

# The Fremont Flush

## Ambassador Assistance

The time has come to start using that FREE student e-mail account. PCC Fremont Campus is planning to start sending information en masse to students. To help with this a pair of our esteemed Student Ambassadors have put together a couple of workshops. The first one will be on Oct. 28 from 5pm to 7pm. The second will be on Oct. 30 from 12-2. Use this time to acquaint yourself with the e-mail system.



### Things to look forward to!

- **FRITE NITE!!:** Oct. 28-30 SAC will be hosting a movie night in honor of Halloween. All movies shown will be rated R so 18 or older please.
- **Dinner with the Dean:** Dean Herman is inviting students to join her on Oct 29 for dinner. She would like to hear your ideas and critiques.
- **Save the Date:** Nov. 16 is the start of Spring Registration. Start early to avoid the rush. Make an Appointment ASAP.

**Fremont**  
CAMPUS  
Pueblo Community College



October 19, 2009



Next SAC meeting will be on Oct 20 at noon in the LRC. It will be discussing the activities for Fall Fest and many more important topics. Come join!

## Health Tips



H1N1 Flu has reached pandemic status and continues to grow in the US. This virus is being spread from person to person in ways similar to the normal Flu. In our last issue we told you about symptoms and treatment of the regular Flu. This week we will inform you on ways to detect H1N1 Flu symptoms.

Fever, cough, runny or stuffy nose, body aches, headache, chills, sore throat and fatigue are some of the symptoms. Vomiting and diarrhea are also some symptoms associated with H1N1.

Much of the treatment for H1N1 Flu is similar to Influenza. Most importantly is staying home and not spreading the virus.

Be informed...  
Be involved...  
Believe in your future!

## Tutoring Services

### Math

**Monday:** 3:30pm-6:00pm

**Tuesday:** 10:00am-11:30am, 1:00pm-2:30pm

**Wednesday:** 10:00am-1:00pm, 3:30pm-5:30pm

**Thursday:** 10:00am-11:30am, 1:00pm-2:30pm

**Friday:** 3:30pm-6:45pm

### English

**Monday:** 2:30pm-4:00pm

**Thursday:** 10:00am-12:00pm

**Friday:** 11:00am-1:00pm



A former art teacher and now Department Chair at Pikes Peak Community college, Ann McKean, is featured in an Art Exhibit at the downtown PPCC branch. The Open Reception will be on Oct. 23 from 5-7pm. The gallery dates will be from Oct. 23 to Nov. 27. The hours are T-F 10am-8pm and Sat. 10am-4pm.



## Holiday Fun Fact

In keeping with the holiday season of fright, here are some phobias that might interest you:

Kinemortophobia– Fear of Zombies

Demonophobia– Fear of Demons

Phasmophobia– Fear of Ghosts

Nyctophobia– Fear of Night or Dark

