

The Fremont Flush SAC



Fremont
CAMPUS
Pueblo Community College

November 16, 2009

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

SAC is having it's annual Highway clean up this Tuesday. They will meet at PCC in the LRC at NOON! The following Tuesday SAC will meet as normal in the LRC to discuss designs for the Christmas parade float. Bring your wonderful ideas for the way the float should be designed to best represent our school. There was also a great turn out for the Fall Fest and would like to thank everyone that showed up and showed their support for our school. SAC would also like to thank the Drama club for putting on their performance which was fantastic. SAC also thanks DJ Akuma for his musical entertainment. 100 people showed up for Fall Fest.



Things to look forward to!

- **Stick to it, You can do it:** *This Thursday is a dinner for students. This dinner is to remind you that even though school can be tough, stick to it and you can do it.*
- **Graduation:** While the end of the Fall semester comes upon us now is the time to prepare for graduation. Make sure everything is in order.
- **Save the Date:** Nov. 17 is the start of Spring Registration. Start early to avoid the rush. Make an Appointment ASAP.

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.

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 gallery dates will be from Oct. 23 to Nov. 27. The hours are T-F 10am-8pm and Sat.

Holiday Fun Fact

In keeping with the holiday season here are some facts about thanksgiving you might want to know. Thanksgiving was celebrated in 1962 one year after the first Plymouth pilgrims landed. This celebration was because over half of the original pilgrims on the mayflower died. The survivors celebrated their thanks to be alive. We celebrate this day on the Fourth Thursday of November as an official holiday.

