

LIFECORE News

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SPECIAL POINTS OF INTEREST:

- Welcome Class of 2013
- Club Spotlight: KnightLIFE
- October LIFECORE Events
- LIFECORE of Discovery: Physical Dimension

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Welcome Class of 2013

Gannon University welcomed the newest addition of the Gannon family– the freshman class of 2013.

Over 460 members of the freshmen class took part in the traditional P.R.O.M.I.S.E. photo during Preview GU events outside of the Robert H. Morosky Academic Center, home of the College of Health Professions and Sciences.

P.R.O.M.I.S.E., which stands for Promoting Responsible



Ongoing Management In Social Environments, helps all students in solidifying their promise to

make healthy and responsible decisions, to show respect for God, as well as themselves, others and the environment, and to support the Gannon community.

The freshman class also made a commitment to wear their P.R.O.M.I.S.E. and Gannon apparel with pride when attending

healthy social options, such as athletic events, APB & student sponsored activities, as well as volunteer and service projects.

October LIFECORE Events

October is a busy month here at Gannon University. Some of the exciting upcoming LIFECORE events include:

- “Dancing at Lughnasa” - Schuster Theatre (October 1-3, 8-11)
- SGA Leadership Retreat (October 2-3)
- Freshman Retreat (October 2-3)
- Women’s Soccer vs. Mercyhurst (October 2)
- Graduate and Professional School Fair– Yehl Ballroom (October 6)
- Hooking Up and Breaking Down: The Missing Links in

Relationships Lecture (October 6)

- Blood Drive (October 7)
- Student/Faculty Dodgeball Game (October 9)
- APB Sponsored Cedar Point Trip (October 10)
- Pizza with a Purpose (October 11)
- International Coffee House– ISO Lobby (October 13)
- National Collegiate Alcohol Awareness Week (October 19-24)
- OcSOBERfest Halloween Event– held in the Waldron-Campus Center; sponsored by Knightlife (October 23)

- Homecoming Pep Rally (October 21)
- Homecoming Festivities, including the Homecoming Parade, Tailgate Party, Men’s Football vs. Lockhaven and the Homecoming Dance (October 24)
- Golden Harvest (October 25)
- Busy Person’s Retreat (October 25-29)
- Good Year Baby Lecture (October 26)
- APB Presents Lee Camp, Comedian (October 27)
- Catholic House Haunted House (October 30)

Club Spotlight: KnightLIFE (Bacchus)



Pullayouee Campaign came to KnightLIFE's first football tailgate party to promote responsible decisions while having fun.

Each month, we will spotlight one club or organization here at Gannon. This month, our club spotlight is on KnightLIFE (Bacchus).

The purpose of KnightLIFE is to provide primary prevention efforts to help alleviate the problem of alcohol misuse and abuse on campus.

One of the goals of KnightLIFE is to promote responsible decisions about drinking within the campus community; to help educate and inform students, faculty, administrators, and staff about health issues that affect the campus community. Some of these issues include alcohol

use, abuse and misuse, AIDS, and sexual assault..

KnightLIFE also strives to increase awareness concerning healthy alternatives to alcohol misuse and abuse and to enhance communication within the academic community regarding health-related matters.

KnightLIFE puts on many events throughout the school year to promote having fun while making responsible and healthy decisions.

Some of these events include:

- Tailgate Parties before select football games

- Halloween OcSOBER fest, which includes a haunted maze, a costume contest, food, prizes, and more
- A winter themed holiday event, occurring around the month of November
- "Get Rec'd"—one of the biggest events of the school year; a St. Patrick's Day themed celebration with a Chinese style auction, food, games, and several prizes
- End-of-the-year Cookout to celebrate finals week



"The physical dimension encourages one to practice appropriate care, exercise regularly, follow a healthful eating plan and properly utilize the health care system."

Physical Dimension of LIFECORE

Each month, we will provide an in-depth look at one of the dimensions of the LIFECORE of Discovery Wheel. This month, we will take a look at the physical dimension.

The physical dimension encourages one to practice appropriate care, exercise regularly, follow a healthful eating plan and properly utilize the health care system.

The physically well person recognizes and avoids potential dangers of tobacco, alcohol and other substance abuse. Living a healthy lifestyle makes sure the body is functioning at an optimal level. The physical dimension



involves three task areas, including nutrition, exercise and rest, and health care.

The nutrition task focuses on food knowledge and behavior that is enjoyable and reduces the risk of disease. Balancing rest and exercise are important factors in developing strength and endurance. A consistently high

level of physical energy is one indication of physical well-being.

Some LIFECORE events in the physical dimension that one can participate in include:

- Intramural Sports, which this month includes co-ed whiffleball, soccer, wrestling and dodge ball—visit gannonsports.com for more information
- Student/Faculty Dodgeball Game (October 9)
- National Collegiate Alcohol Awareness Week (October 19-24)