What's In The News!

Meetings of the Week 1
Board of Trustees Meetings 1
Classified Service Awards and Luncheon 1
Faculty/Staff Resources 1
Seeds at City Urban Farm 1

Your a Good Man 2
Charlie Brown 2
Campus Events 2

Fitness Tips 3

Meetings of the Week

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

*Post your campus meetings at: 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, April 19</td>
<td>3:30 p.m.</td>
<td>Board Open Door Session</td>
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<td></td>
<td>4:00 p.m.</td>
<td>ECC</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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Classified Service Awards and Luncheon

Please join us on Monday, April 30, 2012, for the Annual Classified Service Awards and Luncheon.

The event will be held in the City College Faculty/Staff Lounge, Room D-121 a/b, from 11:30 a.m. until 1:30 p.m. Seating is limited. (Classified Senate)

Faculty-Staff Resources at City College

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

★ Academic Senate ★ Campus Handbook ★ Classified Senate
★ Committees ★ Curricnet ★ 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

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)
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, April 10:** Jazz Live: San Diego State University Big Band, 8:00 p.m. - 9:30 p.m., Saville Theatre

**Wednesday, April 11:** Jessica Helen Lopez, Slam Poet: *Always Messing With Them Boys*, 9:40 a.m. - 10:55 a.m., D-121b, [www.localpoetsguild.wordpress.com/abq-poets/jessica-helen-lopez](http://www.localpoetsguild.wordpress.com/abq-poets/jessica-helen-lopez)

**Friday, April 13 - Saturday, April 14:** Peace-ing Communities Together, 2012 Peace Building Conference Hosted by City College, [www.sandiegogohostels.org/peace-conference.php](http://www.sandiegogohostels.org/peace-conference.php)

**Friday, April 13 - Sunday, April 29:** Saville Theatre Production: “You're a Good Man, Charlie Brown”, Fridays and Saturdays at 8:00 p.m.: April 13, 14, 20, 21, 27, 28 Sundays at 2:00 p.m.: April 15, 22, 29

Tickets: $10 and $15
June Richards, jrichar@sdccd.edu

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

**The Consequences of Dehydration**

People who exercise in the heat must be careful to avoid dehydration and excessive water loss from the body. Extreme dehydration can result in heatstroke and even death if exercise is not stopped immediately and heat reduction measures started. Dehydration can be avoided easily by drinking plenty of fluids before, during and after exercise.

Ideally, water lost as sweat should be replaced quickly, but this does not always occur. Fortunately, your water reserves are substantial and can cover short term deficits. Excessive water loss critically reduces your water supply, resulting in dehydration. Dehydration can be acute (extreme water loss over a period of hours) or chronic (water loss that is never completely replaced and the water debt grows over time).

The major consequence of dehydration is reduced blood volume. When blood volume is lowered, circulation is affected and the delivery of oxygen to the working muscles is reduced, resulting in fatigue. Lowered blood volume means that less blood is circulated through the skin. This hinders heat loss and further contributes to fatigue. When dehydration is extreme and too much blood volume is lost, your body stops sweating to preserve the remaining blood volume. Without the ability to sweat, your core temperature can go up, resulting in heatstroke. (Greer)