Meetings of the Week

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

* Post your campus meetings at: www.sdcity.edu/websiteupating

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, 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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<tr>
<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. (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
- Publication Guidelines
- Student Learning & Administrative Outcomes
- Website Updating

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

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

**Tuesday, March 13:** Jazz Live: Judy Wexler, 8:00 p.m. - 9:30 p.m., Saville Theatre

**Wednesday, March 14:** Languages Day, 10:00 a.m. - 2:30 p.m., Gorton Quad, contact: Rosalinda Sandoval, rsandoval@sdccd.edu

**Monday, March 19:** Vivian Francis: Untouchables in India, 12:45 p.m. - 2:10 p.m., D-121 B

Athletic events: [http://www.sdcity.edu/athletics](http://www.sdcity.edu/athletics)

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**PERFORMANCES:**

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

**SUNDAY MATINEES:**

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

**TICKETS:** $10 cash or check. For more information, contact June Richards at jurichar@sdccd.edu.
**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)

**Fitness Tips**

**Is Red Meat Good For You?**

I have been approached many times with the following question, “Should I stop eating red meat?” Provided below are my thoughts regarding this matter:

I believe it’s important to stop eating fatty red meat. Too much fatty meat not only clogs your arteries, but it may also take the place of carbohydrates you could be eating resulting in lower stamina. Lean cuts of beef, pork and lamb can be easily included in your diet. It's recommended to eat 2 to 3 ounces servings of lean meat a day for a total of 5 to 6 ounces. Lean meats are excellent sources of not only protein but also iron and zinc, two minerals particularly important for runners.

If you eat red meat, I suggest keeping portions small. Slice a small piece of lean steak into thin strips, then stir fry it with veggies and serve with lots of carbohydrate-rich rice. You are also welcome to add a little extra lean hamburger to spaghetti sauce. Remember, be good to yourself!  
(Greer)