Stall Talk
Volume 12 / Spring 2017
Editor: Center for Health Education and Promotion staff

Choosing a Sober Driver

Everyone knows that drinking and driving is dangerous. We’ve all heard it a million times. However, the truth is, it’s a real problem. In the 2016 Millersville College Health Survey, 38.9% of students reported driving after having consumed alcohol, and 29.7% reported driving after having 5 or more drinks. Nationally 33% of fatal car crashes involved the consumption of alcohol. Alcohol is a depressant that slows down the reaction time of the nervous system, and can affect your hand-eye coordination as well as your cognitive skills and motor skills. Impairment of these functions not only poses a risk to yourself but also to people around you. When you make the decision to get behind the wheel of a car after consuming alcohol you are putting other people in danger as well. Some people might think that the expense of a taxi or an uber is too expensive, but it is far cheaper than the consequences. Always remember to practice safer strategies when going out. Some options are, designate a sober driver, call a friend or relative to come pick you up, take a bus. There are so many possibilities and safer options to get home.

True or false? Many college students who drink consume two to four drinks per hour. If they chose to hydrate by drinking one bottle of water each hour instead of one alcoholic drink, they could reduce their drinking by 25–50% and likely not have that hangover the next day?

Answer: TRUE

Doing the math is simple. Alcohol is a diuretic. The loss of water increases your BAC and causes hangovers. If during two hours of socializing you normally drink eight standard drinks and have a BAC of .14, you likely will feel poorly when waking up after a restless night sleep. Replacing one drink with one bottle of water each hour would more than replace the water you’ve purged, you would have had only six drinks and your BAC would be .09! Hmm? Another good example of “Harm Reduction” in action.

If you have any questions or wish to know more about your relationship with AOD, take the Alcohol Survey or eTOKE self-assessment on the Counseling Center webpage. If you have any questions or wish to know more about your relationship with AOD, take the Alcohol Survey or eTOKE self-assessment on the Counseling Center webpage. If you have any questions or wish to know more about your relationship with AOD, take the Alcohol Survey or eTOKE self-assessment on the Counseling Center webpage. If you have any questions or wish to know more about your relationship with AOD, take the Alcohol Survey or eTOKE self-assessment on the Counseling Center webpage. If you have any questions or wish to know more about your relationship with AOD, take the Alcohol Survey or eTOKE self-assessment on the Counseling Center webpage. If you have any questions or wish to know more about your relationship with AOD, take the Alcohol Survey or eTOKE self-assessment on the Counseling Center webpage. If you have any questions or wish to know more about your relationship with AOD, take the Alcohol Survey or eTOKE self-assessment on the Counseling Center webpage.

BY APPOINTMENT ONLY. Call 871-5250.

Students can now schedule appointments with DVS and the YWCA through email. DVS: MUAdvocate@dvslanc.org YWCA: dharvey@ywcalancaster.org

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NEWS YOU CAN USE:

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Health Services

Health Services is now offering 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.

Wellness Wednesdays:

The Perfect Plug
Mar. 28; SMC Bookstore; 11 a.m.–1 p.m.

Sexual Health
Apr. 5; SMC Bookstore; 11 a.m.–1 p.m.

Information Tables/Outreach:

Get Yourself Tested
Mar. 30; SMC 12–1 p.m.

Take Back the Night
Apr. 6; SMC; 2–3 p.m.

Education Programs:

Minding Your Mind Open Program
Apr. 3; SMC 118; 6 p.m.

Events:

ASO Capsule Social
Mar. 27; Robert L. Slabinski Atrium SMC; 6–8 p.m.

Couples Challenge
Mar. 30; Nyes Auditorium; 7 p.m.

Get Yourself Tested
Apr. 6; SMC 202C; 7 p.m.

Take Back the Night
Apr. 5; SMC Promenade/Atrium rain location; 7 p.m.

Speaker Softie Karasek (In the movie the Hunting Ground)

Peers Educate

Is a loved one’s drinking or drugging affecting your life? If so, come to our...

FAMILY DYNAMICS support group

WEDNESDAYS • 5–6:30 P.M.

in the COUNSELING CENTER

HCR

HCR

Intramural Entry Deadlines

SPORT

ENTRY DEADLINE

Coed Kickball

Mar. 28

Coed/Men’s/Women’s Outdoor Soccer

Apr. 4

Coed Outdoor Grass Fours Volleyball

Mar. 21

Coed Table Tennis – Singles

Apr. 3

INTRAMURAL SPORTS

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Information/Questions: www.IMLeagues.com

STI, Human Papillomavirus (HPV)

The number of Americans currently infected with the most common

by the Numbers: 79,000,000

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