For Whitman’s faculty and staff, continuous professional development and learning are fundamental. To support this goal, we are announcing our new series of learning journeys. This series is designed to offer a range of opportunities for personal and professional growth. All Whitman employees and students are invited to participate.

**Strengthen Your Immune System With Good Sleep**

Sleep is essential in helping our immune systems function at full strength. The increase in cold and flu viruses during the fall and winter places additional stress on our bodies, and good sleep is essential in supporting our immune system’s ability to fight these infections.

- **Dr. Lourdes DelRosso**, an associate professor of pediatrics and sleep medicine, will discuss the importance of sleep in bolstering our immune system. She will explain how our bodies produce T-cells during sleep, which are white blood cells that play a critical role in infection and inflammation, creating an immune response.
- Our bodies also produce cytokines, proteins that target cells producing inflammation, and when we sleep, these proteins increase. This increase in cytokines is linked to an increased immune response.
- Dr. DelRosso will share tips for improving your sleep, such as maintaining a consistent sleep schedule, avoiding late-night screen time, and creating a sleep-conducive environment.

**Do you need a ride to Portland or Seattle for the November break? Sign up for the holiday shuttle!**

Reserve Your Spot Now: November Break Shuttles to Portland and Seattle

- The Division of Student Affairs and the Student Activities Office offer shuttle service to Portland and Seattle for students traveling for the November break.
- Shuttles will depart from Whitman at 4 p.m. on Oct. 18 and will arrive in Portland at 11:45 a.m. on Nov. 24. The return trip will depart from Portland at 10 a.m. on Nov. 25 and will arrive in Whitman at 6:50 p.m. on Nov. 25.
- Sign up at whit.mn/shuttle or email whitman@gmail.com to reserve your spot.

**Apply Now To Be A Resident Assistant**

Resident Assistant applications are out! If you’re passionate about Whitman, looking to build community among your peers, and interested in gaining leadership experience and want free room and board, then the RA position is for you.

- **Resident Assistant (RA) applications** are now available online.
- **Due at 5 p.m. on Oct. 22.**
- **Current RAs and Resident Directors (RDs) will be hosting two information sessions where you can learn more about the position, its benefits and the RA life in general! These will take place at 7 p.m. on Oct. 14 in Jewett and at 4 p.m. on Oct. 18 in Jewett.**
- **Due Oct. 22.**

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