Happy Thanksgiving!

November 24 is a Legal Holiday
November 25 is a District Holiday

Meetings of the Week

For all meetings go to: www.sdc.edu/meetingscalendar

*Post your campus meetings at: www.sdc.edu/websiteupdating

San Diego Community College District Board Meetings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Thursday, December 8</td>
<td>4:00 p.m.</td>
<td>District</td>
</tr>
<tr>
<td>Thursday, January 26</td>
<td>4:00 p.m.</td>
<td>District</td>
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Faculty-Staff Resources at City College

For current updates: www.sdc.edu/facultyandstaff.asp

* Academic Calendar * Academic Senate * Campus Handbook
* Classified Senate * Committees * Curricunet * Directory
* District Resources * Faculty Daily Announcements * Faculty Handbook
* Faculty Textbook Ordering * Fitness Center Calendar * Forms
* Key Services * Meetings Calendar * President’s Bulletin
* Publications/Guidelines * Student Learning & Administrative Outcomes
* Website Updating

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 rempala@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.sdc.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 information. An event flyer can be attached also. [www.sdcity.edu/events](http://www.sdcity.edu/events).

Saville Theatre: [www.sdcity.edu/savilletheater](http://www.sdcity.edu/savilletheater)

World Cultures: [http://www.sdcity.edu/worldcultures](http://www.sdcity.edu/worldcultures)

**Friday, December 2:** City Moves: A Student and Faculty Dance Concert, Friday, December 2nd, 8:00 p.m., Saturday, December 3rd, 2:00 pm. 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](http://www.sdcity.edu/athletics)
**Fitness Tips**

**The Amount of Warm-up Depends on Several Factors**

**Individual needs:** Warming up is highly individual. Athletes who are less flexible or less skilled may need more warm-up to get ready. I suggest you experiment and determine the right amount for you. One thing for sure is that your body will feel ready to go when it’s thoroughly warmed up.

**Intensity of Exercise:** Maximal exercise, which is going all out, places great demands on muscles and joints and requires a thorough warm-up. Maximal exercise can take several forms. For example, sprinting 100 meters or driving a golf ball is a type of maximal effort. Going for a 2 mile stroll, however, is less severe and the walk itself can serve as a warm-up.

**Environmental Conditions:** You will need to warm-up more in cold weather and less in warm weather. When it's cold out, warm up inside to avoid bundling up in clothing that you'll want to remove later.

**Experience:** When performing an unfamiliar activity, a more extensive warm-up can help prepare you for the unexpected. (Greer)

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THE PRICE SCHOLARSHIP PROGRAM
A Supporting Organization of the San Diego Foundation in Association with the San Diego Community College District Auxiliary

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 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 Community Service/internships 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 2012 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 will receive $9,000 over a two year period. 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 Monday, November 14, 2011 they will be due back to our office by Friday, December 16, 2011 at 12:00 noon.

Students who are accepted into the program will be required to attend a program orientation in June 2012 before they begin their program in August 2012. (Delgado)
Attention San Diego Writers and Artists!

City Works 2012 is now accepting poetry, fiction, creative nonfiction, art, photography, and cover design submissions from City College students as well as faculty, staff, administration, and students from across the District and the community at large!

Faculty please tell your students: City College students are eligible for $100 awards for best cover design, best poem, best fiction, best personal essay, and best photography/art work.

*ART & GRAPHIC DESIGN INSTRUCTORS: WE NEED COVER, ART, & PHOTO SUBMISSIONS!*

Non-student submissions are also welcome and eligible for the National Writer Award!

Submissions can be mailed or delivered to:

City Works
San Diego City College
1313 Park Blvd.
San Diego, CA 92101

DEADLINE: FEBRUARY 21, 2012

For submission guidelines and entry form, go to: http://www.cityworkspress.org/journal.html (Mandilawi)