

## Tips for traveling this season

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Elon University's fall semester schedule implements three breaks for students. This leaves individuals to plan for time away from class. Traveling can be stressful, regardless of distance, because of packing, arrival times and budgets. Some students visit family while others decide to participate in alternative fall breaks. In order to avoid traveling pressures, here are some tips on how to make this fall break, Oct. 15 through Oct. 19, a successful break away from Elon.

Sleep is one thing college students need more of, so if you aren't driving, knock out a few hours of your trip by snoozing. You not only gain much needed rest, but the hours of the trip pass more quickly. For those who are driving, make sure to rest up before the long trip.

As college students, we often read a textbook's worth of material in a week, but reading books or magazines for leisure is a great way to pass the time while waiting in the airport. Catch up on the summer reading you never were able to, or get a magazine that you haven't been able to read since homework and clubs have taken over your life. For those who will be in the car, because no one has mastered the art of driving and reading yet, listening to a book on tape is a good alternative.

Out of state students may struggle to find good radio stations when driving or may grow bored listening to white noise in plane terminals or train stations, so be sure to create a long play list of your favorite tunes on an MP3 player or CD before leaving.

Before you leave for break, make sure you have everything you need. If your professors assigned homework over break that's due

a day or two after you return, look over it in order to prepare your belongings and finish up assignments to avoid writing a paper or reading last minute. Remember to bring some warm clothes and a rain jacket for unexpected weather implications as well.

Check your travel plans. Leave campus two to three hours before your flight or train time so you have plenty of time to check in. Prepare for a cold plane or train ride by bringing a sweatshirt or sweater as a carry-on.

If you aren't traveling home, consider the alternative fall break options provided through the university. Melissa Patrick, the international alternative break trips director of the Kernodle Center, said there are two options for fall break this semester. One available choice is the Appalachian Mountain service trip. Students attending will this trip travel to the Mountain Retreat and Learning Center in western North Carolina.

The second trip will visit the Turtle Island Preserve, a sustainable community in the middle of the Carolina mountains. Patrick said both trips are outdoors and sustainability related, and if you are interested in going, pick up an application in Moseley 230 or download from the Kernodle Center website. Applications are due by 5 p.m. Oct. 1. For more information, e-mail [elonvols@elon.edu](mailto:elonvols@elon.edu), and if you are unable to attend these during fall break, keep in mind that they are also available at the end of Winter Term during Fake Break

For alternative break trips, avoid packing formal clothes. Instead, bring clothes you would wear if you were going camping. Bug spray, cameras, towels, toiletries, waterproof jackets and other items would also be useful.

## Catch them in the fall

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North Carolina's geographic diversity of mountains, beaches and bustling cities lends itself to individuals of all interests.

For those specifically attracted to the colors of autumn, 'The Great North State' provides several outlets for foliage viewing several weeks each year. A particular point of interest is the fall scenery in western North Carolina, so look to the trees this fall if you are interested in experiencing a seasonal aspect of North Carolinian culture.

North Carolina's Piedmont and mountainous regions are covered in an assortment of maples, oaks, ashes, poplars and dogwoods. To experience the full potential of what North Carolina has to offer, it is important to keep in mind the foliage season of each geographical area. According to Sheridan Alexander of the Southeast U.S. Travel Guide, higher elevations in western North Carolina have their peak between late September and early October. Remaining elevations in western North Carolina are at their best and brightest between the early and middle parts of October. In the lower west to central North Carolina, trees begin to flourish in mid October, later ending in early November. Keep in mind that western areas foliate earlier, so depending on the availability of your traveling agenda, be sure to check for appropriate dates for particular destinations in order to capture the best colors.

VisitNC.com produces a program that highlights the strength of foliage in viewing locations for tourists, called the Weekly Fall Color Reports. VisitNC also provides visitors with a list of hotspots for the fall foliage season. Hotspots include: Grandfather Mountain, Hanging Rock National Park, Pisgah National Forest, Asheville and "America's Favorite Drive," the Blue Ridge Parkway. Maps are provided on how to reach each location as well as a "What to do" tab that lists local attractions at each site. While visiting these destinations, be sure to pursue local vendors and farmers markets. The complexity of each location differs, so remember that sites can compensate anyone from the weekend adventurer to the professional photographer.

If time isn't on your side, look to the NCDOT website for an interactive map of the Piedmont's scenic byways. According to the website, "The N.C. Department of Transportation has designated 54 scenic byways to give visitors and residents a chance to experience a bit of North Carolina history, geography and culture while raising awareness for the protection and preservation of these treasures." Through this virtual outlet, byways offer an alternative that allows individuals to take in the best foliage in a practical manner. Visiting local, more western university campuses, such as Wake Forest University, also offers scenic routes for students who can also enjoy socializing with friends.

## Advice from "Mom"

### What to do when you're sick

Simple rule in my house: If you don't go to class, you don't do anything fun until you're healthy. At college you decide if you are well enough to go to classes or not, but students have to walk the fine line between missing too many classes or spreading their illness. People with cold and flu viruses are contagious from before they show symptoms to up to five days after they get sick, according to The Center for Disease Control and Prevention.

Symptoms of a common cold are a cough, runny or stuffy nose and fatigue. If these symptoms seem unusually severe, then you could have the flu. Some

other symptoms you may have include headache, sore throat, body aches and a high fever. Only a doctor's test can determine whether you have a cold or the flu.

If you suspect you have the flu, be sure to go to the health center to get tested. The flu virus spreads by contact, so in most cases going to class could make other people sick. If you are going to miss classes, remember to get diagnosed at the health center first, and to notify your professors of your absence before class so they won't mark you as unexcused.

While you feel ill, stay at home and rest. Sleep as much as you

can and drink lots of clear fluids such as water, tea and sports drinks to prevent dehydration. Ice chips are also an alternative if your throat hurts too much to swallow. Throw a few cans of soup in your pantry now, so that if you get sick, you have saved yourself a trip to the grocery store.

If you experience shortness of breath, chest pains, severe vomiting or sudden dizziness, see a doctor immediately. These symptoms can mean that you have more than the flu and need serious medical attention.

After your fever subsides, it's recommended that you stay home for another 24 hours. Even

when you feel better it is best to slowly get back into your normal routine. Don't push it.

Your body is good at healing itself, but sometimes we need a little help.

### Ways to stay healthy:

- \* Wash your hands and don't be afraid to use hand sanitizer.
- \* Stay away from touching your nose and face.
- \* Avoid touching people who are sick.
- \* Sanitize the surfaces everyone touches in your room: doorknobs, the sink faucet, the refrigerator handle.
- \* Get some sleep. Don't pull multiple all-nighters.
- \* Keep yourself hydrated.
- \* Get a flu shot. This year's shot covers not only seasonal flu but swine flu as well. You can get one at most pharmacies and doctors offices.

Remember, mom always wants you safe and healthy.

Love, Mom