Flu Shot

What You Need to Know

By Alain Roche

Flu is caused by the influenza virus which spreads to others through coughing or sneezing. Some of the symptoms include: fever, sore throat, cough and fatigue.

Influenza can be a serious disease that can become very dangerous for certain people who have breathing conditions or heart problems.

It is important to know that there are two vaccines, one inactivated (killed) vaccine or “Flu Shot” and a live, weakened vaccine which is sprayed into the nostrils.

The flu shot should be given to people who are at high risk for complications from influenza.

People who have long term health problems such as asthma, diabetes and anemia should also be vaccinated.

Another group of people who should get the flu shot are people who have a weakened immune system.

If you live in a dormitory it is suggested that they receive a yearly flu shot because they live in crowded conditions.

Beat the Flu Bug

Get a Flu Shot

If you are sick or already have the flu you need to wait until you are recovered from your illness before you get the flu shot.

Most people should get the flu shot in October or November. The flu season peaks in February but it may begin in November and last through May.

Since this winter is supposed to be very cold it is important to get vaccinated.

You can get the flu shot on campus at the Health Center located in the residence life office. The cost is 15 dollars and you can walk in 9:00am-7:00pm. Flu shots will be available starting on Thursday, November 30th.

If you have any questions contact the Health Center at 561-237-7231.
Lincoln Road Sensations

Touch Restaurant and Lounge

By Christina Cuthtinger

The Menu includes anything from steaks, seafood, lamb and vegetables. For starters I recommend the lobster blini, composed of lobster, and a julienne of spring vegetables, blended in a buttermilk sauce, finished with a cognac lobster sauce.

I recommend seafood as a main entree. The salmon margarita or the red pepper crusted ahi mignon are delicious. The salmon can be smoked or grilled, cured with lime and tequila.

The ahi mignon is a pan-seared filet, with pear vegetable sauce finished with sweet soy glaze, and lemon infusion.

Men Face Opponents

Basketball Team Faces Two Though Rivals

By Chad Beattie

Two victories before Thanksgiving weekend brought renewed confidence for the Lynn University men's basketball team, confidence they will need when they travel to face Florida Gulf Coast and host Florida Southern.

Lynn travels to Ft. Myers to play FGCU Thursday, November 30 at 7:30 pm before hosting the Moccasins in its Sunshine State Conference opener on Saturday, December 1 at 7:30 pm.

Fans can follow both games via Internet radio by logging on to www.lynn.edu/athletics and clicking on the "live audio" link. They can also follow the FSC game through live stats and pay-per-view video broadcast by logging on to the same site.

The FSC game is being played on Wednesday, November 28.

Two returnees lead the 2-2 Knights: Andrew Smith and Hans Schur.

The Lynns have consistently shown defensive prowess throughout the season. Although FSC is 15-5 all-time against LU, the Moccasins lost 6-5 in their last meeting and pulled off a 67-64 overtime victory in the first meeting of the 2005-06 season.

Senior Jasper McFadin has shown some defensive prowess by leading the team with 33 rebounds (8.3 per game) and is second with 10 offensive boards.

Fans will be able to follow both games by logging on to www.lynn.edu/athletics and clicking on the "live audio" link.

Lynns are a team whose team is second in the Sunshine State Conference.

Lynn University's women's basketball team has the chance to open up the season 4-4 for the first time in five seasons and win their Sunshine State Conference opener for the second consecutive year when Florida Southern comes to town on Saturday, December 2nd.

Lynn looks to bounce back from its tough loss to #2 Washburn but is still confident after its Thanksgiving trip with an overtime victory against Missouri-Rolla.

Florida Southern (3-3) opened the season undefeated after three games but has lost their last three contests by a combined 10 points.

The Lynns have consistently shown defensive prowess throughout the season.

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Girls & Sports

A Comic By Justin Borus and Andrew Feinstein

"We have to guard Southern in transition and dig down and play good defense but also continue to do well on the scoring side," said DeCosta, whose team is second in the SSC at 71 ppg.

Again, fans can follow the action live by logging on to www.lynn.edu/athletics.