



Survival Tips for Valentine's Day



Being dateless on Valentine's Day can evoke feelings of loneliness and self-doubt, especially for those who are believers in the mythology of true love. Embedded midway through the frosty season of winter, it is portrayed in the media, particularly in relentless flower, fragrance, and jewelry advertising, as the singular day of year set aside for love, romance, and passion.

According to Dr. Laura S. Brown, professor of psychology at Argosy University/Seattle, the most important message that singles should remember on Valentine's Day is that love is not just for couples; it is for all of us. The following are more ways that single men and women can enjoy Valentine's Day without worrying about the pressures and pitfalls that often come with the holiday:

1. Do not define yourself by your relationship status. Your relationship status is not your identity.
2. If you are single because of a recent loss, allow this to be a day of grieving. Do not pretend that it's not a hard day. Get support and sympathy.
3. Realize that Valentine's Day is a commercial holiday. It is not about love and relationships; it is about selling flowers, candy, and diamond jewelry. Think of all the money you are saving.
4. Plan well in advance to do something that will not place you in the path of billing and cooing couples. Even if you usually like dining out alone, do something else on Valentine's Day.
5. Get together with people who do love you -- friends, family members, the people who already have relationships with you.
6. If you are single and you don't want to be, start now to think about what is in the way of you creating the relationship you want. Find ways to work on becoming the person your dream partner would fall in love with. Start therapy. Take up yoga. Begin to volunteer. Create art. Make meaning. Act to change the world. It is into the fullest lives that love is most likely to fall.
7. If you are single and you like it, now is the time to affirm your choice. People who never marry or partner have close, loving, emotionally intimate relationships and lives worth living. Do not let a couple-driven culture define your choice as something wrong.

Source: <http://www.chiff.com/a/Valentines-Survival-Guide.htm>

Career Corner

Conducting company research is an essential step to preparing for an interview. Employers perceive researching the company as a critical factor in the evaluation of an applicant because it reflects your interest and savvy. Company research helps you show initiative and enthusiasm and finally gives you confidence in answering questions asked during an interview. The type of information you should gather should cover the industry, the employer, and the position in the particular organization. Remember, the **Eagle Expo Career Fair** is coming up on **Wednesday, Feb. 27, 9am-2pm at the RAC**. If you would like a list of companies attending, please come by Career Services or call us at 681-5197. We can assist you in researching the companies that will be in attendance.



Help Us Help You!

Let your voice be heard!

Please take a moment and complete the on-line resident survey. Each resident was e-mailed a link to this survey. Please check your Georgia Southern e-mail account.

Participate and you will be entered into a drawing for one of the following prizes!

DEADLINE TO ENTER - FEBRUARY 29th



Thanks so much!

What's Happening on Campus?

February 11

John Humma Cinema Arts Series - "Pure Formality." French with English subtitles. 7:15 pm
Russell Union Theater. \$2 admission.



February 12

HAPPY TO BE NAPPY
6:00 pm
Russell Union Room 2080

February 13

RELIGIOUS FAIR
11:00 am to 2:00 pm
Russell Union Rotunda (Rain site: Russell Union Commons)

February 14

Film & Lecture - The film "Amistad"
3:30 p.m. At 6:30 pm
Russell Union Theater

"The Vagina Monologues"

7:30 pm, Performing Arts Center.

Students, \$5 in advance, \$7 at the door.

Georgia Southern University faculty, staff and community, \$10.

President's Corner

As I have grown from a goofy little girl who was climbing trees and making mud pies into a responsible and dedicated leader, I look back and realize that things could have turned out very different for me. One changed decision or one chance not taken could have resulted in a completely different path. My sophomore year at Georgia Southern I had a decision to make; I was so nervous about this decision that I almost let my anxiety get in the way of what I wanted. I wanted to be President of the Southern Pines' Hall Council. Because Southern Pines had won Hall of the Year the 3 years before, I was nervous about living up to the standard. I was questioning my own ability and almost allowed my fear of failure to get the best of me. Well, I won President, and then Southern Pines got its 4th consecutive Hall of the Year award. I think Babe Ruth put it best: "Never let the fear of striking out get in your way." Had I let my reservations get the best of me I would not have had such a successful year and would definitely not be where I am today as President of RHA. It just goes to show that if we let this fear of failure get in the way we might just miss out on some of our greatest successes. Don't be afraid to go after the things you want. 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.

In the Halls

February
11

*Sex and
Candy*

8:00 PM

Kennedy Multipurpose Room



February 12

Cupcakes with your 3rd floor

5:30 PM

RAs Location: 3rd floor
apartments, Kennedy Hall

Taste My Ice Cream

6:30 PM

Kennedy
Multipurpose
Room



Make a Frame

08:15 PM

Kennedy
Multipurpose Room

Did You Know?



Georgia Day is the holiday which the state of Georgia recognizes in honor of its colonial founding as the Province of Georgia. On February 12, 1733, James Oglethorpe landed the first settlers in the HMS Anne, at what was to become Georgia's first city (and later the first state capital), Savannah. It is not a public holiday, but is mainly observed in schools and by some local civic groups for its historic importance to the state.

I've Got a Cold: What Can I Do?



There is no cure for the common cold. The most important thing you can do is drink a lot of fluids to keep your body hydrated. This will help prevent another infection from setting in. Avoid drinks like coffee, tea, and colas with caffeine. They rob your system of fluids. As for eating, follow your appetite. If you're not really hungry, try eating simple foods like white rice or broth. Chicken soup is comforting, plus the steam helps break up nasal congestion.

Ginger seems to settle an upset stomach. A hot toddy may help you sleep, but beware of mixing alcohol with other cold remedies. Over-the-counter cold medicines can offer relief from aches and fever. However, doctors no longer believe in suppressing low-grade fever except in very young and very old people, or people with certain medical conditions such as heart or lung disease. Low-grade fever helps the body fight off infection by suppressing the growth of viruses or bacteria and by activating the immune system.

- * Aspirin. Young people and children should not take aspirin because of the risk of Reye's syndrome.
- * Decongestants can help make breathing easier by shrinking swollen mucous membranes in the nose. Use for no more than two or three days.
- * Saline nasal sprays can also open breathing passages and may be used freely.
- * Cough preparations are not hugely effective. For minor coughs, water and fruit juices probably help the most.
- * Gargling with salt water can help relieve a sore throat.
- * How effective are natural remedies like zinc, Echinacea, and vitamin C?

Some studies show that zinc nasal sprays help cut a cold's severity and duration. The theory? Zinc sprays may coat the cold virus and prevent it from attaching to nasal cells where they enter the body. But other studies show that zinc is no more effective than placebo. Recent, well-done studies on Echinacea show that it is not effective in preventing colds. However, in one study, 120 people with cold-like symptoms took 20 drops of Echinacea every two hours for 10 days and had briefer colds than others. As for vitamin C's effects, a recent survey of 65 years' worth of studies found limited benefit. The researchers found no evidence that vitamin C prevents colds. However, they did find evidence that vitamin C may shorten how long you suffer from a cold. One large study found that people who took a vitamin C megadose -- 8 grams on the first day of a cold -- shortened the duration of their colds.

To prevent colds the natural way, it's best to make sure you've got a well-nourished immune system. Dark greens foods like spinach are loaded with vitamins A and C. Salmon is a great source of omega-3 fatty acids, which fight inflammation. Low-fat yogurt may help stimulate the immune system.

Regular exercise -- such as aerobics and walking -- also boosts the immune system. People who exercise may still catch a virus, but they have less severe symptoms. They may recover more quickly compared with less-healthy people.

Source: <http://healthforlifestyle.blogspot.com/>