

Feeling Homesick?
 Don't worry you're not the only one!
 55.5% of freshman surveyed reported
 feeling homesick since arriving at SHU!

- TOP 3 WAYS TO COPE...**
- Focus on Academics
 - Join a club to meet new people!
 - Attend some student run programs and activities like a football game!



Upcoming Events for October

Tuesday, October 4 @ 10:00 PM	Theater Arts Improv. Show
Thursday, October 6 @ 11 AM-2 PM	National Depression Screening
Thursday, October 13 @ 11 AM- 3PM	University Health Fair (Tons of free stuff!!)
Saturday, October 15 @ 11:00 AM	Football Game
Wednesday, October 19 @ 6:30 PM	Men's Soccer Game
Saturday, October 22 @ 12:00 PM	Pancreatic Cancer Walk

Trick or Treat?

If you cook @ home you're in control of what you eat! Add Big Oven on your smart phone!



Candy	Service Size	Calories	Total Fat (g)	Saturated Fat (g)	Sugar (g)
York Peppermint Patty	1 piece	140	2.5	1.5	25
100 Grand	1 bar	180	8	5	21
Twizzlers	4 pieces	160	1	0	19
Swedish Fish	40 grams	140	0	0	29
DOTS	12 pieces	140	0	0	21



Who are we? Students just like you. We're also Peer Educators--- we've got facts about drinking, sexual health, stress, nutrition, and tobacco use on campus. Like us on Facebook for the chance to win great prizes! Check out the SHU website at <http://www.sacredheart.edu/pages/4039sweetpeereducators.cfm>

