



~ **September 12, 2011** ~
Volume 7, Number 11

SIGN UP

■ **Help your community** - We still could use a couple more volunteers to help at the Shred-a-Thon that PCC will be participating in from 9 am to noon Saturday, Sept. 17, at the Credit Union of Colorado at 1721 Hwy. 50 West. The Shred-a-Thon enables community members to dispose of personal documents and information. If you can volunteer an hour or more of time that morning, please send your name and contact info to:

NewsFlash@pueblocc.edu.

■ **Health Fair** - A Health and Wellness Fair is available to faculty and staff from 7 to 11 am Tuesday, Sept. 20, in our Fortino Ballroom. Offered are free screenings for blood pressure, heart rate, weight/height, body fat and facial skin analysis. Also offered is a basic blood test that requires a 12-hour fasting period. These are free to faculty and staff and \$40 for others. A flu shot also is available for \$25 or free for those enrolled in a CCCS Anthem health plan. Call Jennifer Crowell at 549-3475 by Sept. 16 if you are interested in a blood test or flu shot.

~ PCC CALENDAR OF ACTIVITIES ~

Monday, Sept. 12

Flu Shot Clinic for students
8-10 am & 1-3 pm, Health Clinic - MT-118

Fitness Class: Hula Hoop
5:30-6:30 pm, Rec Center

Tuesday, Sept. 13

Flu Shot Clinic for students
8-10 am & 1-3 pm, Health Clinic - MT-118

Fitness Class: Panther Fit
5:30-6:30 pm, Rec Center

Wednesday, Sept. 14

Flu Shot Clinic for students
8-10 am & 1-3 pm, Health Clinic - MT-118

Fitness Class: Body Rolling
5:30-6:30 pm, Rec Center

Student Government meeting
4:30 pm, Hoag Theatre

Thursday, Sept. 15

Artists Reception:
April Vickey & Daniel Potter
4:30-6:30 pm, SJ gallery (205)



Fitness Class: Zumba
5:30-6:30 pm, Rec Center

Friday, Sept. 16

Flu Shot Clinic for students
8-10 am & 1-3 pm, Health Clinic - MT-118

Verbal Judo – Professional Development for faculty, staff & student employees
8 am-3 pm, Hoag Theatre

Create a Poster Contest - creation time
10 am-3 pm, SJ-203

Saturday, Sept. 17

Shred-a-Thon
9 am-noon, Credit Union of Colorado

Monday, Sept. 19

HSI Week begins:
► **HSI: Special Meal Deal Lunch**
11 am, Pueblo Joe's

► **HSI: Mariachi Aguila performs**
11 am, Pueblo Joe's

► **HSI: Welcome & Introductions**
11:15 am, campus courtyard

► **HSI: Pinata Contest Judging**
3:30 pm, courtyard patio

► **HSI: Zumba Class**
5:30 pm, Fortino Ballroom

Fitness Class: Nutrition
5:30-6:30 pm, Rec Center

Tuesday, Sept. 20

Health & Wellness Fair (for faculty & staff)
(call 549-3475 to schedule blood work, flu shot)
7-11 am, Fortino Ballroom

Press Conference:
President's Leadership Program students
2 pm, Barb Fortino

► **HSI: Poetry Reading: Maria Melendez**
2 pm, SJ-214

► **HSI: Student Poster & Art Show**
3 pm, SJ-214 - *(guest artist: Tony Armijo)*

Meet State Board - (faculty & staff)
3:30 pm, Fortino Ballroom A

HAPPENINGS

■ **Meet the artists** - PCC students April Vickey and Daniel Potter will have their artwork featured in the "Catalyst of an Artist's Eye" exhibit that will begin Sept. 12 and run through Sept. 28 in the college's art gallery, located in SJ-205. Everyone is invited to meet the artists at a reception for them that will be held 4:30 to 6:30 pm Thursday, and it includes an artists' talk at 5:30.



■ **Verbal Judo** - PCC faculty, staff and student workers are invited to sign up for the Verbal Judo seminar that will take place from 8 am to 3 pm Friday, Sept. 16, in Occhiato Theater. Learn skills/tools that can help you handle encounters in the workplace that could become challenging or difficult. RSVPs are required by calling 549-3173 or to phillip.trejo@pueblocc.edu by Sept. 14.

■ **ASG** - Associated Student Government will have its first meeting of the fall semester this Wednesday, Sept. 14, beginning at 4:30 pm in Hoag Theatre. Find out what the plans are for the fall semester.

■ **Campus Crusade** - The Lighthouse Campus Crusade club is working to get reinstated and meets every Monday at 6 pm in the foyer area of the Davis AB basement for prayer, fellowship and snacks. The group's sponsor is math instructor Angela Graham. Everyone is invited to Monday gatherings. More info: lighthousepcc@gmail.com.

■ **HSI Week extravaganza** - PCC will mark Hispanic Serving Institution (HSI) Week with an entire week of speakers, entertainment and educational experiences Sept. 19-23 (see items marked HSI in calendar at left).

Poster Contest: Create your poster between 10 am and 3 pm Friday in SJ-203. Scholarships to the top 3 announced at 6 pm Tuesday, Sept. 20.

Salsa Contest: There are 5 salsa categories: Nuclear, Tomatillo, Tomato, Fruit and Exotico. Bring yours to the Ballroom by 3:45 pm Thursday, Sept. 22, for judging at 4 pm. You must submit an entry form by 3:45 pm Sept. 22 to CC-233 (Financial Aid). Call 549-3051 for more info.