

NATIONAL NEWS

Suspects arrested in alleged terrorism plot

- Federal agents arrested Najibullah Zazi, 24, his father, Mohammed Wali Zazi, 53, on charges of lying to investigators about an alleged plot to use explosives against unknown targets in the U.S.

Source: The New York Times

CALIFORNIA NEWS

Town remembers Yale student voted "next Einstein"

- Residents in El Dorado mourned the loss of Annie Le, who was killed September 8 while attending the Yale School of Medicine.

Source: The Associated Press



Chico State Men's Soccer Team defeats Cal State Stanislaus

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New WREC brings new attitude about health

Students are more physically active

By Lauren Bollier

Nutrition and Food Science Major

With the new WREC center open for students, daily exercise is starting to become a routine habit for most. Before the WREC center opened, most students either joined a local gym, or went on runs throughout town. Everyone can always come up with a million excuses not to work out. The gym is too far, I don't want to drive. It's too hot outside or it's raining. It seems as though, with the new WREC center no one is coming up with excuses.

Either students are becoming more educated about health and the importance of exercise or the WREC is the new popular hang-out spot. Either way, students are benefiting from it and it sure beats filling your body with empty alcohol calories from a night on the town.

WREC director Rick Scott estimates that 3,000 students use the facility daily and that 70,000 have used it so far. Scott believes that the WREC center provides the students with "something fun to do that is healthy, productive and life inspiring."

Exercise shouldn't be a punishment. The positive effect exercise has on the human body would amaze most. By adding in just thirty minutes of moderate exercise on most days of the week, you decrease your risk of heart disease, colon cancer and type 2 diabetes. Exercise helps you manage your weight, keeps your bones, muscles and joints strong and helps control your blood pressure levels.

Most college students reading this right now are probably thinking that they will never have to worry about any of these health problems, or at least not in the near future. Most see exercise as just burning calories and burning calories equals weight loss. Although exercise does aid in the weight loss process, it helps the body in many other ways.

Not only does exercise do things physically for your body, it also helps your body mentally. Research shows that exercise improves your self-esteem, helps with depression and decreases anxiety. Next time you're having a bad day and nothing is going right, go



for a jog and see how you feel. "I love to run. It clears my mind if I'm having a bad day. The indoor track is my favorite thing about the new gym," says Senior Communications major Emily Protine.

Junior Kinesiology major Emilee Meyer said she knows the importance of exercise and she loves how it makes her body feel afterwards. "The WREC center has made me become even more motivated to stay fit, and now that I am taking a nutrition class I am more aware of what I am putting into my body," said Meyer.

Exercise is great for the body but combine it with a healthy diet and you are on your way to a healthy you. Eating healthy in college may seem like a hard task, but the key is moderation. I know you have heard it all before, but limit your fat intake, eat your fruits and vegetables and watch your portions.

Still not convinced exercise is good for the mind, body and soul? Here are some tips to get you started if you are one of the

- Bring a friend and motivate each other
- Take a group exercise class
- Bring your reusable water bottle and ipod
- Switch your exercises up so you don't become bored



Caption describing picture or graphic.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 150–200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a

calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100–150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new proce-

dures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75–125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes

thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



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Caption describing picture or graphic.

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4
Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Your business tag line here.



We're on the Web!
example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline



Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular

event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.