What's In The News!

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Meetings of the Week

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<tr>
<td>Thursday, February 9</td>
<td>4:00 p.m.</td>
<td>District</td>
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<td>Thursday, March 15</td>
<td>4:00 p.m.</td>
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<td>Thursday, March 29</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session</td>
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<td>4:00 p.m.</td>
<td>Miramar</td>
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<td>Thursday, April 19</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session</td>
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<td>4:00 p.m.</td>
<td>ECC</td>
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<td>Thursday, May 10</td>
<td>4:00 p.m.</td>
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<td>Thursday, May 24</td>
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<td>Thursday, June 7</td>
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For all meetings go to: [www.sdcity.edu/meetingscalendar](http://www.sdcity.edu/meetingscalendar)

*Post your campus meetings at: [www.sdcity.edu/websiteupdating](http://www.sdcity.edu/websiteupdating)*

San Diego Community College District Board Meetings

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@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](http://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 information. An event flyer can be attached also. www.sdcity.edu/events.

Saville Theatre: www.sdcity.edu/savilletheater

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

Wednesday, February 8: Culture Clash’s Herbert Siguenza and the Cast of American Night, 11:15 a.m. - 12:30 p.m., Saville Theatre

Thursday, February 9: The Spirituals (African American Spirituals), Discussion with film maker Erin McGinnis, 9:40 a.m. - 10:55 a.m., Saville Theatre

www.dosvatos.com/palabras/category/review-of-the-spirituals

Tuesday, February 14: Ugandan speaker and film: Kony 2012, 9:40 a.m. - 10:55 a.m., Saville Theatre,


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

Faculty-Staff Resources at City College

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

- Academic Senate
- Campus Handbook
- Classified Senate
- Committees
- Curricunet
- District Resources
- Faculty Daily Announcements
- Faculty Handbook
- Faculty Textbook Ordering
- Fitness Center Calendar
- Forms
- Key Services
- Meetings Calendar
- President’s Bulletin
- Student Learning & Administrative Outcomes
- Publication Guidelines
- Upcoming Events
- Website Updating

TICKETS
$10.00 in advance

CITY COLLEGE’S GREATEST TALENT SHOW

It’s the time of year again to show off your talent in San Diego City College’s Talent Show! Prizes will be awarded. For more information contact: Tandy Ward x3679.

Show information is as follows:
Where: Saville Theatre
When: Saturday, March 10, 2012
Time: 7:00 p.m.

All proceeds go to San Diego City College’s Scholarship Fund. (Ward)
Fitness Tips

Water Recommendations for Everyone

I offer the following recommendations that can help ensure your body has adequate water to keep you working in top condition:

1. Drink 8-10 (8) ounce glasses of water or other fluids daily.

2. Start drinking before you feel thirsty, since during activity the body loses water faster in sweat than it can absorb into the digestive system.

3. Use water to cool your skin during activity.

4. Wear light, loose clothing in hot weather to help sweat evaporate.

5. Weigh yourself before and after activity; replace the water you have lost with cool fluids.

6. Don't count on thirst as an accurate guide to your water needs. You will quench your thirst long before you replenish your body supply.

7. Don't try to lose weight by not replacing water lost during activity.

8. Don't wear rubberized clothing designed to increase sweating. It cannot help you lose weight as it just prevents sweat from evaporating. (Greer)