

October 17: Join the "Pink Out"

October has been the National Breast Cancer Awareness month since 1984. Many people around the college will be participating in the "Pink Out." On October 17, football, men's and women's soccer, and cross country will be hosting the "Pink Out" event. Everyone should be encouraged to wear a pink shirt and cover the campus with pink!

Women should perform monthly Breast Self-Exams checking for any lumps. Finding things early can save lives! Getting plenty of exercise, having a healthy diet, and avoiding smoking are ways to lower the risk of breast cancer.



Can't Stay Awake?

We're daydreaming and drifting off when suddenly we remember we're supposed to be focusing. Studies have shown that eating fiber-rich foods for breakfast and lunch can help battle exhaustion. The fiber causes carbohydrates to release slowly, leading to a more steady release of energy. Some fiber rich foods include: apples, bran cereal, oats, and peas. -foxnews.com

"Thank Goodness I'm Fit" TGIF

Today is as good a day as any to start being fit. TGIF promotes individuals to engage in all areas of the wellness wheel for a better lifestyle. The areas include physical, social, emotional, vocational, spiritual, and intellectual. TGIF is a wellness program through health services. In order to participate, all you have to do is record points in a handout, and points are fairly easy to get. Physical activity, attending a convocation, and going to floor programs are examples of point-getting activities. If you are interested, send an e-mail to healthservices@manchester.edu and a booklet will be sent to your mailbox.

Did you know?

Cell phone vampires!
Around 2/3rds of cell phone energy is wasted because the chargers are left idle but plugged in.

"Be the best each moment, so that each day becomes the best."

-unknown

Good Samaritan Law

Have you ever wondered how you would respond in an emergency situation? What if you were the only one around to give care but you worried about the possibility of being sued? In all 50 states, Good Samaritan laws give legal protection to people who willingly provide emergency care to ill or injured persons. The Good Samaritan laws were developed to encourage people to help others in emergency situations. They require the "Good Samaritan" to use common sense and to only provide the type of first aid for which he or she is trained. It is assumed that each person would do their best to save a life or prevent further injury. If the lay responder's actions were deliberately negligent or reckless, or if the responder abandoned the person after starting care, then the courts have ruled that the Good Samaritan laws no longer protect the responder. – American Red Cross