

November

Newsflush



Lauren, Colleen, Jenny, Lindsey, Kathleen, Jen,
 Mary, Kathleen, Lisa, Lindsey, Ellen, Abby,
 Jessica, Amy, Julie

A: Plymouth Rock

URINE THE NEWS! Thanks
 to Mashuda RAs Abbi Ott and Trent
 Rybacki, and O'Donnell RAs Tom
 Klind and Kyle Campbell for dis-
 playing October's Newsflush!

~~~~~  
 Q: What  
 kind of  
 music did  
 Pilgrims  
 listen to?  
 ~~~~~

Top 10 Best Turkey Trivia!

- 1) Dark meat is colored differently because of its ability to store oxygen, not for the amount of blood in the muscle.
- 2) Only adult male turkeys gobble.
- 3) Ben Franklin thought the North American wild turkey should be the national bird.
- 4) Turkeys live in flocks.
- 5) Wild turkeys can fly for short distances up to 55 miles per hour.
- 6) Wild turkeys can run 20 miles per hour.
- 7) Turkeys' heads change colors when they become excited.
- 8) Wild turkeys spend their nights in trees, preferably oak.
- 9) Turkeys can see in color and up to a hundred yards away.
- 10) 45 million turkeys are eaten every Thanksgiving.



Organic Chemistry

Don't worry, we're not talking about the class. We're talking about the new bond that is rapidly forming between food lovers and organic food everywhere. Organic produce is not genetically modified and is grown without pesticides or fertilizers. It is processed without ionizing radiation or food additives. Organic animal products are from animals raised without antibiotics or growth hormones. Organic farms are environmentally friendly because the crops do not release synthetic pesticides into the environment, which harms local wildlife and restricts a diverse ecosystem. When pesticides are used correctly, they still end up in the air and bodies of farm workers, causing acute health problems such as dizziness and nausea, and chronic neurological problems and cancer. Also, when calculated per unit yield, organic farms use less energy and produce less waste.

Besides environmental benefits, most studies show that organic food is better for you because it lacks harmful dyes and hormones.

Interested in beginning a good habit for your body and planet? Whole Foods Market, located at 2305 N. Prospect Ave, is a great place to shop to start your change.

Are You Struggling to Sleep?

Here are 10 Behavioral Strategies that may help you snooze.

- 1.) Maintain a regular sleep schedule
- 2.) Get enough daylight
- 3.) Avoid post-lunch Caffeine
- 4.) Avoid daytime napping
- 5.) Make your bedroom quiet and comfortable to better associate it with relaxing
- 6.) Avoid alcohol, smoking, exercise, and large meals two hours before bedtime
- 7.) Wind down before bed
- 8.) Avoid worrying and clockwatching
- 10.) Leave the bedroom when you're unable to sleep

*Great American Smokeout will take place on November 15th.
 Join us for these smokin' activities!*

- Come to a smoke free Annex for dollar bowling!
- Stop by our information tables on the second floor of the AMU for a FREE Quit Kit and great handouts all week (November 12-16th).
- Support your friends as they attempt to go one day without smoking. Sponsor forms will be available at the information table.
- Check out the FACES display provided by Colleges Against Cancer in the Central Mall.
- For a full list of events, check publicity or visit our website www.mu.edu/healthed.

Solo Cup Savvy?

Solo Cups actually contain 18oz.
 One serving of beer is 12oz. This means every Solo Cup filled to the top with beer contains 1.5 servings of alcohol. The indent 1/3 of the way down from the top represents 1 serving of beer.