Happy Holidays

Meetings of the Week

For all meetings go to: [www.sdcity.edu/meetingcalendar](http://www.sdcity.edu/meetingcalendar)

* Post your campus meetings at: [www.sdcity.edu/websiteupdating](http://www.sdcity.edu/websiteupdating)

President’s Message

I am pleased to wish all of the City College family, and your families as well, a very healthy and happy holiday season. It is my great privilege and joy to work with so many wonderful people.

I hope that you enjoy our winter break and find time to rest and rejuvenate, share quality time with your friends and loved ones, and reflect on the many blessings we share.

See you in the new year! (Terry, Erin & Barbara)
The Importance of Iron

If you have restricted your red meat intake, you may have simultaneously restricted your intake of iron, which is an important mineral in red blood cells. Because iron helps carry oxygen to exercising muscles, iron deficiency anemia can pose risks when it results in fatigue during exercise.

In order to eliminate the possibility of anemia, it would be wise to have your blood tested for hemoglobin, and total iron binding capacity. Regardless of whether you’re currently anemic, you can invest in your dietary iron intake to maintain appropriate iron stores. Some meat suggestions include small portions of lean beef and the dark thigh and leg meat of skinless chicken and turkey.

Non-meat sources of iron include fortified breakfast cereals, dried beans and legumes, dried fruits and food cooked in a cast iron skillet. Unfortunately, these no meat iron sources tend to be poorly absorbed; including vitamin C rich food with each meal can enhance iron absorption. (Greer)

The Price Scholarship Program is extending an invitation to current City College students to apply to our Price Scholarship Program.

Eight City College scholarships are available to students who must:

- Be currently enrolled and in good standing at San Diego City College
- Residents of the downtown, mid-city, or southeast area of San Diego
- Have a minimum 2.5 Grade Point Average in their college studies
- Have graduated from high school within the last 7 years (2005) and are interested in completing a Certificate of Achievement, an Associates Degree, Transfer Studies, or a Certificate of Completion.
- Have demonstrated financial need
- Perform 5 or 8 hours of Volunteer Service Learning weekly with a pre-selected community agency or school throughout their participation in the program

Scholars will gain valuable experience through structured job shadowing and community service assignments with local community agencies, schools, and businesses in City Heights, Balboa Park, and other central and southeastern areas of San Diego.

The scholarship year will begin in June 2013 and may be renewable if the student remains in good standing academically and programmatically. Scholarship participants will perform 5 or 8 hours per week and choose a site from the current list locations and services that offer a range of experiences. Scholars are required to attend regular weekly classes throughout their first year of participation in the program and meet with program staff on an ongoing basis to assess their performance and progress in the program.

Applications are available in the Price Scholarship Program Office room L-1145D or online at www.pricescholars.org beginning Friday, November 9, 2012, and they will be due back to our office by Friday, December 14, 2012 at 12:00 noon. Students who are accepted into the program will be required to attend a program orientation in June 2013 before they begin their program in August 2013. (Delgado)