

Life Skills Newsletter



“Service to others is the rent you pay for your room here on earth.”

-Mohammad Ali

Questions or Comments?
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Vending Machine Breakfasts and Food Court Lunches

Nutrition is a key factor to competing at the highest level in athletics and this can be a challenge when you are in-season and spending the majority of your time on the road. Hotel buffets, fast food joints, rest stop food courts and vending machines might be your main options when traveling. Though you may feel that your options are limited, here are some insider tips for getting a nutritious meal wherever you may be eating.

- Instead of chicken nuggets → eat grilled chicken
- Instead of soda → drink water or low sugar juice
- Instead of candy → enjoy nuts or a trail mix
- Instead of French Fries → eat a baked potato
- Instead of a donut or munchkins → eat a egg white sandwich on a whole wheat bagel
- Instead of a burger → try a small order of chili
- Instead of chips or Doritos → eat a packet of whole wheat crackers with peanut butter or cheese
- Instead of a milkshake → enjoy low fat vanilla ice cream
- Instead of a candy bar → eat a power bar
- Instead of a Caesar salad → try a house salad with dressing on the side
- Instead of a ice cream sundae or McFlurry → try a fruit and yogurt parfait
- Instead of sugar cereal → enjoy warm oatmeal with fruit
- Instead of a cookie → eat a piece of dark chocolate

Important Dates

- December 1: All classes resume; Last day for withdrawal with “WD” permission from Dean
- December 5: Last day of classes for Fall semester
- December 6-7: Reading days
- December 8: DWC final exam
- December 9: Reading day
- December 10-15: Exams
- January 19: MLK Day; all resident students report
- January 20: All classes begin
- January 26: Online adjustment period ends





COLLECTIONS!!

- Toiletries from road trips for the Amos House will be collected throughout the semester.
- The Baby Shower runs from November 15–December 15

For more information, please contact your SAAC representative.

Career Events on Campus

- **Summer Internship Showcase, Nov. 3**
6-7pm, '64 Hall
- **Spring Internship Workshop, Nov. 10**
4:30pm, Slavin 117
 - **Job Search Workshop, Nov. 12**
5:30, TBD
- **Careers and the Current Economy, Nov. 17**
6pm, TBD
 - **Networking Workshop, Nov. 24**
12:30pm, TBD

PC on a Budget



It seems that everyone—your parents, news reporters, roommates, and professors – is talking about the economy and the financial crisis. But even if you don't understand what is going on, you might start to feel the pinch in your wallet. If that is the case, then here are some suggestions for surviving college during a recession:

- Purchase your textbooks at the Off-Campus Bookstore (401-861-6270) or online through Amazon or Overstock. Buy used textbooks only.
- Wait to get a credit card until you finish college. If you do have one, pay the balance on time and avoid late fees.
- Use your meal plan. A box lunch at Ray's is a quick and cheap op-

tion while running to class.

- Skip buying bottled water. Instead, fill your own at the café.
- Sell your old CDs at Newbury Comics.
- Take the bus over to Thayer St. and explore the east side of Providence.
- Buy in bulk and share with your roommates.
- Check out all the free and cheap events on-campus through the S.A.I.L. Office such as "Things for Thursday" or "Tuesday Night Coffeehouse"
- Go to the movies during the day rather than at night. Some theaters even have \$5 movie specials on Tuesdays.

- Support your fellow Friars by going to games.
- Skip the coffee shop for your caffeine fix. Instead, brew your own or fill a travel mug at the café.
- Limit the amount of cash you bring with you when you go out. Do not bring a credit card.
- Check out the free movies on channel 47.
- Play pool at McPhails.
- Buy generic brands for household items such as laundry detergent or shaving cream.
- Leave your car at home. You don't need to be everyone's chauffeur, and the bus is free.