Meetings of the Week

For all meetings go to: www.sdcity.edu/meetingcalendar

* Post your campus meetings at: www.sdcity.edu/websiteupating

San Diego Community College District Board Meetings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, November 8</td>
<td>4:00 p.m.</td>
<td>District</td>
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<tr>
<td>Thursday, December 13</td>
<td>4:00 p.m.</td>
<td>District</td>
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</tbody>
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Past Due Travel

If any faculty/staff who have travel claim forms which are past due, please contact Business Services.

Travel requests will not be processed for anyone with a past due report. No exceptions!! (Bell)

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@sdcdd.edu for more information." (Rempala)
Little Shop of Horrors - a charming comedy spoof. For opening weekend, we are offering $5.00 tickets to students/faculty/staff/military families. Friday and Saturday at 8:00 p.m., and Sunday at 2:00 p.m. All Tickets are $10.00, jurichar@sdccd.edu

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 Improvement (FLEX) * Key Services * Meetings Calendar
* President’s Bulletin * Publication Guidelines
* Student Learning & Administrative Outcomes * Website Updating
Cross Training Has Its Advantages!

There are definitely cross training advantages for both competitive athletes and those who train simply to keep in shape and manage their weight. Cross training helps them to do the following:

1. Add variety to workouts to maintain interest;
2. Use traditional training methods like running and swimming, as well as exercise on various machines;
3. Develop the entire body, rather than specific parts or energy systems (aerobic vs. anaerobic);
4. Distribute the load of training among various body parts, thus reducing the risk of injury;
5. Train indoors if the weather is inappropriate outside. There are no excuses. (Greer)

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.

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Save the Date
November 9, 2012
8:30am-2:30pm

Youth in Our Community:
From Risk to Resilience
Free Professional Development Conference
Location: San Diego City College
Public Mental Health Academy

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Saville Theatre: www.sdcity.edu/savilletheater

World Cultures: http://www.sdcity.edu/worldcultures  (L-Lecture ● D-Documentary ● P-Performance)
Tuesday, October 23: L - Angie Brenner: Secular Muslim Culture, 12:45 p.m. – 2:10 p.m., D 121 a/b, http://www.anatoliandaysandnights.com/Pages/default.aspx
Friday, October 26 – Sunday, November 11: P - Theatre Production: Little Shop of Horrors, Saville, Friday and Saturday, 8:00 p.m.: October 26, 27, November 2, 3, 9, 10
Sunday, 2:00 p.m.: October 28, November 4, 11
Tickets: $10 – 15, June Richards, jurichar@sdcccd.edu
Monday, October 29: L - Brian Hu: San Diego Asian Film Festival: “The History of Asian Action Film”, 11:15 a.m. - 12:30 p.m., Saville
Tuesday, October 30: L - Caitlin Rother, Author of Lost Girls, 9:40 a.m. - 10:55 p.m., Saville

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