

StallTalk

Volume 2 / Fall 2016
 Editor: Center for
 Health Education and
 Promotion staff

Upcoming campus events:

SEPT. 15: Department of Athletics sponsored speaker: Joey DelSardo, former wide receiver at the University of Pittsburgh, shares his addiction to pain killers and the impact on his athletic and academic performance. 7 p.m. in Claire Hall in the Winter Center

SEPT. 28: My Life Sentence: Brandon's Dad, 7 p.m. Reighard Multipurpose Room, Student Memorial Center. Sponsored by Judicial Affairs and the Center for Health Education and Promotion.

SEPT. 15: The Pursuit of Truth: Adult Survivors of Child Sexual Abuse Seeking Justice Documentary Screening and Panel Discussion. A documentary film that exposes fundamental flaws in the justice system's treatment of adult survivors of child sexual abuse. Panel discussion to follow. Myers Auditorium, McComsey Hall, 6-9 p.m. Cost: Free (\$25 for 3 CEUs) Contact MU Ticketing Office at 717-871-7600 to reserve your tickets or reserve online at <http://muticketsonline.com>. Sponsored by the College of Social Work.

For additional event information visit:
www.millersville.edu/chep

LiveSafe: MU Safety App



Download the FREE for Campus Community LiveSafe Mobile from App Store or Google Play. Select Millersville University as your school. Students use LiveSafe for:

- **SafeWalk:** Connect to your friends by peer-to-peer location tracking with chat to monitor and talk as you move on or off campus.
- **Tips:** Text or phone tips to campus police and view safety maps.
- **Resources:** Receive campus notifications and access safety resources

Trivia Question

Q: This animal has 32 muscles in each ear?

A: In the next edition of Stall Talk

LAST EDITION:

Q: Wearing these for even an hour can increase the bacteria in your ear by 700 times?

A: Headphones.

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 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. Call for an appointment and pricing.

ELSIE S. SHENK

Center
 for
 Health Education
 & Promotion
 Millersville University

CONTACT US

Visit our website: www.millersville.edu/chep

Email us: chep@millersville.edu

Call us: 717-871-4141, or stop by the Montour House

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." ~Thomas E. Edison

Mindfulness

Mindfulness means paying attention in a particular way, on purpose, in the present moment and non-judgmentally. We can become aware of our thoughts, feelings, and actions without attaching judgment to them when we focus our minds on the present moment. It can also help us to embrace reality, instead of jumping around to the past and the future. There have been several studies done with college students that suggest that mindfulness leads to decreases in stress and anxiety, improvements in concentration and attention, and increases in self-awareness and overall emotional well-being. There are several ways to practice mindfulness including meditation, yoga and tai-chi. There are also ways you can practice mindfulness in your daily routine walking, taking a shower, and even brushing your teeth. Even practicing mindfulness for just a brief 5 to 10 minutes can improve your health.

Source: http://www.brown.edu/Student_Services/Health_Services/Health_

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by the Numbers: The percentage of MU first year students who never used a cigarette.

Source: MU National College Health Assessment, March 2016. N=282 first year students.

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 have any questions or wish to know more 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.Baltzer@millersville.edu or call at 871-7821.

2016–2017 Peer Educators



Upcoming Intramural Deadlines

SPORT	ENTRY DEADLINE
Coed Softball	Sept. 13
Coed/Men's/Women's Floor Hockey	Sept. 20
Coed Volleyball	Sept. 27
Coed/Men's/Women's Flag Football	Sept. 27

Twilight League

Coed/Men's/Women's Indoor 3 v 3 Basketball	Sept. 13
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Pre-Registration Tournaments

Capture the Flag	Sept. 20
Throwback Thursday	Every Thursday 12–1 p.m.

Register on a team or as a free agent on www.IMLeagues.com

INFORMATION/QUESTIONS:

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

Millersville University Intramurals @MU_Intramurals mu_intramurals



Coming Attractions!

Wellness Wednesdays:

Karlie's Angels: Red Zone Awareness

Sept. 14; Outside Montour House;

11 a.m.–1 p.m.

Alcohol and Other Drugs:

Alcohol Awareness

Sept. 21; Outside Montour House; 11 a.m.–1 p.m.

Sexual Responsibility and Healthy Relationships:

Condom Dart Board

Sept. 28; Outside Montour House; 11 a.m.–1 p.m.

Outreach:

Karlie's Angels Hunting Ground Outreach

Sept. 20; SMC, 12–1 p.m.

Breast Cancer Outreach

Sept. 29; SMC, Anchor and McNairy Library; 12:05 p.m.

Peer Education Programs:

Conquering College

Sept. 27; SMC 202; 7 p.m.

Events:

Karlie's Angels showing The Hunting Ground

Sept. 22; Reighard Multipurpose Room; 6:30 p.m.

First 6 Weeks Ice cream Social

Sept. 27; Quad, 6 p.m.



Ville After Dark

Friday Sept. 9

Paint Night
 7 p.m., SMC Galley

Saturday Sept. 10

BINGO — MU Swag
 9 p.m., SMC Atrium

Friday Sept. 16

Trivia Night/Movie
 9 p.m., SMC Atrium

Saturday Sept. 17

Emoji Stuff A Plush
 9 p.m., SMC Atrium