



Stay well Manchester
College!

Toilet Talk

CATCH SOME ZZZZ'S

College can be a great experience, with new friends and newfound freedoms. However, it can also bring another issue into the picture: sleep deprivation. It can depress your immune system leaving you more susceptible to colds and the flu. Sleep deprivation can affect your concentration and short term memory and also can influence your gpa. For those interested in building muscle, don't forget that hypertrophy occurs when you rest. Hypertrophy is the increase of muscle bulk after a workout. Sleep is just as important as your workout and diet. Start taking care of YOU: exercise frequently, lower your caffeine intake (no energy drinks), and set up a regular sleeping schedule. -msnbc.com



Cash In on Your Health

The Manchester College Health Fair will be October 14, 2009 from 7am-11am, in the PERC arena. Come spend time now, save money later! There will be giveaways, door prizes and free gifts! All six parts of the wellness wheel will be represented: physical, vocational, intellectual, social, emotional, and spiritual. The health fair is open to all of the Manchester community: staff, faculty, and students.

Campus Happenings

10/3 Homecoming weekend
10/12-13 Fall Break
10/14 Health Fair "Cash In on Your Health"

The Battle of the Bugs

In the long standing competition between the flu and the cold infecting humans, there isn't a clear cut winner. In fact, it is sometimes rather tricky to tell which illness is knocking at your door. One way to identify the flu is **F.A.C.T.S.** Fever spikes (over 101° F), **A**ches, **C**hills, **T**iredness, **S**udden symptom onset. On the other hand, the cold has three main symptoms, nasal stuffiness, sneezing, and sore throat. The flu is easy to spread and easy to catch. Remember to keep hand-washing a top priority throughout the day. Only 15 seconds of cleaning your hands could prevent a whole onset of both the flu and a cold. The flu has the capability of dragging you down for up to two weeks, assuming no complications come up. If you feel you are experiencing symptoms of the flu, it is important to contact a health care provider as soon as possible. Call Health Services at x5306 during office hours, or contact your resident assistant for a student health assistant.

Want to Be a Champion?

Athletes (and physically active people) might not realize how much drinking affects their "game". A moderate night of drinking (only 2-3 drinks/hour) results in a loss of coordination for up to 12-18 hours after drinking. The same night of moderate drinking can lower the aerobic capacity and decrease endurance for up to 48 hours after the last drink has been consumed. So if you want to play your best, listen to the coaches on this one. Stick to healthy fluids to stay hydrated! -brad21.org

"Always remember, you have within you the strength, the patience, and the passion to reach for the stars that change the world." - Harriet Tubman

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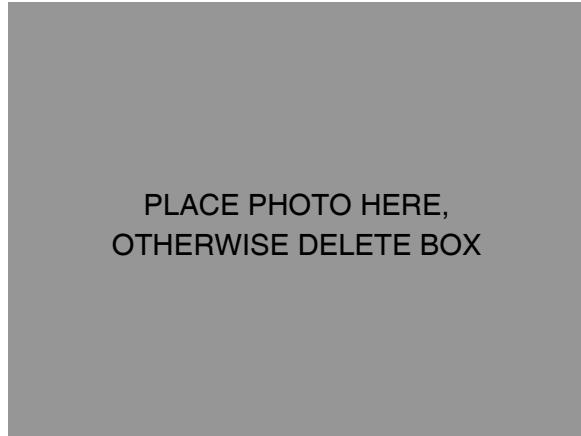


Photo captions speak volumes of their subject matter, so spend a moment to explain what's really going on in graphs and photographs.



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