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The George-Anne Newsletters

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## The George-Anne Daily

Georgia Southern University

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# THE GEORGE-ANNE DAILY



Good morning! Welcome to the George-Anne Daily. We've switched to a morning newsletter for you to enjoy your headlines with your breakfast. Let us catch you up before you start your day, and be sure to keep up with us through our social media links above.



## WHAT'S HAPPENING IN YOUR WORLD?

### **GS offering 3rd dose, COVID-19 booster shot to immunocompromised**

Those with weak immune systems can now receive a third dose of the COVID-19 vaccine through GS' CARES team.



### **Expect financial aid refund checks before the next week**

In case you were wondering, "Where's mine?"

[Read all about it...](#)



## ***MORE HEADLINES FOR YOU***

How to communicate more effectively with healthcare providers

[Read all about it here...](#)

### **ICYMI: Where to get a COVID test in Statesboro**

### **Crash course in health literacy**

Having a hard time finding a test?

Here's our master-list of testing locations in Statesboro.

[Read all about it here...](#)

### **Changes in Eagle dining: Everything you need to know**

Things are starting to operate the way they did before the pandemic while offering options to those who still feel cautious.

## ***REFLECTOR***



## ***DEEP DIVE***

### **Pfizer is now FDA approved**

Pfizer becomes the first vaccine to move beyond emergency-use status in the US.



## Minorities and the vaccine: What are your thoughts now?

For those nervous about a 'rushed' vaccine, has Pfizer's FDA approval changed your mind?



## **GA FILMS**

### Sustain Southern

Learn about the Sustain Southern organization and what they do! We have special guest Cassandra who shares how to care for succulents and information on their refillery truck.

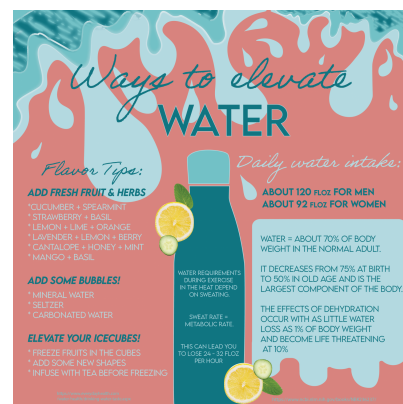


*Enjoy Photography?*  
Join us!  
Click here to apply.

## **CREATIVE**

### Ways to elevate water

Drinking enough water can be challenging. Here are ways you can make your water even more refreshing.



*Ways to elevate WATER*

*Flavor Tips:*

- ADD FRESH FRUIT & HERBS
  - \*CUCUMBER + SPEARMINT
  - \*STRAWBERRY + BASIL
  - \*LEMON + LIME + ORANGE
  - \*LAVENDER + LEMON + BERRY
  - \*CANTALOUPE + HONEY + MINT
  - \*MANGO + BASIL
- ADD SOME BUBBLES!
  - \*MINERAL WATER
  - \*SALTIER
  - \*CARBONATED WATER
- ELEVATE YOUR ICECUBES!
  - \*FREEZE FRUITS IN THE CUBES
  - \*ADD SOME NEW SHAPES
  - \*INFUSE WITH TEA BEFORE FREEZING

*Daily water intake:*

ABOUT 120 fl.oz FOR MEN  
ABOUT 92 fl.oz FOR WOMEN

WATER = ABOUT 70% OF BODY WEIGHT IN THE NORMAL ADULT.

IT DECREASES FROM 75% AT BIRTH TO 50% IN OLD AGE AND IS THE LARGEST COMPONENT OF THE BODY.

THE EFFECTS OF DEHYDRATION OCCUR WITH AS LITTLE WATER LOSS AS 1% OF BODY WEIGHT AND BECOME LIFE THREATENING AT 10%.

WATER REGULATION IS DURING EXERCISE WITH THE HEAT STRESS ON SWEATING.

SWEAT RATE = METABOLIC RATE

THIS CALLS FOR YOU TO USE 24-72 FL. OZ. PER HOUR.

## **#PETSBORO**

## **Best buds: Steve & Gary**

"Steve French (orange) and Gary (gray) are best friends and enjoy cuddling when they are not running around trying to break anything they can reach," said owner Victoria Roy.

Send us pictures of your pet to be featured in our newsletter and paper!

