

# StallTalk

Volume 6 / Spring 2020  
 Editor: Center for  
 Health Education and  
 Promotion

## Coming Attractions!

**Clothesline Project**  
 Mar. 13–31; Cumberland House

**Wellness Wednesdays:**  
*Alcohol and other Drugs*  
 Mar. 11; Outside SMC University Store;  
 11 a.m.–1 p.m.  
*Contraceptives Corner*  
 Mar. 10; SMC Galley; 7–8 p.m.

**Outreach:**  
*Cheers Campaign*  
 Mar. 12; Outside SMC University Store; 11 a.m.–1 p.m.  
*Mid Term Check In*  
 Mar. 13; Byerly Lounge in Leuk Hall; 9–11 a.m.

**Upcoming Campus Events:**  
*International Women's Day Celebration*  
 Mar. 9; WVPAC-121, Clair Performance Hall; 6–9 p.m.  
*Reversing Roe — Movie Screening*  
 Mar. 11; Caputo Hall 210; 6–9 p.m.  
*1st Annual School Counseling Conference*  
 Mar. 12; Gordinier Hall; 8:30 a.m.–3:30 p.m.

## Trivia Question

Q: What popular sitcom is known for the character "Uncle Jesse"?

A: In the next edition of Stall Talk

LAST EDITION:

Q: What is the loudest whale on Earth?

A: The Sperm Whale

Source: <https://bestlifeonline.com/genius-trivia-questions/>

### 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



"You'll never find peace of mind until you listen to your heart." ~ George Michael

## Catch It Quickly

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

## MIND your Health

### Let's Get Physical!

Making time to share consensual physical affection with our friends, family, pets and partners can do wonders for our mental well-being.

- Simple, warm touch triggers the release of oxytocin ("the love hormone"), which can lower heart rate, blood pressure, and stress hormones and increase feelings of trust, security, and compassion.
- The health benefits of touch can be enjoyed by both giver and receiver.
- Experiencing deprivation of touch can lead to "skin hunger", which is connected to serious mental health problems such as loneliness, anxiety, and depression.
- You can get the health benefits of touch so many ways. Considering making time for more: massages, pedicures, handshakes, hugs, hand holding, head scratches, sexual intercourse, kisses, and furry friend cuddles!
- Remember physical touch can be extremely beneficial when it is used appropriately. It is always best to ask permission first before extending a gesture of touch.

### The semester can be a stressful time, so take full advantage of spring break with some important Self-Care

SUGGESTIONS FOR REPLENISHING OVER THE BREAK:

- Take a Walk
- Exercise
- Laugh
- Read a REAL Book
- Eat Well
- Breath
- Opt-out
- Nap
- Disconnect from Social Media

**DMAX CLUB AT MILLERSVILLE**

**DMAX**

**Conversations That Connect**

DMAX Clubs are for all students who care about mental health for themselves and others, and want to participate in mental health-related conversations that matter.

**JOIN US!**  
 3/11, 4/1, 4/8, 4/29  
 8 PM  
**SMC 18 (LOWER LEVEL)**

For more information on DMAX, please contact [dmaxmillersville@gmail.com](mailto:dmaxmillersville@gmail.com)  
 @dmax\_mu  
<https://www.dmaxfoundation.org/>

## Stall Talk 82.8

by the Numbers: 82.8  
 The percentage of Millersville Students who report having good, very good, or excellent health.

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



## Meet the Peer Educators: Student Spotlight

**JOVAN COSBY**  
 Major: Communications and Social Work

"To educate more men to become aware of sexual assault and domestic violence."



Women's Lacrosse vs. West Chester Biemesderfer — Chryst Field . . . . . Fri., Mar. 13; 4–6:30 p.m.  
 Baseball vs. Lock Haven Field — Cooper . . . . . Sat., Mar. 14; 12–5 p.m.  
 Women's Lacrosse vs. Kutztown Biemesderfer — Chryst Field . . . . . Tues., Mar. 17; 4–6:30 p.m.  
 Baseball vs. Mercy College Field — Cooper . . . . . Sat., Mar. 21; 1–6 p.m.

INFORMATION/QUESTIONS:

**Campus Recreation Office:** SMC 38 • 717-871-5665  
 Millersville University Intramurals @MU\_Intramurals mu\_intramurals



## Academic Advising Workshop

In this workshop, you will learn how to

- access your degree audit report
- make an advising appointment with a Success Coach
- use Schedule Builder
- register for classes

Workshop dates

- Mon. March 25<sup>th</sup> 12:00-1:00pm
- Tues. March 31<sup>st</sup> 2:00-3:00pm
- Wed. April 1<sup>st</sup> 12:00-1:00pm
- Mon. April 6<sup>th</sup> 2:00-3:00pm
- Wed. April 8<sup>th</sup> 12:00-1:00pm



Use QR Code to Register!

Workshop location

McComsey 235

Presented by

**Department of Academic Advisement & Student Development**  
 Lyle Center | 329A + 329B | 40 Dilworth Road | 717.871.5333 | College of EDHS  
 McComsey Center | 236 + 236A | 43 East Frederick Street | 717.871.7651 | Colleges of AHSS and Business  
 McNairy Center | 503 + 504 | 9 North George Street | 717.871.7603 | Exploratory Program  
 Nichols Center | 102 + 105 | 18 Creek Drive | 717.871.7648 | College of Science & Technology

Questions?

Email Dr. Margaret Mbindyo at [Margaret.Mbindyo@millersville.edu](mailto:Margaret.Mbindyo@millersville.edu) or Emily Klick at [erklick@millersville.edu](mailto:erklick@millersville.edu). We look forward to seeing you!

## CELEBRATE RESPECT AFFIRM WOMXNNNESS

Millersville University celebrates the accomplishments, contributions, and the daily impact womxn have: raising consciousness and knowledge of the greatness of WOMXNNNESS!

### WHY "X" AND NOT "E"

We replace the "e" in women with an "x" to:

- highlight that womxn are individuals separate from their relationship with men.
- acknowledge how being a womxn of color, from the global south, trans, person with a disability, and other social locations are politicized.

### WHY MARCH?

Women's History Month started in 1981 as a week long observance. Congress continued to pass resolutions designating a month in March as "Women's History Week". In 1987, the National Women's History Project pressured Congress to extend Women's History for the entire month of March. The first Women's History Month was March of 1988 and it now includes International Women's Day on March 8th to celebrate women across the globe.

