



a health & wellness
newsletter

Dear John

Dear John: I don't even want to admit this...but I can't remember what all the abbreviations on campus mean! BPB? SGA? HC? JB? OMG!

Answer:

MBC has a lot of abbreviations and acronyms! Here are some of the most important abbreviations and acronyms you hear on our campus:

- SGA = Student Government Association (your voice!)
- JB = Judicial Board (campus and community standards)
- HC = Honor Council (in charge of honor code standards)
- BPB = Baldwin Program Board (plans activities on campus)
- ICC = Inter-Club Council (body for clubs and organizations to gather information & work together)
- RA = Resident Assistant (in-hall staff member devoted to you)
- RHA = Residence Hall Association (body devoted to residence hall well being, activities and concerns).
- VWIL = Virginia Women's Institute for Leadership
- PEG = Program for the Exceptionally Gifted
- MBC = Mary Baldwin College (!)

There are many more abbreviations than will fit here... find more at <http://www.mbc.edu/docs/factsheets/clubs.pdf>.

**Mary Baldwin Dining News:
What's New, What's Big, What's Hot!**

New System—New ID's for Everyone!

All new and returning students will need to obtain a new MBC ID upon arriving in August. A new ID system has been installed and a new ID will be required by all on-campus systems.

Missing an ID at meal time? Security will issue a single use meal pass to present at the registers.

Sick? Your friend can bring your ID to security to obtain a sick meal pass. Present the ID and the meal pass for a carry-out meal.

Your MBC student ID is also your passport to dining. Each operating day, \$10 will be added to your dining dollar account. For each meal period that you use your card, the value of the meal will be reduced from your card. Assuming a student eats breakfast, lunch, and dinner, they will end their day with a zero balance and start their next day with \$10.



MBC Fight Song

*Cheer for the Mighty Baldwin;
Cheer on the fighting squirrels.
Let's work together for victory;
Let's get a win for M... B... C!
Sisters across the ages,
Ignite us with your awesome
strength and power.
Let's show Gladys
what we can do
And make this Baldwin's
finest hour.*

Researchers found that students who exercised at least 3 days a week were likelier to report better health, **HAPPINESS** and time management than those who did not exercise.

http://www.kidshhealth.org/teen/school_jobs/college/freshman_15.html

Wellness Tip #1:

Avoid the College 15!

Studies show that students tend to gain 3-10 pounds during their first two years & most occurs during the 1st semester of their freshman year.



The best way to avoid weight gain is to develop a good attitude towards food and exercise. Your newfound freedom comes with new responsibilities—to yourself! A good attitude includes:

- Avoiding eating when stressed, studying or watching TV.
- Eat slowly and at regular times; don't skip meals!
- Choose a mix of nutritious foods, and pick lower fat options when available, such as 1% or 2% milk and light dressing.
- Keep your portions small and resist additional servings.
- Avoid vending machines! Replace empty-calorie sodas and sweets with water, skim milk and fruits or veggies.
- Ahem. Beer and alcohol are empty calories and not food; it's not called a beer belly for nothing! If you're going to drink, do it legally & in moderation.
- Cigarettes suppress the appetite (making it easy to avoid healthy food) and constrict blood vessels, making regular activities like walking more difficult.
- Try to work in at least 30 minutes of moderate exercise into your schedule each day. Here on campus that could mean walking Hunt Hill a few times and taking the stairs!
- Sleep is for the brave! Make sleep a priority and get a regular 7-8 hours a night; controlling stress that leads to overeating.

In part from "Beating the Freshman 15", on kidshealth.org/teen

September 2008 Events

September 3: International Café: "Transforming Health Care: Is Medical Tourism the Next Wave?" 12pm, Spencer Center.

September 3: Charter Day ceremony: 5pm, First Presb. Church.

September 4: Art Exhibit: *The Quilt: Contemporary Riffs*; Opening reception from 4:30-6pm, Hunt Gallery.

September 6: Late Night Series; 9pm, Nuthouse.

September 9: Community Service Fair: 2:30-5pm, Hunt Dining Hall.

September 9 & 11: Peace and conflict in contemporary Indian cinema: Film presentation, discussion with MBC Artist-in-Residence Srinivas Krishnan to follow. 7pm, Francis Auditorium.

September 10: Club Rush; 4-6pm, Hunt West.

September 10: BPB Ice Cream Social; 8-10pm, Nuthouse.

September 12: BPB Kick-Off; 3-7pm, Hunt/Page Terrace.

September 12: VWIL Academic Awards Parade; 4pm, Upper Athletic Field.

September 13: Drum clinic with Master Drummer Jeff Queen. 12pm, SAC Ballroom. To reserve a space, call 540-887-7181.

September 13: Global Rhythms concert: Mapping Peace & Progress Around the World. 7pm, Francis Auditorium.