

Health and Halloween



In This Issue

Breast Cancer
Awareness Month
PAGE 2

Election 2016: Your
Vote Matters
PAGE 3

Forbidden F-Words:
Freshman 15
PAGE 4

Midterm Health:
Myth vs. Fact
PAGE 5



Upcoming November Events:

Nov 4th: Bow
and Clarke
Scholarships due

Nov 5th: Making
sandwiches for
Martha's Table

Nov 6: Volunteering for
Martha's Table

Last-Minute DIY Halloween Costumes

By **Kylie Maurici**

With Halloween quickly approaching, your friends probably have their costumes planned and ready to go. But by now, who has time to shop for the perfect elaborate costume? 2016 has been a year full of memorable moments, which makes for the easiest, most recognizable costumes! Here are some quick costumes that are a sure to be a hit with everyone at your Halloween celebration, and nobody will be able to tell that you procrastinated in your planning.

1. Petroleum Lin Trawler

You will need:
-A baseball cap
-Fingerless gloves
-Athletic leggings
or shorts
-A backpack
-A Potable



2. Emoji:

Pick your favorite emoji
and show everyone your
happy, silly, cool, or nerdy
side with this simple
costume!

You will need:
-All black clothes
-Cardboard
-Yellow spray paint
-Red, black, and white
acrylic paint
-String to tie emoji
around neck



3. Olympic Gold Medalist: You can go for gold with this fun costume!

You will need:
-Leopard or spandex shirt
-Matching track suit
-Goggles or sparkly
eye shadow
-Ribbon, cardboard, and gold
glitter paint for the medals!
-Cardboard with your emoji
initial for the bob



Above: the large "M" at the entrance of campus decked out in pink for breast cancer awareness month.

Photo credit: Catherine Nardi.



Above: Sorority and fraternity houses on Fraternity Row lit up with pink for breast cancer awareness.

Photo credit: Hannah Cotton.

Breast Cancer Awareness Month

By Catherine Nardi

October is Breast Cancer Awareness Month. Although breast cancer is the second most common cancer, and second leading cause of cancer death amongst women in the United States, there is a lot that people don't know about this devastating disease. Breast cancer affects 1 in 8 women according to the American Cancer Society, but it can affect men as well. Breast cancer is most common in women over 40, though it can occur in younger adults too. This disease has genetic components, which are typically passed down through the maternal lineage.

The American Cancer Society estimates that around 246,000 new cases of invasive breast cancer are diagnosed each year, and about 40,000 women will die each year from this terrible disease. However, this number has been steadily declining over the past two decades, which offers hope it will continue to shrink.

Breast cancer research has made incredible strides in the past few decades, with new technology and increased access to mammograms. Even in the 1990s, breast cancer was not as aggressively and adequately treated as it is today. This increase in technology is most likely responsible for the recent decline in breast cancer cases. Now, breast cancer can also be detected during earlier stages, and therefore treatment can begin earlier.

As with breast cancer research, breast cancer awareness has also increased. Many national fundraisers and organizations like the Susan G. Komen Race for the Cure have become more popular and highly attended. Even on the University of Maryland campus, there are several organizations that host events to raise money for Breast Cancer research. Even though Breast Cancer Awareness Month is only one month out of the year, there are plenty of fundraisers and events on campus and in the community that contribute to the cause year round.

Election 2016: Your Vote Matters

By Lauraine Gemota

Unless you live under a rock, you probably know it is election season in America. There are negative advertisements everywhere, coverage of the election is on every news channel, and “vote for [insert candidate name here]” are on the sidewalks of the University of Maryland campus. With only a few days until the November 8 Election Day, here are a few tips to know about the voting process:

1. Before you vote, research the candidates!

Study the issues. Know where they stand on the issues you care most about. Make an informed decision. In case you didn't know, these are our presidential candidates: Hillary Clinton (Democrat), Donald Trump (Republican), Jill Stein (Green Party), and Gary Johnson (Libertarian). However, many first-time voters do not realize that positions other than the President are up for election, including all 435 seats in the House of Representative and 33 seats in the U.S. Senate. Additionally, important local seats and issues are usually included on the ballot.

2. Register to vote!

Registration usually does not take a long time. Go to vote.gov, look up your state, and start the process. However, each state has its own deadline, so be sure to register in time! The deadline to register

online or by mail in Maryland is October 18. Fear not: if you've missed the Maryland deadline, you can register in person on the day of the election on November 8.

3. Absentee ballots and early voting:

If you know you can't make it to the polls on Election Day, you can still vote using an absentee ballot or during early voting. In Maryland, requests for online absentee ballots must be sent in by November 4 and your absentee ballot must be returned by November 18. Early voting in Maryland begins on October 27 and runs through November 5. If you're voting in a different state, you can check your state's deadlines at your state's government website or RockTheVote.com.

4. Know the location of your polling place!

There are two polling places at the University of Maryland: one is at Adelle H. Stamp Student Union and the other is at Ritchie Coliseum. If you're going home to vote, make sure you know where you need to vote.

5. On Election Day, actually go out and vote!

It may be time-consuming, so be sure to plan ahead. The U.S. has one of the lowest voting turnout rates among developed nations. Go out and vote and make our democracy more representative of public opinion. Every four years, we are given the chance to change our presidential leadership, and your voice matters. If you don't like where our nation is right now, vote for someone who you think will take us in the right direction.

*Left: Hillary Clinton and Donald Trump, the two main presidential candidates, shake hands.
Photo credit: Julia Cortez, Associated Press.*



Forbidden F Words: Freshman 15



Eppley Recreation Center, located on North Campus, is the center of student activity and class for any student to enjoy a quick workout. Photo Credit: www.change.org

By Maya Pillai

Have you ever heard of the dreaded “Freshman 15”? This well-known phrase refers to the weight gain college students could experience during their first year of college. Whether it is real or a myth, finding time to hit the gym in our busy lives as college students can be a challenge. For most college students, working out might seem time-consuming, too hard, or even unnecessary – but exercising can be a positive experience!

The Eppley Recreation Center offers a variety of group fitness classes that are equal parts challenging and fun. With over 20 classes from which to choose, everyone can find a fitness class perfect for him or her. Head over to Eppley with your best friend, or even your whole floor, for a satisfying workout.

The facility is easy to navigate, and the fitness classes are available to everyone registered as a student at UMD. Simply present your University Identification Card at the Eppley Member Services desk, located at the main entrance to receive a group fitness sticker on the backside of your ID. This sticker

gives students access to all fitness classes offered at the recreation center.

Some popular group fitness classes offered at Eppley include Zumba, Yoga Flow, Yoga Strength, Pilates, Body Pump, Body Combat, Barre Sculpt, Hip Hop Shake, Pilates – and many more! The duration of these classes typically range from 20 to 70 minutes. If interested, more information about these particular classes can be found on the UMD Recreation & Wellness website at <http://www.umd.edu/Fitness/Group-Fitness/Class-Descriptions>.

Is Eppley too far from where you are living this semester? No problem! Several other facilities on campus offer group fitness classes, including the ERC Multipurpose room, ERC functional training studio, Ritchie Coliseum, the School of Public Health multipurpose room, and Cole Cycling. A schedule for all group fitness classes can be found online at <http://www.umd.edu/Fitness/Group-Fitness>.

No matter if your day is filled with class, work, clubs, or studying, you can find a class to fit your schedule. Try a group fitness class, and enjoy a meaningful workout all while having fun!

Midterm Health: Myth vs. Fact

By Julianna Boswell

Myth or Fact:

“Ingesting intense amounts of vitamin C will prevent me from getting sick.”

Myth. When the initial signs of a cold creep up on us midweek, many people reach for the vitamin C supplements or their jug of orange juice. Vitamin C is said to bolster the immune system, acting like a shield to white blood cells. But does taking vitamin C actually help prevent illness or help you get better quicker?

While it is true that vitamin C is necessary for proper health, no research studies have definitively shown that it has an impact on illness prevention or recovery times. Much better ways to prevent getting sick are to wash your hands regularly, manage stress levels, eat a balanced diet and get your flu shot! The University Health Center offers the shots here on campus, and if you have the Student Health Insurance Plan, it is free!

Myth or Fact:

“I should skip the gym to study—my midterms are more important than working out.”

Myth. When the time crunch hits, one of the first things deleted from people’s schedules is time for exercising. While priorities may need to be shifted during midterms, you should think twice before cutting out gym time. Studies have shown that physical exercise can improve learning ability, memory,

and exam performance. Researchers here at the University of Maryland recently published a study demonstrating that in older individuals stopping exercise for just 10 days decreased the blood flow to the brain in areas specific to cognitive health. There are clear links between physical health and mental health, so don’t let a lack of exercise during exam weeks hold you back from your best performance.

Myth or Fact:

“I have not finished studying everything, I should pull an all-nighter.”

Myth. Sleep tends to be elusive on college campuses, especially when studying for exams. The decision to stay awake all night could be detrimental to your health. My mom always warned me that if I did not get enough sleep I would get sick, and research has provided some evidence for my mother’s warnings. Sleep is essential to proper immune system functioning, so if you are not sleeping you are likely to have a lowered immune system and get sick more easily. There have also been studies linking long-term health effects such as heart disease and obesity to sleep deprivation.

Midterms are spread out across weeks, so finishing your sleep one week may cause you to get sick the next and reduce your ability to perform well on the next exam.

In conclusion, midterms will put both your academic abilities and our health to the test. The best way to stay healthy this season are to take preventative measures to avoid illness such as getting a flu shot and managing your time in order to fit in both exercise and sleep. Rest of luck with midterms and stay healthy!

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The Primannum Honor Society is a University of Maryland Honor Society that represents two national honor societies, Alpha Lambda Delta and Phi Eta Sigma. Both of these national honor societies recognize academic excellence during a student’s first year in college. **5**