Meetings of the Week

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

*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</td>
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<td>5:00 p.m.</td>
<td>Mesa</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

Farmers Market 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@sdcccd.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.sdc.edu/events.

Saville Theatre: www.sdc.edu/savilletheater

World Cultures: http://www.sdc.edu/worldcultures

Monday, October 3 - Saturday, October 8: San Diego International Book Fair, http://sdcbookfair.com, Virginia Escalante, vescalan@sdccd.edu

Tuesday, October 4: Caballero Music: Latin Jazz Quintet, 9:40 a.m. - 10:50 a.m., Saville Theatre

Tuesday, October 11: Jazz Live: Oscar Hernandez and the LA-NY Connection featuring Justo Almario, 8:00 p.m. - 9:30 p.m., Saville Theatre

Athletic events: http://www.sdc.edu/athletics

Soak in the "malt shop" sounds of legendary songwriters Jerry Leiber and Mike Stoller at Smokey Joe's Café, the hottest joint in town!

Winner of a Grammy in 1995 for original cast recording, it features 39 pop standards, including the biggest hits of rock 'n roll and R&B -- "Poison Ivy," "Stand By Me," "Fools Fall in Love," "Yakety Yak," "Love Potion No. 9," "Spanish Harlem," "Stand By Me" and many more. Recipient of five Tony Award nominations, Smokey Joe's is a fast-paced, nostalgic trip through some of the biggest hits that will have you "dancing in the streets."

Friday, October 28 - Sunday, November 13, 2011
Saville Theatre Production: Smokey Joe’s Café

Friday and Saturday at 8:00 p.m.
October 28, 29, November 4, 5, 11, 12 8:00 p.m.
Sunday Matinees: October 30, November 6, 13 at 2:00 p.m.
Tickets: $10
Contact: June Richards, jurichar@sdccd.edu
Fitness Tips

Barriers to Exercise

Over the years I have noticed several barriers to exercise that are all easy to overcome but nevertheless these barriers will prevent people from exercising. Provided are six barriers:

1. No time? My suggestion is you try shorter periods of activity spread throughout the day, such as two twenty minute runs.
2. Too tired? It’s often a lack of exercise that makes you tired. Exercise gives you energy.
3. Embarrassed? People often are, especially at first when beginning an exercise program. Be proud that you’re taking care of your body.
4. No training partner? I agree it’s fun to exercise with others; however, if your regular partner quits then find an other one. You are also free to join a fitness club, take a class or exercise to a video.
5. Bad weather? Too hot, cold, wet or windy - it never seems the right time for exercise. Experience leads me to believe there a lot of people who exercise come rain or shine. I suggest to try a variety of indoor and outdoor activities.
6. Too costly? This is where running is an excellent option instead of driving.

The greatest motivation for exercise is enjoyment, so find the one activity you like the most and I am sure you will be happy doing it. (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: 11:30a.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 Rodríguez, 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