Meetings of the Week

For all meetings go to:  www.sdcity.edu/meetingcalendar

* 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>
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<tbody>
<tr>
<td>Thursday, October 27</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session Mesa</td>
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<td>4:00 p.m.</td>
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<td>Thursday, November 10</td>
<td>4:00 p.m.</td>
<td>District</td>
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<tr>
<td>Thursday, December 8</td>
<td>4:00 p.m.</td>
<td>District</td>
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Faculty-Staff Resources at City College

For current updates:  www.sdcity.edu/facultyandstaff.asp

- Academic Calendar  - Academic Senate  - Campus Handbook
- Classified Senate  - Class Schedules/Catalog  - Committees  - Curricunet
- Directory  - District Resources  - Faculty Daily Announcements
- Faculty Handbook  - Faculty/Staff Awards  - Faculty Textbook Ordering
- Fitness Center Calendar  - Forms  - Key Services  - Meetings Calendar
- Outlook  - President's Bulletin  - Publications/Guidelines
- Student Learning & Administrative Outcomes
- Upcoming Events

Seeds At City Urban Farm

Our Farmers Market is every Thursday from 9:30 a.m. - 11:30 a.m. Come get your fresh local organic veggies cultivated by City College students. Please bring your own bag.

If you are interested in subscribing to our weekly community-supported agriculture (CSA), which consists of a bag of seasonal produce, herbs, and flowers, please contact Erin Rempala at erempala@sdccd.edu. Bags will be $20 per week to pickup and $25 per week to deliver to your location on campus. Come and visit the urban farm, or come and visit us online at www.sdcity.edu/seedsatcity. (Rempala)
**Campus Events**

Check the Campus Calendar on the City home page often for new events. To add a campus event to the calendar, simply click on the WEBSITE UPDATE link at the bottom of any web page for the EVENTS CALENDAR UPDATE info. An event flyer can be attached also. [www.sdcity.edu/events](http://www.sdcity.edu/events).

Saville Theatre: [www.sdcity.edu/savilletheater](http://www.sdcity.edu/savilletheater)

World Cultures: [http://www.sdcity.edu/worldcultures](http://www.sdcity.edu/worldcultures)

**Monday, September 26**: KiKi Ochoa: "Human Rights: The Struggle for a Better World", 9:40 a.m. - 10:50 a.m., Saville Theatre

**Tuesday, September 27**: Maquilapolis: City of Factories, 9:40 a.m. - 10:50 a.m., Saville Theatre

**Wednesday, September 28**: La Mama - Mother Antonia’s Life in Prison, 11:15 a.m. - 12:30 p.m., Saville Theatre

**Thursday, September 29**: The Longoria Affair with Filmmaker John Valadez, 12:45 p.m. - 2:10 p.m., D-121 a/b

Athletic events: [http://www.sdcity.edu/athletics](http://www.sdcity.edu/athletics)

**Fitness Tips**

**Recommended Frequency and Time for Exercise**

As an Associate Professor for Health and Exercise Science at San Diego City College, I am asked, "How often and how long should one exercise?"

Most studies show that exercising 30 minutes on most days each week is what it takes to improve fitness. However, with my experience, sometimes it's easier to make exercise a habit if you do it every day.

With exercise, harder is not better, but longer workouts are recommended. Although you can get good fitness benefits from as little as 10 minutes of exercise per day, extending your exercise time will increase your rewards.

This is especially true for up to one hour of exercise per day. Beyond that, there may be diminishing health returns and increasing risk of injuries. I hope this information is helpful and useful for you in the future. (Greer)
Sixth Annual San Diego City College International Book Fair

Monday, October 3: 11:10 a.m. - 12:30 p.m., D121A/B, Reading and book signing with Benson Deng, co-author of They Poured Fire on Us From the Sky: The Story of Three Lost Boys from Sudan

Monday, October 3: 12:45 p.m. - 2:05 p.m, D121A/B, Reading and book signing (second session) with Benson Deng, co-author of They Poured Fire on Us From the Sky: The Story of Three Lost Boys from Sudan

Tuesday, October 4: 11:10 a.m. - 12:30 p.m., D121A/B, Reading and book signing with Judy Patacsil, co-author of Images of America: Filipinos in San Diego

Wednesday, October 5: 12:45 p.m. - 2:00 p.m., D121A/B, Reading and book signing with Christopher Buckley, author of Rolling the Bones and White Shirt

Thursday, October 6: 12:45 p.m. - 2:10 p.m., D121A/B, "Chicano Poetics: the Enduring Experience and Perspective," a panel discussion featuring Professor and poet Manuel J. Vélez with up-and-coming poets Manuel Paul López and Angel Sandoval

Friday, October 7: 6:00 p.m. - 7:00 p.m., Saville Theatre, Panel discussion with Justin Akers-Chacón, Victor Clark and Jill Holslin, contributors to Wounded Border/Frontera Herida: Readings on the Tijuana/San Diego Region and Beyond, an anthology published by City Works Press and edited by City College professors Enrique Dávalos and Justin Akers-Chacón

Friday, October 7: 7:00 p.m. - 8:00 p.m., Saville Theatre, Concert by the Bill Caballero Bi-National Mambo Orchestra

Saturday, Oct. 8: 10:30 a.m. - 11:30 a.m., Saville Theatre, Reading and book signing with Marjorie Cohn, editor of The United States and Torture: Interrogation, Incarceration and Abuse

Saturday, October 8: 11:30 a.m. - 12:30 p.m., Saville Theatre, Reading and book signing with Cris Mazza, author of Various Men Who Knew Us as Girls

Saturday, October 8: 12:30 p.m. - 1:30 p.m., Saville Theatre, Reading and book signing with Zohreh Ghahremani, author of Sky of Red Poppies

Saturday, October 8: 1:30 p.m. - 2:30 p.m., Saville Theatre, Reading and book signing with lê thi diem thúy, author of The Gangster We Are All Looking For

Saturday, October 8: 2:30 p.m. - 3:30 p.m., Saville Theatre, Reading and book signing with Chitra Banerjee Divakaruni, author of One Amazing Thing

Saturday, October 8: 3:30 - 4:30 p.m., Saville Theatre, Readings and book signings with Wanda Coleman, author of Jazz & Twelve O’clock Tales and The World Falls Away and contributor to Mamas and Papas, an anthology published by City Works Press, along with Austin Straus, author of Intensifications

Saturday, October 8: 4:30 p.m. - 5:30 p.m., Saville Theatre, Reading and book signing with Luis Rodriguez, author of Always Running: La Vida Loca, Gang Days in L.A. and It Calls You Back: A Writer's Odyssey through Love, Addiction, Revolutions, and Healing