

StallTalk

"Education is not the filling of a pail, but the lighting of a fire." ~William Butler Yeats

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Editor: Center for
Health Education and
Promotion staff

Making Traditions HEALTHY

Try some of these smart substitutions for your favorite holiday meals.

- * Instead of butter, use a healthier vegetable oil or substitute equal parts unsweetened applesauce when baking.
- * Use a lower-calorie sugar substitute.
- * Use low-fat or skim milk instead of whole milk or heavy cream.
- * Instead of only white flour, use half white and half whole-wheat flour.
- * Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- * Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.
- * Use vegetable oils or soft margarine instead of butter.
- * Use whole-grain breads, rice and pasta instead of white.
- * Bake, grill or steam vegetables instead of frying.
- * Compare labels of your holiday ingredients, and choose products with lower amounts of sodium and added sugars.
- * Use spices, fresh herbs and citrus juice to flavor foods and drinks instead of excess salt and added sugars.

Source: <https://healthyforgood.heart.org/>

Trivia Question

Q: Approximately what percentage of death in the United States is attributed to chronic disease?

A: In the next edition of Stall Talk

LAST EDITION:

Q: True or False: Humans get an entirely new skeleton every 12 years?

A: True, Every 12 years, we humans have an entirely new skeleton due to the body's continual replacement of its bone cells.

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

Stall Talk 10 by the Numbers:

The number of human body parts that are 3 letters long

Source: <https://www.cs.cmu.edu/~bingbin/>

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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Instagram: peerseducate



Feeling Sleepy?

Sleep often is the first thing that busy people squeeze out of their schedules. Making time to sleep will help you protect your health and well-being now and in the future.

To improve your sleep habits, it also may help to:

- Go to bed and wake up at the same time every day.
- Try to keep the same sleep schedule on weeknights and weekends. Limit the difference to no more than about an hour. Staying up late and sleeping in late on weekends can disrupt your body clock's sleep-wake rhythm.
- Use the hour before bed for quiet time. Avoid strenuous exercise and bright artificial light, such as from a TV or computer screen. The light may signal the brain that it's time to be awake.
- Avoid heavy and/or large meals within a couple hours of bedtime. (Having a light snack is okay.) Also, avoid alcoholic drinks before bed.
- Avoid nicotine (for example, cigarettes) and caffeine (including caffeinated soda, coffee, tea, and chocolate). Nicotine and caffeine are stimulants, and both substances can interfere with sleep. The effects of caffeine can last as long as 8 hours. So, a cup of coffee in the late afternoon can make it hard for you to fall asleep at night.
- Spend time outside every day (when possible) and be physically active.
- Keep your bedroom quiet, cool, and dark (a dim night light is fine, if needed).
- Take a hot bath or use relaxation techniques before bed.

Napping during the day may provide a boost in alertness and performance. However, if you have trouble falling asleep at night, limit naps or take them earlier in the afternoon. Adults should nap for no more than 20 minutes.

Source: www.nhlbi.nih.gov

SEASONAL Affective Disorder

Seasonal affective disorder, or SAD, is a kind of depression that usually starts and begins around the same time each year. It usually is associated with symptoms starting in early fall and continuing into the winter months. Some symptoms are:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide

Having bad days is normal, but if you feel like you can't get motivated to do things you love for days in a row, notice a change in your behavior, or have thoughts of suicide, seek help from a friend or other resources such as:

National Suicide Hotline (available 24/7): 1-800-273-8255

Millersville Counseling (3rd Floor Lyle Hall): 717-871-7821

Light Box Therapy (Dr. Lisa House): 717-871-7821

Source: <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

MU Sexual and Dating Violence Website:
www.millersville.edu/sexualviolence



Meet the
Peer Educators:
**Student
Spotlight**

SIDNEY MILLER
Junior, Psychology Major

"I became a peer educator because of the important topics addressed that every college student should know, but don't."

News You Can Use:

Which of the following is true?

A: 29% of all college dropouts are alcohol related.

B: 38% of academic failures are alcohol related.

Answer: Both A and B

Think about the people you know who are struggling academically or have dropped out altogether. Were these the folks you saw in the library, working in study groups and whose "big picture" focus was on getting a quality education? Did they reduce stress and socialize in a way where they got all of the "Good stuff" and none of the "Less Good Stuff" from their relationship with alcohol and other drugs? Or, were they part of the small group whose focus was on partying three to seven days a week, who missed classes or went to class hung-over, or who spent the entire weekend drinking, sleeping, or recovering? This is the group whose mantra was "There is nothing to do at Millersville but party!" and who did so with a passion.

If you have any questions or wish to know more about the real deal about your relationship with AOD, take the alcohol or eTOKE Self-Assessment on the Counseling Center webpage at millersville.edu/counsel or contact the AOD Guy at John. BaltzerW@millersville.edu or 871-7821.

Coming Attractions!

Tables and Outreach:

World AIDS Day

Dec. 1; Juice Bar; 11 a.m.–1 p.m.

Stimulant Outreach

Dec. 11; Library; 8–11 p.m.



Upcoming Intramural Deadlines

SPORT

ENTRY DEADLINE

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, Dec. 1

Hershey Park
Candy Lane Trip
Bus departs at 6 p.m.

Saturday, Dec. 2

Pollyanna Bingo
9 p.m.; Galley

Friday, Dec. 8

Movie Night: Breakfast Club
Includes Midnight Breakfast
9 p.m.; Reighard Multipurpose Room, SMC

Saturday, Dec. 9

Ugly Sweater Party
with Gifts
9 p.m.; Galley