What’s In The News!

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Meetings of the Week

For all meetings go to: [www.sdcity.edu/meetingcalender](http://www.sdcity.edu/meetingcalender)

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

San Diego Community College District Board Meetings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>Thursday, March 15</td>
<td>4:00 p.m.</td>
<td>District</td>
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<tr>
<td>Thursday, March 29</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session Miramar</td>
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<td>4:00 p.m.</td>
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<tr>
<td>Thursday, April 19</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session ECC</td>
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<td>4:00 p.m.</td>
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<tr>
<td>Thursday, May 10</td>
<td>4:00 p.m.</td>
<td>District</td>
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<td>Thursday, May 24</td>
<td>4:00 p.m.</td>
<td>District</td>
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<td>Thursday, June 7</td>
<td>4:00 p.m.</td>
<td>District</td>
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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

Friday, February 24 and Saturday, February 25: The Vagina Monologues, 8:00 p.m., Saville Theatre, Tickets $10 and $15, Katie Rodda, krodda@sdccd.edu

Monday, February 27: Don Long, Travels to Brazil, 11:15 a.m. - 12:35 p.m., D-121 a/b

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

Faculty - Staff Resources at City College

For 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
- Upcomming Events
- Website Updating

CITY COLLEGE’S ANNUAL SPRING 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

The Balance of Carbohydrates, Protein and Fat

If you eat too many carbohydrates, you may deprive your body of protein and fat. The best balance for a sports diet is 60% to 65% of the calories from carbohydrates, 10% to 15% from protein and 20% to 30% from fat. This means that meals are based on carbohydrates, not made up exclusively of carbohydrates.

Your protein intake should be two small servings per day to build and protect muscles. A few examples of a serving would be 2 tablespoons of peanut butter, 3 ounces of chicken or 1/2 cup of beans. I suggest you should also include three to four servings of calcium-rich foods such as yogurt or milk for building strong bones. In addition, having a little bit of fat will balance your diet, provide essential fatty acids and assist with absorption of certain vitamins.

(Greer)
Dimensions Women’s Scholarships

Dimensions Women’s Scholarships 4 of $1,000.00 each. Applications Must Be Postmarked By March 31, 2012

Send completed application and all requested materials to:

Dimensions Women’s Group -Scholarship Committee
3734 Avenida Palo Verde
Bonita, CA 91902

Dimensions, a San Diego women’s organization is offering four scholarships for women for the 2012-2013 academic year. Women applying must meet the following criteria:

1. Must be attending either San Diego City College, and have completed at least 30 credits with a 3.0 cumulative GPA.

2. Must be returning to school after an interruption in education, due to work, raising children, or other personal reasons.

3. Must be planning to continue education at either a 4-year college or professional training.

For more information and to download application go to:
https://www.sdcity.edu/Scholarships/ScholarshipsthatCloseEarly
(Ruffo)