

Savoring Summer...

- Friday night Brewers Game (only \$6.50 with college ID)
- Get an ice cream cone from Ziggy's, Culvers, Bella's Fat Cat, Lick's, or Gilly's
- Rent a bike, kite, or paddleboat at Veteran's Park on Lake Michigan
- Order a smoothie and relax on Alterra's outdoor patio
- Visit the Milwaukee County Zoo
- Run on the Riverwalk or through the Historic Third Ward
- Pack a picnic and spend a day at Bradford beach
- Go to Cathedral Square Park on Thursdays from 6:30-9:00pm for Jazz in the Park (hurry-only 4 performances left!)
- Join a workout class or an intramural team (www.gomarquette.edu/recsports/)
- Marquette's September Events (<http://www.marquette.edu/osl/events/>)
- Check out 101 things to do in Milwaukee (www.onmilwaukee.com)

September Newsflush



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Q: When do you stop at green and go at red?

IRON INCONVENIENCES

When body iron levels are severely low, hemoglobin and red blood cell counts are in turn decreased, resulting in anemia. Iron-deficiency anemia (IDA) is most commonly caused by an insufficient amount of iron in the diet, poor absorption of iron by the body, or ongoing loss of blood. Symptoms of this illness take time to express themselves. This is because the body's iron stores are depleted slowly and merely mimic the symptoms of stress. More specifically, fatigue, inability to concentrate and disturbed sleep. Although IDA is a major illness, it is not very common. However, low blood levels of iron are extremely common in college students, as seen in the numerous potential blood donors that are turned away for low iron levels. It is important to consume foods high in iron such as apricots, raisins, nuts, beans, green leafy vegetables, whole grains, red meat, and chicken breasts, especially before blood donations.

Are you a Cyberchondriac?

The term cyberchondriac is used to describe individuals who obsessively seek out health-related information online and take the practice of self-diagnosis way too far. While some of the information patients find online may be valid, much of it is from websites that are less than trustworthy sources of medical information. Many physicians are concerned that increasing numbers of people are self-diagnosing based on the assumption that the information they get online is sufficient. This can be a dangerous misconception, since only medical professionals can accurately diagnose and treat medical conditions. Internet research may be beneficial as a supplement to a medical opinion or two, but it is certainly no substitute. If you have questions, please call Student Health Service at 288-7184.

<http://www.hotfact.com/are-you-a-cyberchondriac.html>

Did you know...

- * Most people who read the word "yawning" will yawn.
- * Men have more blood than women: 1.5 gallons versus 0.875 gallons.



Who: YOU!!
What: Sexual Violence Awareness Week (SVAW)
When: September 16-21
Where: Kickoff on Sept. 16th at 6pm in the O'Donnell Courtyard (snacks, speakers, awareness ribbon picture)
 -Other events include Candle Vigil, "Sex Signals", Soup with Substance, Self Defense Class, True Life, Panhel-

Healthy Humor

A: When you're eating watermelon!!!

People who laugh a lot are much healthier than those who don't. Laughing lowers levels of stress hormones, and strengthens the immune system. Six-year-olds have it best - they laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.

Need a Laugh? Check out Comedy Sportz (www.comedysportzmilwaukee.com) located on 420 S. 1st Street, or Marquette's very own Studio 013 Refugees (look for publicity).

Before heading out for a night of partying, consider this: 47.1% of high risk* or binge drinkers reported missing class and 36.4% reported getting behind on schoolwork. *high risk is considered 4+ (women) and 5+ (men) drinks per occasion one or more times per 2 weeks.