

QUARRY REPORT

September 2008

A PUBLICATION FROM THE OFFICE OF STUDENT SERVICES

National Campus Safety Awareness Month

According to campus safety experts, the first six weeks of school, deemed “The Red Zone,” shows a higher risk for college campuses. The national non-profit organization devoted to campus safety, Security On Campus, Inc. (SOC), has proclaimed September as National Campus Safety Awareness Month (NCSAM) to raise awareness during the Red Zone and to minimize campus crime throughout the entire school year.

For more information on National Campus Safety Awareness Month please contact SOC by e-mail at safetymonth@securityoncampus.org or toll-free 1-888-251-7959.

The Office of Student Services would like to invite you to participate in a week of programs dedicated to your safety the week of Sept. 15, 2008.

September Calendar Dates

September is National Chicken Month.

Between 1970 and 2004, the USDA estimates that chicken consumption more than doubled – from 27.4 pounds per person per year to 59.2 pounds. In 2005, chicken production totaled about 35 billion pounds; thanks largely in part to McDonald’s Chicken McNuggets introduction in 1983.

Sept. 1 – Labor Day
 Sept. 7 – National Grandparents’ Day
 Sept. 11 – Remember 9-11
 Sept. 21 – 27 National Clean Hand Week
 Sept 22 – First day of Fall
 Sept. 22 – Ice Cream Cone Anniversary



Voices is a site designed for you to learn about, debate, and take action on issues of importance in our country and the world. The website provides the information and tools you will need to stimulate discussions, forums or debates on any number of important topics, from stem cell research and human rights to Iraq and gas prices.

Exciting features of the website include:

- High level overviews and discussion questions for over twenty political and social issues.
- “View from Generation Next” – a platform for student *Voices* to be heard and shared.
- Election 2008 activities and projects to encourage and foster student engagement.

Voices encourages students to:

- **Get curious.** Select a topic from the list of issues on the website and read articles and questions about it.
- **Stay informed.** Read USA TODAY provided through the Collegiate Readership Program in order to discuss and debate topics intelligently.



The QUARRY REPORT is a monthly newsletter distributed on the first of each month to students, faculty and staff on campus. Please send information you would like included in the upcoming issues to the Office of Student Services or email: roverton@limestone.edu

\$\$\$Money Matters\$\$\$

A recent survey of more than 900 college students conducted by *Student Health 101* reveals that 75% of students have found themselves without enough money in college (*Student Health101*, Vol.3, Num.11). Many college students spend their money on things they don't really need. The key to saving is to set a goal and stick to it. Commit to putting some of the money you have in a savings account. Make that your first expenditure when you get some money.

Tips to "Stretch your Dollars"

- ❑ Buy used textbooks. Search for deals at the bookstore or online.
- ❑ Look for student discounts: Use your Limestone College "Discount Card" at local stores and restaurants.
- ❑ Use your meal plan. Avoid eating out on the town and spending what you don't have.
- ❑ Have fun on campus. Take advantage of the many activities, games, and events held on campus.

Z's Z's Z'sZ's

Are you getting enough sleep?

According to a 2001 Brown University study, only 11% of college students get a proper night's sleep and 73% suffer periodic sleep difficulties (*Student Health101*, Vol.3, Num.11)

8 Steps to Improve Your Snooze

1. Keep a consistent sleep schedule, even on weekends and during holidays. Set aside eight to nine hours for sleep.
2. Avoid naps longer than 30 minutes. Longer naps can affect natural rhythms and impair nighttime sleep.
3. No big meals, caffeine or alcohol three hours before bedtime.
4. Exercise at least three to four hours before bedtime.
5. Minimize distractions before going to bed. Turn off the TV, computer, and radio. Turn on white noise or soothing peaceful sounds.
6. Turn the clock's face away so you can't focus on it.
7. Relax, stretch, read, meditate, make a list (write it down, then leave it), pray before bed.
8. Minimize nighttime light exposure and keep room temperature consistent.

WEB Site of the Month

32 Keys to Life

<http://www.32keys.com/>

Ken McIsaac has developed 32 basic ideas to help you improve your quality of life. Start your day with the 32 Keys on life and happiness.

"Support a Global Cause"

An excerpt from

Every Monday Matters

By Matthew Emerzian and Kelly Bozza

FACTS

In the world:

- Every 3.5 seconds someone dies of hunger.
- Every 11 seconds someone dies of AIDS.
- Every 15 seconds a child dies from a waterborne illness.
- 40 million people are living with HIV/AIDS.
- 1 billion have no access to clean water.
- 2.6 billion live without basic sanitation.
- 5 million live in refugee camps.
- 1.08 billion live on \$1 or less per day.
- 2 million children die each year from diseases that inexpensive vaccines could have prevented.
- 11 million children die before they reach their 5th birthday. That's as if every child under five living in the United Kingdom, France, and Germany were to die in a single year.
- Enough food is produced to feed everyone.

Every year more than 16 million people - the equivalent of one hundred 747 jets crashing every day of the year - die from:

- Hunger 9,125,000
- HIV/AIDS 2,900,000
- Pneumonia 2,000,000
- Diarrhea 1,600,000
- Malaria 1,000,000

TAKE ACTION TODAY. The needs are many and obvious. Get involved TODAY.

CONUNDRUM RIDDLES

A conundrum riddle is one which the answer involves a pun. See if you can figure these out. The answers are located on the back page.

1. When is a piece of wood like a monarch?
2. What is the difference between a nickel and a quarter?
3. When is a doctor most annoyed?
4. What is the relationship of a child to its own father when it is not its father's son?
5. What is it that occurs four times in every week, twice in every month, and only once in a year?
6. What is the center of gravity?
7. Why are a, e, and u the handsome vowels?
8. How many raw oysters can one eat on an empty stomach?
9. Why are your nose and chin not so friendly with each other?
10. What is that which by losing an eye has nothing left but a nose?

From the Nurse's Station

MRSA and Its Prevention

What is MRSA?

MRSA, commonly known as a form of a “staph” infection, can cause skin infections that initially appear as a pimple or boil. They will become red, swollen, and painful or have pus or other drainage.

Characterized as a “superbug,” MRSA is a virulent staph infection that resists antibiotics and can cause pneumonia or bloodstream and wound infections. Recently, a more toxic strain, PVL MRSA, has been linked to several fatalities.

How is MRSA Transmitted?

MRSA is usually transmitted by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection (e.g., towels or used bandages).

Where Does it Spread?

Staph bacteria and MRSA are becoming more prevalent in locker rooms, washrooms, and training and workout areas. They can spread through direct physical contact of the staph bacteria with a break in the skin. They spreads through inanimate objects exposed to staph bacteria, such as clothing, carpet, and even furniture.

Prevention Activities

Several ways to minimize the exposure including the following:

- **Frequent hand washing is the single-most effective measure to decrease the spread of illness/infection. Wash your hands well with warm, soapy water several times a day. This is especially important after touching a wound or changing a dressing.**
- **In the absence of water, use a hand sanitizer containing at least 60 percent alcohol.**
- **Cover all open wounds until they heal.**
- **Use a clean, dry dressing that is sealed on all four sides with tape; small wounds can be covered with a Band-Aid.**
- **See your doctor if the wound appears to rapidly get worse with increased redness, swelling, drainage, heat and pain around the wound, or if, in addition, you experience headache, fatigue, or fever.**
- **Do not share personal items that touch the skin such as towels, washcloths, clothing, uniforms, bar soap, or razors.**
- **Ointments or antibiotics should not be shared.**
- **Shower with soap and water as soon as possible after direct contact sports, and use a clean towel.**
- **Wash towels, uniforms, and practice clothing after one use. Use hot water and regular detergent, and then dry on the hottest cycle possible to kill all bacteria.**
- **Avoid whirlpools or common hot tubs, especially when having open wounds, scrapes, or scratches.**
- **Inform parents of these precautions; if laundry is sent home, it must be placed in a plastic bag separate from other items in the athlete's bag.**
- **Clean the athletic area and sports equipment at least weekly using a solution of 1:100 diluted bleach to water (one tbs. bleach in one qt. of water, mixed daily) or by using Lysol or Pine-Sol.**
- **Consider wearing gloves when working with soiled laundry items.**
- **Clean treatment tables between each use.**
- **If a doctor diagnoses your child as having a MRSA infection, notify the school so that the school is aware of the situation.**

Computer Safety

These guidelines apply to you whether you are using a college computer or are using your own personal computer while associated with the College.

- Only authorized users are allowed access to College computing resources.
- You are responsible for any activity from your account.
- Do not let others use your account.
- Never give your password to anyone else. Choose a password that will be easy to remember for you but impossible for others to guess. Change your password regularly.
- Do not leave an active session unattended; always log off when you've completed your work.
- Do not represent yourself as anyone else in email correspondences or web documents.
- Safeguard your own privacy and respect the privacy of others.
- Harassment is illegal, no matter what the form of communication. It is against the law and College policy to send harassing email messages.
- If you suspect your account has been compromised, or you feel you have been violated by others, please keep copies of all relevant electronic documents and contact the Office of Student Services as quickly as possible.
- Be advised that electronic mail should never be considered a completely secure means of communication. If your email is addressed incorrectly, it can end up in the wrong hands.
- Never send anything via email you would mind seeing on the evening news.

CONUNDRUM Riddle Answers

1. When it is made into a ruler.
2. Twenty cents
3. When he is out of patients (patience).
4. His daughter
5. the letter E
6. the letter V
7. You can't have beauty without them.
8. One. After the first, the stomach would no longer be empty.
9. There are always words passing between them.
10. Noise

Library, Email, and Blackboard Instructions

College Website: www.limestone.edu

Example: John Michael Smith; born 7/8/86

Email address: jmsmith0708@limestone.edu

Email access: <http://www.limestone.edu>

Quick link: Email will take you to

<http://mailbox.limestone.edu>

Password – SS# without dashes until you change.

Library <http://library.limestone.edu>

John's library login:

Username: jmsmith0708@limestone.edu

Password: Initially SS#, same as email access

Generic login (If student's Limestone email username and password has not been set up yet, or if current will not work. This info located in Campus Web)

User name: libstudent

Password: searchnow

Electronic books:

E-Book login page at

<http://library.limestone.edu/ebook.htm>

Students automatically have access to the Limestone College's E-book collection after selecting this link on-campus. If off-campus, we encourage you to create your account. At the Top right, you may "Create a Free Account" if you want to create a favorites list and to add bookmarks.

If your login does not work, please go to <http://library.limestone.edu:2048/login> (library's off-campus login page) and click on "Student Password Kiosk" to reset your account. If you still have difficulty logging in and need to access a computer quickly, you may log in using the user name: "student" and password: "password". Please contact the Office of Student Services at 864.488.8373, if you are having problems with your login information.

Blackboard address: <http://bb.limestone.edu>

A.J. Eastwood Library Hours:

Mon-Thurs 8:30am – 10pm

Friday 8:30am – 5pm

Saturday 11:00am – 4pm

Sunday 4:00pm – 10pm

Electronic Resources – Available 24/7, on and off campus

Copier – To make copies on the student copier you *must* have money on your LCard. You may add money at the Limestone Business Office, through the web, the phone or mail. For more directions see your LCard brochure.