News and Notes
from the
President’s Office
Announcements ✦ Updates ✦ Meetings ✦ Events
November 05, 2012 Volume 12

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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>
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<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.

Saville Theatre: www.sdcity.edu/savilletheater

World Cultures: http://www.sdcity.edu/worldcultures (L-Lecture • D-Documentary • P-Performance)

Friday, November 5 – Sunday, November 11: P - Theatre Production: Little Shop of Horrors, Saville, Friday and Saturday, Nov. 2, 3, 9, 10
Sunday, 2 pm: - Nov. 4, 11
Tickets: $10 – 15, June Richards, jurichar@sdccd.edu


Monday, November 5: D - The Thick Dark Fog with filmmaker Randy Vasquez, 11:15 a.m. – 12:30 p.m., Saville, http://www.thickdarkfog.com/


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

Student and Faculty Dance Concert

Friday, December 7th @ 8:00 pm.
Saturday, December 8th @ 2:00 p.m. & 8:00 p.m.
Tickets Are $10 flat rate
Alicia Rincon, arincon@sdccd.edu

THANK YOU FOR HELPING SAVE LIVES!

2012 BLOOD DRIVES SAN DIEGO CITY COLLEGE

9:00 a.m. - 3:00 p.m.
Gorton Quad
Thursday, November 8
Wednesday, December 5

• To avoid waiting, you can schedule an appointment: 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.
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/Program-Docs/Women'sOpportunityAwards/English/WOAApplication-External-Writeable.pdf (Ruffo)

Fitness Tips - The Benefits of Fruits and Vegetables

The reasons to eat lots of fruits and vegetables are many. Not only do plant foods help lower dietary fat and control body weight, they can also help fight disease. At first, nutritionists touted fruits and vegetables because they are packed with vitamins and minerals. I always recommend to my students to eat plenty of plant foods to ensure a diet rich in vitamins, minerals, fiber and other substances that might fight cancer, like antioxidants. Taking a vitamin mineral supplement or other types of supplements cannot match the benefits gained from eating food.

Recent research offers plenty of information and support to the pro plant food faction. For example, two studies found that fruits and vegetables can help reduce the risk of stroke. Other studies reveal that eating vegetables decreases the risk of liver cancer and eating onions lowers the rate of stomach cancer. In addition, eating a lot of foods rich in the substance lycopene, primarily found in tomatoes and tomato products lowers the risk of prostate cancer. These and other study results have led to revisions in dietary recommendations. (Greer)

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
2nd Annual Professional Development Conference

Youth in Our Community:
From Risk to Resilience
Friday, November 9, 2012
8:30am-2:30pm
Lunch provided for the first 120 registrants

Keynote Address:
Sandra McBrayer
Chief Executive Officer
The Children’s Initiative

Workshop Topics:
Teen Dating Violence
Suicide Prevention
Homeless Youth Panel

FREE Conference at San Diego City College
For all who are interested (students and non-students) in entry-level mental health work.

PUBLIC MENTAL HEALTH ACADEMY
1315 Park Blvd
San Diego, CA 92101
Room D-121

Register online: http://PMHAConference.EventBrite.com

For information contact Veronica Ortega: vortega@sdc.edu (619)388-3238
or Alisa Rowland: arowland@sdc.edu (619)388-3654

The funding for this program is provided by the County of San Diego, Mental Health Services through the Mental Health Services Act (MHSA) Workforce Education and Training.