What's In The News!

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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

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<tr>
<th>Date</th>
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<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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<td>Thursday, December 13</td>
<td>4:00 p.m.</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 * Curriculumet * 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
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](http://www.sdcity.edu/events).

**Saville Theatre:** [www.sdcity.edu/savilletheater](http://www.sdcity.edu/savilletheater)

**World Cultures:** [http://www.sdcity.edu/worldcultures](http://www.sdcity.edu/worldcultures)  (L-Lecture ● D-Documentary ● P-Performance)

**October 1 – 6:** San Diego International Book Fair, [http://sdcitybookfair.com](http://sdcitybookfair.com), Virginia Escalante, vescalan@sdccd.edu

**Monday, October 1:** D - The Bro Code with filmmaker Thomas Keith, 11:15 a.m. – 12:30 p.m, Saville [http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=246](http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=246)

**Tuesday, October 9:** P - Jazz Live: Storm; Hispanic Heritage Month with Support from World Cultures, 8:00 p.m. – 9:30 p.m, Saville, [http://www.jazz88.org/](http://www.jazz88.org/)

**Wednesday, October 10:** L - Ryan Levinson: “A Life of Extreme Sports, Elite Athletics, and Progressive Disability”, 9:40 a.m. – 10:55 a.m., D 121 a/b, [http://www.ryanlevinson.com](http://www.ryanlevinson.com)

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

**Fitness Tips**

**Precautions and Considerations for Cross-Training!**

Cross training is not intended for everyone. In other words, exercise enthusiasts should start slowly with single activities that are varied. This will allow a progression to cross-training without causing injury or undue fatigue. You need to be sure you do not have any past or underlying injuries that would cause problems by cross training. In my opinion, the worst case scenario is to worsen a condition or delay the healing process if you happen to be injured.

Some cross-training options when incorporated carefully into a workout routine will enhance overall training. Remember, it is vital that you receive instruction on the correct use of equipment. In addition, to receive the maximum benefit while minimizing chances of incurring injury, it is also important that you perform activities using proper form, technique and posture. Next week I will discuss the benefits of cycling, swimming and deep water running as valuable cross-training activities. Stay tuned!  (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.
2012 Seventh Annual San Diego City College International Book Fair

Free admission to all events
Open to the public.

Monday, October 1: 12:45 p.m. – 2:00 p.m., Room D-121A/B (Faculty Lounge), Reading and book signing with Reyna Grande, author of *The Distance Between Us*

Tuesday, October 2: 9:35 a.m. – 11:00 a.m., Room D-121A/B (Faculty Lounge), Reading and book signing with Susan Straight, author of *Between Heaven and Here*, Buy one, get one free: For each purchase of *Between Heaven and Here* ($12), the author will give a free copy of *Take One Candle Light a Room*, part of her Rio Seco trilogy.

Wednesday, October 3: 11:15 a.m. – 12:30 p.m., Room D-121A/B (Faculty Lounge), Panel discussion with Justin Hudnall, Corinne Goria, Mindy Solis, and Erica Blunt, contributors to *The Far East: Everything Just As It Is*, an anthology that combines non-fiction and poetry to create a portrait of life in East San Diego County.

Thursday, October 4: 11:10 a.m. – 12:30 p.m., Room D-121A/B (Faculty Lounge), Reading and book signing with Zohreh Ghahremani, *Sky of Red Poppies*

12:45 p.m. – 2:00 p.m., Room D-121 a/b, Reading and book signing with Gustavo Arellano, *Taco USA: How Mexican Food Conquered America*

Friday, October 5: 7:00 p.m. – 9:00 p.m., Saville Theatre, City Works Press reading and book signing with Chris Baron, Heather Eudy, Cali Linfor, and Sabrina Youmans, contributors to *Lantern Tree: Four Books of Poems*

Saturday, October 6: “Banned Book Saturday”, Saville Theatre

10:30 a.m. – 12:00 p.m., Screening of *Precious Knowledge*, a documentary about the prohibition of ethnic studies and book ban in Arizona

12:00 p.m. – 1:30 p.m., “Banned Books Now: What’s Next?” Talk by Catherine Greene, branch manager and head librarian, La Jolla Branch Library

Readings of excerpts from banned books by City College faculty and staff members including: Roberta Alexander, June Cressy, Farrell Foreman, Kevin Gossett, Jan Jarrell, Nadia Mandilawi, Elizabeth Meehan, Oscar Preciado, Anna Rogers, Elva Salinas. Discussion to follow.

Readings and book signings by authors banned in Arizona, including:

1:30 p.m. – 2:30 p.m., Rudy Acuña, author of *Occupied America, Anything But Mexican*, and *Corridors of Migration*

2:30 p.m. – 3:30 p.m., Matt de la Peña, author of *Mexican White Boy, Ball Don’t Lie*, and *We Were Here*

3:30 p.m. – 4:30 p.m., Herbert Sigüenza, author of *Culture Clash: Life, Death and Revolutionary Comedy*
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 Oct 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