

BUMMER!

# The TOILET PAPER

Aims Community College information resource for people on the go.



**UNC Transfer Fair**  
Wednesday, October 17  
12pm – 6pm  
CCTR Lounge

**Oktoberfest**  
Friday, October 19th  
11am – 1pm  
CCTR Lounge

**Mid-Term Week**  
October 22 – 26

**I-Focus Workshop**  
**Note-Taking 201**  
Thursday, October 25th  
12:10pm – 1pm  
CCTR 727  
4:10pm – 5pm  
CCTR 772

**Masquerade Ball for Teens**  
Saturday, October 27  
8pm – 11pm  
Aims Downtown Center  
815 8th Avenue, Greeley



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### Hey Dude!

Do you speak a different language than your professor? Are there younger or older students in your classes? How do the different generations affect class activity? Check out the high-energy program titled "Hey Dude! Managing Age Diversity in Today's Workplace & Classroom" for a great conversation about this issue.



Thursday, October 18  
12:15pm – 1:30pm  
CCTR 727  
Free lunch provided

## FREE Blockbuster Movie!

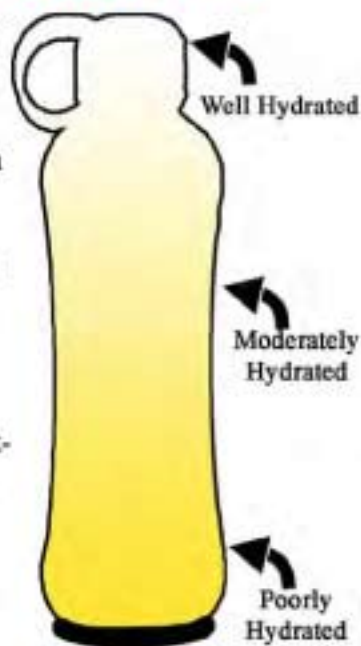
**Pirates of the Caribbean: At World's End**



Rialto Theater  
228 East 4th St., Loveland  
Thursday, October 25  
Doors open @ 5:30pm  
Movie starts @ 6pm  
Free popcorn to the first 50  
Free pirate eye patch for all children. Prizes and giveaways! Rated PG-13

## Are you well hydrated?

Here's a dare for you: Look down and what do you see? If you said urine, then you're correct! The best part about your urine is that it can tell you a lot about how hydrated you are. The more yellow colored your urine is, the less hydrated you are. In order to stay hydrated, make sure to drink around 2 liters of water a day (caffeinated drinks are less beneficial due to their dehydrating properties). Be good about what you put in your body. Odors and discomfort while urinating can be an indication that you need to drink more water to flush out chemicals.



## Five A+ Ways to Calm Stress

Here are five A+ ways to calm your stress before your midterms.

- 1. Get lots of sleep the night before:** Cramming and not sleeping right before the test does not help you remember or retain the information.
- 2. Know the subject early in advance:** Learning is best little by little over time. Do not try to remember it all at once.
- 3. Have a light snack:** Eating something right before or even during a test

helps your body be more focused.

**4. Find a study buddy:** Two heads are better than one, just try not to get side tracked.

**5. Relax:** Getting all tense and worried doesn't help anything. Do something right before the test that will help you clear your head. Surprisingly, this will make you more focused than if you hammer away studying until the very last minute.

For more information or to submit a comment about *The Toilet Paper* email [tp@aims.edu](mailto:tp@aims.edu)