

Features

Ask the School Nurse:

Wonderful ways to stay regular

by Susan Martin
Faculty Contributor

How do I regulate myself? I have talked with friends, and the food they eat makes them rush to the bathroom where when I eat it, I am completely stopped up. I have tried to eat more fiber, but nothing seems to work. I have even cut out fast food and soft drinks. Help! Signed, Worried

Constipation can make you feel miserable, so I understand your concern. Constipation is defined as passing hard stools fewer than three times a week, straining frequently during bowel movements, and having abdominal bloating or discomfort. (Research from Mayo Clinic web site).

There are some common causes for constipation, and these include inadequate fluid intake, low fiber diet, inattention to bowel habits, and lack of physical activity. Medications can also cause constipation. Your age makes it most likely that you may not be listening to your body in either making sure you have a bowel movement when you first feel the urge (as the stool becomes drier when it is in the intestines longer) or you may not be drinking enough fluids when you are thirsty.

Can a cold be concealed by the flu or vice versa? Like could one cover the other up or hide it but a person has both? If so, how do they know?

Both of these illnesses are viruses, but influenza is the more serious of these two conditions and occurs less frequently. The symptoms can be similar, but the symptoms of influenza are more severe and last for longer than the common cold. Check out the graph on the top of the next column for symptoms of each.

Now that you know the symptoms of both, I think you will see that even though they share symptoms, they are not usually confused. If you have a common cold, you will feel sick for a few days and then get better. Flu, on the other hand, can last for 2-3 weeks without treatment and will have a lingering cough for longer.

To protect yourself from either of these illnesses, get plenty of rest, eat a balanced diet and get healthy exercise. Then, wash your hands to prevent picking up other

people's germs. If you get sick with what you think is the flu, see a doctor within 72 hours to get a prescription anti-viral medication which can shorten the length of time you will be sick.

Flu and Cold Symptoms

Symptom	Cold	Flu
Fever for 4-5 days	rare	Over 101
Headache	rare	typical
Aches	mild	severe
Weakness	mild	severe
Sore Throat	typical	rare
Congestion	typical	sometimes
Sneezing	typical	sometimes
Cough	typical	severe
Exhaustion	never	typical

Come by the Clinic so we can talk about this specifically for you. Please send questions to martinse@brevard.edu

'Grad finale': everything seniors need to get out of Brevard

from Staff Reports

On Tuesday, March 3 from 11 a.m. until 2 p.m. in the Reserve Dining Room of Myers Dining Hall, the Office of the Registrar, King's Creek Bookstore, and Jostens will be hosting the Grad Finale a special event created especially for seniors that completed graduation requirements in December 2008 or expect to complete requirements in May 2009 or August 2009.

At Grad Finale, the following services will be offered in order to assist the seniors:

The Alumni Affairs Office will be there to welcome seniors as the newest Alumni of the College. They will be collecting post-graduation contact information so they can keep students connected with Brevard College.

The Senior Gift Committee will be there to promote the Senior Class Gift, which supports Scholarships through the Loyalty Fund for fellow Students. Donate "9 dollars in 2009!"

Office of Career Exploration & Development will answer job search questions,

As unemployment rises, volunteer rates skyrocket

by Radosav 'Backo' Babic
Business Editor

While the unemployment rate in United States constantly increases, the percentage of American volunteers grows, as well. Total unemployment rate reached 7.6% at the beginning of 2009 and according to the come projections it may reach double digits by the end of this year. 2008 has been the worst year for jobs in more than 6 decades with 2.6 million for total job losses.

By the same token, American volunteer service abroad numbers have increased by 16%, which is the largest increase in five years. The leading state is Florida, with an increase of 35%. A large commercial volunteer service abroad organization, Project Abroad, reported that the numbers wet up from December 2007 to December 2008 and are still rising.

assist with resume questions, and provide other career resources.

The Office of the Registrar will answer questions regarding completion of degree requirements, graduation with honors, diplomas and transcripts. The Registrar will check your eligibility for graduation and will be able to answer questions or concerns that you may have regarding your graduation.

The Office of Financial Aid will answer questions regarding financial concerns such as student loan repayments and will conduct loan exit counseling sessions for students who have borrowed money while attending Brevard College.

Classic Photography, who will take photographs during Convocation, will also be available to take formal graduation picture. Caps and gowns will be provided for the photo, so come ready to smile!

Your cap, gown, and hood can be ordered through Jostens and the Bookstore.

Graduation announcements can be ordered. Thank-you notes, custom frames, and other accessories will be available, and Jostens will have samples on hand.