



“The groundwork of all happiness is health.” -Leigh Hunt

TUITION FEARS?

Need some help paying for tuition?

Check out Manchester College Financial Aid’s website. There is a listing of scholarships offered by Manchester College along with Indiana State, Regional and National Scholarships. You should check it out, as you may be surprised how many scholarships you are eligible to receive. For example, did you know there is a left-handers of America Scholarship? Some scholarships will not pay thousands of dollars, but every little bit helps. So check out Manchester College’s Financial Aid website and start making that money! Check out the website for more information.

<http://www.manchester.edu/admissions/finaid/index.htm>

HOW IS SANTA STILL LIVING?

Obesity can shorten life 2-4 years, and the very obese can lose up to ten years of their life. The Institute for Health Metrics and Evaluation at the University of Washington in Seattle concluded this grim outlook after examining 57 studies of more than 900,000 people. The study attributed a shorter life span due to diabetes, cardiovascular, kidney and liver disease. The study also found that cancer deaths increased with obesity, but not as much as the other diseases.

It’s also important to note that another study found that being overweight, but not obese, did not have the same shortening effect on life.

The best weight loss technique is to lower your caloric intake and exercising. Fad diets and starving yourself is not healthy, and usually won’t last in the long run. Weight loss is about eating right and exercise!

-Health Magazine

HEAD INJURIES: NOT A SUDDEN THING...

We’ve all seen someone knocked “out cold” and thought that person might have a serious head injury. However, a blow to the head may seem minor at first but can turn into a serious head injury. People with head injuries can be perfectly lucid with no apparent problems. However, blood can leak into the brain over several minutes or hours which can cause swelling and pressure. People with potential head injuries need to be monitored. Symptoms of head injuries include nausea, severe headache and glassy eyes. It’s very common for someone to feel fine after being in a car accident and then rapidly deteriorate.

-CNN

Mea Culpa

The last Toilet Talk included a story regarding an increased risk of the contraction of herpes due to playing beer pong. This story, reported by the Associated Press, turns out to be nothing more than an elaborate hoax, in which the author wanted to see how widespread this story would become. So while there is no direct link between the contraction of herpes from beer pong, it is important to note that sharing cups and drinks transmits saliva, which can transmit bacteria and viruses from one person to another. But again, there is not a direct link between an increased risk of herpes and beer pong.

When Giving A Dog A Bone Means Your Own...

Who doesn’t love coming home from school or work to have your dog or cat excited to see you home? Having a pet has shown to lower blood pressure and relieve stress, but owner beware, your bones may be at risk. The Center for Diseases Control reports that last year more than 86,000 fall injuries were attributed to pets. Dogs were the main culprit, responsible for 88% of injuries, cats came in second with 11.7% of pet related fall injuries.

The main cause of injuries result from pets running to see their owners, jumping on them and knocking them down. Also, several of the injuries resulted in owners falling over their pet’s toys.

-CNN

Money Matters

Keeping track of your spending is always crucial to your financial health, especially given today’s economy. Going out to eat is a small expense that, over time, can really add up. If you go to McDonald’s for a Quarter Pounder twice a week, you will spend \$604 a year; or if you purchase a \$15 pizza once a week, you’ll end up spending \$780 annually. Keep track of what you spend, and you may be surprised to learn where all of your money is going. It is important to practice good financial habits now, so it does not create a huge problem in the future.