

StallTalk

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

Coming Attractions!

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.



HAVE YOU EVER WONDERED WHERE MILLERSVILLE UNIVERSITY GETS INFORMATION ABOUT STUDENT HEALTH?

It's your time to have your voice heard and have a chance to be 1 of 5 students who wins a \$50 MU school store gift card!

Starting April 15, 2018, all MU undergraduate students will receive a chance to complete the MU College Health Survey

Look for an email
FROM: The American College Health Association
TITLED: Include Your Voice in MU Student Health Data

The web-based survey will be open 4/15/18 – 4/29/18
Questions? Contact: chep@millersville.edu



Thanks to Student Services, Inc. for donating school store gift cards.

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

Website: www.millersville.edu/chep
Email us: chep@millersville.edu • **Call us:** 717-871-4141
Facebook: Peer Educators at MU
Twitter: Peer Educators at MU@PeersEducate
Snapchat: ChepMU
Instagram: peerseducate



"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
- Oil
- 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.

Source: www.higheredcompliance.org

Stall Talk 6,000 by the Numbers: 6,000

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

Source: www.nsc.org



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?

- The number of the police code for a marijuana arrest.
- The time that students got blazed at San Rafael High School after detention in 1971.
- Because it coincides with the date of Earth Day.
- 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.

THE ANCHOR

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 Bean
 Hard Cooked Eggs
 Mediterranean Quinoa or Mediterranean Rice Salad
 Apples, Bananas, and Oranges
 Gluten-Free Wraps

FRESH SUSHI

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

Trivia Question

Q: This fun summer activity can cause burns due to reaching temperatures of about 2,000 degrees — hot enough to melt some metals.

A: In the next edition of Stall Talk

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

Ville After Dark

Friday Apr. 20 Bingo 9 p.m.; SMC Galley	Saturday Apr. 21 Game Night 9 p.m.; Club D'Ville	Friday Apr. 27 Paint Night 7 p.m.; SMC Galley	Saturday Apr. 28 MOVIE: Insidious— The Last Key 9 p.m.; SMC Reighard Multipurpose Room
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