

**Joke of the Month:**

# Newsflush

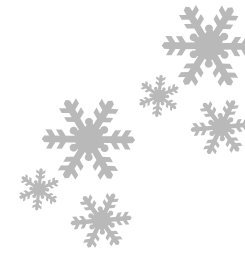
Q: What do little elves learn in school?



A: The elf-abet.



# December



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Have you ever noticed that as you study for finals all you hear is coughing, sneezing, and groaning? The more you feel overwhelmed and stressed out, the harder it is for your immune system to function. Quick tip: Maintain a normal routine so you can feel more in control of your life, even when it gets a little chaotic. Visit Stress Free Zones in the AMU December 11-12, from 5:00-7:00 for a nice study break during finals.

The holiday season is quickly approaching. It's time to dig under the futon to find extra cash for Christmas gifts. To ease the shopping stress, here are some ideas for inexpensive gifts:



- **We Are Marquette!** As college students, it's our duty to promote our school and give Marquette gear as gifts. This idea is only good for a few years, so take advantage early!
- Tie some microwave popcorn to a movie and give someone a "movie night."
- Hit the dollar store or thrift shop and find some great "randomness" to put together in a fun basket.
- The days of macaroni gluing might be over, but you can still exercise those craft skills by making a picture frame or a coffee mug.
- IOU books can be a great way to show someone how much you care, without spending too much money. Create some cards that can be redeemed for a homemade meal, a back massage, or a clean kitchen.
- Plan an event. A nice dinner or trip to the museum, will be fun to enjoy with your friends or roommates.

Every year millions of people around the globe celebrate Christmas. Say "Merry Christmas!" in many languages:

- Japanese:** Shinnen omedeto. Kurisumasu Omedeto
- Korean:** Sung Tan Chuk Ha
- Hawaiian:** Mele Kalikimaka
- Spanish:** Feliz Navidad
- Hindi:** Shub Naya Baras
- Portuguese:** Feliz Natal
- Irish:** Nollaig Shona Dhuit
- Hebrew:** Mo'adim Lesimkha. Chena tova
- German:** Froehliche Weihnachten
- French:** Joyeux Noel
- Farsi:** Cristmas-e-shoma mobarak bashad
- Mandarin:** Kung His Hsin Nien bing Chu Shen Tan
- Ndogo:** Esimano olyaKalunga gwokombandambanda!
- Swahili:** Krismas Njema Na Heri Za Mwaka Mpya

**Second Hand Drinking**  
According to AlcoholEdu, 60% of college students have had their sleep or studying disturbed by someone else's drinking habits. Respect your friends, neighbors, RA and yourself. Do not participate in high risk drinking.



**World AIDS Day** is December 1st  
According to UNAIDS estimates, there are 38.6 million people living with HIV world-wide. Don't let yourself become a statistic, get tested and know your status. Student Health Services offers confidential testing for a small fee. Call ahead to make an appointment at 288-7184, or contact the Center for Health Education and Promotion for information on more testing sites.

Don't feel pressured to get someone a large gift or attempt to read someone's mind. A gift shows that you are thinking of someone even when they aren't around.

Looking for some on campus Christmas spirit? Stop by a "Winter Wonderland" LateNight on December 8th and take a free horse drawn carriage ride around Marquette, enjoy cookies and cocoa, and listen to Father Andy's narration of "Twas a Night Before Christmas." For more information, contact the Center for Health Education and Promotion



Urine the News  
Thanks to Abbotsford RAs, Clair Shields and Gabe Brackman, and Carpenter RAs, Loren Cooper and Bill Neja for displaying the November Newsflush!

**Celebrate Every Body**  
Avoid becoming a winter break sloth, and take a few easy steps toward having an active month. Walking around the mall, parking in the back of the lot, shoveling snow, or even making cookies (a great triceps workout) are great ways to keep the body healthy.