

Volume 14 / **Spring 2018** Editor: Center for Health Education and Promotion staff



Tables and Outreach:

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

SRHR Dental Dam Outreach Apr. 24; Around Campus; 12 p.m.–1 p.m.

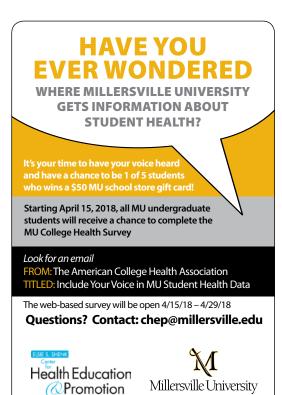
Extreme Drugs Wellness Wednesday Apr. 25; Outside SMC Bookstore; 11 a.m.–1 p.m.

EXAMine Your Stress Outreach Apr. 30; Around Campus; 12 p.m.–1 p.m.

Stress-Free Outreach May 3; Around Campus; 12 p.m.–1 p.m.

Awareness Events:

Body Monologues Apr. 26; SMC Robert L. Slabinski Atrium; 7 p.m.



TOGETHER STRON Thanks to Student Services, Inc. for donating school store gift cards. "There is no substitute for working hard." ~ Maria Bartiromo

Medical Marijuana Legalization in PA:

What You Want to Know

Under Act 16 of 2016 (the Pennsylvania Medical Marijuana Act or the Act), the term "medical marijuana" refers to marijuana obtained for a certified medical use by a Pennsylvania resident with a serious medical condition and is limited by statute in Pennsylvania to the following forms:

- Pill
- 0il
- Topical forms, including gel, creams, or ointments
- A form medically appropriate for administration by vaporization or nebulization, excluding dry leaf or plant form
- Tincture (liquid extract)
- Liquid

The Act defines a "serious medical condition" as any one of the following:

- Amyotrophic Lateral Sclerosis.
- Autism
- Cancer
- Crohn's Disease
- Damage to the nervous tissue of the spinal cord with objective neurological indication of intractable spasticity
- Epilepsy
- Glaucoma
- HIV (Human Immunodeficiency Virus) AIDS (Acquired Immune Deficiency Syndrome)
- Huntington's Disease
- Inflammatory Bowel Disease
- Intractable Seizures
- Multiple Sclerosis
- Neuropathies
- Parkinson's Disease
- Post-traumatic Stress Disorder
- Severe chronic or intractable pain of neuropathic origin or severe chronic or intractable pain in which conventional therapeutic intervention and opiate therapy is contraindicated or ineffective
- Sickle Cell Anemia

https://www.pa.gov/guides/pennsylvania-medical-marijuana-program/

Not on Campus:

At the federal level, marijuana remains classified as a Schedule I substance under the Controlled Substances Act, where Schedule I substances are considered to have a high potential for dependency and no accepted medical use, making distribution of marijuana a federal offense.

Use and possession is prohibited on campus even for those with a medical recommendation. **The Drug Free Schools and Communities Act** requires institutions that receive federal financial assistance to follow federal guidelines and also establish drug and alcohol abuse prevention programs for students and employees. For additional information campus substance abuse policies: www.millersville.edu/judicialaffairs.



Meet the Peer Educators: Student Spotlight ELYSSA YABKO Junior Music Education

"I became a Peer Educator to break the stigma that comes with mental illness."

News You Can Use:

420 got its name from which of the following?

- A. The number of the police code for a marijuana arrest.
- **B.** The time that students got blazed at San Rafael High School after detention in 1971.
- C. Because it coincides with the date of Earth Day.
- **D.** The date that students started the 4/20 Celebration at San Rafael High School in 1971.

Answer: B

When detention let out at 4:20, students gathered at the statue of Louis Pasteur and got blazed.

If you choose to use and you want to learn more about your relationship with alcohol and other drugs like pot, take the eTOKE Self-Assessment on the Counseling Center web page or contact the AOD Guy at the Counseling Center at John. Baltzer@Millersville.edu. or 871-7821.



HEALTHY OPTIONS

TO GO REFRIGERATOR

Chef Salad, Garden Salad, Caesar Salad with and without chicken, Gluten-Friendly Caesar Salad Variety of Hummus with Pretzels including Red Pepper and Black Bear

ty of Hummus with Pretzels including Ked Pepper and Black Br Hard Cooked Eggs

Mediterranean Quinoa or Mediterranean Rice Salad Apples, Bananas, and Oranges





YOGURT REFRIGERATOR

Variety of Yoplait Yogurt including: Greek 100 protein, Lo-Fat and Low-Fat Vanilla Three Varieties of Soy Milk

THE DELI

Garden Veggie Burgers, Whole Wheat Bread and Wraps, Gluten-Free Wraps, Flat Bread, Hamburger Rolls, and Multi-Grain Deli meats are Gluten-Free

Build Your Own FRUIT CUP - open 11am - 2pm

p.m.

Friday, 8 a.m.–4 p.m. By appointment only, call 871-5250.

HEALTH SERVICES

Monday thru Thursday, 9 a.m.–5 p.m.

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.



Source: www.higheredcompliance.org

Stall Talk 6,000

The number of pedestrian fatalities in 2017 due to distracted walking (put down those cellphones when walking!)

Source: www.nsc.org

Ville **After Dark**

Friday Apr. 20Saturday Apr. 21Friday Apr. 27BingoGame NightPaint Night9 p.m.; SMC Galley9 p.m.; Club D'Ville7 p.m.; SMC Galley



Trivia Question

LAST EDITION:

Q: What percentage of MU students reported feeling very safe on campus during the day? A: 91.3%

Source: 2016 MU National College Health Survey

Saturday Apr. 28 MOVIE: Insidious — The Last Key ley 9 p.m.; SMC Reighard Multipurpose Room

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