

Nurse sees record number of sick students

by **Richard Bush**
Staff Writer

A nationwide illness known as H1N1 or simply “Swine Flu” is having a few affects here on campus.

Documents show that school nurse Susan Martin saw a record setting number of 109 students last week due to illness, whether it was cases of the flu, H1N1, symptoms of both, or just students feeling sick.

Due to the fact that there is no vaccine as of now, Susan Martin will be holding a flu vaccine clinic later in October. At this

clinic, the H1N1 vaccine will be available to all students and staff or faculty with health conditions that make them vulnerable. The Health Department will be running these clinics (2 doses 3 weeks apart) on campus.

H1N1 is a strange virus; it is different from the regular flu. H1N1 is contagious to the people who are always around each other.

For instance if your roommate has the swine flu it is unlikely for you to catch it and if you have already had the virus, you will not catch it again.

To prevent cases of the H1N1 Susan Martin recommends that students wash their hands consistently, eat properly, sleep well, drink plenty of fluids, and avoid touching their face with there hands.

Symptoms of the H1N1 consist of headaches, fever, body aches, and sore throats. Dr. Susan Martin ask that any student or staff member having these symptoms come and see her immediately.

Nurse office hours are 8 a.m – 4 p.m Monday through Friday. She is also on call 24 hours and can be reached by her cell phone at 828-506-1162.

Ninpo Taijitsu: Turn your body into a weapon

by **Thomas Lide**
Staff Writer

Anyone interested in developing their body into a weapon is strongly encouraged to join the Brevard College Ninpo Taijutsu Club which meets every Monday and Wednesday at 6:30 p.m. in the south village pavilion.

Ninpo Taijutsu is a form of martial arts where individuals work from a set of foundations to adapt to their own body mechanics. Those that practice this form of self

defense learn armed and unarmed forms of fighting. There is no right or wrong way to execute the techniques which makes this form of martial arts different from others, such as karate.

The curriculum is flexible and those that are members are not stressed to attend every meeting. Participants learn the strengths and weaknesses of the human body through learning where pressure points are located and joint manipulation. Practitioners of Taijutsu learn how to fight using various objects including wooden swords, projectiles, rope, keys, and even cell phones. Learning timing, space, and movement efficiency are key in defending oneself and

others. Self-awareness and the awareness of surroundings are also emphasized through out the curriculum.

So take an hour out of your day on Mondays and Wednesdays to learn techniques that will come in hand in any confrontational situation that endangers your safety or others. Just remember that the moves performed in Taijutsu should only be used in extreme circumstances. Do not go picking fights with anyone just to show off your cool new ninja techniques.

Anyone interested in attending meetings or acquiring more information regarding Taijutsu should contact Andrew Davis or Joe McGarry.

SGA Beat: Guest speaker at Open Forum

by **Dimitri McCloghry**
Staff Writer

The September 22nd SGA Open Forum meeting took a little longer than usual, but with good measure. The beginning commenced with a strategic plan overview under which a monetary proposal was asked for a conference trip for PHAT (Peer Health Advocate Team).

After this, the SGA announced their

guest speaker for the night—Mr. Del Suggs, curator of the Tallahassee Museum, one of the top ten museums in the state of Florida in terms of revenue. Mr. Suggs had a strong, concise voice and captured the attention from everyone in the room from the moment he began.

The reason Mr. Suggs was invited to come speak was to present ways to better improve clubs and organizations on campus, and to enhance leadership skills. His power point presentation was interesting, and informative, presenting ideas such as

reconsidering the structure of the club or organization you work with, showing appreciation for fellow peers and co-workers, and utilizing your training and education to promote teamwork and productivity.

His discussions with the audience were oftentimes comedic, yet never detracted from the points he illustrated. The ideas were refreshing and introspective.

The next SGA Open Forum session will take place Tuesday, October 6th, in MG 115 at 8:00 p.m. The September 29th session is strictly a Senate session.