News and Notes
from the
President’s Office
Announcements ✦ Updates ✦ Meetings ✦ Events
December 03, 2012 Volume 17

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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<td>Thursday, December 13</td>
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<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 FLEX ✦ 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, December 11: Jazz Live: Stoney B. Blues Band, 8:00 p.m. – 9:30 p.m., Saville http://www.jazz88.org/

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

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.
  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.
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)

Another Proven Method in Determining VO2 Max

Last week I discussed ways to determine VO2 max. You can also estimate the appropriate intensity for VO2 max training based on your heart rate. A good rule to follow with VO2 max is that training pace coincides with approximately 95% to 98% of your maximal heart rate.

You should keep your heart rate several beats under your maximum during this type of training. Otherwise, you'll work too intensely which will shorten the workout and tend to provide less stimulus with respect to improving VO2 max.

Your body can positively respond to only a limited amount of training at VO2 max intensity before you break down. Ideally, you'll find the correct balance in terms of the volume of training per VO2 max workout and how frequently you do these workouts, so that you train at VO2 max intensity often enough to improve, but avoid becoming overtrained. (Greer)