

Verbatim

adjective | ver·ba·tim | 축 어적으로 | literalmente | 逐字 | doslovně | 逐語的 | từng tiếng một
: being in or following the exact words : WORD-FOR-WORD
// a *verbatim* report of life at Cardigan

Monday October 27 th Verbatim Staff Franklin Chow <i>Editor-in-Chief</i> Deegan Blasko <i>Editor</i> Diego Escalante <i>Reporter</i>	Verbatim Staff Victor Zhu <i>Reporter</i> Mike Lee <i>Photographer</i> Pi Mongkhonvanit <i>Formatter</i> Ms. Kidder <i>Faculty Advisor</i>
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AUGERE VIRTUTEM-DIRIGERE MENTEM

62 Alumni Drive, Canaan, NH

Fighting Against The Germs with Mrs. Gray Diego Escalante '20 *Reporter*

“Preventing colds and the flu is nothing to sneeze about” says, Mrs. Gray our Director of Health Services! The official flu season has begun, October to May with the peak being December to February. It is inevitable that we will be exposed to the flu virus over the next many months but there are ways to stay healthy and fight back!

What do we need to know to prevent us from getting the flu?

Being in your best health can help you fight getting sick from exposure to the flu virus. This means eating a well-balanced diet with lots of fruits and vegetables. Staying well hydrated is really important. We say this all the time but it is essential to drink plenty of water. Many boys routinely drink hot water as a way to stay hydrated. Getting rest is important too. Cardigan boys and faculty have long busy days, so getting to bed on time, resting during free time, and catching up on sleep during Sundays can rejuvenate our body. Even when we are at our best health, the flu virus looks for any opportunity to infect us. The most important prevention comes from three simple things.

#1 Wash your hands!

Viruses and bacteria can live on surfaces for 24-48 hours so we have plenty of opportunity to come in contact with them every day. Washing hands often throughout the day is a must if we are going to protect ourselves and each other. According to the Center for Disease Control (CDC) you should wash your hands:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, handling pet food or pet treats
- **After** touching garbage

The CDC has recommendation for how to wash your hands or apply hand sanitizer correctly!

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Washing your hands is the best way to but if you need to, you can use hand sanitizer like we have on our tables.

So, what’s another way to prevent catching the cold or flu?

Covering your cough or sneeze is really important. When you cough or sneeze, the virus particles fly through the air! A cough can travel as fast as **50 mph** and expel almost 3,000 droplets in just one go. Sneezes win though—they can travel up to **100 mph** and create upwards of 100,000 droplets. Caden Hutchinson talked about this on a Wellness Wednesday and recommended a great video clip for everyone to watch. If any of our readers did not watch it. I highly recommend you do so.

What else?

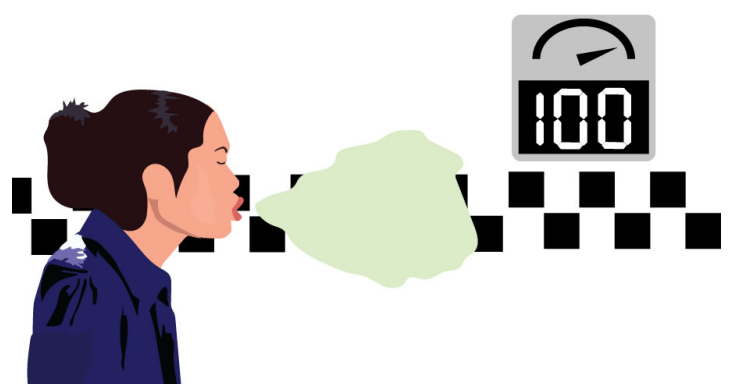
Well, most people don’t like this one, but it’s getting the flu vaccine every year! Every year the flu vaccine is a bit different. The manufacturers look at what strains and sub-strains of flu are the most prevalent and make a vaccine they hope will help prevent most cases of the flu. So, it can be different year to year!

Some people say you can get the flu from the vaccine. Is that true?

You cannot get the flu from getting the vaccine. The viruses in the flu shot are killed, so people cannot get the flu from a flu vaccine. However, because it takes about two weeks for people to build up immunity after they get the flu vaccine, some people may catch the flu shortly after they're vaccinated, if they are exposed to the flu during this time period. Some people may also mistakenly attribute symptoms of a cold to be caused by a vaccine. According to Dr. William Schaffner, a preventive medicine and infectious disease expert at Vanderbilt University School of Medicine, it's a myth that you can get flu from the flu vaccine.

When do we get our flu vaccines?

A few boys got the flu vaccine while they were on parent’s weekend break and some even before starting the school year. Our student flu clinic will be held on Wednesday November 6th. We will have it here in our health center! The faculty flu clinic will be on Tuesday October 29th from 10-2pm. We always have a very high percentage of faculty, staff and boys who get the flu vaccine each year! Overall, we are very fortunate to keep our community healthy. This goes a long way to preventing the flu.



Citation: “How Fast Is a Sneeze vs a Cough.” American Lung Association, 2018.

Culture

The World According to Mr. Gartner

Mr. Gartner
PhD in Knowledge

- 1) Grapefruits are just sad oranges
- 2) Blueberries aren't blue
- 3) Jim Carrey is the most talented actor of all time
- 4) Before Isaac Newton discovered gravity, people floated
- 5) The world record for a dog's jumping off a dock is 43 feet
- 6) DVD's are awesome
- 7) You get better WiFi on a plane because it's closer to satellites
- 8) The inventor of the vest created it by accident when they ran out of material for a jacket
- 9) 5% of people are allergic to grass
- 10) Dirt is not dirty



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A Term Abroad

Deegan Blasko
Editor

Having studied abroad in Finland during the first half of the fall term, we interviewed Aiden Thede about his experience.

How was it?

Best time of my life.

What did you do?

I studied abroad and played for a local club hockey team. I had to ride my bike to and from school every day. I also rode my bike to and from practice at times which killed my legs.

What school did you go to?

I went to a school called

Upcoming Event
FUNSIE ONESIE RUNSIE!

When: Monday
October 28th 2019
during sports.

Why: To raise money for kids at the local public school to be able to participate in a sport

Who: With your sports team

What to bring:
1. a suggested donation of 1 dollar (plus extra to enter in special competitions)
2. A ONESIE!

Family Weekend Fun

“I went to Manhattan, NYC, had a great time.” – Jun An

“I went to Time Square in NYC.” - Leo Sim

“I visited four great schools and I also relaxed at home watching movies.” – Juno Cowans

“Franklin...yes.” – Matthew Chow

“I looked at schools.” - Brian Xi

“I visited schools.” - Sky Wang

“Sleeping was great.” - Gabe Brondel

“I toured a lot of schools and they were really... nifty.”
– Eric Roachford

Vehkoja Koulu in Hyvinkää, Finland.

What is something you enjoy in Finland?

I love the chocolates.

Why did you go?

“I wanted to experience what life would be like in a different country and the different style of hockey because of my abilities. I've heard stories about people studying abroad and thought I'd give it a try.



Aiden Thede in Hockey Gear

Photo Smugmug