**Tables and Outreach:**

- **A:** In the next edition of Stall Talk
  
- **Source:** [www.medicinenet.com/quizzes_a-z_list/article.htm](http://www.medicinenet.com/quizzes_a-z_list/article.htm)
  
- **Q:** [www.cdc.gov](http://www.cdc.gov)

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**Trivia Question**

Q: This is the percent of people using at least one prescription drug in the past 30 days?

_A: In the next edition of Stall Talk_

**Source:** [www.rods.gov](http://www.rods.gov)

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**Upcoming Intramural Deadlines**

**SPORT**

- **Twilight Leagues**
  - **Scheduled using participant’s time preferences**
  - **Mon. – Thurs., 4–8 p.m.**
  - **Oct. 24**

- **Table Tennis – Singles**
  - **Oct. 31**

**Sport Leagues**

- **Offering Competitive & Recreation Leagues**
  - **Sun.–Thur., 9 p.m.–12 a.m.**
  - **Oct. 24**

**Sunday FUNday**

- **Drop in for games, fun, and giveaways**
  - **On the Quad**
  - **Every Sunday, 12–2 p.m.**

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**Establishing Healthy Boundaries that will Enhance Your Relationship**

Creating healthy boundaries is necessary in maintaining healthy relationships. Here are some tips that can help you establish and maintain healthy boundaries:

- **Communicate your thoughts and feelings honestly and clearly.** Whenever possible, be honest but respectful in sharing your thoughts and feelings with your partner. Sometimes it’s difficult to sort out what you are thinking or feeling at any given moment. It’s fine to ask for some time to sort this out, but don’t use this as an excuse to avoid a future discussion.

- **Ask your partner what they are feeling versus guessing.** Each of you has your own thoughts and feelings, and each person is responsible for putting them into words in order to be understood. This way, your partner doesn’t need to guess.

- **Take responsibility for your choices.** Instead of blaming your partner for how you feel or for what’s happening, ask yourself how your choices — purposeful or accidental — may have contributed to the situation.

- **Express your feelings as belonging to you without blaming your partner.** For example, it’s much better to say something like, “I feel hurt and misunderstood in this conversation” than to say, “You made me feel hurt because of the way you talked to me.” The former is simply expressing an emotion; the latter is blaming your partner for the hurt feelings.

Healthy boundaries take practice, especially if you’ve come from a family where boundaries were unclear or barely recognized. With practice and you and your partner will be better able to identify where the boundary line should be in your relationship. As a result, your bond will only grow stronger and more secure over time.

**Source:** [https://www.mentalhelp.net/blogs/the-importance-of-boundaries-in-romantic-relationships/](https://www.mentalhelp.net/blogs/the-importance-of-boundaries-in-romantic-relationships/)

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**Healthy Services**

**Monday thru Thursday,** 9 a.m.–5 p.m.

**Friday,** 8 a.m.–4 p.m.

**By appointment only,** call 871-5250.

Health Services offers 4 different STI tests through the Center for Disease Detection. In addition to Gonorrhea and Chlamydia testing, we are now submitting labs for Syphilis and HIV. Call for an appointment and pricing.

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**News You Can Use:**

If you drank 6 keg cups of beer from 9 p.m.—12 a.m. on Friday and Saturday you consumed 6 pints each day.

- **If you are a 140 pound female your BAC would be: 16**
- **If you are a male who weighed 180 your BAC would be: 33**

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**Your Campus Is Here to Help!**

Are you experiencing an increase in depressed symptoms? If so, you may be experiencing Seasonal Affective Disorder which is quite common during the fall/winter, especially if you are not receiving adequate exposure to sunlight. The Center for Counseling and Human Development is excited to launch their Lightbox Therapy Program this semester on Monday, Oct. 2. Students will be able to come in front of our light boxes while completing work for a few weeks a time. Lightbox Therapy mimics outdoor light, which can create a chemical change in the brain and lift your mood. For more information contact Dr. Lisa House at Lisa.House@millersville.edu or call 717-871-7821.

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**Are you feeling stressed?**

Visit the Relaxation Room at Millersville University Health Services! Private Room, Relaxed Atmosphere, Therapeutic Massage Chair now available:

- **Monday–Thursday, 9 a.m.–4 p.m., Friday 10 a.m.–3 p.m.**
- **Call 717-871-5250 or stop in to schedule an appointment.**
- **Stress Free & No Charge**

Need a break from your busy schedule? The Counseling Center is providing meditation on Wednesdays from 12:30–1 p.m. led by psychologist Carolyn Whit.

Are you in the need of some extra support? The Family Dynamics support group is open to any students seeking peer support with a loved one who abuses alcohol or other drugs. The group meets Wednesdays from 5–6:30 p.m. in the Counseling Center.

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**Stall Talk by the Numbers: 3,210,032,271**

The number of cubic miles of water in the earth’s oceans.

**Source:** [http://www.noaa.gov/Facts/owenstrument.html](http://www.noaa.gov/Facts/owenstrument.html)