

The Beat

ASUS

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A MESSAGE FROM THE EDITORS

Hey Queen's! This is our first hard-copy newsletter for the year. It is an emerging project and we hope that this new undertaking is a success. We would love to hear from all of you as we try to embark upon this new opportunity. Feel free to send your opinions to:

communications@asus.queensu.ca

Stress Busters!

BY CHERYL ANG
LAYOUT EDITOR

The months of November and December can prove to be a big hurdle for the average University student, not to mention the fact that this time of the year is also when the festivity season is at it's all-time high. With the combination of midterm woes, readings, essays and trying to be tip top in all your classes (and probably even relationship wise), the last we want to hear about is another start to this vicious cycle. Final examinations before this festive season will usher in the tidings of the month of December, which, as we're all familiar with, involves a lot of stress. Before you let out a huge groan, here are ten ways in which you can ensure total survival through these tough, rough, ass-kicking last few weeks of November and December.

#1 Take a coffee break with friends or coworkers rather than going solo. A study found that getting a caffeine fix in a group lowers stress levels, but sipping coffee alone left people feeling more stressed.

#2 Drink lots of water- hydrate yourself throughout the day to chase away the sloth in your body.

The Lowdown on H1N1

BY ZARA MCALISTER
CONTENT EDITOR



Once again, the media has created chaos with the misnamed "Swine Flu." While H1N1 has symptoms similar to common strains of influenza, there is increased awareness and coverage about this particular strain. Posters are pasted in public places, containing proper coughing etiquette to prevent the spreading of germs. When the outbreak occurred, clinics were jammed with purportedly ill people, and teachers and professors had no authority to ask for medical notes. Public hysteria increased dramatically when it was reported that two children's deaths in Ontario were attributable to H1N1, even though this was not confirmed.

This flu has disrupted social events, such as Halloween. There were few trick-or-treaters this year because parents were afraid of children contracting or spreading the virus, so they bought candy instead. Those who claimed that the flu wouldn't stop their fun ventured to parties with costumes, and donned medical masks.

While the hysteria is starting to subside, there are warnings circulating that H1N1 is here to stay for a while. Here are some myths going around:

MYTH #1:

H1N1 has caused more deaths, and an increased number of sick people than common influenza strains

TRUTH:

The number of flu cases has increased because of H1N1 in 2009-2010, but the number of cases of influenza A and B in Canada in 2008-2009 was 23,376, and 23,118 in 2009-2010 (CHICA Canada). The high numbers of cases and deaths from influenza are rarely reported.

MYTH #2:

Children and young adults are at an increased risk

TRUTH:

While children are more affected than adults because their immune systems are not fully developed, the highest mortality rate is age 50 and over.

MYTH #3:

We can't trust the vaccine because it uses us as human guinea pigs.

TRUTH:

According to Dr. Michael Gardam of the Ontario Agency of Health Protection and Promotion, the vaccine is treated like others, and that there is a service in which people could report potential negative side effects. However, millions have safely taken the injection without immediate side effects.

#3 Bookmark sites on your computer that leave you feeling happy: fmylife.com, funnyordie.com, collegehumor.com, or simply youtube.com. According to one study, anticipating watching a funny video can reduce stress by up to 70 percent.

#4 Eat comfort food (Timbits, Cinnamon melts) and throw in a good read, or even a magazine (Cosmo, Men's health).

#5 If you are having a bad day, revenge is sweet, so go on to rateyourprof.com.

#6 Schedule tasks that are making you anxious - that's what the Blackberrys are there for, besides spending all that time BBM-ing or texting (for all those guilty of not having a blackberry). Pull up a calendar or a spreadsheet and start planning ahead towards the deadline.

#7 Before the week begins, have a movie night out on Sunday complete with popcorn and a cinematic flick at Dunning Auditorium.

OUTSIDE QUEEN'S

BY NEVENA ZIVCOVIC

COMMUNICATIONS TEAM

OBAMA SR: Obama Sr. was an alcoholic who beat his wife and children. Now, one of his sons, Mark Okoth Obama Ndesandjo, wrote a semiautobiographical novel to increase awareness about domestic violence.

WORD: Oxford University Press announces its word of the year, "unfriend", which is a verb defined as "removing someone as a friend on a social network such as facebook."

ENVIRONMENT: Despite the recession, pollution is 2% higher than last year, and most of the increase is coming from China.

2012: Is the world ending in 2012? No. Both NASA and CERN, the European Center for Nuclear Research, have confirmed that any theory and speculation behind the 2012 doomsday is implausible.



BACTERIA: While scientists propose many causes for obesity, gut bacteria could potentially be a culprit! Some bacteria are better at encouraging their hosts' bodies to store energy as fat. Additionally, different bacteria in obese mice versus lean mice show that microbes can be linked to obesity.

UNIVERSITY: Researchers at Brigham Young University in Utah found that students in co-ed housing are almost 2.5 times more likely to binge-drink than those in gender-specific dorms – 42% binge drink in co-ed versus 18% in single-sex housing.

SWITZERLAND: The Swiss government is trying to tighten restrictions on their current laws which allow assisted suicide because they are concerned that Switzerland is a destination for "suicide tourism." Overall, there are 350 to 400 cases of assisted suicide a year and one-third are patients from abroad. Originally, assisted suicide was legalized to help end lives of those who are fatally ill and suffering, however a study found that a number of people with non-fatal illnesses also had assisted suicide.

How I Found Lost Paws



BY HELEN WATERS
LOST PAWS MEMBER

There are so many ASUS clubs at Queen's that it can be a bit overwhelming and it's only by chance that you hear about one you might be interested in. I heard about ASUS Lost Paws randomly through a friend, but after my first trip to the Kingston Humane Society I was hooked. This club isn't just a way to indirectly benefit the Humane Society animals by raising awareness and fundraising; we actually have the chance to head to the Humane Society at least twice a week to walk dogs and play with cats. On a wider scale we fundraise for the Humane Society and raise awareness on campus about more intense issues like animal cruelty, down to the simple facts of how to pick the right animal for you, how much does it cost and what do options like fostering and adopting entail. So not only do you get to be a part of providing the resources necessary to run the Humane Society, you get to know the animals that you are helping and you get personally involved in giving them the love and companionship they need.

If you would like to help out, get involved, or just find out more about ASUS Lost Paws, send an email to lostpaws@asus.queensu.ca!

Want to get published?
SEND IN YOUR ARTICLE!

communications@asus.queensu.ca

How Much School Spirit Do You Have?

BY KATELYN HUTT

SURVEY EDITOR

1. How many clubs/committees are you involved with through Queen's?

- a) Several
- b) One or two
- c) None

2. How happy are you with your decision to attend Queen's?

- a) Less than happy
- b) Pretty happy
- c) Ecstatic

3. How many sporting events have you been to this year?

- a) Some
- b) None
- c) More than I can count

4. Do you own any Queen's clothing?

- a) I wear nothing else
- b) An item or two
- c) No

5. Do you find yourself actively recommending Queen's to everyone and anyone who is applying to universities?

- a) No
- b) To those who I think it is appropriate
- c) Yes

6. Have you ever intentionally failed a course in hopes of extending your time spent at Queen's?

- a) Yes
- b) No, but that's not a bad idea
- c) No

7. Do you consider Frosh Week and Homecoming to be among your favourite holidays?

- a) Yes
- b) No
- c) Slightly

8. Do you find yourself feeling sympathetic and even charitable towards students attending other universities?

- a) Never
- b) Occasionally
- c) All the time

8-12 points - Golden Gael!

You have more school spirit than most of us could ever hope to achieve. Keep it up! We will all be looking for you at the next school event!

13-18 - Tam Wearer

You are right on track! Keep up the great school spirit but don't be afraid to seek out new opportunities to get involved and support your school!

19-24 - Golden Fail

You are lacking a lot of school spirit. Look for new ways to get involved. Getting involved is the best way to enjoy your time at university! The more you do, the more people you will meet and the better your university experience will be!

1) a-1,b-2,c-3 2) a-3,b-2,c-1 3) a-2,b-3,c-1 4) a-1,b-2,c-3
5) a-3,b-2,c-1 6) a-1,b-2,c-3 7) a-1,b-3,c-2 8) a-3,b-2,a-1