

StallTalk

Volume 4 / Fall 2017
 Editor: Center for
 Health Education and
 Promotion staff

Coming Attractions!

Tables and Outreach:

Body and Mind Marauder Mondays
 Oct. 23 and 30; Outside
 Bookstore; 11 a.m.–12 p.m.

Prescription Drug Abuse Table
 Oct. 23; Outside Bookstore; 12–1 p.m.

Prescription Drug Abuse Outreach
 Oct. 24; Throughout Campus; 12–1 p.m.

Choices Wellness Wednesday
 Oct. 25; Outside Montour House; 11 a.m.–1 p.m.

Prescription Drug Disposal Drop Off
 Oct. 25; Outside Bookstore; 12–1 p.m.

#Bae-Goals Table
 Oct. 30; Outside Bookstore; 12–1 p.m.

Tipsy Tuesday Outreach
 Oct. 31; Outside Bookstore; 12–1 p.m.

Sex and Scores Outreach
 Oct. 31; SMC; 5 p.m.

Mental Health Awareness Wellness Wednesday
 Nov. 1; Outside Montour House; 11 a.m.–1 p.m.

Education Programs:

Sex and Chocolate
 Oct. 25; Club De'Ville; 7 p.m.

Not Fooling Me
 Nov. 2; SMC 202; 7 p.m.

Awareness Events:

Purple Carnival
 Oct. 26; SMC Robert L. Slabinski Atrium; 6–8 p.m.

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.cdc.gov

LAST EDITION:

Q: A sneeze occurs at about how many miles an hour?

A: 100

Source: http://www.medicinenet.com/quizzes_a-z_list/article.htm

HEALTH 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.

ELSIE S. SHENK

Center
for

Health Education
 @Promotion

Millersville University

CONTACT US

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Facebook: Peer Educators at MU

Twitter: Peer Educators at MU@PeersEducate

Snapchat: ChepMU

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"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do." ~Pele

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 a tactic 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 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/>



Meet the
Peer Educators:
Student
Spotlight

MARIA ACQUAROLA
 Senior, Biology Major

"I became a peer educator to help my peers make more informed and less risky choices."

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 .13
- 6 pints x 2 = 12 pints per week
- 12 pints = 6 quarts
- 6 quarts x 4 weeks per month = 24 quarts/month
- 24 quarts = 6 gallons per month (That's about 80% of a quarter barrel/month)
- 6 gallons = 8960 calories
- 8690 calories = 25 Cheeseburgers per month

If you want to learn more about your relationship with alcohol take the Alcohol Self-Assessment on the Counseling Center webpage at millersville.edu/counsel or contact the AOD Guy at John.Baltzer@millersville.edu or call 871-7821.

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 sit in front of our light boxes while completing work for a few times a week. 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.

Are you feeling Stressed?

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

- Monday–Thursday 10 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 Whitt.

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.

Stall Talk 321,003,271
 by the Numbers: 321,003,271

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

Source: <http://oceanservice.noaa.gov/facts/oceanwater.html>



Upcoming Intramural Deadlines

SPORT ENTRY DEADLINE

Twilight Leagues

Scheduled using participant's time preferences

Mon.–Thur.; 4–8 p.m.

Coed Fours Volleyball Oct. 24

Table Tennis — Singles Oct. 31

Sport Leagues

Offering Competitive & Recreation Leagues

Sun.–Thur.; 9 p.m.–12 am.

Coed/Men's/Women's Dodgeball Oct. 24

Sunday FUNday* — drop in for games, fun, and giveaways

On the Quad Every Sunday 12–2 p.m.

*No registration needed.

INFORMATION/QUESTIONS:

Campus Recreation Office: SMC 38 • 717-871-5665

Millersville University Intramurals @MU_Intramurals mu_intramurals



Ville After Dark

Friday, Oct. 20
 Halloween Bingo
 9 p.m.; SMC Galley

Saturday, Oct. 21
 Harry Potter Trivia
 9 p.m.;
 Robert L. Slabinski Atrium

Friday, Oct. 27
 Murder Mystery
 Dinner
 7 p.m.; Reighard MPR

Saturday, Oct. 28
 Stuff-A-Plush with
 Despicable Me 3 & Cars 3
 9 p.m.; Reighard MPR