**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/websiteupating](http://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, 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>
</table>

**Seeds@City Farm**

Please visit the Seeds@City farm stand each Thursday—starting August 30th—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](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@sdc.edu for more information." (Rempala)

**Faculty - Staff Resources**

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.

Saville Theatre: www.sdcity.edu/savilletheater

World Cultures: 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


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

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

Cross Training Benefits of Rowing, Stairmaster, Versa Climber, Elliptical and Walking

Great cross-training options that when included into your routine will enhance overall training. Provided is the cross training benefits for the rowing machine, Stairmaster, versa climber, elliptical trainer and walking exercise.

Rowing machine: Rowing is another great cardiovascular activity. It strengthens the hips, buttocks and upper body while sparing the legs of heavy pounding. Be sure fitness enthusiasts learn proper rowing technique to maximize the benefits of this activity.

Stairmaster: Stairmaster provides a great cardiovascular workout while being rather gentle on the skeletal system. To achieve maximum benefits, proper form and posture must be used. For an even more intense and regulated step, exercisers can try the step mill machine.

Versa Climber: Using a versa climber provides a total body workout because all the major muscles of the upper and lower body are fully engaged and thus, strengthened. Because of the coordination required by the arms and legs, it can be a challenging machine to learn to use correctly. Once again, be sure to learn proper technique.

Elliptical trainer: Elliptical trainers provide a great total body cardiovascular workout. Their oval-like motion provides people with the feel of classic cross-country skiing, stairclimbing and walking - all in combination. The elliptical trainer can be programmed to operate in either a forward or backward motion, providing a low impact workout for all the major muscles in the legs. The backward motion emphasizes the gluteal muscles (buttocks). Athletes can achieve a great upper body workout by using the two poles located on each side of the machine in conjunction with the leg motion.

Walking: Walking provides great therapeutic benefits following a hard workout or a rest day. Walking is also a great way to initiate beginners to a training program. It builds confidence while decreasing apprehension to exercise and fatigue the following day. (Greer)
THANK YOU FOR HELPING SAVE LIVES!

2012 BLOOD DRIVES
SAN DIEGO CITY COLLEGE
9:00 a.m. - 3:00 p.m.
Gorton Quad

- Tuesday, September 11
- Thursday, October 18
- 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.

The online application is at:
http://www.soroptimist.org/members/program/ProgramDocs/Women'sOpportunityAwards/English/WOAApplication-External-Writeable.pdf  (Ruffo)
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
# Tutorial/Learning Center

## ACADEMIC SKILLS WORKSHOPS

### Fall 2012

<table>
<thead>
<tr>
<th>WORKSHOP</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time Management</td>
<td>Tuesday, September 11</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Reading &amp; Note-Taking Skills</td>
<td>Tuesday, September 18</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Working with Your Learning Styles</td>
<td>Tuesday, September 25</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Test Taking Techniques &amp; Dealing with Test Anxiety</td>
<td>Tuesday, October 2</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Reading &amp; Note-Taking Skills</td>
<td>Tuesday, October 9</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Working with Your Learning Styles</td>
<td>Tuesday, October 16</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Memory Techniques</td>
<td>Tuesday, October 23</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Test Taking Techniques &amp; Dealing with Test Anxiety</td>
<td>Tuesday, October 30</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Memory Techniques</td>
<td>Tuesday, November 6</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Test Taking Techniques &amp; Dealing with Test Anxiety</td>
<td>Tuesday, November 13</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Stress Management</td>
<td>Tuesday, November 27</td>
<td>4:30 p.m. - 5:30 p.m.</td>
</tr>
</tbody>
</table>

Presented by: Adela Powers, M.A.
For more information, please call (619) 388-3685
Rape Aggression Defense
Basic Self Defense Training

Presented by: The SDCCD Police Department

Miramar College: September 15 & 22, 2012
City College: October 13 & 20, 2012
Mesa College: TBA

This is a free 12 hour program (must attend both session) and is offered to San Diego Community College District faculty, staff and students FEMALES ONLY. The Rape Aggression Defense is a program of realistic self-defense tactics and techniques. The R.A.D. Systems is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands on defense training. Our courses are taught by nationally certified R.A.D. instructors.

To register contact:

Office DeAnn Griffin
Phone: 619-388-2749
E-mail: dgriffin@sdccd.edu

Class Locations:

Miramar College: 10440 Black Mountain Road, Hourglass Park, J-221
City College: 1081 16th Street, Career Technology Center Building, V-100
Mesa College: TBA

Classes will be held from 8:00 a.m. to 3:30 p.m.

More information about the R.A.D. Program can be found on their website at: http://www.rad-systems.com