

StallTalk

Volume 1 / Fall 2018
Editor: Center for
Health Education and
Promotion staff

WELCOME BACK MU!

The staff at the Center for Health Education and Promotion would like to welcome you (and welcome you back) to campus as we start a new and exciting semester! We hope you take a few minutes to read Stall Talk — you can learn a lot in just a few minutes. Feel free to stop by the Center for Health Education and Promotion located at the Montour House which is across the street from the Student Memorial Center, to say hello, pick up health information, learn about upcoming events or to receive one of our free safer sex kits. We wish you a healthy, happy and successful semester!

Jayne Trogus — Director
Peer Educators

Coming Attractions!

Wellness Wednesdays:
Alcohol Awareness
Sept. 5; Outside Montour House
11 a.m.–1 p.m.



Trivia Question

Q: Who composed the state song
for Pennsylvania?

A: In the next edition of Stall Talk

Source: <http://www.pitt.edu/~poole/PATriviaScavenger.html>

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

Looking to read past editions of Stall Talk?
Find them on our 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



"Strength and growth come only through continuous effort and struggle." ~ Napoleon Hill

Campus Nutrition MADE EASY

It may seem like eating in the dining hall leaves students with unhealthy options that lead to the "Freshman 15," but this simply isn't true. Millersville, much like many college campuses, features lots of different delicious and nutritious options in the dining halls. The Upper Deck features plenty of fresh-cooked lean meats, fresh raw vegetables at the salad bar, a vegan section, cooked vegetables, fresh omelets, oatmeal, cereals, and grains such as rice and sometimes even quinoa. The Anchor has ready-made vegetable cups, salads, grain cups, healthy snacks such as popcorn and fruit, and even fresh sushi! Try some of these healthy eating tips:

- 1. Eat a good breakfast.** Studies show that skipping breakfast detracts from scholastic achievement.
- 2. Keep healthy snacks on hand.** This way, if hunger strikes during a late night study session, you won't be tempted by vending machine candy, chips or ice cream.
- 3. If you need to lose weight, do it sensibly.** Starvation and/or diets that offer a quick fix usually backfire and are harmful.
- 4. Limit your sugar intake.** Sugar provides calories in your diet but few other nutrients, and it contributes significantly to tooth decay.
- 5. Visit the dining hall salad bar.** The dining hall salad bar can be an asset to you. Of course, leafy greens, raw vegetables, and fresh fruits are beneficial.
- 6. Drink lots of water.** Your body needs at least eight glasses a day, and, if you exercise vigorously, you may need more.
- 7. Enjoy your food.** Food is a lot more than nourishment for our bodies, so take the time to enjoy and savor it!

Source: www.clarke.edu/campus-life/health-wellness/counseling/articles-advice/10-healthy-eating-tips-for-the-busy-college-student/

15 Habits of TOP College Students

The habits we develop can make or break us as students. To keep your stress level at a minimum and maintain well-being while being successful in college can be the ultimate struggle. Here are fifteen habits to develop to be your most successful, stress-free self:

- 1. Plan ahead** to prevent panic attacks and all-nighters.
- 2. Divide up your tasks** to make each day manageable.
- 3. Manage your surroundings** with proper study materials and supportive friends.
- 4. Don't kid yourself.** Be honest if you are actually studying or Snapchatting.
- 5. Manage your feelings** by focusing on positive achievements.
- 6. Challenge yourself** by being active in class and not zoning out.
- 7. Be persistent** and put in the extra time and effort when it's needed.
- 8. Don't cut corners,** even if you're tired or hungover, go to class.
- 9. Be open to feedback** to improve your work and your overall being.
- 10. Engage with your professors** by asking questions and using them as a resource.
- 11. Keep yourself in shape** by eating balanced meals, drinking enough water, exercising, and getting enough sleep.
- 12. Look out for #1.** Put your education first and don't be bullied into working extra shifts or doing extra things for others when you have things to get done yourself.
- 13. Visualize success** by having a goal to work towards.
- 14. Learn from experience.** Use setbacks as a way to be more successful in the future.
- 15. Aim High.**

Start making these actions habits and you will be a successful, stress-free student.

Source: <http://www.washcoll.edu/live/files/3704-the-15-habits-of-top-college-students.pdf>



Meet the Peer Educators: Student Spotlight

EMONIE REVIERE
Junior Psychology and
Sports Business Major

"I became a peer educator because I wanted to become a part of the MU community and also help my peers out along the way."

What is the Red Zone?

The Red Zone is the time period between the first day of the semester and the first break. This is especially important during the Fall Semester but applies to new students during Spring Semester as well. During this time Freshman and Transfer students are at a heightened risk for being the victim of sexual assault.



Stop!

- You or your partner is too intoxicated to gauge or give consent.
- Your partner is asleep or passed out.
- You hope your partner won't object and will let the intimacy progress.
- You intend to have sex no matter what.



Caution

- You're not sure what your partner wants or are getting mixed signals.
- You haven't talked about your intentions.
- You assume that you will do the same things as in the past and it'll be okay with your partner.



Go!

- Clear, knowing and voluntary consent has been given.
- Partners mutually decide how far to go.
- Partners clearly express their comfort levels.
- Your partner feels comfortable stopping at any time.

COMMUNICATION IS KEY IN ALL RELATIONSHIPS AND IN CONSENT!

Stall Talk 5000

by the Numbers: 5000
The number of hours the average 5 year old in America has spent in front of the T.V.

Source: <http://www.toptenz.net/10-unusual-statistics-life-modern-america.php>

A MILLERSVILLE UNIVERSITY AND YWCA LANCASTER PARTNERSHIP

SEXUAL ASSAULT ADVOCATE AVAILABLE

A YWCA LANCASTER SEXUAL ASSAULT ADVOCATE will be available at the Montour House (16 South George Street – across from the SMC) every Monday during the semester between 10 a.m. – 6 p.m. to provide confidential advocacy services for students who have experienced sexual violence.

SERVICES INCLUDE*

- Support and information for students, roommates, family members, and faculty/staff members
- Legal and medical accompaniment
- 24 hour rape crisis hotline: 717-392-7273 - assistance available by trained hotline advocates 24 hours a day, 365 days a year
- Information and referral services

*Services are free and confidential

To schedule an appointment, contact
Danielle Harvey at dharvey@ywcamlancaster.org

eliminating racism
empowering women
ywca

Millersville University
CENTER FOR HEALTH EDUCATION AND PROMOTION

A MILLERSVILLE UNIVERSITY AND DOMESTIC VIOLENCE SERVICES OF LANCASTER PARTNERSHIP

DATING & DOMESTIC VIOLENCE ADVOCATE AVAILABLE

An advocate from DOMESTIC VIOLENCE SERVICES OF LANCASTER will be available at the Montour House (16 South George Street – across from the SMC) every Tuesday from 1–4 p.m. to provide confidential services to individuals impacted by dating or domestic violence.

SERVICES INCLUDE*

- Support and information for students, roommates, family members, and faculty/staff members
- 24 hour hotline: 717-299-1249 - assistance available via phone by trained hotline counselors 24 hours a day, 365 days a year
- Information and referral services

*Services are free and confidential

To schedule an appointment, contact
MUadvocate@dvslanc.org

Domestic Violence
Services
Community Action Partnership

Ville After Dark

Friday, Aug. 31

Are You Smarter
than a Fifth Grader
9 p.m.; SMC Reighard
Multipurpose Room

Saturday, Sept. 1

Phillies Game
4 p.m.
Bus Pick-Up at SMC

Friday, Sept. 7

MU BBQ
9 p.m.
On the Quad

Saturday, Sept. 8

Roller Skating
8 p.m.
Bus Pick-Up at SMC