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>
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<tbody>
<tr>
<td>Thursday, September 22</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session City</td>
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<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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<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

- Academic Calendar
- Academic Senate
- Campus Handbook
- Classified Senate
- Class Schedules/Catalog
- Committees
- Curriculum
- 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@sdcdd.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/savilletheater
World Cultures: http://www.sdcity.edu/worldcultures
Monday, September 19: Dreamscape: Krump Dancing, 11:15 a.m. - 12:30 p.m., Saville Theatre
Tuesday, September 20: Jazz Live: Roseanna Vitro, 8:00 p.m. - 9:30 p.m., Saville Theatre
Tuesday, September 20: Ezekiel E. Cortez: “Torture: Constitutional Issues”, 9:40 a.m. - 10:50 a.m., D-121a/b
Wednesday, September 21: Bonnie Dumanis: 9:40 a.m. - 10:50 a.m., Saville Theatre - CANCELED
Thursday, September 22: Sofia Laurein: Constitutional Jeopardy, 12:45 p.m. - 2:00 p.m., Cafeteria
Monday, September 26: Kiki Ochoa: “Human Rights: The Struggle for a Better World”, 9:40 a.m. - 10:50 a.m., Saville Theatre

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

Fitness Tips
Causes of Heel Pain
Over the years, several athletes who are experiencing heel pain have approached me. The causes of heel pain are varied; however, the most common causes are as follows:

1. Shoes that do not support the foot. 6. Sudden increase in activity level.
2. Walking on hard floors. 7. Standing on a hard floor for a long time.
4. Flat pronated feet. 9. Any movement that repeatedly stretches the plantar fascia.
5. High arched, rigid feet.

If one or more of these symptoms are happening to you then I recommend you visit a therapist. Good luck! (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

(Ruffo)
Student Health Services received the flu vaccine today. We are charging $20 for faculty/staff and $15 for students. Room A-116

We will be happy to give the immunization during any of our open hours: Monday through Friday 9:00 a.m.-1:00 p.m.

Our phone is 388-3450 if you have questions. Thank you!

Dotti Cordell (X3903)
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.FACEBOOOK.com/CITYBEATCLUB
THECITYBEATCLUB@GMAIL.COM