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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<td>Thursday, November 8</td>
<td>4:00 p.m.</td>
<td>District</td>
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<td>Thursday, December 13</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

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](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)

**Wednesday, November 28:** International Education Week, 10:00 a.m. - 2:30 p.m., Gorton Quad
Rosalinda Sandoval, rsandoval@sdc.edu

**Thursday, November 29:** Binacional Conference on Border Issues, 9:00 a.m. – 4:00 p.m., D-121 a/b, [http://conferenciaborder.blogspot.com/](http://conferenciaborder.blogspot.com/), Enriqué Dávalos, edavalos@sdc.edu

**Friday, December 7:** P - Dance Concert, 8:00 p.m.
Saturday, December 8, 2 pm and 8 pm
Saville Theatre, Tickets: $10 – 15, Alicia Rincon, arincon@sdc.edu

**Tuesday, December 11:** P - Jazz Live: Stoney B. Blues Band, 8:00 p.m. – 9:30 p.m., Saville [http://www.jazz88.org/](http://www.jazz88.org/)

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

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**Student and Faculty Dance Concert**

*City Dance Moves*

Friday, December 7th @ 8:00 p.m.
Saturday, December 8th @ 2:00 p.m. & 8:00 p.m.
Tickets Are $10 flat rate (cash only)
Alicia Rincon, arincon@sdc.edu
Information: (619) 388-3563
[www.sdcity.edu/CampusLife/Dance.aspx](http://www.sdcity.edu/CampusLife/Dance.aspx)

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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

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.
Fitness Tips

How to Determine Your VO2 Max

The greatest stimulus to improving VO2 max comes by training at an intensity that requires 95% to 100% of your current VO2 max. Over the years I have been often asked questions with respect to the methods used for determining VO2 max. Provided below are a couple of options.

You can find out by having your VO2 max measured at an exercise physiology lab. In this test, you start running slowly then the speed or incline of the treadmill is increased every few minutes until you cannot keep up the pace. The test usually takes about 10 to 15 minutes.

If you don't have access to a lab you can make an educated guess of your VO2 max running pace based on your racing times. Your running speed at 95% to 100% of your VO2 max should be about your 3000 meter to 5000 meter race pace. Doing a portion of your training at this pace will provide the greatest stimulus to improving your VO2 max. You will stress your cardiovascular system to its limit, which will help to increase your stroke volume and improve your ability to extract oxygen from the blood. Next week this discussion will continue on other ways to determine your VO2 max. Stay tuned! (Greer)

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 (Ruffo)

City College’s Poetry Slam

Hosted by the First Year Experience Program
SDCCD Students $8, General Admission $10
Thursday, November 29th, 6:00 p.m. - 8:00 p.m.
San Diego City College Cafe - 1313 Park Blvd.
For more information or to participate contact: 619-388-3287
Deadline to enter is Thursday, November 15th by 11:00 a.m.
Fundraiser Supporting book grants for low income First Year Experience Students.
Interested in performing, tickets or more information go to: www.sdcity.edu/fyeEvents.
The Price Scholarship Program is extending an invitation to current City College students to apply to our Price Scholarship Program.

Eight City College scholarships are available to students who must:

- Be currently enrolled and in good standing at San Diego City College
- Residents of the downtown, mid-city, or southeast area of San Diego
- Have a minimum 2.5 Grade Point Average in their college studies
- Have graduated from high school within the last 7 years (2005) and are interested in completing a Certificate of Achievement, an Associates Degree, Transfer Studies, or a Certificate of Completion.
- Have demonstrated financial need
- Perform 5 or 8 hours of Volunteer Service Learning weekly with a pre-selected community agency or school throughout their participation in the program

Scholars will gain valuable experience through structured job shadowing, and community service assignments, with local community agencies, schools, and businesses in City Heights, Balboa Park, and other central and southeastern areas of San Diego.

The scholarship year will begin in June 2013 and may be renewable if the student remains in good standing academically and programmatically. Scholarship participants will perform 5 or 8 hours per week and choose a site from the current list locations and services that offer a range of experiences.

Scholars are required to attend regular weekly classes throughout their first year of participation in the program and meet with program staff on an ongoing basis to assess their performance and progress in the program.

Applications are available in the Price Scholarship Program Office room L-1145D or online at www.pricescholars.org beginning Friday, November 9, 2012 and they will be due back to our office by Friday, December 14, 2012 at 12:00 noon.

Students who are accepted into the program will be required to attend a program orientation in June 2013 before they begin their program in August 2013. (Delgado)