

# IOTA NEWSLINE

Alpha Omega Epsilon  
Iota Chapter



## The Iota Chapter Newsletter Returns!

It's back! The *Iota Newsline* has been on hiatus since Winter 2001. But now, due to efforts of countless Sisters, the newsletter returns. Forgive us if it's not any sort of standard format. Like our Sisters, it is eclectic and a bit random.

Welcome back, faithful readers. Enjoy.

## What's Been Going On???

(Compiled by: Lydia Mauti)

Since last we met, lots of time has passed. Many, many things have happened and if we tried to list them all we would:

- a) run the risk of going crazy
- b) surely miss something

So, in the interest of being efficient and helpful, we have compiled a list of the goings-on since last we met on the printed page of the *Newsline*.

Out of 26 sisters, we've:

...celebrated 8 weddings

...had 5 sisters get engaged

...had 2 children

...moved into 7 new houses

...moved into 5 new cities or states

...held 37 jobs

...had 4 promotions

...gone on 22 vacations

...visited 34 states (AZ, CA, CO, DE, FL, GA, IL, IN, IA, KY, LA, MD, MI, MS, MO, MT, NE, NV, NJ, NY, NC, OH, OR, PA, SC, SD, TN, TX, UT, VA, WA, WV, WI, WY)

...visited 10 countries (Austria, Canada, England, Germany, Mexico, India, Italy, Romania, Sri Lanka, Switzerland)

...had 42 pets

...eaten 1,404 pounds of chocolate (<http://www.edietshop.com/funfacts/>)

...driven 1,454,000 miles ([www.bts.gov](http://www.bts.gov))

...spent 170,820 hours in front of the tube

(<http://www.csun.edu/~vceed002/health/docs/tv&health.html>)

...bought 234 pairs of shoes (U.S. Census Bureau and Berkshire Hathaway Inc.)

[Note: Results are estimated based on Sisters who answered requests for information]

Volume 4

Fall 2005

### Inside this issue:

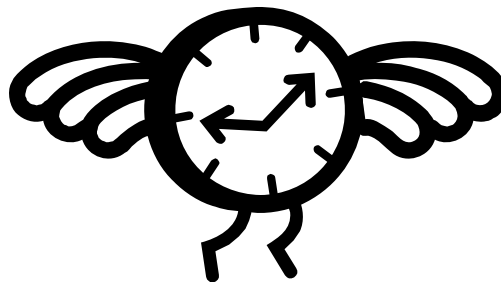
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## Sisters' Book Reviews

(Compiled by: Christina Sears)

I asked all of the Active Sisters to tell me what the last book they'd read was and if they would recommend it to others.\*

-Lauren H: *Can You Keep A Secret* (Sophie Kinsella) Secrets about weight, fish, and virginity. Amusing and entertaining. I recommend it.

-Lydia M: *Black House* (Stephen King & Peter Straub) I definitely recommend it because stephen king is awesome!

-Christina S: *Kushiel's Dart* (Jacqueline Carey) Not too deep, but a decent adventure with a touch of the erotic

-Andrea H: *Harry Potter and The Half-Blood Prince* I recommend it to everyone, but they should start with the first book and read the whole series

-Jennifer H: *Atlas Shrugged* (Ayn Rand) I would definitely recommend it to other people to read!!!

-Carmen R: *Obscene Diaries of a Michigan Fan* (Craig Ross) You'll learn things about college fans that you never would have imagined! Kind of weird.

-Amy B: *Vintage Munro* (Munro) (for my English class). The book has some okay short stories. I would recommend it.

-Joanna C: *Running With the Buffaloes* (Chris Lear) A season inside the University of Colorado's Men's Cross Country Team. Men + Running = good.

-Trina G: *Suddenly* and yeah i would recommend it, it was a steamer.

-Phoebe K: *Elminster's Daughter* (Ed Greenwood) I liked it, but I'd only recommend it to other nerds who love fantasy novels. Oh yeah, and it makes no sense unless you've read the other 4 books in the series. (What I'd really recommend is *The Redemption of Althalus* (David and Leigh Eddings). It's about 700 pages long, so don't start it right before finals like one of my friends did.)

-Allore P: *Saelm's Lot* (Stephen King) It's a bit scary with a lot of suspense. If you like vampire stories then you may like this book. I thought it was good.

-Abi S: *The Glass Castle* (Jeanette Wall) I totally recommend it to others. It'll make you realize just how worse your parents could've been.

-Yolanda H: *Juice* (Eric Walters) It is a young adult short reader. I was kind of lame. I would not really recommend it.

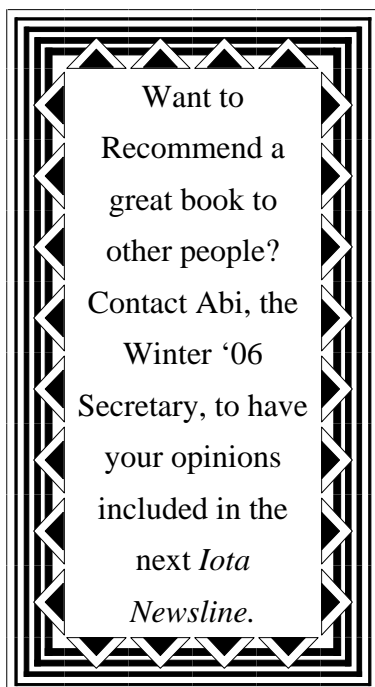
-Terrin R: *101 Things To Do With A Potato* (Stephanie Ashcraft) I never knew that there were so many different ways to use potatoes. It was interesting. I'd recommend it.

-Laurie S: *101 Uses for a Dead Cat* (Simon Bond) Anybody got a spare dead cat to try some of these with? I recommend it.

-Elizabeth W: *Jimmy's Boa Bounces Back* (Trinka Hakes Noble). The sequel to the first super-awesome Jimmy's Boa book. I recommend it.

\*Note: With plenty of warning, Sisters who did not respond have had answers "provided" for them. See if you can guess which Sisters had books supplied. ;-)

(Answers appear on Page 4)



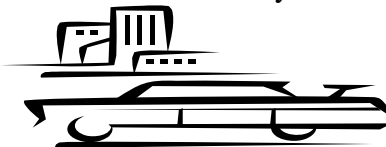
# Healthy Tips For Travel

(Submitted by: Andrea Hoglen)

Courtesy of:  
Canton Center Chiropractic Clinic  
6231 N. Canton Center Rd. Suite 109  
Canton, MI 48187  
(734) 455-6767

## Car & Air Travel:

Even if it is a comfortable car, or first class airline, sitting for a long time can be hazardous to your body. Warm up before settling in, and cool down upon arrival at your destination. Stretch to limber your back, neck, shoulders, and arms.



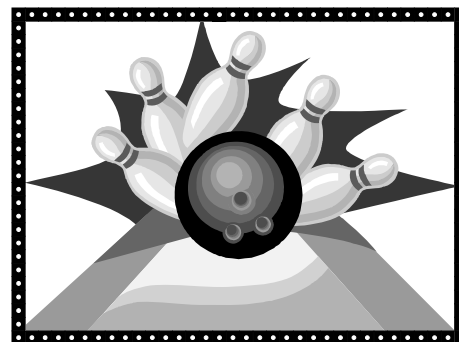
### In the Car:

- \* Use a back support. The added support may reduce the risk of strain, pain, and injury. We have Lumbar support pillows made specifically for cars. Available at the front desk in three colors: blue, gray, and black.
- \* Exercise your legs while you drive. Open your toes wide and count to ten, then relax. Tighten your calf muscles, thigh muscles, and gluteal muscles for 5 counts each. Roll your shoulders while keeping your hands on the wheel.
- \* Do not grip the steering wheel. Tighten and loosen your grip to improve circulation and decrease muscle fatigue in the arms, wrists, and hands.
- \* While always keeping your eyes on the road, vary your focal point to reduce the risk of eye fatigue and tension headaches.
- \* Take rest breaks. Never underestimate the potential consequences of fatigue to yourself, your passengers, or other drivers.

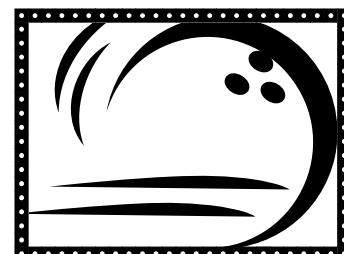


### In An Airplane:

- \* Stand up and feel the normal “S” curve of your spine. When you sit, use rolled-up blankets and pillows to maintain that curve. You may tuck a pillow behind your back, just above the beltline to support your low back. Lay another pillow across the headrest to support your neck. If the seat is hollow from wear, use folded blankets to raise your buttocks a little
- \* Check all heavy bags. Overhead lifting of any significant amount of weight should be avoided. This will help reduce the risk of pain in both the neck and low back. If you do lift bags, stand straight, away from the overhead compartment, so the spine isn’t rotated. Do not lift the bags directly over your head, and avoid twisting and turning your neck.
- \* When stowing your belongings under the seat, do not force objects by using your legs, feet or arms. This may cause muscle strain or spasms in the upper thigh and low back. Instead, sit in your seat, and use your hands and feet to gently guide bags directly under the seat.



*Iota Chapter's  
2nd Annual  
Bowl-A-Thon  
Is coming up!  
January 27, 2005.  
A portion of the proceeds  
will be donated to charity.  
Tickets are \$15 in  
advance, \$20 at the door.  
3 Games of bowling  
Shoes, Pizza and Pop  
Included in ticket price.  
There will be  
Door prizes and raffles  
available.  
Tickets available from  
Active Sisters.*





# Word Search

(Submitted by Tracy Archambeau)

f	s	t	v	r	o	y	a	l	b	l	u	e	m	h	a	d	o	l	l
w	h	i	t	e	m	r	s	p	r	i	c	d	k	w	l	u	y	o	s
h	s	d	s	o	r	i	o	t	a	c	h	a	p	t	e	r	o	v	c
a	i	o	o	l	s	t	r	a	p	d	a	p	a	r	i	h	t	e	a
d	l	l	n	g	f	u	p	i	r	h	a	h	l	u	c	i	n	f	l
c	v	p	w	k	i	a	e	f	i	e	s	d	i	s	e	a	c	r	l
e	e	h	h	i	p	l	n	r	l	a	o	l	l	t	g	d	b	i	a
i	r	i	y	a	r	o	g	a	y	o	r	k	w	i	d	e	a	k	l
m	i	n	u	l	o	m	i	c	h	m	o	p	h	o	n	a	o	a	i
f	l	l	m	u	h	m	n	r	a	e	r	c	h	a	p	r	o	y	l
r	a	c	p	m	t	r	e	s	a	k	i	b	c	e	e	b	u	o	y
i	v	e	a	n	w	t	e	g	o	m	t	o	a	o	t	o	n	s	p
e	b	e	s	i	s	i	r	a	a	c	y	r	r	o	k	r	u	c	h
n	r	r	d	i	e	o	a	d	o	e	v	l	n	w	h	n	m	i	o
d	m	a	s	c	o	t	r	b	l	u	p	t	a	o	t	h	i	e	o
s	h	g	c	h	a	r	t	e	r	i	l	s	t	e	r	h	v	n	l
h	s	r	a	l	v	e	i	n	t	e	g	r	i	t	y	g	e	c	f
i	a	o	f	r	o	s	e	p	o	y	k	t	o	l	b	m	n	e	o
p	c	m	e	m	b	e	r	i	n	v	o	h	n	v	o	f	r	i	r
p	h	i	l	a	n	t	h	r	o	p	i	c	e	w	h	n	i	t	y



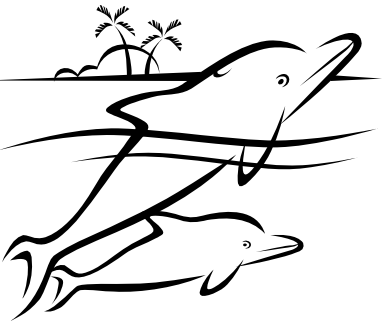
*Got a puzzle or a fact you think would enliven these pages? Submit it to us for the next edition of Newsline.*

Alpha Omega Epsilon  
 Alumni  
 April  
 Calla Lily  
 Carnation  
 Charter  
 Dearborn  
 Dolphin  
 Dream  
 Engineer

Friendship  
 Integrity  
 Iota Chapter  
 Love  
 Mascot  
 Member  
 Michigan  
 Philanthropic  
 Ritual  
 Rose

Royal Blue  
 Rush  
 School  
 Science  
 Silver  
 Sisterhood  
 Sorority  
 Trust  
 White  
 Women

**Random Note**  
 So, Since I got my new truck (and I love it!) I was going to interview the truck-driving chicks we have around and write a feature on it.  
 I got swamped this time, so it's something to look forward to in the next edition.  
 —Christina Sears



<b><u>Winter Rush 2006</u></b>
Jan. 16: MLK Day Volunteering
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Jan. 18: Info. Mtg.
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Jan. 20: Fondue Night
~~~~~
Jan. 24: Info. Mtg.
~~~~~
Jan. 26: Coffee Shop
~~~~~
Jan. 27: Bowl-A-Thon



# Keep This In Mind

(Submitted by: Anonymous)

Life is difficult. And it gets more difficult. We tend to look at the things we are doing today, this week, this month, and think, "If I can just get through this, I will be okay". That may be true, and it's a great way to will ourselves to get over the next hurdle. I've said it myself -- "Life will be better when ..." and fill in the blank. When I pass this class. When I finish school. When I get a "real" job. When I get a house. When I find the right guy. When I get a new car. When ...

The important thing to remember is that life is not about a destination. It's about the journey. And it is a difficult journey. There are finances and relationships and health issues and cars breaking down and relatives getting sick and babies being born and so much more that it can't possibly be listed. There are trials that we may not know how to get through. And it always seems that once one thing is settled two more things slide in to replace it. And the to-do list gets longer. But that is life.

And that's when I'm glad I have all my Sisters. I talk to Sisters at least once a day. I tell them what's going on in my life and we laugh or cry. They tell me what's going on in their life and we laugh or cry. And in the end I feel better because I know them. The beauty of Sisters is that they know what I'm going through. They have advice for me and I have advice for them. They make me feel better and they make my journey a little easier.

So when you are thinking that things are piling up on you and you don't know what to do with yourself anymore ... you have Sisters, too. Give one a call.



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WE'RE ON THE WEB!  
[WWW.ENGIN.UMD.UMICH.EDU/~AOE](http://WWW.ENGIN.UMD.UMICH.EDU/~AOE)

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