



## Feeling SAD?

### *Seasonal Affective Disorder*

Seasonal Affective Disorder is a form of depression that occurs during the winter months. It is often referred to as SAD.



### *Cause and Occurrence*

The cause of the disorder is not known, but body temperature and hormonal regulation are thought to play a large part in the onset. SAD is rare and is sometimes viewed as simple "winter blues." It occurs more frequently in women than in men and normally takes form during early childhood.

### *Prevention and Symptoms*

Prevention for the disorder is unknown. There are certain symptoms to look for:

- Depression after fall or during the winter onset
- Lack of energy
- Decreased interest in work or other activities
- Weight gain due to increased appetite
- Carbohydrate cravings
- Increased sleep and excessive daytime sleepiness
- Social withdrawal
- Decreased energy and concentration with afternoon slumps
- Slow, sluggish, and lethargic movement

### *Signs and Tests*

A psychological evaluation rules out other causes for the symptoms and confirms diagnosis.

For more information regarding this topic please contact the Health Education Office at 912-871-1732, or visit their website at:  
<http://services.georgiasouthern.edu/aux/healthed/staff.php>

## TIPS TO QUIT SMOKING



- Pay attention to your triggers-how and why you smoke
- Get support from friends and relatives to help you quit
- If you are going to use a nicotine patch, start the night before
- Pick a day to quit
- Drink plenty of fluids
- Try to stay calm and use relaxation techniques or exercise
- Make a plan to quit within a reasonable time frame
- Take up a hobby
- Drink a lot of cold water to help cleanse your system
- Avoid other smokers
- Try to avoid stressful situations that might tempt you to smoke
- Remember physical withdrawal symptoms last about two weeks
- Give yourself a reward for not smoking

Source: LifeSign Smoking Cessation Program

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## In the Residence Halls

### **Kennedy Hall:**

Sunday November 11, 2007:  
"Pajama Party"  
Kennedy multipurpose room 8:00 PM

Monday November 12, 2007:  
"Intoxicated"  
Kennedy multipurpose room 9:00 PM

Tuesday November 13, 2007:  
"So You Think You Know It All...Auction"  
Kennedy multipurpose room 7:30 PM

"Pin the Tail on the Donkey"  
Kennedy multipurpose room 9:00 PM

Thursday November 15, 2007:  
"Money Management"  
Kennedy multipurpose room 8:00 PM



Georgia Southern vs. Furman

Saturday, Nov.10 at 3:30 pm

Show your support for your Eagles!



## President's Corner

Throughout our college careers, a few of the major themes are the growth of knowledge and self. During this time, we gain more responsibility, change, and grow. A woman named Pauline R. Kezer once said, "Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights." While many of our habits and routine are sufficient in moving one toward the person he or she wants to become, it is also important to remember to stay open to change and new ideas. Change can be hard but sometimes remains the best option. If you're having trouble in a class try a new studying technique. If you're having trouble with a roommate or friend try changing up some of your habits that could be causing the issue. Sometimes little changes can make all the difference. So, stay open to new options and don't be afraid to change things up every once in a while.



Let's make every week amazing.

Your RHA President, Deborah Swofford

If any of you have ideas for RHA to help improve your community, email me at [rha\\_deb@yahoo.com](mailto:rha_deb@yahoo.com).

## What's Happening on Campus

### November 10th:

#### Eagle Entertainment Tailgate Party

FREE chick-fil-a, hamburgers, and hotdogs. Also, FREE drinks FREE prizes and you can put your name in for a raffle to win a football signed by all the football players and Coach Hatcher! Tailgate starts at 8:30am at the RAC parking lot. FREE for students.



### November 12th:

**Music** - Swedish flute player – Russell Union Ballroom, 11 a.m. to noon.

**State of Hope** - The Georgia Peace and Justice Coalition presents a free musical and art event. Part of a nine-city tour. Russell Union Rotunda, Noon to 3 p.m.

**Cinema Arts** - "Prince of Darkness" (English subtitles) Russell Union Auditorium. Admission \$2, 7:15 p.m.

### November 12-17:

**International Week** is celebrated Monday, Nov. 12, through Saturday, Nov. 17. For more information, visit <http://academics.georgiasouthern.edu/international/Festival/festival.htm>.

### November 13th:

**Presentation** - "Life in Albania and Commitment of its Government," Russell Union Room 2048, 11 a.m. to noon.

**Southeast Georgia on Our Minds** - A series of community programs on the people, history, culture, and literature of southeast Georgia. For more information call 912-871-1326.

### November 14th:

**Presentation** - "Inside Iraq: the Untold Stories," Russell Union Theater, 7 p.m.

### November 14-17:

**Theatre & Performance** - "St. Joan." A George Bernard Shaw masterpiece. 7:30 p.m. Performing Arts Center. For reservations and ticket information contact the Box Office at 912-486-7747.

### November 15th:

**Stress Mastery for the Holidays** - Presented by the Psychology Clinic at Georgia Southern, this workshop will offer techniques in progressive relaxation, visualization, and breathing to help you master stress. Statesboro Regional Library, 7 p.m.

### November 15th and 17th:

**Madrigal Feast** - A holiday dinner and music by Georgia Southern Opera. 6 p.m. CIT building. For ticket information contact the Box Office 681-5379.



### November 16:

**International Conversation Hour** - Russell Union Room 2047, 11:30 a.m. to 1 p.m.

**Author & Poet** - Margaret Gibson will read from her works. College of Education Rm.1115, 7 p.m.

**Concert** - Jazz Band Concert, Russell Union Ballroom, 7:30 p.m.

## "Gobble Wobble"

Thursday  
November 15  
4:30pm-6:30pm



Between Watson Courtyard and  
Watson Pods

Fried Turkey, Pumpkin Pie, Games, and  
More!



**Free to all students!**

Sponsored by Southern Heights  
Funded by RHA

## ALTERNATIVE BREAK TRIPS



Applications are available in the Office of Student Leadership and Civic Engagement for the Winter Break Trip and the Spring Break Trip.

Winter Break: December 9 -13, to Challenge Enterprises in Green Cove Springs, FL to work with kids and adults with mental disabilities. Cost \$50. LIMITED SPACE...

Spring Break: March 15-22, 2008 to the Bahamas to work in the villages with rebuilding, sports clinics with kids, and handing out food and clothes to the needy. Cost \$775.

### APPLICATIONS DUE NOVEMBER 16<sup>TH</sup>!

Stop in Russell Union 2022 to pick up your application or email Diana Hensley at [dhensley@georgiasouthern.edu](mailto:dhensley@georgiasouthern.edu) with any questions.