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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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<thead>
<tr>
<th>Date</th>
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<th>Location</th>
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<tr>
<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)

Faculty-Staff Resources at City College
For current updates: www.sdcity.edu/facultyandstaff.asp

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.

Evening and Weekend Administrator:
Cellular Phone (619) 559-3468
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 p.m. – 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)

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.

Saville Theatre: www.sdcity.edu/savilletheater

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

Monday, April 30: Felix Bonomo: Images of China and Tibet, 11:15 a.m. - 12:30 p.m., A-103
Thursday, May 3: Cinco de Mayo Celebration, 10:00 a.m. - 2:30 p.m., Gorton Quad, Contact: Rosalinda Sandoval, rsandova@sdc.edu

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

San Diego City College Visual and Performing Arts Presents

Evening of Dance 2012
Fri May 11 @ 8 PM
Sat May 12 @ 2 PM & 8 PM
Tel: (619) 388 3563 | Tickets: $10

San Diego City College Saville Theatre | 15th & C Street | San Diego, CA 92101
You are cordially invited to a Retirement Tea in honor of

David Kater - 27 years of service
Leonore McKinnon - 33 years of service
Maria Clara Romero-Huerta - 14 years of service

Thursday, May 3, 2012
1:00 p.m. until 2:00 p.m.
Room D-121
San Diego City College

We will be honoring faculty who have retired this year.
Appetizers and refreshments will be served.

put on by the Academic Senate
Fitness Tips

Cross Training and Strength Training Benefits

The related benefits of cross training and total body conditioning through strength training are important to realize. Provided below are the benefits:

1. Increase in muscle mass: The increase in lean muscle mass that results from strength training is the key to the body's ability to metabolize glucose and thus burn fat. This occurs because muscle cells require more energy than fat cells.

2. Body composition changes: Muscular strength declines approximately 5 percent per decade for the untrained individual. Strength training slows down this process, even as people reach their senior years.

3. Bone protection: Weight training helps protect bones. This is an important benefit, particularly for women as decreased estrogen production causes bone demineralization. This in turn increases the risks of osteoporosis and the additional risk of incurring stress fractures. Muscles that impact on bone structure as a result of weight training facilitates bone regeneration.

4. Diabetes and heart disease prevention: According to the literature, weight training seems to reduce the risk factors for adult-onset diabetes and heart disease. (Greer)

THANK YOU FOR HELPING SAVE LIVES!

2012 BLOOD DRIVES
SAN DIEGO CITY COLLEGE
9:00 a.m. - 3:00 p.m.
Gorton Quad

• Tuesday, May 8
• Wednesday, June 13
• Thursday, July 19
• Thursday, August 23
• Tuesday, September 11
• Thursday, October 18
• Thursday, November 8
• Wednesday, December 5

• To avoid waiting, you can schedule an appointment:  www.sandiegobloodbank.org.
  Click on appointments, and provide sponsor code: SDCC
• Please eat a good meal and drink plenty of fluids before donating blood.
• All donors must show proof of identification.