

## Surviving the coming winter

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At NCSSM, the weather seems to be an ever-changing nightmare. Some days it is warm, and some days it's so cold and dark, one is left unsure on whether to even call it a day. To help solve this problem a list has been composed; a list that will help to keep one warm in the cold days ahead.

**Tip One - Cover Up**  
The great thing about living in a day and age where there are clothing shops everywhere is that one is bound to find something they like. Some simple things to look into purchasing would include: a warm coat, gloves, hats, scarves, flannels, underarmor, etc.

**Tip Two - Protect your Feet**  
The feet are the body's natural heating and cooling system; a way to ensure staying warm is to put on heavy duty wool socks or even just doubling up on the socks you are wearing.

Good shoes are also a great way to make sure one's feet stay warm. Good shoes can include fuzzy boots, sneakers, and boots that have leather or wool materials.

**Tip Three - Avoid the outside**  
The great thing about NCSSM is that almost everything is accessible by going through a series of networks that connect the buildings e.g. tunnels and breezeways. Using the Hill tunnel or cutting through the 2<sup>nd</sup> Bryan breezeway to get into the ETC are great ways to keep oneself out of the cold. One could also answer the year old question of which way is quicker to

get to Bryan Hunt. Try different routes stay out of cold. \*Hint\* tested it was found that across diagonal from Hunt to Lobby was faster than going through the Reynolds side door by nearly 40 seconds at a normal walking speed.

**Tip Four - Cuddle up**  
Wrapping up in blankets and cuddling up to stuffed animals isn't just a great way to deal with heart ache it also helps to keep one warm. No one is going to judge someone for carrying around a blanket when it is thirty some odd degrees outside. Movie nights with friends is also a great way to spend the cold season, huddle up, pop some popcorn and it's a guaranteed fun night with friends and ensured appreciation for it being too cold to leave the dorms.

**Tip Five - Hand warmers and Hot drinks**

from different to the when

cutting diagonally from Bryan faster through side door

Great for more than science experiments, Hand warmers can actually help one shake that terrible cold in their fingers during the cold months. Hot drinks can be used the same way. Sometimes just holding a warm drink can cause someone to warm up, not to mention the amazing feeling to have hot liquids running down your throat. Tis the season of hand warmers, coffee, and hot chocolate.

**Tip Six - Exercise**  
Exercise actually helps to heat the body up; however, do not do it outside. Running for short distances actually makes one colder because their body takes longer to heat up, but if they are planning to take a two mile jog, more power to them.



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