



# Toilet Talk

Stay well Manchester College!

## Prescription Meds

Adderall is a prescription medication used for ADHD and narcolepsy. It is commonly found on college campuses, where students abuse it as a tool for staying on task. Adderall is used because of its stimulant effect on the body. It can be a very dangerous drug when not used as a prescription. In 2003, approximately 15 million Americans reported using a prescription drug for a non-medical reason. Some negative side effects of adderall include: paranoia, abnormally high body temperatures, increased blood pressure, and it causes addiction. Some people name Adderall as the "steroid for the brain." They see it as an unfair advantage to students in the classroom. Leave the prescription medications to those who really need it! -drugs.com

## One Step Forward

Can walking across campus and to other places reduce body fat? New studies have found that a simple brisk walk can boost weight loss and help reduce body fat. A brisk walk for 30 minutes a day for five days a week is all that is needed. According to AARP.org most people take between 2,000 and 4,000 steps a day, an increase to 10,000 steps is all that's needed to improve your health. So instead of jumping in your car to drive to places in town, try walking instead. Remember that TGIF points can win you a pedometer! -aarp.org

## Swine Flu

The World Health Organization has dubbed the H1N1 virus as the top influenza strain worldwide. As the heart of flu season is approaching, remember to keep washing hands and avoiding the flu as much as you can! If you do start feeling under the weather, call health services at x5306. Don't ignore your body, take care of it! Exercise, sleep, and eat healthy!

## Hall of Shame

The memory of that one super embarrassing moment has been locked in your head for years, ever wondered why? A chemical named norepinephrine is released into the brain during impacting incidents. Times of extreme happiness, fear, tragedy, and embarrassment are all triggers for the release of norepinephrine. The chemical seems to "open the gate for strong memories." -msnbc.com

## Beware!

Some studies have recently shown that use of acetaminophen (Tylenol) may be related to an increased risk of asthma. The research shows that the acetaminophen may boost an enzyme involved in the anti-inflammatory response in asthma. The risk of asthma in adults who use acetaminophen was reported to be 74% higher than in adults who do not. Until more research can be done, the studies have found nothing to be conclusive. Tylenol is still the number one medication recommended to fend off fevers. -WebMD

**"This is your moment. Own it." - Oprah Winfrey**

## Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a

calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web

site and post it.



### Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show

**“To catch the reader's attention, place an interesting sentence or quote from the story here.”**

how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

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Company Name

Street Address  
Address 2

City, ST ZIP Code

**Phone:** 555.555.0125

**Fax:** 555.555.0145

**E-mail:** E-mail address

YOUR LOGO  
HERE

*Your business tag line here.*

We're on the Web!

Web site address

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history.

You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

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## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your

newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a

good place to insert a clip art image or some other graphic.

