



# ABE-GSA Biweekly Update

Purdue ABE Graduate Student Association

December 14, 2015 • News & Announcements

**President**

Jinsha Li

**Vice President**

Elizabeth Hawkins

**Treasurer**

Colleen Moloney

**Secretary**

Emma Brace

**Social Coordinators**

Neal Hengge &  
Ravindra Shrestha

**Professional  
Development**

Salah Issa & Min Xiao

**Recruitment**

Rachel Sparks &  
Siwen Zhao

**PGSG Senator**

Amanda Kreger

**Philanthropy**

Julia Burchell &  
Josept Revuelta

[ABE-GSA Facebook](#)

[ABE-GSA Calendar](#)

[ABE-GSA Website](#)

[abegsa@ecn.purdue.edu](mailto:abegsa@ecn.purdue.edu)

**ABE-GSA** wants  
your feedback on  
#GradLife.  
[Comment Here.](#)

## [Surviving Finals Week & the End of the Fall Semester](#)

Good luck with finals and the end of the semester, ABE Grads! De-stress at the **birthday bash on Tuesday 12/15 at 9 am** – enjoy some bagels, coffee, and treats to power up your day and help us celebrate December birthdays!

## [Soup Kitchen Volunteering](#)

Our philanthropy chairs Julia & Josept have done a great job organizing opportunities for us to give back to the community, from reverse-trick-or-treating, Winterization, and most recently volunteering at the Care & Share Soup Kitchen. Here are some photos! Thanks for all you do, ABE-ers!



## [Holiday Travel & Adventure Time](#)

If you are traveling over the holidays, we wish you safe and happy travels! If you are staying here and looking for things to do, here are some websites where you can discover local events now and all-year-round! [Greater LaLa](#) • [Purdue](#) • [Indy](#)



If you are able to travel, considering visiting the [Christkindlmarket in Chicago](#) – a traditional German Christmas market in the middle of the Windy City.

**The Office-to-Office Student Spotlight feature will be back in 2016!** Want to submit newsletter content or nominate someone for the office-to-office features? Email [ebrace@purdue.edu](mailto:ebrace@purdue.edu).





# Healthy Holiday Eating Tips

Eat regular meals - skipping meals can lead to overeating.

Stay hydrated - drink lots of water.

Eat a protein-packed snack an hour before your holiday meal.

Your mantra: 'Eat the best, leave the rest!'

No guilt! Enjoy your favorite holiday dishes, in moderation.

Fill up on salad and fresh vegetables first.

Think color! Colorful food makes a festive looking plate!

Eat mindfully and put your fork down between bites.

Get active! 10 minute bursts of activity boost your metabolism!

More Tips at: [RobustKey.com](http://RobustKey.com)

## CHEMISTRY ADVENT 2015 2

### CANDY CANE CHEMISTRY



#### SUCROSE

- Carbon
- Oxygen
- Hydrogen

*Note: hydrogens on carbon atoms implied; each carbon has 4 bonds.*

Candy canes are created by boiling a mixture of water, sugar (sucrose), and corn starch to create a syrup, to which peppermint flavouring is added. Menthol is the chemical in peppermint that makes your mouth feel cold – it triggers cold-sensitive receptors.



#### MENTHOL

*Triggers cold-sensitive TRPM8 receptors when it is eaten – this can also occur if it is applied to the skin or inhaled.*



© COMPOUND INTEREST 2015 - WWW.COMPOUNDCHEM.COM | @COMPOUNDCHEM  
Shared under a Creative Commons Attribution-NonCommercial-NoDerivatives licence.

