

# OCTOBER NEWSFLUSH



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Why don't skeletons ever go out on the town?

Got HALLOWEEN on the Brain?

Do you miss trick-or-treating? Then help out with RHA's HALLOWEEN when children from the Milwaukee community put on their SPOOKY costumes and Trick-Or-Treat in Marquette's Residence Halls. Ask your hall council for more details. Don't forget to stop by the YUMMY Late Night Breakfast for some frightfully fun food on October 31st in the AMU!



Plan on Binge Drinking this Halloween season? Try something new... **BINGE THINKING**: five or more of the following healthy alcohol decisions in one sitting

1. Don't drink if you don't want to.
2. Never take a drink from a stranger or leave your drink unattended.
3. Set a limit before you go out, and stick to it.
4. Eat before you drink.
5. Alternate alcoholic and non-alcoholic beverages.
6. Steer clear of drinking games.
7. Explore activities that do not involve alcohol.
8. Go out with people you know and trust.
9. Avoid mixing drugs and alcohol.
10. If you think someone has had too much to drink, call for help!

## Don't Take Love Lessons From a Lobster!

Many people believe that Lobsters mate for life, when in fact they do not. Remember the episode of the popular TV show *FRIENDS*, when the characters Ross and Rachel finally get together and their friend Phoebe says, "See, he's her lobster"? Actually, the female seeks out the most dominant male lobster she can find and then molts her shell. After which, the male and female mate. The female stays in his den for a few days before her shell hardens and she can protect herself again. After she leaves the male lobster mates with as many females as he possibly can.

Answer: Because they don't have any BODY to go out with!

Urine the News! Thanks to Cobeen RAs Amanda Wolff and Kendra Dodaro, and McCormick RA Jennifer Lindeke for displaying September's Newsflush! Want to see your RA's name in the Newsflush? Encourage them to display the Newsflush on your floor!

Breast Cancer Awareness Month is Here! Once again, **SAVE YOUR LIDS**. Save the pink lids from Yoplait yogurt containers and put them in the pink cans found on residence hall front desks and the AMU. For each lid that they receive, Yoplait will donate 10 cents to the Susan G. Komen foundation. Make a difference is save and wash your lids. Last year Marquette students collected 1,633 lids. Yoplait has donated over \$17 million in the last 9 years with help from people like us!



Stumped on Costume ideas? This year...think **INSIDE** the box! Use a cardboard box to make the following costumes:

- Robot
- Add some wheels and be a race car
- Add a handle and be a refrigerator
- Wrap in wrapping paper and be a present
- Jack-in-the-box
- Rubik's Cube-cover your box with construction paper squares made from different colors.
- Grab a friend and be a pair of dice!
- Glue on 6 circular plastic containers and be a Lego Block

## "Soy" it isn't so...

### Eating too much soy...a bad thing?

**Even though the FDA has labeled soy a "heart-friendly" protein, recent research has indicated that too much might be bad. The isoflavones in soy are chemicals that are very similar to the female hormone of estrogen and may be connected to a certain type of breast cancer. These same isoflavones were also found to reduce levels of bad cholesterol and prevent heart disease when added to a healthy, balanced diet. Right now, the recommended intake for soy is no more than 4 servings a week. As soy has only recently become a popular alternative for meat protein and dairy products, not enough research has been done to know soy's potential risks and benefits for certain. But don't put soy out to pasture... always remember that the key to a healthy diet is moderation. Too much of anything can be bad. Visit [mypyramid.gov](http://mypyramid.gov) to learn more about eating a balanced diet. For more info on soy, visit [Soyconnection.com](http://Soyconnection.com)**