



Kaplan University Chapter Newsletter

November 2015 Issue

Honor. Inspire. Engage.

KUNSCS Newsletter's 2nd Anniversary!

Hello Readers!

This is Tallulah Bowser, your Freelance Coordinator for our chapter newsletter! I am so excited to announce this November Issue marks the 2 Year Anniversary for the NSCS Kaplan Chapter Newsletter!!

The NSCS Kaplan Chapter Newsletter Committee released it's first issue November 2013, and has been a fun addition to the NSCS online Kaplan Chapter. The committee is made up of a group of NSCS Kaplan Chapter members who come together to share their fun,creative, and educational skills! The Newsletter consists of articles that reflect Business, Family, Health, Military, and Educational information that our readers/members can appreciate as full-time hard working students caring for families as well as jobs. The newsletter also features Advice Columns that share informative, supportive information with resources from Kaplan University.

The information shared in each bi-monthly issue reflects information from the NSCS Kaplan Chapter, Kaplan University, and resources we have provided to us as students!

To all the members who have worked on the NSCS Kaplan Chapter Newsletter Committee over the last 2 years, I want to Thank you all for all the hard work and dedication you put into each issue! The success of our issues could not be possible without team work!!

Readers, I hope you have enjoyed all bi-monthly issues, and just a friendly reminder if your looking for ways to become more involved in our chapter, and you love to write and want to share your creative side send me an email at tallulahb.kunscs.pr@gmail.com

We hope you enjoy our 2 Year Anniversary Issue!!

Happy Reading!




Tallulah Bowser- Freelance Coordinator



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November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 Election Day	4	5	6	7
8	9	10	11 	12	13 Executive Board Meeting 9pm ET Newsletter Committee 10pm ET	14
15	16	17	18	19	20	21
22	23	24	25	26 	27 General Member Meeting 9pm ET	28
29	30	<ul style="list-style-type: none"> • Service Month (Jared Box Project) • Davenport Food Drive (TBD) • Application for 2016 Executive Board 		**Calendar events are subject to cancellations and changes on a monthly basis.		

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KUNSCS Meeting Room Link: https://khe2.adobeconnect.com/nscshs/		1 Executive Board Training Begins	2	3	4	5
6 	7	8	9	10	11 Executive Board Meeting 9pm ET Newsletter Committee 10pm ET	12
13	14	15	16	17	18	19
20	21	22 	23	24 	25 	26
27	28	29	30	31 	• Houston Toys for Tots (TBD)	



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Welcome Angelica Edwards Our new Current Events Writer!



A note from Angelica:

Angelica Edwards is the beautiful angelic name given to me on the day of October 12, 1986. I am from Jacksonville, Florida, but I currently reside in Macon, Georgia. I have been a student of Kaplan University since December, 2014 and I have been a part of NSCS for approximately three months now. I am a Psychology major currently in the Bachelor degree program. My goals are to receive my Bachelor's, Master's, and Doctorate degree in Psychology. I will love to own my own Psychology office and precede in private practice. I'm glad to be a part of the team!

are several wonderful events that will be taking place on this special day:

- To honor those Veterans who have passed along and can't be with us any longer, there will be a ceremony held at the Arlington National Cemetery at 11 p.m. and another ceremony for women called the "Women In Military Service for America" Memorial at 3 p.m.
- There are also have memorials taking place in Washington D.C. such as those for World War II Veterans at 9 a.m., Female Vietnam Veterans at 9 a.m. to 12 p.m., and Vietnam Veterans at 1 p.m., All three of those memorials are held right off of Constitution Ave.
- Get out for this Veteran's Day and show your support for our fallen soldiers. Two or three trips wouldn't sound so bad, would it? You can pack your bags and leave Washington D.C. to travel to the Big Apple for America's Veteran's Day parade. This is the largest veterans' celebration in our country. The parade starts at 11:25 a.m. and concludes at 3:30 p.m.

Veterans Day-November 11th, 2015

By: Angelica Edwards

VETERANS DAY

Veteran's Day is a day that we Americans celebrate every year to honor those who have served in our military. But, how do you really celebrate Veteran's Day? Well, I have some tips and events that will help you celebrate this special day and honor our nation's veterans. Whether you want to take a trip or already live near Arlington, Virginia or Washington, D.C. there

No time for traveling or can't afford to? No worries! You can tune in from your couch, just check your local listings for dates and times. Also, check your local newspaper or news for events occurring right in your area this Veterans' Day. I hope everyone enjoys their

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Veteran's Day and let's try to make it special for those who served.

Cooper, R. (2015). Veterans Day 2015 Events in Washington, DC. Retrieved from <http://dc.about.com/od/holidaysseasonalevents/a/VeteransDay.htm>



Did You Know?

Did you know that Veteran's Day was originally established for soldiers who served in World War I? The date of Veteran's Day is the day in 1908 that the 1st World War ended. Today we celebrate veterans from all wars to honor their patriotism and sacrifice for our country.

Veterans' Day Trivia!
By: Tallulah Bowser

Test your knowledge Scholars!!

1. Veterans Day was once called?
 - A. Soldier Day
 - B. Flag Day
 - C. Armistice Day
2. How many living Veterans are there in the U.S.?
 - A. 4 million
 - B. 7 million
 - C. 19 million

3. What is the best way to show support on Veterans Day?

- A. Hang American Flag
- B. Eat a whole bunch of hot dogs
- C. Go to a fireworks display

4. How many stars were on the American Flag in 1954 when November 11 officially became Veterans Day?

- A. 46
- B. 48
- C. 50

5. Why is Veterans Day on November 11th?

- A. there is a big empty space on the calendar between Labor Day and Thanksgiving
- B. that is the birthday of the Unknown Soldier
- C. that date marks the officially ending of World War I.

Answers can be found at the end of this issue! Detailed answers can be found at quizzes.familyeducation.com/holidays/veterans-day/veterans-day-quiz.html/

Catching up with Tallulah
Our Freelance Coordinator!

My name is Tallulah Bowser. I became a member of the NSCS in March of 2013 while attending Kaplan University, studying to get my Bachelors of Science Degree in Criminal Justice- Crime Scene Investigation. As a member, I served on the Officer Board for a term of 2 years, as the Vice President of Public Relations where I started the newsletter committee. Currently, I am the Freelance Coordinator for our newsletter committee. I am also a Pitbull Mom! My educational and career goals are to gain a degree from Kaplan



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University, traveling opportunities provided by the NSCS, and to open my own Pitbull Rescue!

Welcome Sonseharay Roberson Our new Health Writer!



Sonseharay is working towards her Bachelor's of Science in Health and Wellness at Kaplan University. She is currently a Certified Natural Health Consultant and is looking forward to becoming a Wellness Coach upon receiving her degree. Outside of school Sonseharay is a wife and a mother and she enjoys the arts. I would like to add that she is also quite the talented baker, as seen by her scrumptious Facebook posts featuring her homemade cupcakes and treats! As a new member of the KUNSCS newsletter team she will be writing on health-related topics of interest, and hopefully she will contribute a few of her recipes to the Kaplan Kitchen Korner as well!

Skip the Bloating this Holiday Season By: Sonseharay Roberson

With the coming events of the season- The U.S. general elections, Thanksgiving, and Kaplan University NSCS newsletter's 2 year anniversary- celebration and good food is sure to be present. Unfortunately, sometimes good food is accompanied with bloating. According to Lea and Whorwell (2005), a "population survey reported that 16% of apparently healthy individuals experience bloating at least once a month" and "bloating tends to become worse as the day progresses and after ingestion of food" (para. 3). Here

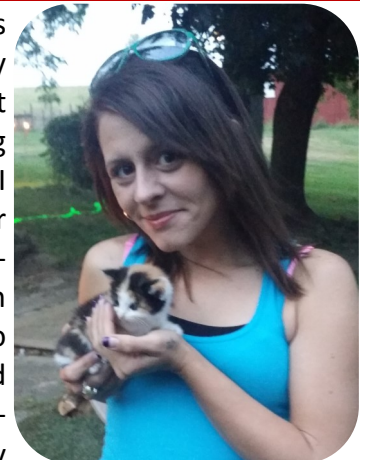
are a few tips for avoiding bloating: limit fat intake, avoid carbonated drinks, and exclude artificial sweeteners (Lea and Whorwell, 2005). If bloating cannot be avoided, a few natural remedies to conquer it consist of: drinking peppermint, ginger, or chamomile tea, consuming activated charcoal, drinking warm lemon water, and walking/exercising (Everyday Roots, 2014). Use these tips to avoid and treat bloating and enjoy a bloat-free season!

Everyday Roots. (2014). 12 ways to get rid of gas and bloating. Retrieved from <http://everydayroots.com/gas-remedies>

Lea, R., MD, Whorwell, P. J. (2005). Expert commentary – bloating, distension, and the irritable bowel syndrome. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1681432/>

Catching up with Kelly Our Psychology Writer!

Hey everyone! My name is Kelly Hinds. I am currently a sophomore here at Kaplan University, getting ready to become a junior. I am a psychology major here at Kaplan with an emphasis in ABA. I have been married for 10 ½ years to my wonderful husband Shaun. We have three children who amaze us every day! Sometimes in ways I don't know how to respond to, but usually in the best way! I have been a member of the NSCS for 7 months now! I am currently the Psychology writer. I encourage anyone interested to





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reach out and get involved! Even if you only have a little time to offer the NSCS has many opportunities to connect and be a part of something bigger than ourselves. When I am not working on school, the newsletter, or with my kids, I am a program specialist in the DD field. I work with adults with developmental disabilities in every aspect of their daily lives. I love my job and the chaos that can come with it. If life was not full of surprises then we would not really be living! Challenges today are the experience we hold tomorrow.

Changing Seasons, Changing Moods?

By: Kelly Hinds



90% of people report lowered moods during the winter months (Ennis & McConville, 2007). What is normal to feel and what is cueing a more serious problem? The changing seasons can bring a lot of changes to a daily routine...different attire, new activities, vehicle maintenance, and sadness? Lack of motivation? Weight gain? It seems a quite normal event for most individuals to feel a little less motivated and possibly feel an increase in sadness; however, there is a difference between the winter mood freeze and the winter mood disease. Cues to a more serious issue involve recurrent patterns in mood changes and the presence of symptoms other than decreased "get up and go".

It appears that the seasonal frost that may bite more than a few is different than the depression felt by those who suffer year round. Depression is

coupled with a low level of emotional arousal. This is not present in those who suffer from only the seasonal mood change (Ennis & McConville, 2007). The explanation for this is speculated to be the individuals' awareness of the seasonal change and their moods (Ennis & McConville, 2007). This frost bite change in mood is also different from a more serious condition more closely related to major depression. Those who suffer repeatedly through the same seasons with a drastic decrease in mood and motivation may be facing something a bit more severe than just the typical winter blues. Seasonal Affective Disorder (SAD) affects those in more ways than one. In order to meet diagnostic criteria for a seasonal specifier, the individual must experience the episodes for two or more consecutive seasons (Rohan, Sigmon & Dorhofer, 2003). Don't worry yet! SAD is not diagnosed with only mood disturbances present, there must be other symptoms displayed that ultimately separates this snow storm from the blizzard.

The blizzard of these disorders can be accompanied by several other symptoms. There is a different level of affect SAD will have on an individual's daily life than the average winter mood change. SAD presents with consistent patterns of weight gain and increased appetite, hypersomnia, carb craving, and anergia (Rohan, Sigmon & Dorhofer, 2003). When these symptoms are present, and it isn't the week of Thanksgiving or Christmas, it may be time to start tracking how you feel. SAD affects around 5-9% of Northern Americans and is more prevalent in women (Rohan, Sigmon & Dorofer, 2003). That means 81-85% of those affected by the seasons are feeling nothing more than typical reactions.

These reactions, consisting of decreased mood and motivation, are typically inconsistent and can be managed with a little effort. Using bright lights in the work place or partaking in bright light therapy can increase mood and energy (Avery, Kizer, Bolte & Hellekson, 2001). Keeping a routine and regular sleep



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cycle can improve an individual's mood and energy (Miller, 2005). Sleep deprivation can increase the risk of depression. In a study of interns, sleep deprivation increased the presence of depression from 4% to 29% (Rosen, Gimotty, Shea, & Bellini, 2006). Due to the cognitive behavioral nature of the seasonal effects on mood, keeping your mind challenged and active is important as well. Playing mind games such as puzzles or memory games can improve the cognitive functions that the winter has bogged down. Physical activity has also been correlated with improved sleep and improved mood (Fox, 1999). Remember the reason for this season change is to recognize your body's needs, so take the time to focus on yourself this November!

While these seasonal changes may change our moods there are different levels of the effects that are faced, and different measures to take to reverse the effects. For some it may be as easy as recognizing that these symptoms are present. For others adding exercise and a sleep routine can decrease the seasonal mood change. For a smaller percentage there is a bigger challenge to face. Awareness, recognition, and taking steps to counteract the effects of the season change can greatly improve mood and motivation. Don't let the winter freeze keep you down, thaw out by staying active both mentally and physically.

Avery, D. H., Kizer, D., Bolte, M. A. and Hellekson, C. (2001), Bright light therapy of subsyndromal seasonal affective disorder in the workplace: morning vs. afternoon exposure. *Acta Psychiatrica Scandinavica*, 103: 267–274. doi: 10.1034/j.1600-0447.2001.00078.x

Ennis, E., & McConville, C. (2007). Perceptual asymmetry for chimeric faces and winter disturbances in mood and behavior. *European Psychologist*, 12 (2), 130-138. doi:10.1027/1016-9040.12.2.130

Fox, K. R. (1999). The influence of physical activity on mental well-being. *Public health nutrition*, 2(3a), 411-418.

Miller, A. L. (2005). Epidemiology, etiology, and natural treatment of seasonal affective disorder. *Alternative medicine review: a journal of clinical therapeutic*, 10(1), 5-13.

Rohan, K. J., Sigmon, S. T., & Dorhofer, D. M. (2003). Cognitive-behavioral factors in seasonal affective disorder. *Journal Of Consulting And Clinical Psychology*, 71(1), 22-30. doi:10.1037/0022-006X.71.1.22).

Rosen, I. M., Gimotty, P. A., Shea, J. A., & Bellini, L. M. (2006). Evolution of sleep quantity, sleep deprivation, mood disturbances, empathy, and burnout among interns. *Academic Medicine*, 81(1), 82-85.

Crockpot Hot Chocolate By: Megan Hemling

Ingredients:

- 1.5 cups whipping cream
- 1 (14oz) can sweetened condensed milk
- 6 cups milk
- 1 teaspoon vanilla
- 2 cups of chocolate chips

Instructions:

1. Stir together the whipping cream, milk, vanilla, and chocolate chips in a crockpot.
2. Cover and cook on low for 2 hours, stirring occasionally, until mixture is hot and chocolate chips are melted. Stir again before serving. Garnish as desired.

Recipe from:

<http://www.mrshappyhomemaker.com/creamy-crockpot-hot-cocoa-best-ever/>





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Veterans' Day Trivia Answer Key

1. (C) Armistice Day
2. (C) 19 million
3. (A) Hang American flag.
4. (B) 48
5. (C) The date marks the official ending of World War I.



Don't forget to check out the free coloring pages at the end of each newsletter edition. Grab your crayons and unwind while coloring them in, then snap a photo and send it to Freelance Coordinator, Tallulah Bowser or Newsletter Editor, Megan Hemling to have your creations featured in upcoming issues!

Contact Information



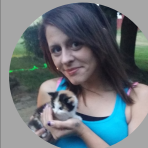
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Next Issue Coming in January 2016!

Have an

Attitude

of gratitude