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 9-11:15am 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/CommunitySupportedAgricultureC-SAProgram. 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
Does Caffeine Improve Exercise Performance?

Caffeine is a stimulant of the central nervous system and is the most widely used drug in our society today. Caffeine is a component of tea, coffee, chocolate, soft drink and pills to lose weight and combat drowsiness. It has no significant nutritional value.

Global interest in the use of caffeine as a performance enhancer for exercise was historically inspired by two studies published in the late 1970's. In those studies, caffeine produced significant improvements in cycling endurance. To this day, there have been several studies conducted that has shown caffeine increases performance in cycling and running for durations of five to twenty minutes. At this time, it doesn't appear as if caffeine improves sprint performance.

I believe that in low doses, caffeine doesn't pose any serious risks for healthy individuals; however, when consumed in high doses, caffeine has the potential for many adverse side effects. Some of these side effects include anxiety, tremors, inability to focus, diarrhea, insomnia and headaches. Since caffeine is a diuretic, there is concern that it can increase the risk of dehydration. This definitely presents problems during physical activity, especially in a hot and humid environment. (Greer)
# English Center Workshops in L-209

<table>
<thead>
<tr>
<th>Topic</th>
<th>Instructor</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Issues with Topic Sentences</td>
<td>English 12E/Professor Gossett</td>
<td>Tuesday, September 18</td>
<td>1:30 p.m. - 2:00 p.m.</td>
</tr>
<tr>
<td>How to Correct Some Common ESL Writing Errors</td>
<td>Professor Kovach</td>
<td>Wednesday, September 26</td>
<td>2:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Issues in Grammar 1</td>
<td>English 12A/Professor Brown</td>
<td>Wednesday, September 26</td>
<td>5:00 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Developing a Paragraph</td>
<td>English 12E/Professor Gossett</td>
<td>Tuesday, October 2</td>
<td>1:30 p.m. - 2:00 p.m.</td>
</tr>
<tr>
<td>Why Do We Need Punctuation?</td>
<td>Professor Kovach</td>
<td>Wednesday, October 3</td>
<td>2:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>How to Write Essays in History Classes</td>
<td>Professor Kovach</td>
<td>Wednesday, October 10</td>
<td>2:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Issues with Sentence Structure</td>
<td>English 12A/Professor Brown</td>
<td>Wednesday, October 10</td>
<td>5:00 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Expanding a Paragraph</td>
<td>English 12E/Professor Gossett</td>
<td>Tuesday, October 16</td>
<td>1:30 p.m. - 2:00 p.m.</td>
</tr>
<tr>
<td>How to Use American Psychological Association (APA) Documentation</td>
<td>Professor Kovach</td>
<td>Wednesday, October 17</td>
<td>2:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>How to Use Modern Language Association (MLA) Documentation</td>
<td>Professor Kovach</td>
<td>Wednesday, October 24</td>
<td>2:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Issues in Grammar 2</td>
<td>English 12A/Professor Brown</td>
<td>Wednesday, October 24</td>
<td>5:00 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Revising and Editing Paragraphs</td>
<td>English 12E/Professor Gossett</td>
<td>Tuesday, October 30</td>
<td>1:30 p.m. - 2:00 p.m.</td>
</tr>
<tr>
<td>How to Avoid Hasty Generalizations about Punctuation</td>
<td>Professor Kovach</td>
<td>Wednesday, October 31</td>
<td>2:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Issues with Punctuation</td>
<td>English 12A/Professor Brown</td>
<td>Wednesday, November 7</td>
<td>5:00 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Issues with Organizing the Essay</td>
<td>English 12E/Professor Gossett</td>
<td>Tuesday, November 13</td>
<td>1:30 p.m. - 2:00 p.m.</td>
</tr>
<tr>
<td>Issues with Writing Introductions &amp; Conclusions</td>
<td>English 12A/Professor Brown</td>
<td>Tuesday, November 27</td>
<td>1:30 p.m. - 2:00 p.m.</td>
</tr>
<tr>
<td>Issues with Paragraph Writing</td>
<td>English 12A/Professor Brown</td>
<td>Wednesday, November 28</td>
<td>5:00 p.m. - 5:30 p.m.</td>
</tr>
<tr>
<td>Issues with the Research Process &amp; Using Sources</td>
<td>English 12E/Professor Gossett</td>
<td>Tuesday, December 4</td>
<td>1:30 p.m. - 2:00 p.m.</td>
</tr>
<tr>
<td>Issues with Editing</td>
<td>English 12-A/Professor Brown</td>
<td>Wednesday, December 5</td>
<td>5:00 p.m. - 5:30 p.m.</td>
</tr>
</tbody>
</table>
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.

For the online application copy and paste this link:
http://www.soroptimist.org/members/program/ProgramDocs/Women'sOpportunityAwards/English/WOAApplcation-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)

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:
  o Special circumstances and/or unusual hardship
  o Educational and career goals
  o 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 ______

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