



**Joke of the Month:**

If April showers bring May flowers what do May flowers bring?

(look in the bottom right hand corner to find the answer)

# NOVEMBER NEWSFLUSH

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It's Peanut Butter Lover's Month!!  
Peanut butter is a great source of protein. It can make a satisfying snack when spread on apples or whole grain crackers.



Toss your loofah after a few months. Bacteria can build up on natural loofahs. Nylon loofahs are bacteria-resistant but lose their exfoliating texture with each use.



**Thanksgiving Dinner**

Enjoy yourself this Thanksgiving and don't get discouraged by all of the food placed in front of you. Make good decisions during dinner. The rest of the time, splurge and be human. Remember...all things in moderation. For example, drink milk or water over carbonated beverages and eat whole grain bread over white bread. Don't feel guilty about eating that piece of pumpkin pie. Celebrate every body!

**Street**  
Need a change in your morning routine? Want more energy? Don't want to always rely on coffee? Try stretching first thing in the morning. Stretching in the morning is a great way to "waken" up your muscles, and get them ready for the day. Stretching loosens up your body while increasing blood flow to your muscles. Incorporating morning stretches into your daily routine is a positive way to begin each day. You can also use this time to organize your upcoming day.

**Macy's 80th Annual Thanksgiving Day Parade**

- Macy's is the world's second largest consumer of helium. The United States government is the first.
- The parade was cancelled in 1942, 1943, and 1944 due to World War II
- The first parade in 1924 was called the "Macy's Christmas Day Parade" although it took place on Thanksgiving Day.



**The Great American Smokeout**

Today, an estimated 47 million Americans smoke. Approximately half of them will die prematurely from complications due to smoking. Lung cancer is the most common cancer among men and women. 80% of the patients contract it from smoking.

85% of patients with lung cancer will die. Don't become a statistic.  
**KICK THE HABIT!**

The Great American Smokeout is a day set aside to encourage people to stop smoking. Every year, on the third Thursday of November, millions of Americans will participate in the Great American Smokeout. Stop by our info. table in the AMU on **Nov. 16th** to find out how you or a friend can become part of the approximate 70% of Marquette students that do not smoke. Call the Center for Health Education and Promotion for more resources and information.  
(www.cancer.org)



College brings the potential for many changes in the behavior and attitudes of students. According to a recent survey of nearly 25,000 students from 109 universities it was found that students drink more, study harder, but spend far less time on volunteer work and exercise than they did in high school. Did you know that one night of drinking can impair your thinking for up to 30 days? Abstinence is the best way to prevent unwanted affects from alcohol. (http://chronicle.com)

There is a simple thing you can do everyday to prevent colds, flu, and other infectious diseases:  
**WASH YOUR HANDS.** Try singing this song:  
"Wash, wash, wash my hands,  
Make them nice and clean.  
Rub the bottoms and the tops  
And fingers in between."



Urine the News  
Thank you to Schroeder RA's, Rachel Parent & Marcus Rajala; Straz RA's, Vesper Williams & Lucas Simpson; O'Donnell RA's, Ryan Grusenski & Frank Karioris for displaying Newsflush.

Answer to the joke:  
**Pilgrims**