What's In The News!

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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

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<tr>
<th>Date</th>
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<td>Thursday, May 10</td>
<td>4:00 p.m.</td>
<td>District</td>
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<tr>
<td>Thursday, May 24</td>
<td>4:00 p.m.</td>
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<tr>
<td>Thursday, June 7</td>
<td>4:00 p.m.</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)

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)
Graduation 2012

EOPS Graduation Reception – May 11, 2012 – 1:00 p.m. – 3:00 p.m. – D121A/B
President's Reception, Class of 2012 – May 11, 2012 – 5:30 - 7:30 p.m. - City College Cafeteria.
Chicano/Latina Graduation – 42nd Annual Celebration – May 12, 2012 – 12 Noon – Gorton Quad
Graduation Rehearsal – May 17, 2012 – 3:30 – 5:00 p.m. – Organ Pavilion (Graduates & Volunteers)
Black Graduation Rite of Passage Ceremony – May 17, 2012 – 5:30 p.m. – 8:00 p.m. – D121A/B
Graduation Ceremony – May 18, 2012, 5:00 p.m. - Organ Pavilion, Balboa Park (1 hour earlier this year)

Volunteers for Graduation Ushers Urgently Needed. Please contact Neary Sim x3207.

To All Faculty:

• RSVP to the President’s Office at 388-3453 for the Pre-Graduation Reception and Graduation Ceremony.

• Send outstanding regalia orders to DeeDee Porter in the Bookstore - ASAP.

Graduation Website for graduation details: http://www.sdcity.edu/graduation . (Whisenhunt)

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 • Publication Guidelines
• Student Learning & Administrative Outcomes • Website Updating
Fitness Tips

When You Exercise Regularly; Why Doesn't One Lose Weight

To lose weight, you have to burn off more calories than you eat. Some people do this by adding exercise. In the process, they lose fat, build muscle and weigh the same.

Other people exercise but end up eating more. Even though they eat fat free foods, they get plenty of calories that negate the deficit. Due to fat creating a feeling of fullness, people who eliminate fat often tend to feel hungry and continue to eat. Those calories add up!

You might have better success if you include a small amount of fat with each meal. For example, most female athletes can lose weight on about 1,600 to 1,800 calories per day. Given that 25% of calories can appropriately come from fat, they can eat 35 to 50 grams of fat per day. (Greer)