Meetings of the Week

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

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

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@sdc.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

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
- Publication Guidelines
- Student Learning & Administrative Outcomes
- Website Updating
Campus Events

Many new events are added throughout the semester. To add an event to the campus calendar or to promote your event under STUDENT ANNOUNCEMENTS, simply click on the Webmaster link at the bottom of the www.sdcity.edu home page and provide information on your event. An event flyer can be attached also. Check the campus calendar at www.sdcity.edu/events.asp.

Saville Theatre: www.sdcity.edu/savilletheater

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

Tuesday, March 6: Zaquia Salinas: Spider-Women, 9:40 a.m. - 10:55 a.m., Saville Theatre
March 8 - 18: San Diego Latino Film Festival, Mission Valley UltraStar at Hazard Center, www.sdlatinofilm.com

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

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)

PERFORMANCES:
April 13th, 14th, 20th, 21st, 27th and 28th @ 8:00PM

SUNDAY MATINEES:
April 15th, 22nd and 29th @ 2:00PM

TICKETS: $10 cash or check. For more information, contact June Richards at jurichar@sdccd.edu.
San Diego City College Foundation Fundraiser!!
Support City College Students and Programs!

DETAILS BELOW!!

Ticket Prices: $75.00 Per Person And $125 Per Couple
Tickets include unlimited food and beverages

Night Of Event includes: 50/50 Opportunity Drawing, Silent Auction And More!

To learn more and purchase tickets online: [www.sdcity.edu/mingei](http://www.sdcity.edu/mingei) or for more information call: (619)388-3220.

City College’s Public Mental Health Academy Meet & Greet

On February 23, 2012, City College’s Public Mental Health Academy held a “Meet & Greet” for students seeking the Mental Health Work Certificate of Achievement. The students participated in networking activities, listened to real-life successful networking stories from the Academy’s faculty, enjoyed cake, and some even won prizes in the raffle! It was a great opportunity for the students to socialize with their peers and get to know one another outside of the classroom.

The Public Mental Health Academy has been funded by the County of San Diego, Mental Health Services through the Mental Health Services Act (MHSA) Workforce Education and Training to develop a Mental Health Work Certificate of Achievement for a diverse population of students.

The courses within this Certificate program introduce students to the vast array of entry level local employment opportunities in the field of mental health. The Academy has over 100 students taking courses such as General Psychology, Introduction to Counseling and Field Work in Psychological Services. (Ortega)
Fitness Tips

The Importance of Taking Vitamin Supplements

If you are active and have a good appetite, you can get a lot of vitamins in your diet. Unlike an inactive person who might eat 1000 to 1,500 calories per day, an athlete may top 3000 calories. By choosing wholesome foods, then you can double or triple your vitamin intake. For example, if you drink 12 ounces of orange juice, you'll get 200% of the recommended dietary allowance of vitamin C.

If you eat fewer than 1,500 calories per day, one multivitamin and mineral pill might be good. If you do not eat meat, iron and zinc supplements can be helpful. Note that some fortified breakfast cereals and energy bars provide 100% of the RDA for many nutrients.

But, you need to eat well even if you take a supplement. Without a doubt, fruits and vegetables are the best sources of important nutrients. The ones with the most vitamins are oranges and orange juice. Cantaloupe, strawberries, kiwi, bananas, green and red peppers, broccoli, spinach, tomatoes, carrots and sweet potatoes are other good sources. These powerhouse foods provide vitamins and may also guard against aging, cancer, heart disease and other diseases. (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 (Ruffo)