

# FYI NEWS

~ **September 13, 2010** ~  
**Volume 6, Number 11**

## OPEN HOUSE

Visit the *Go!Zone* on Wednesday

Everyone is invited to visit the improved *Go!Zone* Enrollment Center in the College

**Go!Zone**  
ENROLLMENT CENTER

Center this Wednesday, Sept. 15, between the hours of 10 am and noon. The main desk of the *Go!Zone* is now located near the entrance doors at Orman and Harrison. Come by and take a walk-through of the new area while enjoying some refreshments.

## WRITING TIP

*Provided by PCC's English Department*

Even if you don't hear the final "s" on the plural of words ending in "t," put the "s" on anyway. Such nouns as artist, scientist, and novelist all require a final "s" when plural, thus becoming artists, scientists, and novelists.



## PCC EVENTS

Tuesday, Sept. 14

**University of Phoenix rep visits**

11 am-1 pm, AB

**Yoga Relaxation class**

4 pm, CC-161A

**Dance To Be Fit - Zumba**

5:30 pm, CC-161A

**Poverty Simulator**

5:30 pm, Fortino Ballroom



Wednesday, Sept. 15

**War veterans counseling**

9 am-3 pm, mobile van

**Go!Zone Open House**

10 am-noon, College Center

**Mariachi Buffet & Music**

11 am-1 pm, Pueblo Joe's

**Yoga Relaxation class**

Noon, CC-161A

**Dance To Be Fit – Belly Dancing**

5:30 pm, CC-161A

Thursday, Sept. 16

**Blood Drive**

11 am-3 pm, mobile bus

**Concert: Cary Judd**

11 am- 1 pm, Pueblo Joe's

**Wii game -- "Just Dance"**

5:30 pm, CC-161A

Friday, Sept. 17

**Constitution Day**

11:30 am, Pueblo Joe's

## HEALTHY LIVING

Free bowling, swimming for students

As part of the student life expansion vote that was approved last spring, PCC students now have free swimming and bowling opportunities. Students can bowl during open bowling times at Big Daddy's lanes in the Sunset Shopping Center and swim at the YMCA on Pueblo Blvd. Four bowling passes per month per student are available at the Rec Center in the College Center. To swim, you'll just need to show your PCC ID and sign in at the YMCA, where the pool is available 7 days a week. For more details, stop at the Rec Center.

Fitness, yoga classes

The Ready, Set, Go Health & Wellness Program at PCC is off to a rousing start this semester with its new 8-week "Dance to Be Fit" series of classes on the Pueblo campus. There is Zumba dancing on Tuesday, belly dancing on Wednesday and the "Just Dance" Wii game on Thursdays. All classes begin at 5:30 pm and are held in CC-161A.

Meanwhile, the 8-week **Yoga Relaxation** class has gotten off to a great start. They are held twice a week -- Tuesdays at 4 pm and on Wednesdays at noon. All classes are held in CC-161A.

Health & Wellness Fair

Faculty and staff on both the Pueblo and Fremont campuses should plan now to utilize the Health & Wellness Fair that will take place 7-10 am on Tuesday, Sept. 21, in the Fortino Ballroom on the Pueblo campus. Combination seasonal and H1N1 flu shots will be available free to those who present a BCBS card, and they will be \$25 for others. Please schedule your flu and blood tests by Sept. 16 by e-mailing Eric Gilliland or Jennifer Crowell. A similar fair will be held Nov. 1 at Fort Lewis College for employees at our SCCC campuses.

## HAPPENINGS

Constitution Day celebration Friday

Several patriotic speeches and songs, a presentation of colors, Pledge of Allegiance, conducting of voter registration, and a moment of silence in honor of those who have died serving our country will be part of our Constitution Day celebration this Friday, Sept. 17. The event will take place from 11:30 am to 1 pm in Pueblo Joe's. President Patty Erjavec will give a welcome to attendees and will be followed by the speeches and songs. Free pocket-sized copies of the U.S. Constitution also will be available. Everyone is invited.



Music with lunch

Enjoy the Mexican buffet lunch special in Pueblo Joe's this Wednesday, Sept. 15, while listening to some Mariachi music beginning at 11 am. This is a Diversity Activities Committee event. The group has scheduled a Salsa Contest and Salsa Dance event on Sept. 23.

More music with lunch

The following day - Thursday, Sept. 16 - acoustic guitarist and singer Cary Judd will perform live in Pueblo Joe's from 11 am to 1 pm. Kick back and listen to some tunes while having lunch.



Blood Drive

You can help save lives this Thursday, Sept. 16, by donating blood at the PCC Blood Drive that the Bonfils Blood Center will conduct from 11 am to 3 pm at its mobile bus parked on Orman Avenue. No appointments are necessary.