

◇ Going to the Delta Trip 2/17? Important information : *Be sure to see Jim Romey to sign up for Malone's lunch. Total cost for one of three choices plus coffee, tea ,dessert as well as tax and tip is \$20. HE WILL BE AVAILABLE DURING THE FIRST WEEK OF CLASSES!* This is new information that we did not have at registration!



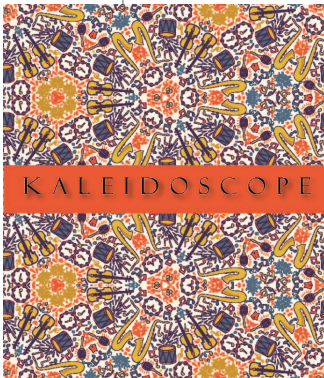
Birthdays!



◇ The trip to the CCSSC is set for 1:30 on March 10. Please be there 10 minutes early to be sure you get to see the movie and can have time to walk around. It will be a great day!

◇ You will need to sign up for Kaleidoscope with Betty Auten by the end of this quarter. Be on the lookout for information about price for this wonderful show which will be April 1 at 7:30 at the River Center

Jack Fatum	2/1
Ursula King	2/3
Gary Stickle	
William Montgomery	2/4
Merlina Salamanca	2/6
Julia Brown	2/7
Bain Cowell	2/10
Carol Bingham	2/14
Vickie Wells	
Helen Reid	2/16
Joan Reilly	2/17
Anne Pierce	2/27



- 2/3 *Curriculum Meeting
10am EBTC
*Birthday lunch
11:30 Outback
- 2/10 Board Meeting
10am EBTC
- 2/17 ◇ Delta Museum trip
8:15— 4:30
◇ Book club 11:30
Hilton Terrace Church
The Heart is a
- 2/27 Social: All That Jazz! 5pm
International House
- 2/28 Trivia Bee 6:30pm
Cunningham Center



<http://www.columbuscall.org>



Plan to get involved with a committee, share your talents!! CALL needs you in whatever capacity you could help with. Talk to anyone on the board or on the committee you are interested in!



life hacks

#2525

How long should you nap for?

10-20 minutes - To boost alertness, energy, and a good way to refresh and get back to work.

30 minutes - Never! Studies show these leave you feeling extremely groggy.

60 minutes - To improve your fact, face, and name recognition.

90 minutes - To improve emotional, procedural memory and creativity. Also the easiest to wake up from.

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