

No matter the Letters

ΑΧΩ | ΑΔΠ | ΑΟΠ | ΑΦ | ΧΩ | ΔΔΔ | ΔΓ | ΓΦΒ | ΚΑΘ | ΚΚΓ | ΠΒΦ | ΣΚ

Happy Halloween!



Issue 8 | October 26th | 2011

Some helpful hints about fighting off colds and the flu! (From Women's Health, November 2011 Issue)

- 1. Wash your hands!** You've heard this a million times, and if you haven't picked up the habit of watching your hands yet, get on it. Lather up with running water and soap (antibacterial soaps are no better than the regular stuff) and scrub your palms, between your fingers, and the backs of your hands for a minimum of 20 seconds. Singing "Happy Birthday" (or counting to 20 or so seconds) works! You can use a hand sanitizer that's at least 60 percent alcohol, according to the Centers for Disease Control and Prevention.
- 2. Avoid Excessive Alcohol Consumption. Skip that Second (and Third) Drink.** Alcohol can impair your white blood cells' ability to combat viruses for up to 24 hours after you overindulge, according to a study in BMC Immunology. Keep your imbibing to a reasonable one drink during cold and flu season.
- 3. Moisturize Your Air.** Most of us don't have this luxury, but as it turns out, humid air might be toxic to viruses - specifically flu viruses. According to Ted Myatt, Sc.D, and environmental scientist in Boston, droplets containing viruses are heavier and fall to the floor faster in moist air.
- 4. Don't Rely on Vitamin C.** Despite what NutriSci 10 taught you, Vitamin C has never been proven to fend off cold or flu viruses. Multiple studies have reported that it does nothing to speed up recovery if you're already sick.
- 5. Sleep More, duh!** People who routinely get fewer than 7 hours of sleep a night triple their risk of catching a cold compared with those who sleep for 8 or more hours. When sleep-deprived, your body may produce too many cytokines, the proteins that trigger cold symptoms when you're sick.
- 6. "Taste the Rainbow."** Immune boosting antioxidants that battle viruses and free radicals are found in brightly colored fruits and veggies. Try red beans, berries, and green tea. The brighter the color, the higher the antioxidant count!



ADPi Diamond Cup



G-Phi Night Lights

Upcoming Events

AXO Spooky Spaghetti

Date: Thursday, Oct. 27th (7pm)

Location: Alpha Chi Omega

Cause: A Safe Place

Details: A delicious spaghetti dinner! \$5 presale, \$6 at the door. You are encouraged to dress up in costume for Halloween!

Omega Phi Beta Domestic Violence Resource Fair

Date: Friday, November 4th

Location: Lower Sproul

Details: Organizations from all over the bay will be present to table and provide information on the resources that are available to individuals who have suffered from any type of violence.

Panhellenic Scholarship Applications Due

Date: Friday, November 4th

Location: 102 Sproul

Sigma Kappa Sweetie Pie

Date: November 7-10th (10-2)

Location: Sproul

Details: SK will be selling slices of pie for \$1. You can also pie an SK for \$1.

Cause: Alzheimer's research



GREEN

CUP

October 1st to
November 31st!

Leadership | Scholarship | Friendship | Service | Leadership | Scholarship | Friendship