What's In The News!

Meetings of the Week 1
Board of Trustees Meetings 1
Daylight Saving Time 1
Construction Project Updates 1

Campus Events 2
Committee Reports 2
Environmental Stewardship Committee 2
Big Clean-Up 2

Fitness Tip 3
City College Performing Arts “Songs for a New World” 3

Meetings of the Week

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>11/1/10</td>
<td>3:30 p.m.</td>
<td>Academic Senate Executive A-2</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11/2/10</td>
<td>12:30 p.m.</td>
<td>Catalog Review D-102</td>
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<td>2:00 p.m.</td>
<td>President’s Council D-102</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11/3/10</td>
<td>9:30 a.m.</td>
<td>Instructional Cabinet D-102</td>
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<td></td>
<td></td>
<td>1:00 p.m.</td>
<td>Curriculum Review Committee B-104</td>
</tr>
<tr>
<td>Thursday</td>
<td>11/4/10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>11/5/10</td>
<td>12:30 p.m.</td>
<td>Diversity Committee B-104</td>
</tr>
</tbody>
</table>

Calendar of SDCCD Board Meetings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, November 11</td>
<td>4:00 p.m.</td>
<td>District</td>
</tr>
<tr>
<td>Thursday, December 9</td>
<td>4:00 p.m.</td>
<td>District</td>
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Daylight Saving Time

Don’t forget to adjust your clocks on Sunday, November 7, 2010, America leaves daylight saving time and returns to standard time.

At 2:00 am, clocks must be turned back one hour, marking the end of daylight saving time.

Construction Updates

For all construction project updates and notices, please go to: http://www.sdcity.edu/CollegeServices/CampusResources/MapandCampusInformation/BuildingUpdates.aspx
Campus Events

Many new events are added throughout the semester on the Campus Events Calendar at [http://www.sdcity.edu/Events.aspx](http://www.sdcity.edu/Events.aspx). To add an event to the Campus Calendar go to the bottom of any web page and click on request website update, then click on Event Calendar Update. To post your event under STUDENT ANNOUNCEMENTS, simply click on the Webmaster link at the bottom of the web page and provide information on your event. An event flyer can be attached also.

Saville Theatre: [http://www.sdcity.edu/CampusLife/SavilleTheatre.aspx](http://www.sdcity.edu/CampusLife/SavilleTheatre.aspx)

World Cultures: [http://www.sdcity.edu/CampusLife/WorldCulturesProgram.aspx](http://www.sdcity.edu/CampusLife/WorldCulturesProgram.aspx)

Athletic events: [http://www.sdcity.edu/CampusLife/Athletics.aspx](http://www.sdcity.edu/CampusLife/Athletics.aspx)

Committee Reports

Committee Reports can be found at: [http://www.sdcity.edu/CollegeServices/FacultyStaffResources/Committees.aspx](http://www.sdcity.edu/CollegeServices/FacultyStaffResources/Committees.aspx)

- Academic Senate
- Chairs' Cabinet
- Curriculum
- Curriculum Tech Review
- Environmental Stewardship Committee
- Flex Committee
- Foundation Board Meeting
- Institutional Assessment Committee
- Instructional Services Council
- Institutional Technology Council
- Master Planning, Assessment & Resources Oversight Council
- Review of Services
- Student Services Council

Environmental Stewardship Committee

Farmer's Market every Tuesday 9:00 a.m. - 11:45 a.m. Come get your fresh organic veggies - cultivated with love by City College students. Please bring your own bag. (Wilson)

Big Clean-Up

This event is sponsored by your ASG and many business sponsors. It is an annual effort which was started several years ago by your now Student Body President "BETO VASQUEZ" in an effort to foster community and a way to give back to the community. ALL persons are welcome and encouraged to join. You will receive a free tee-shirt as well as a free lunch and community service hours recognition letter for participating. Come help clean and beautify a residential neighborhood in our community and show our neighbors and the world that City College Cares! This event will take place on Saturday, November 20, 2010 from 8:30 a.m. to 3:00 p.m.

Event will clean a neighborhood in Barrio Logan area. Exact site of event to be announced. For more information on participation or sponsorship, please call 619-388-3353 or come by room D105A/D106. (Vasquez)
Fitness Tips
Restrictive Diets are Unhealthy for Older People

Scientists have yet to discover a true fountain of youth, but I have found with respect to working with older students, regular exercise and a healthy diet provide the best chance for staying healthy as we age. The reason for this is that some of the physical decline associated with the aging process is accelerated by a sedentary lifestyle and poor nutrition. It's true that restrictive diets cause a loss of bone and muscle tissue that is difficult for older people to regain. Such loss can accelerate the onset of osteoporosis but restrictive diets rarely lead to successful long term weight control, since weight is regained mostly as fat once the diet is ended. To lose fat, I recommend you increase your activity level and reduce food intake by eating less foods like chips and desserts.

Strength training will help prevent muscle and bone loss. Fat that is lost very slowly is more likely to stay off and result in health benefits. I have always believed an increase in activity will also improve one's health, even without any apparent change in weight. (Greer)