National ceremonies commemorating Veteran’s Day occur each year at the memorial amphitheater built around the Tomb of the Unknowns. At 11:00 a.m. on November 11, a color guard representing all military services executes “Present Arms” at the tomb. Then the presidential wreath is laid upon the tomb. Finally, the bugler plays taps.

**Meetings of the Week**

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

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

**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, November 10</td>
<td>4:00 p.m.</td>
<td>District</td>
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<tr>
<td>Thursday, December 8</td>
<td>4:00 p.m.</td>
<td>District</td>
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**Faculty-Staff Resources at City College**

For current updates: [www.sdcity.edu/facultyandstaff.asp](http://www.sdcity.edu/facultyandstaff.asp)

- Academic Calendar
- Academic Senate
- Campus Handbook
- Classified Senate
- Class Schedules/Catalog
- Committees
- Curricunet
- Directory
- District Resources
- Faculty Daily Announcements
- Faculty Handbook
- Faculty/Staff Awards
- Faculty Textbook Ordering
- Fitness Center Calendar
- Forms
- Key Services
- Meetings Calendar
- Outlook
- President’s Bulletin
- Publications/Guidelines
- Student Learning & Administrative Outcomes
- Website Updateing
Intermediate Service Learning Workshop

Thursday, November 10, 2:30-4 p.m. ■ B-202 ■ FLEX# 64993

Service Learning has been incorporated into a number of classes and programs here at City. Engagement with the community is a quality that makes many here at City proud. This workshop is for faculty who have some experience in Service Learning to share best practices, learn some new tips, share what assistance could be helpful for them, and discuss ways to improve the program. PLEASE come, and even if you cannot make it, send me any of the above. (Morton)

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 info. 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, November 7: Dreamworlds: Desire, Sex and Power in Music Videos, 11:15 a.m. - 12:30 p.m., Saville Theatre.://www.filmforaction.org/Watch/Dream_Worlds_3_Desire_Sex_and_Power_in_Music_Videos/ Tuesday, November 8: Jazz Live: Sue Palmer and the Four Queens of Boogie Woogie, 8:00 p.m. - 9:30 p.m., Saville Theatre
Wednesday, November 9: Laurel Corona: Launch of Finding Emilie, 7:30 p.m. - 9:00 p.m., Saville Theatre

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

Fitness Tips

The Most Important Meal of the Day

If breakfast is the meal that you usually skip, make a resolution to change that habit forever. Without breakfast, you'll be tired and hungry all day. If you have time to eat at home, it's easy to eat healthfully.

Most cereals are low in fat, but be sure to read the nutrition label. Stick to 1% fat or nonfat milk. Toast, fresh bread, bagels or English muffins: try spreading them with a low-fat jam or jelly. Go light on butter and high fat spreads and eat only one or two slices of hard cheeses such as swiss or cheddar. A piece of fruit or fruit juice will round out the meal nicely.

If you are heading out the door, a bagel with a slice of cheese or an English muffin with peanut butter and jelly make easy meals to go. If you'd rather eat out, try some of the fast food restaurants. Many now offer cereal with low fat milk, low-fat muffins and pancakes. Good luck and remember be good to yourself. You are worth it. (Greer)
Soak in the "malt shop" sounds of legendary songwriters Jerry Leiber and Mike Stoller at Smokey Joe's Café, the hottest joint in town!

Winner of a Grammy in 1995 for original cast recording, it features 39 pop standards, including the biggest hits of rock 'n roll and R&B -- "Poison Ivy," "Stand By Me," "Fools Fall in Love," "Yakety Yak," "Love Potion No. 9," "Spanish Harlem," "Stand By Me" and many more. Recipient of five Tony Award nominations, Smokey Joe's is a fast-paced, nostalgic trip through some of the biggest hits that will have you "dancing in the streets."

Friday, October 28 - Sunday, November 13, 2011
Siaville Theatre Production:  Smokey Joe’s Cafe

Friday and Saturday at 8:00 p.m.
October 28, 29, November 4, 5, 11, 12 8:00 p.m.
Sunday Matinees:  October 30, November 6, 13 at 2:00 p.m.
Tickets:  $10
Contact:  June Richards, jurichar@sdccd.edu