**Trivia Question**

Q: Where is a shrimp's heart located?

A: In the next edition of Stall Talk

Source: www.niehs.nih.gov

**Intramural**

9%

**NEWS YOU CAN USE:**

**True or false? Your risk of developing a drinking problem has nothing to do with how old you were when you began drinking.**

**Answer:** FALSE.

This is interesting. In the following study, where they interviewed adults who met the criteria for alcoholism, it becomes readily apparent that the earlier someone begins drinking, the greater the odds of becoming a problem drinker. If you look carefully, the percentage and risk go down very slowly for those that began drinking from ages of less than 13 years to 18 years. Then it is cut almost in half at age 18. It is a little known fact that at age 18, the brain begins to develop executive function (if we don’t impact that development with heavy or even moderate drinking). We are simply more mature and make better decisions than when we were in high school. So why the increase in alcoholism at age 19?... Yop! College. It is the perfect environment for getting off a bad start. Freed, new friends, lots of stress and loads of socializing without parental supervision. Remember, 90% of addictions begin in adolescence. Now that doesn’t mean they become addicts in their teens but they do begin the pattern that leads to “The Less Good Things” about college drinking. The good news is that in spite of this fact, most students “mature out” and become folks who can take it or leave it.

**EXELI S. SHINK Center for Health Education & Promotion**

**Health Education & Promotion**

**Contact Us**

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Instagram: peereducatorexcellence

**FREE DROPPIN FLU CLINIC FOR MU STUDENTS**

(NO APPOINTMENT NECESSARY)

FEB. 22, 11 A.M.–2 P.M.

McNair Library, room 106

**Stall Talk by the Numbers:**

The number of MU College students reported using male condoms along with another form of birth control.

Source: National Collegiate Health Assessment, N=1,019 MU students. March 2016

**Meet the Peer Educators: Student Spotlight**

**SARA CALLING**

Senior, Government and Political Affairs

“Welcome a peer educator because I am passionate about helping people and making a difference in our campus community.”

**

**Volunteer to work in Peer Education**

For questions contact Chehp@millersville.edu

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**Ville Intramurals**

**Entry Deadlines**

** Intramurals**

**Entry Deadline**

Cord/Men’s/Women’s Dodgeball .......... Feb. 17
Cord/Men’s/Women’s Volleyball .......... Feb. 18

**Twilight League**

Men’s/Women’s Racquetball .......... Feb. 17

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