



# The Institute Post

Bi - Weekly Newsletter for the Institute for International Students

Fall Issue 2: August 29 - September 12, 2009

## Upcoming Events

### Dinner out! Mel's Diner 08/28

Cloud 208 ~ 5pm

Let's go to a typical 50s American Diner called Mel's Diner. We will take BART to the Powell Station, and walk one block to this restaurant. Please sign up on the bulletin board.

### Walk on the Golden Gate Bridge! 08/30

Meet at the corner of Van Ness and Sutter Street at 11:30am (get directions from Michele)

We will take a bus to the Golden Gate Bridge, walk over the bridge to Sausalito, have lunch and yummy ice cream there and then take the Ferry back to Fisherman's Wharf. Sign up!

### Treasure Hunt in North Beach 09/05

Meet in front of St. Peter's & Paul's church (ask Michele for directions) at 11am

Get to know Michele's favorite neighborhood by doing a fun treasure hunt! We will end up with lunch at a local café.

### Labor Day. No school! 09/07

You have a long weekend! If you need ideas for short weekend trips, come and see Michele

### Workshop - Credit Application 09/08

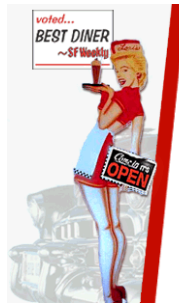
Cloud Hall, Room 202 ~ 5:00pm

Are you thinking about becoming a student in the credit program at City College for Spring 2008? Are you curious about the College system in the US? If so, come to this meeting where Michele will give you the application forms, explain the College System at City College and the US, assist you with the application procedures and answer any questions you may have.

### "Power to the People" Festival & Concert 09/12

Meet at the corner of 25th Avenue and Fulton ~ 12:00pm

A full day's event in Golden Gate Park...music, Yoga, information booths, food...lots of great entertainment and fun!



## Dinner out! Mel's Diner

When: Friday, August 28, 2009

Where: Meet after class at 5pm in front of room 208

For all of you nostalgic diners out there, here is a time machine to take you back to the good old days! Back to the neon lights, flashy architecture, and rock 'n' roll of the fabulous 50's!

Designed to pay homage to the most American of icons: the Hamburger, French Fries, Coca-Cola, Malts and Ice Cream Sodas. Lori's Diner is the most classic of diners!



## 9/11 Festival and Concert Power to the People!

When: Saturday, Sept. 12th, 2009

Where: Meet at the corner of 25th Ave & Fulton  
12:00 noon (get directions from Michele)

Cost: FREE!

Join thousands of people at Speedway Meadow, Golden Gate Park and be part of the international community coming together to build, inspire and pledge service toward those in need and help the planet. The 2009 event will feature a full lineup of bands, speakers and information booths. In addition to morning yoga, main stage performers include Michael Franti and Spearhead, Alanis Morissette, Sly & Robbie and a slew of renowned DJs.



## What is Labor day?

Labor Day is a United States federal holiday that takes place on the first Monday in September. The holiday began in 1882, originating from a desire by the Central Labor Union to create a day off for the "working man". It is still celebrated mainly as a day of rest and marks the symbolic end of summer for many. Labor Day became a national holiday by Act of Congress in 1894.

## Happy Birthday!

Xiaoyu Liu ~ Aug 26  
Yawan Chen ~ Sept. 05  
Wenjun Ji ~ Sept. 09  
Hsiu-Yen Tsai ~ Sept. 10



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## What's Happening in San Francisco August 31 - September 15

### **September 06, 2009**

#### **SF Sunday Streets @ Ocean Beach**

*Ocean Beach ~ <http://sundaystreetsf.com>*

From 10am-2pm this Sunday, Ocean Beach will be the place to run, walk, bike, dance, hula hoop or whatever your heart so desires. The streets will be closed so that San Franciscans can get their recreation on without the fear of cars whizzing by. Total freedom!

Free bike rentals provided by Bay City Bike Rentals and Tours; Free bike maintenance by the Sports Basement "Lube Fairies"; Solar Telescope Viewing, 11am-1pm, presented by Morrison Planetarium; Historic displays from "Playland-Not-at-the-Beach" museum; Free skate rentals at the roller rink, including a Michael Jackson roller skate dance tribute; Yoga sessions; Live music powered by Rock the Bike; Sunny weather, lots of people, and it's free!

### **September 09 - 20, 2009**

#### **San Francisco Fringe Festival**

*Exit Theatreplex and other downtown venues ~ [www.sffringe.org](http://www.sffringe.org)*

The unjuried format of the Fringe Festival allows the artists to have total creative freedom when producing their work and provides for a unique theatre going experience. As a result of this boundary-free approach to creating theatre, the Fringe has become a popular development tool; encouraging artists to take risks, explore ideas, pose questions and tell their stories in new and exciting ways.

### **September 12 & 13, 2009**

#### **Ghirardelli Square Chocolate Festival**

*Ghirardelli Square ~ <http://www.ghirardellisq.com>*

The 14th Annual Ghirardelli Square Chocolate Festival will take place on September 12 and 13 at Ghirardelli Square. As in year's past, this very special event raises much needed funds for Project Open Hand. For additional enjoyment, Beach Street, between Polk and Larkin Street, will be closed for the two days and filled with vendors providing chocolate treats for you to enjoy. The weekend will feature a variety of chocolate delicacies from some of the best Bay Area restaurants and bakeries. Throughout both days families will enjoy activities, including chef demonstrations, children's entertainment and live music.

### **September 13, 2009**

#### **San Francisco Opera in the Park**

*Sharon Meadow, Golden Gate Park ~ <http://sfopera.com/p/?mID=239>*

It's a free Opera concert on Sunday, September 13, 2009 at 1:30 pm, and your family is invited to beautiful Sharon Meadow in Golden Gate Park to share in our gift to the city. Join us for arias al fresco on the lawn during a free concert preview of the upcoming San Francisco Opera season. Arrive early for the best viewing spot and bring a picnic.

*For more information, go to:*

*[www.sf.funcheap.com](http://www.sf.funcheap.com)*

*[www.sfstation.com](http://www.sfstation.com)*



Questions? No problem...

Need help? Let us know...

We are here to help you!



Suggestions or feedback?

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This is a publication of the  
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