News and Notes
from the President’s Office
Announcements ◇ Updates ◇ Meetings ◇ Events
October 08, 2012 Volume 08

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, October 18</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session</td>
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<td></td>
<td>4:00 p.m.</td>
<td>Mesa College</td>
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<tr>
<td>Thursday, November 8</td>
<td>4:00 p.m.</td>
<td>District</td>
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<tr>
<td>Thursday, December 13</td>
<td>4:00 p.m.</td>
<td>District</td>
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Seeds@City Farm

Please visit the Seeds@City farm stand each Thursday from 9:00 a.m. - 11:15 a.m. in its new location in Curran Plaza. For more information: http://www.sdcity.edu/CampusLife/SeedsCity/WeeklyFarmStand

Interested in becoming a community-supported agriculture shareholder? As a CSA shareholder, you make a commitment to help support a farm by prepaying for a share in their weekly harvest. At Seeds@City, we'll have your CSA share ready for you to pick up every Thursday morning between 9:30-11am. Our CSA shares ($20/week subscription) contain organic vegetables, fruit, herbs and flowers grown here on campus and picked that morning by City College students, staff, and faculty.

http://www.sdcity.edu/CampusLife/SeedsCity/CommunitySupportedAgricultureCSAProgram. Please email the farm manager, Erin Rempala erempala@sdccd.edu for more information." (Rempala)

Faculty - Staff Resources at City College

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

- Academic Senate
- Campus Handbook
- Classified Senate
- Committees
- Curricunet
- District Resources
- Faculty Daily Announcements
- Faculty Handbook
- Faculty Textbook Ordering
- Fitness Center Calendar
- Forms
- Instructional Improvement (FLEX)
- Key Services
- Meetings Calendar
- President’s Bulletin
- Publication Guidelines
- Student Learning & Administrative Outcomes
- Website Updating
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 information. An event flyer can be attached also.  www.sdcity.edu/events.

Saville Theatre:  www.sdcity.edu/savilletheater

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

Tuesday, October 9:  Jazz Live: Storm: Hispanic Heritage Month with Support from World Cultures, 8:00 p.m. – 9:30 pm, Saville, http://www.jazz88.org/


Athletic events:  http://www.sdcity.edu/athletics
The Cross Training Benefits of Cycling, Swimming and Aqua Jogging!

The following activities are great cross-training options that when included into your routine will enhance overall training. Provided are the cross-training benefits for cycling, swimming and aqua jogging:

**Cycling** works running related muscle groups such as the quadriceps and shins, both of which don't develop as rapidly as the calf muscles and hamstrings. Cycling also strengthens the connective tissue of the knee, hip and ankle regions thus reducing the risk of injury. After a stressful run, cycling also loosens fatigued leg muscles. Since it's much more difficult to run after cycling, run first before getting on a bike.

**Swimming** is one of the best cross-training activities for several reasons. Swimming enables exercisers to build muscular strength and endurance while improving flexibility. I recommend athletes who want to prevent injury are pregnant, recovering from an injury, suffering from joint or bone conditions or are overweight should exercise in a weightless environment. Keep in mind that, compared to other cross-training activities, runners heart rates may not reach as high a level while swimming due to the loss of gravitational force, the horizontal position and the cooling effect of the water temperature.

**Aqua jogging** is perfect for rehabilitating many injuries. Due to the fact there is no shock from foot strike, water running is a great alternative to dry land walking/running activities. For either purpose, it should be based on the walker/runner's current level of ability. Aqua jog belts are definitely recommended thus making the workout easier. Enjoy! (Greer)

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**THANK YOU FOR HELPING SAVE LIVES!**

2012 BLOOD DRIVES SAN DIEGO CITY COLLEGE
9:00 a.m. - 3:00 p.m.
Gorton Quad
Thursday, October 18
Thursday, November 8
Wednesday, December 5

- To avoid waiting, you can schedule an appointment: [www.sandiegobloodbank.org](http://www.sandiegobloodbank.org).
  - Click on appointments, and provide sponsor code: SDCC
  - Please eat a good meal and drink plenty of fluids before donating blood.
  - All donors must show proof of identification.

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**Soroptimist Scholarship**

Soroptimist Scholarship – Award amounts of $3,000 - $5,000 & $10,000

The Women’s Opportunity Awards program involves three levels of cash awards. The program begins at the local Soroptimist club-level, where award amounts vary. Local-level award recipients become eligible for region-level awards of either $3,000 or $5,000. Region-level award recipients then become eligible to receive one of three international-level awards of $10,000.

The requirements for application are:

1. Be a woman with primary financial responsibility for supporting your family (including children, spouse, siblings and/or parents);
2. Attend or have been accepted to a vocational/skills training program, or an undergraduate degree program;
3. Have financial need;
4. Be motivated to achieve your educational and career goals.

**Deadline for application:**
December 1, 2012 to the address listed in Step 4 of application. Award recipients will be notified between January and June. For the online application copy and paste this link:
[http://www.soroptimist.org/members/program/ProgramDocs/Women'sOpportunityAwards/English/ WOAApplication-External-Writeable.pdf](http://www.soroptimist.org/members/program/ProgramDocs/Women'sOpportunityAwards/English/ WOAApplication-External-Writeable.pdf) (Ruffo)
Save the Date
November 9, 2012
8:30am-2:30pm

Youth in Our Community: From Risk to Resilience

Free Professional Development Conference

Location: San Diego City College
Public Mental Health Academy
FRIENDS OF DOWNTOWN SCHOLARSHIP
Applicant Questionnaire
For San Diego City College

(Please print in black or blue ink or type)

Name: ___________________________________________  CSID # __________________
      (Last)                                  (First)
Address: ___________________________________________  City: __________________
State: ________    Zip Code: _________________    Phone: _________________________
GPA: _______   Units Completed: _______    E-mail: ______________________________

Major or Field of Interest:
   Advertising / Public Relations    ___ Computer Science     ___
   Development / Construction       ___ Education                 ___
   Finance / Banking ___          Media / Journalism   ___
   Property Management / Service  ___          Non-Profit                 ___
   Nursing ___          Real Estate               ___
   Sales / Marketing                        ___            Retail ___
   Other: ___________________________________________

CRITERIA FOR THE FRIENDS OF DOWNTOWN SCHOLARSHIP RECIPIENT:
1. Must be currently enrolled in a minimum of 9 units at San Diego City College with plans to continue the following
   semester.
2. Must have already complete 18 units of college, to be verified by SDCC.
3. Must have a 3.0 or higher GPA, to be verified by SDCC
4. Must attach a one-page essay about your educational, community and career goals.

NOTE: scholarship recipients will be selected at the discretion of the Friends of Downtown Scholarship Committee. Not all eligible
students will be selected to receive a scholarship, due to limited funds.

INFORMATION ABOUT THE FRIENDS OF DOWNTOWN SCHOLARSHIPS:
1. Number of awards for 2012-2013 School Year:  40+ Total (1 per student)
2. Amount of each award:  $500.00, if student meets the criteria listed above
3. Scholarships to be awarded on campus in November 2012.

APPLICATION PROCEDURE:
1. Return completed application with essay attached to the Office of Student Affairs (Room D-106) before Noon
   October 10, 2012.
2. Applicant must submit a one-page typed, double spaced essay describing their educational, community and career goals, as
   well as need for this scholarship. The essay should include background information, volunteer activities on campus and/or in
   the community, why the applicant is applying for this scholarship, and why they should be considered. Attach essay to
   application.
3. If qualified, you will be contacted to participate in a group interview scheduled in late October 2012.

APPLICATION DEADLINE: October 10, 2012 – before Noon

RELEASE - Materials/Publicity
I understand and agree that, despite the confidentiality of this material, it will be necessary for persons administering this
fund to review my information and other transcript and grade point information available in school records. I understand and authorize
the use of my name, photograph and general academic information for use in any lawful manner deemed appropriate for public
information by the San Diego Community College District and/or news organizations in news releases, and electronic and print
publications of college informational and/or marketing materials in the event that I am selected as a recipient of this scholarship.

Signed: ________________________________________ Date: _______________________

NOTE: The District and College provide notice of all student scholarship opportunities made know to them regardless of the
qualifications, which the entities offering the scholarships may attach to the scholarships. The District and College do not discriminate
or grant preferential treatment on the basis of color, race, gender, ethnicity or national origin in their public education programs.

FRIENDS OF DOWNTOWN, INC., San Diego, CA 92101