

# The Fremont Flush

**October 12, 2009**



Next SAC meeting will be on Oct 13 at noon in the LRC. It will be discussing the activities for Fall Fest and many more important topics. Come join!



## 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.

## Clubs

**Drama:** Warren Babilot has already begun rehearsals for Drama but there is still plenty of time to join. Speak with Warren Babilot any time during Writing lab in the LRC, or reach him by e-mail at Warren.Babilot@pueblocc.edu.

**Art:** Ann Yaeger invites anyone interested in expressing themselves to join the Art Club on Thursdays at 4:30 pm. In the Art Room.

## Health Tips



Keeping healthy is hard to do around the colder seasons. That is why Jan Blue, Nursing Faculty, would like to offer some advice for good health.

Staying home and avoiding contact with other non-medical persons while experiencing symptoms will help to not spread the sickness. Wear a mask if you do venture out.

Consult a health care provider if symptoms persist or you are concerned about your health.

## 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



## Stress Management

With mid-terms coming up many students are stressed. To combat this, Katherine Johnson from counseling and career services will be offering a few words of advice. This presentation is on Monday Oct. 19 at 11am and again at 3pm.



## Holiday Fun Fact

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

Samhainophobia– Fear of Halloween

Cucurbitophobia– Fear of Pumpkins

Coimetrophobia– Fear of Cemeteries

Chiroptophobia– Fear of Bats

