**Meetings of the Week**

For all meetings go to: [www.sdcity.edu/meetingscalendar](http://www.sdcity.edu/meetingscalendar)

* Post your campus meetings at: [www.sdcity.edu/websiteupdating](http://www.sdcity.edu/websiteupdating)

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**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, September 13</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session</td>
</tr>
<tr>
<td></td>
<td>4:00 p.m.</td>
<td>City College</td>
</tr>
<tr>
<td>Thursday, October 18</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session</td>
</tr>
<tr>
<td></td>
<td>4:00 p.m.</td>
<td>Mesa College</td>
</tr>
<tr>
<td>Thursday, November 8</td>
<td>4:00 p.m.</td>
<td>District</td>
</tr>
<tr>
<td>Thursday, December 13</td>
<td>4:00 p.m.</td>
<td>District</td>
</tr>
</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 Gorton Quad, just outside of the cafeteria. For more information: [http://www.sdcity.edu/CampusLife/SeedsCity/WeeklyFarmStand](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](http://www.sdcity.edu/CampusLife/SeedsCity/CommunitySupportedAgricultureCSAProgram). Please email the farm manager, Erin Rempala erempala@sdccd.edu for more information.” (Rempala)
YES! NEW PARKING

SAN DIEGO CITY COLLEGE
OPEN THURSDAY, AUGUST 30TH
STUDENTS, STAFF, AND VISITORS
350 NEW PARKING SPACES

ENTRANCES TO PARKING STRUCTURE 3:
15TH AND 16TH STREETS BETWEEN BROADWAY AND C STREET

HOURS:
6:00 A.M. - 11:00 P.M. MONDAY - FRIDAY
CLOSED SATURDAYS, SUNDAYS, AND COLLEGE HOLIDAYS

MORE INFO:
HTTP://POLICE.SDCCCD.EDU/PARKING/PARKING.CFM
COLLEGE POLICE DISPATCH CENTER: 619-388-6405

FROM PARKING STRUCTURE 3:
ACCESS THE MAIN CITY COLLEGE CAMPUS VIA 15TH ST. AND CURRAN PLAZA
ACCESS THE CITY COLLEGE V BUILDING AND CHILD DEVELOPMENT CENTER VIA 16TH ST.
Faculty - Staff Resources at City College

For current updates: [www.sdcity.edu/facultyandstaff.asp](http://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)

**Tuesday, September 11:**  P- Jazz Live: Michele Lundeen: Tribute to KoKo Taylor and Etta James, 8:00 a.m. – 9:30 p.m., Saville, [http://www.jazz88.org/](http://www.jazz88.org/)

**Wednesday, September 12:**  L- Aurelia Flores, Founder, Powerful Latinas dot com: “Getting Ahead: Maximizing Your Inner and Outer Power”, 11:15 a.m. – 12:30 p.m., Saville, [http://www.powerfullatinas.com/](http://www.powerfullatinas.com/)

**Monday, September 17:**  L- Congressman Bob Filner: “The Constitution and the Civil Rights Movement” 11:15 a.m. – 12:30 p.m., Saville, [http://filner.house.gov](http://filner.house.gov), Pete Haro, pharo@sdccd.edu

**Wednesday, September 19:**  P- Voices of a People’s History, 9:40 a.m. – 10:55 am, Saville, Larissa Dorman, ldorman@sdccd.edu

**Monday, September 24:**  P- Divya Devaguptapu: Bharata Naatyam Dancing, 9:40 a.m. – 10:55 a.m., Saville, [http://www.divyadevilaguptapu.com/](http://www.divyadevilaguptapu.com/)

**Tuesday, September 25:**  D- Sin Pais, 11:15 a.m. – 12:30 p.m., D 121 a/b, [http://sinpaisfilm.com/](http://sinpaisfilm.com/), Oscar Preciado, opreciad@sdccd.edu

**Wednesday, September 26:**  P- Mo’olelo Performing Arts Group: Kita y Fernanda, 11:15 a.m. – 12:30 p.m., Saville, [http://moolelo.net/kita-y-fernanda/](http://moolelo.net/kita-y-fernanda/)

Athletic events: [http://www.sdcity.edu/athletics](http://www.sdcity.edu/athletics)
How to Warm-up When you Workout

No set schedule for warming up can be applied across the board. As a rule, start with an easy-paced active general warm-up. One good basic routine involves four stages: walking, brisk walking, jogging and light running. Most people should spend a minute or two in each stage, but if you're older or not in great shape, it's better to spend more time in the walking stages.

No matter what warm-up you choose, gradually increase the intensity until you sweat lightly. This should take about 5 to 10 minutes. However, don't do too much and stay below your workout or maximum level. You don't want to exhaust yourself or reduce stored energy that you will need later. Your warm-up is too hard if you breathe heavily.

Next, do light stretching. Finally, for a demanding workout or for a sport that stresses a particular area, do a task specific warm-up. Again, start slowly, gradually building up to performing levels. You want to warm-up as close to exercising as possible to avoid cooling off. If you're an active athlete, competition doesn't always permit a timely warm-up but do what you can to preserve built-up heat. Wear clothes that will help your body hold the heat. In addition, get up and move at every opportunity. (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.

The online application is at:
http://www.soroptimist.org/members/program/ProgramDocs/Women'sOpportunityAwards/English/ WOAApplication-External-Writeable.pdf (Ruffo)
California Community Colleges Student Financial Aid Administrators Association

Please notify your students:

The deadline for the student to submit his/her application materials to the City College Scholarship Office, Room D-106 is October 3, 2013 before noon. Student winners will be notified by letter in November and checks will be mailed to the winners shortly thereafter.

The California Community Colleges Student Financial Aid Administrators Association will again sponsor student scholarships; a total of twenty $500 student scholarships, two $500 scholarship for each of the ten CCCSFAAA regions across the State. Each California community college is asked to promote the scholarship competition on their campus and nominate up to two students for the scholarship. (Ruffo)

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2012 CCCSFAAA STUDENT SCHOLARSHIP
California Community Colleges
Student Financial Aid Administrators Association Application

PERSONAL INFO: (Please print)

Name: ________________________________________________________________

Street Address: ____________________________________________________________________________________________

City: ___________________________ State: _______________ Zip: ________________

Phone: (___) __________________ Email: ________________________________

Which community college are you attending Fall 2012? ________________________________

College major: ________________ 4-year transfer? Yes ______ No ______

Transfer school: ________________ Anticipated date of transfer? ________________________________

Career objective(s): ________________________________________________________________

Current number of units for Fall 2012 enrollment: ________________________________

Anticipated number of units Spring 2013 enrollment: ________________________________

STATEMENT OF CANDIDACY:

On a separate sheet of paper, submit a statement explaining your:

- Special circumstances and/or unusual hardship
- Educational and career goals
- Why you have chosen these goals

All Statements of Candidacy must be typed or word-processed and double-spaced on white paper.

PERMISSION STATEMENT:

If you are selected for a scholarship, do you give CCCSFAAA permission to use the information from your application or statement of candidacy for publicity purposes?

Yes ______ No ______

Student Signature: ________________________________ Date: ________________

Please return to: City College - Office of Student Affairs, Room D-106

APPLICATION DEADLINE IS: October 3, 2012 before 12 noon