Meetings of the Week

Monday 11/8/10
10:00 a.m. Health and Safety Committee D-121A
2:30 p.m. Academic Senate D-121A

Tuesday 11/9/10
12:30 p.m. Forum on Healing in the Aftermath of Tragedy D-121A/B
2:00 p.m. President’s Council Canceled

Wednesday 11/10/10
9:30 a.m. Instructional Cabinet D-102
2:00 p.m. Tech Review B-104
2:30 p.m. FLEX Committee Meeting B-104
3:30 p.m. Master Planning, Assessment & Resource Oversight Council D-102

Thursday 11/11/10
1:00 p.m. Student Services Council D-102
2:30 p.m. Classified Senate Meeting-Open Meeting D-121B

Friday 11/12/10
HOLIDAY ALL SITES

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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</tbody>
</table>

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. 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
World Cultures: http://www.sdcity.edu/CampusLife/WorldCulturesProgram.aspx
Tuesday, November 9: Jazz Live, Nnenna Freelon, 8:00 p.m. - 9:00 p.m., Saville Theatre
Wednesday, November 10: Author, Laura Kohl, “Jonestown Survivor: An Insider’s Look”, 11:15 a.m. - 12:30 p.m., D-121 a/b
Tuesday, November 16: “Flow: For Love of Water”, 9:40 a.m. - 11:00 a.m., Saville Theatre

Athletic events: http://www.sdcity.edu/CampusLife/Athletics.aspx

Committee Reports
Committee Reports can be found at: 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 & Resource 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 Alberto “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
Exercises to Prevent and Treat Low Back Pain

Students often complain about low back pain due to the high impact some exercise activities have on the body and the hard surfaces they exercise on. These exercises below help provide for a flexible lumbar spine and strong abdominal muscles which are both important for preventing and alleviating low back pain. I suggest you perform these exercises daily and hold each stretch for 20-30 seconds at a time.

1. Pelvic tilt: Lie on your back with knees bent, feet flat on the floor and arms at your sides. Tighten your stomach muscles and flatten the small of your back against the floor, without pushing down with the legs. Hold for five seconds, and then slowly relax.

2. Knee to shoulder: Starting in the same position as for the pelvic tilt, grasp your right knee and gently pull it toward your right shoulder. Return to the starting position and repeat with the left leg.

3. Double knee to chest: Starting in the same position as for the pelvic tilt, grasp your right leg and pull it close to your chest, and then pull the left leg even with the right. Pull both knees toward your shoulders. Let your knees return to arm's length and repeat.

4. Hamstring stretch: From the same starting position as in the pelvic tilt, bring one knee to your chest and then straighten the leg, stretching the heel toward the ceiling. You should feel the stretch behind your knee. Bend the knee and return the leg to the starting position. Repeat with the other leg.

5. Trunk flexion, prone: Starting on your hand and knees, tuck in your chin and arch your back, and then slowly sit back on your heels while lowering your shoulders to the floor. Relax. Return to the starting position, keeping stomach tight and back arched.

6. Trunk flexion, seated: Sitting near the edge of a chair, spread legs apart and cross arms over your chest. Be sure the chair will not slip backward or tip. Tuck your chin and slowly curl your trunk downward. Relax. Uncurl slowly into an upright position, raising your head last. (Greer)
Facilities Management
Design Report

Date of Update: November 02, 2010  CPM: Tom Fine

Campus: City College

Campus Plan Description: Design and construction of 8 renovated and 6 new buildings at City College. The design and construction will follow the updated master plan for City College as adopted by the campus in August 2008.

Design Status

Humanities & Business Tech General Purpose Classroom Building Science Building

Project Title: Construction Humanities and Business Tech Buildings
Architect/CM: RNT/Turner
Percent Complete: 100%

Descriptive: The project is has been approved by DSA. Current Issues: User meetings continue for the review and selection of interior finishes and FF&E. The final bid package for Increment 1 has been bid, and the low bid has been approved by the board. Increment 1 earthwork started on October 18th. Increment 2 bid packages are being developed and will be advertised for bids in mid to late November. In order to facilitate outreach efforts, trade contractor participation and adequate bid responses, the bid period is anticipated to take 3-4 weeks. With a bid opening date in mid to late December, it is anticipated that the winning bidders will be submitted to the Board at the January board meeting. Construction for Increment 2 is anticipated to start in late January or early February.

Project Title: Science Building
Architect/CM: HED/Rudolph & Sletten
Percent Complete: 90%

Descriptive: The project is complete with final DSA submittal set, and the DSA submittal intake meeting was held on May 5, 2010. Access Compliance and Fire Life Safety comments have been received. ETA for initial DSA Structural comments is October 22. The design team will continue to meet with the users to finalize the interior finishes and colors. The elevator contract was awarded on July 8th, and the design phase NTP was issued on July 15th. Upon completion of DSA approval, a construction NTP will be issued.

Project Title: Infrastructure
Architect/CM: UMEC/DEC Engineering
Percent Complete: 90%

Descriptive: Central Plant Expansion - The project is complete with the DSA submittal set of design documents. Current Issues: The Design Build team is complete with the design of the 15th Street electrical easement routing, and work is scheduled to start on October 8. The Central Plant Building DSA Set is complete, and was submitted to DSA on 4/14/10. Due to DSA requirements, this design package will not be approved until the demo/electrical switchgear phase is complete, and a certified pad is completed for foundations. This will push the ETA for DSA stampout of this design package to 10/30/10. A geotech report will then need to be submitted for the certified pad, so DSA can review this in conjunction with the Central Plant foundation system. A precon for the start of the project was held on May 5th, and construction started 7/19/10 for both the demolition/electrical switchgear phase and the piping distribution phase.
**Project Title:** Infrastructure  
**Project Budget:** $4,000,000  
**Architect/CM:** AB Engineering  
**Design Status:** Bid and Award  
**Percent Complete:** 90%  
**DSA Stamp Out:** Approved by City on 8/23/10  
**Description:** Utilities Upgrades - These projects have been approved by the City. **Current Issues:** Formal approval from the City will take place once the storm drain easement and 15th Street easement have been vacated. The City has conditionally approved the drawings for construction, and the design team has submitted the mylars for City signature. The project has been bid, and the low bid will be submitted for Board approval on October 28th. Once awarded, the successful contractor can pull the permit and pick up the signed mylars from the City. ETA for start of construction is mid November.

**Project Title:** Infrastructure  
**Project Budget:** $3,687,673  
**Architect/CM:** Randall Lamb  
**Design Status:** Bid and Awarded  
**Percent Complete:** 100%  
**DSA Stamp Out:** Approved by City on 8/23/10  
**Description:** Data/IT Infrastructure - This project will provide a data/IT loop around the City College campus. **Current Issues:** The IT/Data Infrastructure project design has been approved by the City. The project has been bid, approved by the board, and a preconstruction meeting is scheduled to kick off the project on November 4th.

**Project Title:** General Purpose Classroom Building  
**Project Budget:** $80,870,081  
**Architect/CM:** RNT/Sundt  
**Design Status:** Bid and Awarded  
**Percent Complete:** 95%  
**DSA Stamp Out:** 10/07/10  
**Description:** The project was approved by DSA on 10/7/10. **Current Issues:** The design team will continue to meet with the users to establish final interior finishes and begin the FF&E planning. The Historic House has been relocated, and the contractor is in the process of installing the stemwalls at the new site. Demolition of the remaining structures on site is completed, and the contractor is scheduled to export remaining fill this week. The construction of the new Math and Social Science building is now scheduled to start the second week in November.

**Date of Update:** Engineering Technology (T) Building  
**Project Budget:** $34,418,250  
**Architect/CM:** MDWF  
**Design Status:** Programming  
**Percent Complete:** 50%  
**DSA Stamp Out:** DSA Submittal on 8/30/11  
**DSA Stamp Out ETA:** 6/4/12  
**Description:** The Design team continues with the programming design phase. **Current Issues:** The City College Administration has added two new departments to the list of departments that will utilize the T Bldg., so continued meetings with the users have been held, and the design team is anticipated to finalize the space programming by the end of October.

**Date of Update:** “D” Building Roof  
**Project Budget:** $3,082,000  
**Architect/CM:** Mele Amantea/TBD  
**Design Status:** Design Development  
**Percent Complete:** 100%  
**DSA Stamp Out:** DSA Submittal on 8/2310  
**DSA Stamp Out ETA:** 4/1/10  
**Description:** The design team is complete with the DD phase of design, and they met with the District on July 9th to present the 100% DD package. During the meeting it was noted that the cost of the new roofing pedestal system, as well as the additional cost of the ceiling replacement in the space below, have caused a significant increase to the project estimate. While the design documents have been approved with comments, and the design team can proceed with the CD phase of design, the District needs to make a determination as to additional funding for the added scope of work.

**Date of Update:** Language/Speech/Visual Arts “C” Building  
**Project Budget:** $21,827,550  
**Architect/CM:** TBD  
**Design Status:** Programming  
**Percent Complete:** 25%  
**DSA Stamp Out:** DSA Submittal on 8/1/11  
**DSA Stamp Out ETA:** 5/4/12  
**Description:** The design build team continues to met with the C Building design committee to develop the space programming documents and conceptual design. Meetings with the users continue for the verification of space programming with cuts in requested square footage. The design team has been meeting with the Dean to confirm various revisions to program requests, and the anticipated approval date for these revisions is November 5th.
<table>
<thead>
<tr>
<th>Project Title</th>
<th>Renovate “M” Building</th>
<th>Project Budget:</th>
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<tbody>
<tr>
<td>Architect/CM</td>
<td>HGW Architects/CW Driver</td>
<td>Design Status:</td>
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<tr>
<td>Percent Complete:</td>
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<td>DSA Stamp Out:</td>
<td>DSA Submittal on 12/22/11 DSA Stamp Out ETA 9/26/12</td>
</tr>
</tbody>
</table>

**Description:** The contract has been signed, and the design team has met to start the design process on October 29th. City College has been asked to set up a design kickoff meeting with all of the project stakeholders. ETA for the kickoff meeting is within the next two weeks.

<table>
<thead>
<tr>
<th>Project Title</th>
<th>Construct Child Development Chair Center</th>
<th>Project Budget:</th>
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<tbody>
<tr>
<td>Architect/CM</td>
<td>Carrier Johnson</td>
<td>Design Status:</td>
<td>Conceptual Design</td>
</tr>
<tr>
<td>Percent Complete:</td>
<td>50%</td>
<td>DSA Stamp Out:</td>
<td>DSA Submittal on 9/26/11 DSA Stamp Out ETA 6/29/12</td>
</tr>
</tbody>
</table>

**Description:** Construction of a new Child Development Center at City College. **Current Issues:** The design has been submitted to the State, and the State has responded with some questions regarding the programming and utilization of space. Once the District Architect responds to these questions, a determination will be made as to whether or not the project will be approved for State funding.