Directory
- District Resources
- Faculty Daily Announcements
- Faculty Handbook
- Faculty/Staff Awards
- Faculty Textbook Ordering
- Fitness Center Calendar
- Forms
- Key Services
- Meetings Calendar
- Outlook
- President’s Bulletin
- Publications/Guidelines
- Student Learning & Administrative Outcomes
- Upcomming Events
Fitness Tips

Treatment for Exercise-Induced Asthma

Exercise-Induced Asthma is a contraction of the muscles surrounding the air passages, which narrows these passages and causing wheezing, shortness of breath and heaviness in the chest. In addition, cold temperatures, dry air and high altitude aggravate the condition, which is suffered by approximately 10 to 15 percent of the population.

Before exercise you need to warm up for about 10 minutes. I suggest you then start walking hard which may cause the asthmatic response, triggering the release of adrenaline which then dilates the bronchial tubes. Walk hard for 5 minutes then slow down for 5 minutes and repeat this several times. Stretch and walk a little more and do this several times. Stretch and walk a little more and do this routine 15 to 30 minutes. Keep in mind the intensity of these warm-up results in a refractory period of about 60 to 90 minutes during which you should be able to exercise without an asthma attack.

Since cold, dry air can trigger asthma attacks, I suggest you wear a surgical mask which one can purchase at a pharmacy or drugstore. If you have allergies and notice more frequent asthma attacks during the spring and late summer, wearing a mask may help then too. Always be sure to inhale through your nose and be aware of air pollution and breathing at high altitudes.

Anxiety can exacerbate an asthma attack. Some experts recommend 30 minute relaxation or meditation sessions several times a week in order to teach you to relax during times of stress. If you cannot exercise for long without an attack, try walking or running at intervals of 3 to 5 minutes with 2 to 3 minutes rest between each interval. Eventually, you should build up some endurance and be able to exercise longer. I have always felt that exercise is excellent for asthma provided you plan ahead and take the necessary precautions. Furthermore, I highly recommend you consult a sports-oriented doctor about taking one of several safe, effective asthma medications that are available to consumers. (Greer)

Friends Of Downtown Scholarship 2011-2012

Up to 40 scholarships of $500 each.

Application Procedure:

1. Return completed application with attached essay to the Office of Student Affairs (Room D-106) on or before 12:00 Noon, September 27, 2011.
2. If qualified, you will be contacted to participate in a group interview scheduled in October 2011.
   **APPLICATION DEADLINE: September 27, 2011 - Noon.**
3. Applications can be found at the following web site:
   [http://www.sdcity.edu/CollegeServices/StudentSupportResources/Scholarships/ScholarshipList/ScholarshipsthatCloseEarly](http://www.sdcity.edu/CollegeServices/StudentSupportResources/Scholarships/ScholarshipList/ScholarshipsthatCloseEarly)

   (Ruffo)
THE JAZZ88 OCEAN BEACH MUSIC & ART FESTIVAL
SATURDAY - SEPT. 10TH 2011
Newport Ave. Between Cable St and the Ocean - Opens at 10AM
Newport Ave 5000

8 STAGES 23 BANDS 80 FINE ARTISTS
DR. JOHN AND THE LOWER 911
DR. LONNIE SMITH - CHARLIE MUSSELWHITE
DONALD HARRISON QUARTET - CHARLIE SHOEMAKE QUARTET
MUNDELL LOWE - ROBERT WALTER QUARTET - WAYNE WALLACE LATIN QUINTET
CHARLIE HUNTER - HOT CLUB OF COWTOWN - MARK MCGRAINE & PLUNGE
GENE PERRY'S SALSA ORCHESTRA - STYLETONES - ALLISON ADAMS TUCKER with JOSH NELSON
JAZZ88 ALLSTARS - ESP - NATHAN JAMES TRIO - DANNY GREEN QUARTET - JANICE EDWARDS - STEPH JOHNSON
SAN DIEGO SCHOOL FOR THE CREATIVE & PERFORMING ARTS - MISSION BAY HIGH SCHOOL DIXIE JAZZ BAND
THE MLK COMMUNITY CHOIR

OB PIER MAIN STAGE - COMMUNITY STAGE - THE HARP
THE ELECTRIC CHAIR SALON - NICK'S AT THE PIER
WINSTON'S - GALLAGHER'S PUB - HODAD'S

CRAFTS & FOOD VENDORS
Discounts at OB Restaurants with Festival Wristband
Kids 12 and Under Free - 21+ at Selected Venues

TICKETS $30
VIP Packages Available
For Tickets and Info
WWW.OBMUSICFEST.ORG
or Call 619-388-3037