

Probable cases of the flu found on campus

Several probable cases of the flu have been found on campus, according to an e-mail from Susan Martin.

“It is important to use good hand washing and other techniques to prevent the spread of illness,” said Martin.

The Wellness Center has provided information on the common cold, the flu, prevention and treatment.

To prevent the spread of the flu, students should use a humidifier, avoid rubbing their eyes or nose, sneeze into tissues so that viruses are not released into the air, avoid smoking, maintain a healthy diet, drink plenty of water, exercise often and get an adequate amount of rest.

Once symptoms start to show, students should drink plenty of fluids, use a cool mist humidifier, steam baths or warm steam to facilitate breathing, gargle with warm salt water every

Symptom	Cold	Flu
Fever	Rare in adults	Typical (102-104)
Headache	Rare	Typical
Aches, pains	Mild	Typical, severe
Fatigue/Weakness	Mild	Severe, 2 weeks
Exhaustion	Never	Typical, sudden, severe
Sore throat	Typical	Rare
Stuffiness	Typical	Sometimes
Sneezing	Typical	Sometimes
Cough	Typical	Typical, severe

three to four hours to reduce pain and swelling in the throat, increase the intake of drinks with Vitamin C and get plenty of rest.

Students are encouraged to stop by the Wellness Center if they are exhibiting symptoms of the flu and to refer friends who may be sick.

“I am here to help,” said Martin.

The Wellness Center is open 8 a.m. to 4:30 p.m. Monday through Friday.

Chiaroscuro deadlines fast approaching

Deadlines for the 2011 Chiaroscuro are fast approaching. Students and faculty who would like to submit their work must do so by Friday, Feb. 4.

The Chiaroscuro is a student-run, annual literary magazine showcasing work by students and faculty. Poetry, short stories, short plays, essays, literary criticism, photography, paintings and more are all included.

“The Chiaroscuro collectively shows variations of students’ opinions,” said editor Carole Anne Martinez, “it shows how we as a college are progressing.”

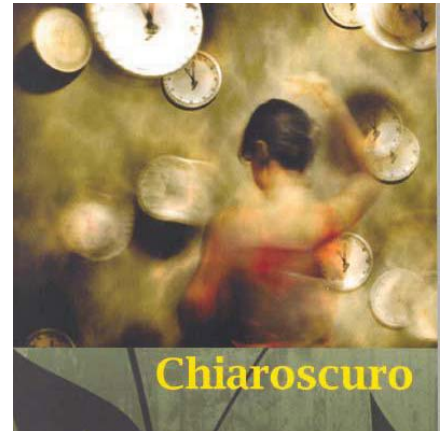
Students are even invited to submit work under a pen name.

The Chiaroscuro staff is especially interested in submissions from students who went on the college trip to Austria. “We’re hoping to dedicate a few pages to the trip. If you have photos, stories, poems, or anything we are interested,” said Martinez.

The staff will also be hosting a poetry slam and bonfire sometime in February to showcase some of BC’s talent. Details will be made available closer to the event.

If you have questions or would like to submit your work to the 2011 Chiaroscuro, e-mail martinca@brevard.edu.

The latest edition of the Chiaroscuro has been available around campus since last fall.



Want your event in the Clarion?

We need to know about it!

Send us information at: Clarion@brevard.edu

CLUB MEETINGS AT BC

<p>Campus Activities Board(CAB): Meets every Wednesday at 6:00 p.m. in the Underground.</p> <p>Fellowship of Christian Athletes(FCA): Meets every Tuesday at 9 p.m. in the Spiritual Life Center.</p> <p>Student Government Association(SGA): Meets every Tuesday at 7 p.m. in the Reserve Dining Room. Everyone is welcome.</p> <p>Team - Mobilizing Opportunities for Volunteer Engagement (T-M.O.V.E.): Meets every Sunday at 7 p.m. in the AEC Conference Room. Come if you're interested in community service and volunteerism.</p>	<p>BC Greens: Meets Thursday at 8:30 p.m. in MG 113.</p> <p>Debate Society/Young Politicians of America: Tuesday, Feb. 8. in MG 139. Everyone is welcome.</p> <p>BC Spiritual Life Presents Common Grounds! Monday night at 8 p.m. in the Spiritual Life Center. The program is designed to offer a venue that facilitates dialogue on varying religious topics, such as homosexuality and Islamic faith in America after 9/11. Have questions? Contact Brian Burgess atburgeshd@brevard.edu.</p>
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