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Remember to turn your clocks back an hour on November 4th when daylight Saving Time ends.

During Daylight Saving Time, which begins in the Spring, clocks are turned forward an hour, shifting an hour of light from the morning to the evening. When Daylight Saving Time ends in the Fall, clocks are set back an hour and Standard Time resumes.

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>
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<tbody>
<tr>
<td>Thursday, November 8</td>
<td>4:00 p.m.</td>
<td>District</td>
</tr>
<tr>
<td>Thursday, December 18</td>
<td>4:00 p.m.</td>
<td>District</td>
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</tbody>
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Seeds@City Farm

Please visit the Seeds@City farm stand each Thursday—starting August 30th—from 9-11:15am 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@sdc.edu for more information." (Rempala)
Child Development Center

The children from the Child Development Center will be on campus for the annual Trick or Treating, this Wednesday, October 31st, starting at 9:30 a.m. Enjoy our youngest students and help us keep them safe. (CDC Staff)

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

**Friday, October 29 – Sunday, November 11:** Theatre Production: *Little Shop of Horrors*, Saville, Friday and Saturday, 8 pm: Oct. 26, 27, Nov. 2, 3, 9, 10
Sunday, 2 pm: Oct. 28, Nov. 4, 11
Tickets: $10 – 15, June Richards, jurichar@sdccd.edu

**Monday, October 29:** Brian Hu: San Diego Asian Film Festival: “The History of Asian Action Film”. 11:15 a.m. – 12:30 p.m., Saville, http://festival.sdaff.org

**Tuesday, October 30:** Caitlin Rother, author of *Lost Girls*, 9:40 a.m. – 10:55 a.m., Saville
http://caitlinrother.com/

**Thursday, November 1:** Dia de los Muertos, 10:00 a.m. – 2:30 p.m., D 121 a/b, Rosalinda Sandoval, rsandoval@sdccd.edu

**November 1 – 9:** San Diego Asian Film Festival, Mission Valley UltraStar at Hazard Center, http://festival.sdaff.org

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

Research Supports the Benefits of Cross Training

Although cross-training seems to make perfect sense, not all experts agree on its benefits. Cross training contradicts the time honored principle that training should be limited in scope and closely aligned to the performance your clients want to improve. In other words, if athletes want to be good distance runners, they need to run mainly long distances.

According to this principle, non specific activities for runners like weight training or swimming are wasted effort because they do not make someone a better runner. I disagree with this principle. In addition, recent research demonstrates that a well balanced program will enhance your primary activity. Besides, the typical fitness enthusiast is interested in total body conditioning rather than sport specific training.

Many sports scientists believe that cross training may lead to optimal effort because peak performance in any physical activity usually involves more than one physical attribute. For example, a marathoner may need a strong sprint to the finish line which requires high levels of aerobic and anaerobic fitness. In addition, weight training can help reduce upper body muscle fatigue while running. A strong upper body helps minimize fatigue and stiffness in the arms, shoulders and neck areas and that, in turn, enables a runner to maintain form late in a marathon or long run. Legs move only as fast as the arms swing. The runner with a strong upper body will find more power for the sprint to the finish line, an easier effort up a hill and better balance when running on trails. All of these add up to an ability to run faster and more efficiently. (Greer)
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.

Shivery Yells
(to the tune of Silver Bells)

We’re on sidewalks, we’re on porches,
Dressed in costumes to scare,
Through the city we’re ringing the doorbells

  Trick or treating, candy eating,
  Gooey stuff in our hair,
  But the most fun is shrieking out loud

  Shivery yells, Shivery yells,
  That’s the Halloween nitty-gritty,
  Moan and groan, leave us alone,
  Halloween’s just one night a year

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
1313 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.