What’s In The News!

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Meetings of the Week

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<tr>
<td>Monday</td>
<td>11/29/10</td>
<td>1:30 p.m.</td>
<td>Review of Services D-121A</td>
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<td>2:30 p.m.</td>
<td>Academic Senate D-121A</td>
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<td>Tuesday</td>
<td>11/30/10</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>
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<td>Wednesday</td>
<td>12/1/10</td>
<td>9:30 a.m.</td>
<td>Instructional Cabinet D-102</td>
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<td>2:00 p.m.</td>
<td>Tech Review B-104</td>
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<td>Thursday</td>
<td>12/2/10</td>
<td>2:30 p.m.</td>
<td>World Cultures Meeting D-102</td>
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<td>Friday</td>
<td>12/3/10</td>
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Calendar of SDCCD Board Meetings

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<tr>
<td>Thursday, December 9</td>
<td>4:00 p.m.</td>
<td>District</td>
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Submissions

Please submit ALL Bulletin articles directly to Erin Flanagan and Barbara Butler in the President’s Office by 12:00 p.m. on Thursday one week prior to publication. Thank you.

Evening and Weekend Administrator: Cellular Phone (619) 559-3468

Construction Updates

On City’s homepage under About City College, simply click on the CONSTRUCTION UPDATES on lower left column. For all construction project updates and notices, please go to: http://www.sdcity.edu/buildingupdates/default.asp.
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

Friday, December 3 - December 4: An Evening of Dance, Saville Theatre, Friday, December 3, 8:00 p.m. Saturday, December 4, 2:00 p.m. and 8:00 p.m., Tickets:$10 Sr./Military/Student, General Admission $15, Contact: Alicia Rincon, arincon@sdccd.edu

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 & 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)

Fitness Tips
Dehydration Effects Your Exercise Performance

This past August, residents here in San Diego have persevered through very hot and humid temperatures. If you happen to exercise, then you need to be careful with the issues of dehydration as it's an excessive loss of bodily fluids. If one does not stay hydrated enough during exercise, this can cause harmful effects on the body. Symptoms include thirst, dizziness, weakness and nausea. Serious dehydration can lead to cramps, chills and disorientation. In the case of severe dehydration, I always suggest you stop exercising, get to a cool place and drink plenty of fluids to replenish yourself.

However, the point is not to become dehydrated in the first place. I believe you know you're getting enough if you void large volumes of pale urine at least six times a day. To determine how much liquid to take during exercise, you need to know your sweat rate and that can vary between 1 and 4 quarts per hour. It's suggested you weigh yourself naked before an exercise session and then again after the exercise. One pound of weight loss equals 1 pint of water loss. I recommend you calculate your sweat rate and use this to determine your fluid intake needs during exercise. For example, if you lose 2 pounds during an hour exercise session, that is 2 pints or 32 ounces. Subsequently, you need 8 ounces of water or sports beverage every 15 minutes. With respect to exercise performance, just know as little as 2 percent dehydration will have a negative effect on your performance. This statistic alone stresses even more the importance of hydration when exercising in hot temperatures. (Greer)
The Price Scholarship Program is extending an invitation to current City College students to apply to our Price Scholarship Program. Six City College scholarships are available to students who must:

- Be currently enrolled and in good standing at San Diego City College
- Residents of the downtown, mid-city, or southeast area of San Diego
- Have a minimum 2.5 Grade Point Average in their college studies
- Have graduated from high school within the last 7 years and may be looking for a career as soon as they complete a Certificate of Achievement, an Associates Degree, Transfer Studies, or in some cases a Certificate of Completion.
- Have demonstrated financial need
- Perform 5 or 8 hours of Community Service/internships weekly with a pre-selected community agency or school throughout their participation in the program

Scholars will gain valuable experience through structured job shadowing, and community service assignments, with local community agencies, schools, and businesses in City Heights, Balboa Park, and other central and southeastern areas of San Diego.

The scholarship year will begin in June 2011 and may be renewable if the student remains in good standing academically and programmatically. The scholarship award will be either $3,000 or $4,500 and is based on the number of Community Service hours the participant selects for their program year beginning in August 2011 and ending in July 2013. Scholarship participants will perform 5 or 8 hours per week and choose a site from the current list locations and services that offer a range of experiences.

Scholars are required to attend regular weekly classes throughout their first year of participation in the program and meet with program staff on an ongoing basis to assess their performance and progress in the program.

Applications are available in the Price Scholarship Program Office room L-117G or online at www.pricescholars.org beginning Monday, November 15, 2010 and they will be due back to our office by Thursday, December 9, 2010 at 3:30 p.m. Students who are accepted into the program will be required to attend a program orientation in June 2011 before they begin their program in August 2011. (Delgado)

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**“An Evening of Dance”**

Saville Theatre at San Diego City College Presents: “An Evening of Dance”, a student and faculty dance concert showcasing hip hop, salsa, contemporary modern, and dance theatre, directed by Alicia Rincon.

**When:**
December 3rd - 8:00 p.m.
December 4th - 2:00 p.m. and 8:00 p.m.

**Where:**
Saville Theatre, 15th and “C” Street,
Parking lot #8 (Free Parking)

General admission $15.00; student, senior and military $10.00.

For more information call: Alicia Rincon at 619-388-3563, or email at arincon@sdccd.edu, or go to http://www.sdcity.edu/CampusLife/SavilleTheatre/UpcomingEvents.
San Diego Community College District

TOY DRIVE
to Benefit the Children at the Polinsky Center

The A.B. and Jessie Polinsky Children’s Center (PCC) opened in 1994 to replace the overcrowded Hillcrest Receiving Home. It is the emergency shelter for children in San Diego County. Polinsky Children’s Center provides services to children who have been physically, sexually, and or emotionally abused, medically or physically neglected, and/or have no parent or guardian.

This holiday season the SDCCD Police are partnering with the San Diego Chargers to collect gifts for the children of the Polinsky Center. Collection bins will be placed on each District campus and representatives from SDCCD Facilities and Police will collect the items for storage.

Polinsky Center residents range from infants to teenagers. Please keep this in mind when making your donations. Personal care items, CDs and gift certificates are especially appreciated.

On Tuesday December 14th, representatives from the San Diego Chargers and the SDCCD will present the gifts to Polinsky Center personnel for distribution to the children. Thank you in advance for your generosity and your participation.