TIPS ON HOW TO PREPARE FOR DEAD WEEK

BY KRISTINE HORITA

PLAN AHEAD
• See when and where your finals are
• They are often not in the same classroom as the one you go to everyday
• Book study rooms as they get filled up pretty quickly

ORGANIZE THE MATERIAL THAT YOU NEED FOR EACH CLASS
• This helps you not panic right before finals
• Track down your exams, past homework, and take advantage of tutoring

SET TIMES FOR EACH TASK (I.E. STUDYING, EATING, BREAKS, EXERCISE, SOCIAL ACTIVITIES, ETC.)
• Spread out your study times and do your best not to cram
• A planner is your best friend

MAKE SURE YOU SLEEP
• Sleeping after a study session can help recall what you learned
• Reduces your chance of sickness
• It will help you think more clearly

FOOD
• Do not indulge in energy drinks/caffeine. You will have a higher chance of crashing
• Make time to eat meals, I know there are some of you that forget to eat!
• Eating snacks for a majority of the day will make you feel more sluggish
• Packing snacks and meal prepping in advance will help you save money and time

MOVE AROUND
• You will be sitting down for a long amount of time so your body becomes more stiff
• About every hour, try to walk around, stretch or even go for a light run

SELF CARE
• Resting is actually a good amount of where your energy can be replenished
• Your mental health is also a top priority
• Take time to relax and watch your favorite show, hang out with friends, or whatever you do to relieve stress

DO YOUR BEST AND GOOD LUCK!
The first Thanksgiving was celebrated in 1621 over a three day harvest festival.

- It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days.
- It is believed by historians that only five women were present.

Turkey wasn't on the menu at the first Thanksgiving.
- Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).

Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863.
- Sarah Joseph Hale, the woman who wrote “Mary Had A Little Lamb,” convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.

The history of U.S. presidents pardoning turkeys is patchy.
- Harry Truman is often credited with being the first president to pardon a turkey, but that’s not quite true.
- He was the first to receive a ceremonial turkey from the National Turkey Federation – and he had it for dinner.
- John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo.
- - George H.W. Bush is the president who formalized the turkey pardoning tradition in 1989.

- There are four towns in the United States named “Turkey.”
- They can be found in Arizona, Texas, Louisiana, and North Carolina.
- The average number of calories consumed on Thanksgiving is 4,500.
- Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey Hotline each November and December.
- The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton.
- The first NFL games were played on Thanksgiving in 1920.
- More than 54 million Americans are expected to travel during the Thanksgiving holiday this year. That’s up 4.8% from last year.
What to Do Before it Starts Snowing (longer)

By Desiree Sebastian

Plan a shopping day
- Stock up on base layers
- Buy a good waterproof winter coat
- Buy thick socks (wool socks or Nike dri-fit socks are good)
- Buy waterproof snow boots
- Hand Warmers, waterproof gloves, and a beanie
- Stock up on food
- Stock up on necessities and toiletries if needed
- Optional buy:
  - portable heater
  - snow tires/chains (drivers only)
  - waterproof spray (it'll save you money):
    - Backpack
    - Shoes
    - Clothing

Adventure Downtown Pullman
- There are boutiques, bookstores, coffee shops, etc. that might interest you
- View the different wall art
- Take a picture in front of the Welcome Sign
- The WSU sign at the Welcome Center
- The Welcome Pullman sign
- Taco Tuesday at the Taco Truck for $1!

Adventure different Pullman sites
- WSU water tank
- WSU Cougar Statue (in front of Martin Stadium)
- The WSU barn
- Outdoor golf
- WSU Schnitzer Art Museum
- Palouse Discovery Science Center
- Pullman Rocks ▶ rock climbing

Adventure Moscow, Idaho
- Thrift stores
- Take pictures at night in Downtown Moscow
- Late night coffee run at Dutch Bros.
- Planet 3 Extreme Indoor Trampoline Park
GET ORGANIZED!

“Being Organized is Being in Control”

By Ashley Pascual

Keep a planner

Keep documents in folder

Plan out your outfit ahead of time

Take time to plan out your week

Declutter regularly

Keep only what you need

Put items back in their place immediately

Pick one day out of the week for cleaning

Develop a routine

Work on one task at a time, don’t multitask
PUMPKIN PIE IN A MUG

Prep time: 5 minutes | Cook time: 3 minutes | Total time: 10 minutes

BY CHRISTIE LEE

Ingredients:
¾ canned pumpkin puree
¼ milk
1 egg yolk
¼ sugar
¼ tsp pumpkin pie spice or cinnamon
½ tsp vanilla extract

Instructions:
• Mix all ingredients thoroughly in a medium bowl
• Divide mixture evenly into two mugs or pour into a small bowl (make sure they’re microwave safe!)
• Microwave for 2 minutes and then an additional minute until the custard looks firm. Check by inserting a knife into the center of the pie to check if done - knife should come out clean.
• Enjoy warm, right out of the microwave, or after chilling in the freezer for a few minutes!
• Extra tip: Splurge on your RDA and get some ice cream to take your pumpkin pie to the next level!