

# StallTalk

Volume 5 / Spring 2020  
Editor: Center for Health Education and Promotion

## Coming Attractions!

*Karlie's Angels*  
*Green flags Campaign*  
Feb. 27; SMC



### Wellness Wednesdays:

*Greeks*  
Feb. 26; Outside SMC University Store; 11 a.m.–1 p.m.  
*Sexual Responsibility*  
Feb. 12; Cumberland House; 11 a.m.–1 p.m.  
*Contraceptive Corner (free contraception)*  
Feb. 25; SMC Galley; 7–8 p.m.

### Outreach:

*Cocaine Outreach*  
Feb. 25; Library (Lobby Area); 6–8 p.m.  
*Birthday Party Outreach*  
Mar. 6; Outside SMC University Store; 11 a.m.–1 p.m.

### Information Table:

*Student Resources with Wellness Advocate*  
Feb. 28; Outside SMC University Store  
*Student Resources with Wellness Advocate*  
Mar. 4; Outside SMC University Store

### Upcoming Campus Events:

*Carter G. Woodson Lecture*  
Feb. 24; Winter Center Claire Performance Hall; 7:30 p.m.  
*How to Ensure Successful Mentoring Relationships with Lindsey Pollak*  
Feb. 27; SMC Reighard Multipurpose Room; 4–5 p.m.  
*Her Carnival*  
Mar. 2; SMC Reighard Multipurpose Room; 4:30–8:30 p.m.

### 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.

**Free student flu shots still available!**

### Health Services Testing Fees:

Gonorrhea, Chlamydia, HIV and Syphilis: \$40  
Gonorrhea and Chlamydia: \$15  
HIV and Syphilis: \$25 • HIV: \$15 • Syphilis: \$10

ELSIE S. SHENK

Center for Health Education & Promotion  
Millersville University  
Division of Student Affairs and Enrollment Management

### CONTACT US

Looking to read past editions of Stall Talk?  
Find them on our website: [www.millersville.edu/chep](http://www.millersville.edu/chep)  
Email us: [chep@millersville.edu](mailto:chep@millersville.edu) • Call us: 717-871-4141  
Twitter: @Educatepeers  
Instagram: peerseducate



"There are no shortcuts to any place worth going." ~ Beverly Sills

## Catch It Quickly

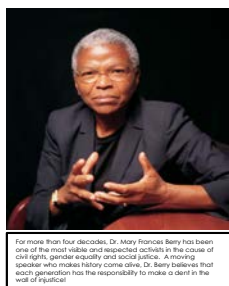
Learn **AMERICAN SIGN LANGUAGE** meetings every Thursday in McComsey Room 132 at 7:30 p.m.

## MIND your Health

**ADDICTION SUPPORT GROUP**  
every Thursday at 3 p.m. on the third floor of Lyle Hall.  
**FREE MASSAGE CHAIR SERVICES** at Health Services.  
Must schedule an appointment.  
**PET THERAPY** offered every Tuesday from 10 a.m. to 12 p.m on the third floor of Lyla Hall.

## 2020 Carter G. Woodson Lecture

Black Heritage Month Featured Event



### "History Teaches Us to RESIST!"

Featuring  
**Dr. Mary Frances Berry**  
Author, activist, educator and historian

Monday, February 24<sup>th</sup>, 2020  
7:30 p.m.

Clair Performance Hall  
Winter Center - Millersville University

Free and Open to the Public  
Tickets are Required

### SPONSORS

Office of the Provost/Academic Affairs  
Division of Student Affairs and Enrollment Management  
Dr. Rita Smith Wade-El Intercultural Center  
African American Student Department  
Office of Diversity and Social Justice  
President's Commission on Cultural Diversity and Inclusion

Millersville University

Millersville University is an Equal Opportunity/Affirmative Action Institution.  
A Member of Pennsylvania State System of Higher Education. [www.millersville.edu](http://www.millersville.edu)



## HOW TO ENSURE SUCCESSFUL MENTORING RELATIONSHIPS

FEBRUARY 27, 2020 – 4-5 p.m.

LIGHT REFRESHMENTS WILL BE SERVED  
STUDENT MEMORIAL CENTER, REIGHARD MULTIPURPOSE ROOM  
Sponsored by Millersville University's Mentorship Office



In this interactive, action-oriented session, Lindsey Pollak, New York Times bestselling author, shares strategies to help you succeed.

- Discover the most common points of generational conflict related to communication, feedback, benefits, career pathing and more — and specific tactics to overcome them
- Obtain actionable strategies to strengthen your own generational understanding and learn how to strengthen cross-generational relationships
- Discover best practices from successful mentor-mentee pairs
- Master specific, tactical strategies for making every mentoring interaction productive and positive

Please register in advance at [www.millersville.edu/mentorship/events.php](http://www.millersville.edu/mentorship/events.php).

## Trivia Question

Q: What is the loudest animal on Earth?

A: In the next edition of Stall Talk

LAST EDITION:

Q: How many historically black colleges are there in the United States?

A: 107

Source: <https://www2.ed.gov/about/offices/list/ocr/docs/hq9511.html>

## Stall Talk 91.2

by the Numbers: 91.2  
The percentage of Millersville Students who report feeling overwhelmed by all they had to do within the last 12 months.

Source: Millersville University Spring 2018 American Health Association-National College Health Assessment I



Meet the Peer Educators:  
**Student Spotlight**

LISA CONOLLY  
Major: Sociology

"I became a peer educator for the opportunity to connect with my peers about important topics that can sometimes be hard to talk about."

## The Importance of Sleep to Your Mental Well Being

Individuals who lack sleep are 18 times more likely to have clinical depression and 17 times more likely to have clinical anxiety. The average college student only gets about 5 to 6 hours of sleep every night. However, studies show that individuals need approximately 7 to 9 hours of sleep every night. To be at the top of your game, follow a few of the recommendations below to ensure you get regular, quality sleep — even if it isn't the recommended 8 hours or more.

### Recommendations to improve your sleep:

- Create a nighttime routine by repeating the same process every night. For example, shower first, brush your teeth, read, and then sleep.
- Avoid drinking caffeine after 3–4 p.m., as its effects can last up to 6 hours.
- Stop drinking liquids about 1 to 2 hours before bed, so that you are less likely to wake up throughout the night.
- Increase natural light exposure during the day and decrease blue light exposure at night.
- Set consistent times to wake up and go to sleep, as our bodies rely on consistency for a regulated circadian rhythm.
- Avoid smoking cannabis, because it can decrease REM sleep, create sleep fragmentation and increase slow-wave sleep.

Sources: [https://www.health.harvard.edu/newsletter\\_article/sleep-and-mental-health](https://www.health.harvard.edu/newsletter_article/sleep-and-mental-health)  
<https://www.mdedge.com/chestphysician/article/167690/sleep-medicine/impact-marijuana-sleep-not-well-understood>



### SPORT

### Sport Leagues

Women's Basketball vs Lock Haven  
Pucillo Gym ..... Sat., Feb. 29; 1–3 p.m.  
Men's Basketball vs Lock Haven  
Pucillo Gym ..... Sat., Feb. 29; 3–5:30 p.m.  
Softball vs Lock Haven  
Seaber Softball Stadium..... Wed., Mar. 4; 4:30 p.m.  
Women's Tennis vs Wilmington  
McComsey Tennis Court ..... Fri., Mar. 6; 2–5 p.m.

### ENTRY DEADLINE

INFORMATION/QUESTIONS:

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

Millersville University Intramurals @MU\_Intramurals mu\_intramurals



## University Activities Board

Friday, Mar. 6

MOVIE: Rocketman  
9 p.m.; South Great Room

Saturday, Mar. 7

Karaoke  
9 p.m.; Club D'Ville