

**VOLUME 8**  
**FALL 2011**  
 Editor: **Deb Huslin**



Millersville University  
 SEIZE THE OPPORTUNITY



**ALCOHOL AWARENESS WEEK**

Monday 10/24

Tie Dye in the Quad from 3:30 to 4:30

\*Bring a white T-shirt!

Thursday 10/27

BYOB in SMC window room from 1:30 to 2:30

\*Come hungry and make a snack bag for free!

Friday 10/28

\*Discover what you can do to save a life and visit the Peer Health Educators behind the Washington house. Find out if you won a raffle prize!



"I never did a day's work in my life. It was all fun."

-Thomas Edison

Unable to read for most of his life, Edison did not let that stop him from becoming one of the most renowned inventors. He was sent home from school because he was deemed "too stupid to learn anything" and was dyslexic. Despite these obstacles, Edison persevered and developed the first incandescent light bulb after over 2,000 failed attempts. He has over 1,000 patents on other various inventions as well.

Weekly Trivia ? *What is the next number in this series?*  
 1, 4, 16, 64, 256, ?  
 Look for the answer in the next Stall Talk  
 Answer to last weeks trivia: The answer is 1

Meditation for Stress Relief - Free student sessions

Mondays, 12pm; SMC room 24

October: 24, 31

November: 7, 14, 28

December: 5, 12

\*Registration is not required and you do not need to attend all sessions to be a part of the program

Questions? Contact the Wellness Center at 872-3841 or wellnesscenter@millersville.edu

**NEWS YOU CAN USE!**

Which of the following is true?

- A) Marijuana is organic
- B) Regular pot use increases tolerance.
- C) Weed is a gateway drug.
- D) Doing a bowl affects your level of motivation, concentration and mood.
- E) You can become dependent on pot and Spice/K2 and truly have no idea.

Answer: All of the above.

In spite of what we learned from our friends when we were in middle and high school, regular weed use causes significant problems for many students. The more I smoke the more I need to smoke or the better bud I need to buy get the same effect. That's how you create tolerance and begin the progression of addiction. Most students who move on to a relationship with perc, vicodin, olys, opana, xanies, E, meth, or heroin, and worse yet become addicted to them, began with good old organic marijuana. "I'll do it later." "I'll do it tomorrow." "Why bother." are often repeated phrases for people who frequently enjoy a blunt or a bowl. Regular users rarely see the impact pot has on motivation, their ability to focus or on their level of irritability until they have stopped for a few weeks. If you don't believe that's possible try it. You can stop any time you want right? Does two weeks sound impossible? Hmm? Most folks who are harmfully involved with an addictive substance, including pot and it's more potent relative (Spice/K2) frequently have no idea they are dependent and their close friends can't see it because of their own relationship with pot. If you want to learn more or are concerned about your relationship with herb take the e-TOKE challenge on the Counseling Center web page or contact the AOD Counselor at John.Baltzer@Millersville.edu.

**Stall Talk By The Numbers**

43,000

the number of tons of food thrown away in the U.S. each day

www.cleanair.org



**VILLE after dark**

November 4

• Event: The Crash Moderns  
 8 p.m.; Club de Ville

November 5

• Movie: The Smurfs  
 9:30p.m. & Midnight  
 SMC, 24

November 11

• Open Mic Night  
 8 p.m. - 10 p.m.  
 Club de Ville

November 12

• Movie: Crazy Stupid Love  
 9:30 p.m. & Midnight  
 SMC, 24

All listed Saturdays; Midnight Breakfast @ 11:30pm; Upper Deck

Find yourself struggling to keep your relationships with friends and significant others afloat? This time of year can be very busy for many college students with tests, papers, and assignments to complete as well as the holidays coming up. Sometimes all of this stress building up can cause strain on our relationships. Here are some important things to consider in order to maintain healthy relationships. First, think back to how the relationship started in the first place, and what common interests brought you together. Try to focus on these and other shared interests as a way to stay connected. Secondly, remember that every person is different and no one is exactly like you. Learning to embrace and accept these differences will help you to relate better. Lastly, each person has something to offer in any type of relationship. Discover together what this is and concentrate on expressing it. Having healthy relationships with others can leave you feeling happier and better about yourself!



Source: (The Key to a Healthy Relationship by Warren Wong at : <http://www.whatithinkabout.com/the-key-to-a-healthy-relationship/>)

**Prevent Hearing Loss with These 3 Foods**

Have you heard? You can reduce the risk of age-related hearing loss by consuming more sweet potatoes, salmon, and almonds. Australian research has shown that key nutrients in these foods may help reduce the risk of age-related hearing loss.



Source: Real Age



**COMING attractions**

- Alcohol Awareness Week; October 24th thru the 28th
- Body Image Awareness Week; November 7th thru the 11th
- Stress Reduction/Mental Health Outreach; November 28th thru December 2nd

FOR ADDITIONAL INFORMATION ON EVENTS  
[WWW.MILLERSVILLE.EDU/WANDW](http://WWW.MILLERSVILLE.EDU/WANDW) or 872-3841

Health Services Fall 2011 Hours:  
 Monday thru Thursday, 8 a.m. to 6 p.m.  
 Friday, 8 a.m. to 4 p.m.

By appointment only, call 872-3250

Stall Talk is brought to you by your friendly neighborhood Wellness Center. The Wellness Center is located in the Montour House which is directly across the street from the SMC. For more information regarding the Wellness Center call 872-3841 or visit us online at: [www.millersville.edu/wandw](http://www.millersville.edu/wandw)