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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<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

★ 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 ★ Upcomming Events

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

Friday, December 2: City Moves: A Student and Faculty Dance Concert: Friday, December 2nd, 2:00 p.m. and 8:00 p.m., Saturday, December 3rd, 2:00 p.m. and 8:00 p.m., Saville Theatre, tickets: $10, Contact: Alicia Rincon, arincon@sdccd.edu

Wednesday, December 7: Languages Department December Celebration, 10:00 a.m. - 2:30 p.m., Gorton Quad. Contact Rosalinda Sandoval, rsandoval@sdccd.edu

Tuesday, December 13: Jazz Live: Doug MacLeod, 8:00 p.m. - 9:30 p.m., Saville Theatre

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

Fitness Tips

How to Warm-down

Cooling down generally consists of mild exercise similar to the activity just performed. For example, after running several miles, an effective cool-down would be light jogging followed by a brisk walk. Continue until your breathing returns to normal and your pulse approaches its pre-exercise level.

Stretching is also an important component of the cool down. After an activity that involves running for example, leg and low back muscles tend to tighten. Ignoring this tightness makes things worse, especially if you go right from exercising to the car or couch. Muscles may tighten further, causing stiffness and pain. Stretching after exercise helps improve flexibility because warm muscles tend to stretch more than usual.

During cold weather, do cool down stretches indoors to slow the loss of body heat and help prevent a chill. It's also more comfortable to stretch in a warm environment. (Greer)
A LA CART

Come one, Come all, to the Student A La Cart
$1.00 Raffle Ticket Drawing!!

This drawing will be for a complete
Thanksgiving Dinner for
10 to 12 people from
Ralphs Grocery Store.

The drawing will be held on Wednesday,
November 16, 2011 at 12:00 p.m.,
at the A La Cart.

All proceeds from the drawing will go
to the City College Food Pantry.

Students Helping Students
(Students in a Free Enterprise)