



a health & wellness newsletter

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October 2008

Dear John



Dear John:

I'm registered to vote in my hometown, but will be in Staunton on Nov. 4th. How do absentee ballots work?

Answer:

It is great that you have registered and are planning to vote in the upcoming election. Below is some information about absentee voting in Virginia. You can also visit <http://www.sec.state.ma.us> or <http://www.sbe.virginia.gov/> for more information.

I can't get to the polls on election day. Can I vote?

Yes. You may vote by absentee ballot if you:

- 1) will be absent from your city or town on election day
- 2) have a physical disability that prevents your voting
- 3) cannot vote at the polls due to religious beliefs.

How can I apply for an absentee ballot?

Apply in writing to your city or town clerk or election commission and include your:

- name,
- address as registered,
- ward and precinct (if you know them),
- address where you wish the absentee ballot sent,
- your signature.

There is also an application form available at your local election office or by downloading one of the applications at <http://www.sbe.virginia.gov/cms>. You may also make an application by letter or note. Whichever method you choose, the application must be made in writing and signed.

When should I submit my application for an absentee ballot?

If you vote by mail, make certain the application arrives at your local election office early. Remember, the ballot will be mailed to you. You may mail or hand-deliver it back to the election office but must arrive before the close of the polls on election day (8:00 p.m. for state elections).

If you cast your ballot at the clerk's office before election day, plan to visit the office two or three weeks before the election. You can make your application and cast your vote in one visit.

Call the clerk's office to make certain that the absentee ballots are available. Absentee ballots should be available three weeks before an election

The deadline for applying to vote absentee by mail is 5:00 PM the Tuesday before the election. Your voted ballot must be received by the Electoral Board before polls close on election day.

HEALTH CENTER UPDATES:

Flu Shot Clinic: Thurs. Oct 23, 10 - 12pm & 2 - 4pm. \$25. Parental consent required for anyone under 18 years old.

Health Center Education Presentation: HPV & Gardasil. Friday, Oct 24, 12 - 1pm in Hunt Lobby. Guest Presenter: Merck Vaccine Rep. Tamara Baxter.

Honor Council Update

The first month of school is over. Keep up the good work. **Just a friendly reminder:** violations of the Honor Code include lying, stealing, cheating, plagiarizing, and a breach in confidentiality. For more information, the Honor Code can be found in your Student Handbook and on the MBC website. Contact reports can also be found online. If you have any questions, ask your HC Rep. Don't be afraid to smile when you see us... we are not out to get you!

Want to Make a Global Difference?

Some of you might have heard that last spring, Mary Baldwin students attended the Clinton Global Initiative Conference. What you may not know is that we, along with President Fox made a commitment for MBC to raise awareness about Human Trafficking and to raise money for a school in Nepal named Dhamma Moli. Dhamma Moli is a small school that takes in girls who are at-risk for human trafficking. JB, HC, and BPB are just some of the many clubs on campus that are finding ways to help. Email Robyn Stegman (stegmanre3556@mbc.edu) and find out what you can do to contribute to our college's commitment this year, and stay tuned for more exciting opportunities!

October 2008 Events

October 8: Elections Issues Panel Discussion. 12 - 1pm, Spencer Center.

October 8: Community Service Speaker Series. 1-1:50pm, Miller Chapel. Reps from Office on Youth and Scenic Virginia.

October 8: BPB Coffeehouse: Travis Watkins and Paul D. 8 - 10pm, Nuthouse.

October 9: Senior Transitions Program: Graduate School Admissions Testing. 12:15 - 1pm, Sena Center.

October 10: "Eyes Wide Open" Art Exhibit. 10am - 4pm, Grafton.

October 11: Soccer Game v. NC Wesleyan College. 1pm.

October 11: Spencer Center Anniversary: Rebuilding Together!

October 11: BPB Event - Late Night Series. 9pm - midnight, Nuthouse.

October 12: Soccer game v. Methodist University. 2pm.

October 13: "An Off-the-Map Approach to End-of-Life Care in America." Speaker Dr. Tom Edes. 7pm, Miller Chapel.

October 15: Senior Transitions Program: Cover Letters & Your Personal Marketing Package. 12:15 - 1pm, Sena Center.

October 15: Volleyball match v. CNU. 5pm, PAC.

October 15: International Café: Mapping Issues Around the Globe. Spencer Center.

October 15: Community Service Speaker Series. 1-1:50pm, Miller Chapel. Reps from Staunton Salvation Army and Valley Mission.

October 16: RHA Roommate Game show. 7pm, Hunt.

October 17 - 21: Fall Break!!