Meetings of the Week

For all meetings go to: [www.sdcity.edu/meetingscalendar](http://www.sdcity.edu/meetingscalendar)

*Post your campus meetings at: [www.sdcity.edu/websiteupdating](http://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 22</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session District</td>
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<td></td>
<td>4:00 p.m.</td>
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<tr>
<td>Thursday, October 27</td>
<td>3:30 p.m.</td>
<td>Board Open Door session Mesa</td>
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<td>4:00 p.m.</td>
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<tr>
<td>Thursday, November 10</td>
<td>4:00 p.m.</td>
<td>District</td>
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<tr>
<td>Thursday, December 8</td>
<td>4:00 p.m.</td>
<td>District</td>
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</tbody>
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Faculty-Staff Resources at City College

For current updates: [www.sdcity.edu/facultyandstaff.asp](http://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
- Upcoming Events

### Seeds At City Urban Farm

Farmers Market 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@sdccd.edu](mailto:erempala@sdccd.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](http://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/savilletheater

World Cultures: http://www.sdcity.edu/worldcultures
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. to 12:30 p.m., Saville Theatre
Tuesday, September 20: John Cleary: “Torture: Constitutional Issues”, 9:40 a.m. to 10:50 a.m., D-121 a/b
Tuesday, September 20: Jazz Live: Roseanna Vitro, 8:00 p.m. to 9:00 p.m., Saville Theatre
Wednesday, September 21: Bonnie Dumanis, 9:40 a.m. to 10:50 a.m., Saville Theatre
Thursday, September 22: Sofia Laurein: Constitutional Jeopardy, 12:45 p.m. to 2:00 p.m., Cafeteria

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

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.
3. Applications can be found at the following web site: http://www.sdcity.edu/CollegeServices/StudentSupportResources/Scholarships/ScholarshipList/ScholarshipsThatCloseEarly (Ruffo)

Fitness Tips

What Can You Do for Heel Pain?
Heel pain usually responds slowly to treatment and often requires a variety of treatment options. Over the years, I have provided a number of solutions that work with athletes. Provided are these options:

1. Try nonprescription arch supports which can often be found at sporting good stores and drug stores.
2. Massage the painful area with ice for 10 minutes two to three times per day. Do not apply heat.
3. Wear shoes with good arch support and heel support.
4. Stretch your Achilles tendon. One example for an Achilles tendon stretch is to wrap a towel around the ball of your foot and keeping your leg straight, gently pull the ball of your foot towards you and hold 10 to 20 seconds. Repeat this stretch ten times on each foot.
5. Try wearing running or walking shoes. Do not walk barefoot. In particular, for women, shoes with a small heel can also help take some stress off the plantar fascia and provide relief for this condition. Shoes should have a firm heel counter. This is the leather that surrounds the sides and back of the heel.
6. Finally, give your foot a rest from high impact exercise like running until your condition improves. Swimming or biking is an excellent alternative exercise that will not negatively impact your plantar fasciitis. Good luck!

(Greer)
VOICES OF A PEOPLE’S HISTORY
America Uncensored

Thursday, September 22nd
Saville Theatre
9:30 a.m. - 10:45 a.m.

Minority and Women Voices in American History with Political Art and Music

Presented by: BEAT (Brining Education and Activism Together), History and Political Science Department
www.FACEBOOK.com/CITYBEATCLUB
THECITYBEATCLUB@GMAIL.COM