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>
</tr>
</thead>
<tbody>
<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 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 Improvement (FLEX) ★ Key Services ★ Meetings Calendar
★ President’s Bulletin ★ Publication Guidelines
★ Student Learning & Administrative Outcomes ★ Website Updating
**Fitness Tips**

**Fluid Replacement Is Important So Drink Up!**

It's understood sweating keeps you cool, but losing all that fluid lessens the efficiency of the internal operations of your body. Most people fall short on fluid replacement and only manage to replace about half their sweat losses. If you don't take in fluids as you sweat, your blood actually thickens. This makes your heart pump harder and slows oxygen and nutrient delivery to exercising muscles. Consequently, your body suffers.

As you dehydrate and your pace slows, you may become dizzy, weak or nauseated. Eventually you may cramp up, get chills or even hallucinate. Some of these same symptoms may even occur at the office or at home as your fluid needs are not met and interestingly enough not always conveniently shows up on your run.

Your fluid needs depend on many factors, including body size, fitness level, training schedule and dietary factors such as caffeine and alcohol consumption, both of which increase fluid loss from the body. The question of how much fluid you need is an individual matter.

My suggestion to athletes is to monitor urine color and frequency of urination. Pale yellow urine is a good sign that plenty of fluid is on board for waste excretion. Frequent urination is another good sign that you're getting enough fluid. Spread out your fluid intake over the day to keep body water levels steady and to ward off the threat of dehydration. Remember to drink past the feeling of thirst, since that sensation shuts off quickly once you begin drinking. In fact, it actually turns off before you've replenished lost fluids. (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](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)*

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

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

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

**Athletic events:** [http://www.sdcity.edu/athletics](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

- 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.

YES! NEW PARKING
SAN DIEGO CITY COLLEGE
STUDENTS, STAFF AND VISITORS!
350 NEW PARKING SPACES

Entrances to parking structure 3: 15th and 16th streets between Broadway and “C” Streets

Hours: 6:00 a.m. to 11:00 p.m. - Monday through Friday
Closed: Saturday, Sunday and College Holidays

Soroptimist Scholarship

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.

For the online application copy and paste this link: www.soroptimist.org/members/program/ProgramDocs/Women'-sOpportunityAwards/English/WOAApplication-External-Writeable.pdf (Ruffo)
FRIENDS OF DOWNTOWN SCHOLARSHIP
Applicant Questionnaire
For San Diego City College

(Please print in black or blue ink or type)

Name: ___________________________________________  CSID # __________________
(Last)                                  (First)
Address: ___________________________________________  City: __________________
State: ________    Zip Code: _________________    Phone: _________________________

GPA: _______   Units Completed: _______    E-mail: ______________________________

Major or Field of Interest: Advertising / Public Relations    ___ Computer Science     ___
Development / Construction       ___ Education                 ___
Finance / Banking ___ Media / Journalism   ___
Property Management / Service ___ Non-Profit                ___
Nursing ___ Real Estate               ___
Sales / Marketing ___ Retail ___
Other: ___________________________________________

CRITERIA FOR THE FRIENDS OF DOWNTOWN SCHOLARSHIP RECIPIENT:
1. Must be currently enrolled in a minimum of 9 units at San Diego City College with plans to continue the following
   semester.
2. Must have already complete 18 units of college, to be verified by SDCC.
3. Must have a 3.0 or higher GPA, to be verified by SDCC
4. Must attach a one-page essay about your educational, community and career goals.

NOTE: scholarship recipients will be selected at the discretion of the Friends of Downtown Scholarship Committee. Not all eligible
students will be selected
to receive a scholarship, due to limited funds.

INFORMATION ABOUT THE FRIENDS OF DOWNTOWN SCHOLARSHIPS:
1. Number of awards for 2012-2013 School Year:  40+ Total (1 per student)
2. Amount of each award:  $500.00, if student meets the criteria listed above
3. Scholarships to be awarded on campus in November 2012.

APPLICATION PROCEDURE:
1. Return completed application with essay attached to the Office of Student Affairs (Room D-106) before Noon
   October 10, 2012.
2. Applicant must submit a one-page typed, double spaced essay describing their educational, community and career goals, as
   well as need for this scholarship. The essay should include background information, volunteer activities on campus and/or in
   the community, why the applicant is applying for this scholarship, and why they should be considered. Attach essay to
   application.
3. If qualified, you will be contacted to participate in a group interview scheduled in late Oct 2012.

APPLICATION DEADLINE: October 10, 2012 – before Noon

RELEASE - Materials/Publicity
I understand and agree that, despite the confidentiality of this material, it will be necessary for persons administering this
fund to review my information and other transcript and grade point information available in school records. I understand and authorize
the use of my name, photograph and general academic information for use in any lawful manner deemed appropriate for public
information by the San Diego Community College District and/or news organizations in news releases, and electronic and print
publications of college informational and/or marketing materials in the event that I am selected as a recipient of this scholarship.

Signed: ________________________________________ Date: _______________________
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)

---

**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-space 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 _______

StudentSignature: __________________________ Date: ________________

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

**APPLICATION DEADLINE IS:** October 3, 2012 before 12 noon

Rev. 8/2012