What’s In The News!

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Meetings of the Week

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

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

San Diego Community College District Board Meetings

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<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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<td>Thursday, March 29</td>
<td>3:30 p.m.</td>
<td>District</td>
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<td>Thursday, April 19</td>
<td>4:00 p.m.</td>
<td>Board Open Door Session Miramar</td>
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<td>Thursday, May 10</td>
<td>4:00 p.m.</td>
<td>ECC</td>
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<td>Thursday, May 24</td>
<td>4:00 p.m.</td>
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<td>Thursday, June 7</td>
<td>4:00 p.m.</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)

Faculty - Staff Resources at City College

For current updates: [www.sdcity.edu/facultyandstaff.asp](http://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
- Website Updating

Submissions

Please submit ALL Bulletin articles directly to Erin Flanagan and Barbara Butler in the President’s Office by 12:00 p.m. on Thursday one week prior to publication. Thank you.

Evening and Weekend Administrator:
Cellular Phone (619) 559-3468
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](http://www.sdcity.edu/events).

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

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

**Thursday, March 1:** Latino Film Festival Promotion, 9:40 a.m. - 10:55 a.m., Saville Theatre

**Friday, March 2:** HUBU Conference: Hermanos Unidos-Brothers United, *Finding Common Ground through Identity Development*, 8:00 a.m. - 2:00 p.m., Saville Theatre. Contact Nesha Savage, [wsavage@sdccd.edu](mailto:wsavage@sdccd.edu)

**Saturday, March 3:** Jazz 88 Presents the City College Educational Jazz Festival, 8:00 a.m. - 4:00 p.m., Saville Theatre

**Tuesday, March 6:** Zaqia Salinas: *Spider-Women*, 9:40 a.m. - 10:55 a.m., Saville Theatre

**March 8 thru March 18:** San Diego Latino Film Festival, Mission Valley UltraStar at Hazard Center, [www.sdlatinofilm.com](http://www.sdlatinofilm.com)

**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](http://www.sdcity.edu/athletics)

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**TICKETS**

$10.00 in advance

$12.00 at the door

**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 at 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)

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**8th Annual City College Educational Jazz Festival**

Join KSDS/Jazz 88.3 as twenty four Middle School and High School bands strut their stuff at the 8th Annual City College Educational Jazz Festival.

Over 300 students (and their parents) will participate in the all day event on Saturday, March 3rd, from 8:30 a.m. to 4:45 p.m. in the Saville Theater and enjoy the FREE noon-time concert with the Big Band Machine and special guest, Eric Marienthal! (DeBoskey)
**Fitness Tips**

**A Valuable Option When Exercising Is Water**

The beverage aisle in any grocery store overflows with drinks: bottled teas, juices and many other selections. There is also plain tap water. I am asked often, “what is best for you?”

Tap water is fine, and it’s cheap. In addition, local municipal water supplies must follow strict safety regulations, so I suggest if the water is out of your faucet and it tastes good, go for it! Many consumers choose bottled water, which generally tastes better than tap water because bottlers use ozone as a disinfectant instead of chlorine. The general perception is that bottled water is better for you than tap water but safety regulations are higher for municipal water than bottled.

Some bottled water may offer minerals such as calcium and magnesium, but if you live in an area that has hard water, your local water probably has more minerals than bottled water offers. Bottled teas and juices are tasty, thirst quenching options but watch for caffeine, which can increase body water loss by increasing urine production. Furthermore, you may be taking in unwanted calories as many of these beverages have a high content of sugar or corn syrup. (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 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](https://www.sdcity.edu/Scholarships/ScholarshipsthatCloseEarly) (Ruffo)