2011

UA12/4 Stall Street Journal, Vol. 3

WKU Health Services

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Laundry Tips & Etiquette
- Remove your laundry promptly.
- Do not borrow soap and quarters.
- Clean the lint trap after every wash.

Ways to Commit to Stay Fit
Wed., Sep. 15
6-7 DUC 340
wkũ.edu/healthservices/ passport-to-wellness

Bathroom Do's and Don'ts
- Always flush.
- Do not urinate on toilet seat or in shower.
- Wipe up water around the sink after you wash your hands.
- Rinse the sink after you brush your teeth.
- Don't cut your hair in the bathroom
- Sweep up your hair if you shed.
- Always wear shower shoes.
- Wear a robe to the shower.

Contact Lens Care
- Wear your contact lenses as prescribed.
- Always wash your hands before handling your contact lenses.
- Clean your contact lens case.
- Never use plain water directly on your contact lenses.
- Clean your contact lens by rubbing it gently with your finger in the palm of your hand.
- Never wear another person's contact lenses, especially if they have been worn before.
- Contact lenses may cause your eyes to become sensitive to sunlight. Wear sunglasses or a hat.
- Don't sleep with your contact lenses unless you have "Extended Wear" contacts!
- Put in your contact lenses before applying makeup to avoid contaminating your contact lens.

Good Roommate Etiquette
- Clean up after yourself.
- Be quiet when your roommate is studying.
- Never wake a sleeping roommate.
- Don't use your roommate's stuff without permission.
- Don't lock your roommate out during a visit from boyfriend/girlfriend.
- Never get physical when your roommate is around, even if he or she is asleep.
- Never gossip, make fun, OR spread secrets about your roommate.

Budgeting Tips
- Create a budget.
- Know your spending habits.
- Gather your pay stubs, tax returns, credit card statements, loan statements, receipts, insurance bills, etc., to help you get started.
- Avoid the red. Find ways to cut back.
- Determine your wants and needs.
- Reward yourself by putting money into savings.
- Expect the unexpected.

Communication Rules
- Stay focused.
- Listen carefully.
- Try to see other's point of view.
- Respond to criticism with empathy.
- Take time out when reaching a heated argument.
- Ask for help if you need it.

Avoid Homesickness
- It's normal to feel homesick.
- Keep busy and you'll find yourself missing home less. Find out what kinds of student activities are available.
- Make friends.
- Get to know your roommate.
- Stay in touch with family and friends back home.
- Talk to your RA.
- If needed, talk to a counselor (located on the 4th floor of Potter Hall).
- If your room is cozy and comfortable, it will feel more like home so start decorating.
- Give yourself time to adjust.

Source: www.webmd.com/eye-health/caring-contact-lens

Source: stress.about.com/od/relationships/ht/healthycomm.htm

Source: www.suite101.com

Source: www.citizensbank.com/student-loans/budgeting.aspx

Source: www.student-affairs

Source: www.suite101.com

Source: collegeuniversity.suite101.com/article.cfm/college_students_and_homesickness
Alcohol Poisoning
Know the Signs and Symptoms

- Unconscious or semi-consciousness.
- Slow breaths of 8 or less/min.
- Lapses between breaths of more than 3 seconds.
- Cold, clammy, pale or bluish skin.

Now What?
- Turn the person on their side so he/she does not choke.
- Stay with the person. Do not let them sleep it off or pass out.

**If the person has these signs or symptoms call 911.**

Source: www.brad21.org/alcohol_poisoning.html

Know the Laws

- The Drinking age is 21.
- The legal limit is .08 for someone 21 or over and .02 for someone underage. Both of these can lead to a DUI.
- A DUI can cost you a fine of $200 to $500, your license, 48 hours to 30 days of community service, 90 day substance abuse program and jail time.
- An open container of alcohol in a vehicle is illegal. It can cost a minimum of $35 and at least 30 days of imprisonment.
- A person can be charged with public intoxication when they have been drinking and are endangering themselves, others or being a public nuisance.

For WKU Policies go to: www.wku.edu/healthservices/drug-alcohol-policy-page

Sources:
* highwaysafety.ky.gov/files/tip_sheets/
* impaireddriving.pdf
* publicintox.com/Kentucky-alcohol-intoxication/

35% of WKU students determine in advance not to exceed a set number of drinks.

~ Lock your door when you leave and when sleeping.
~ Do not leave notes on your door stating that no one is home or when you will return.
~ Keep wallets, purses, checks and money out of sight and locked up, if possible.
~ Keep a record of all your valuable items with descriptions, serial numbers, and dollar values of all items.
~ Do not loan your keys to anyone and do not attach your keys to your University ID.
~ Do not open your door unless you know who is on the other side, especially at night.
~ Do not allow others to tailgate you when entering the building.

Source: www.sandiego.edu/safety/residence_hall.php

Be Proactive with Safety

~ Never walk alone, use the buddy system. Be aware of your surroundings.
~ Park in well lit and busy areas. Scan the area when you park.
~ Be familiar with locations of emergency Telephones on campus.
~ Report all suspicious persons and activities to the police at 270-745-8770.
~ Carry your purse or book bags close to your body.
~ Be alert and look around when using ATMs.
~ Do not use shortcuts through alleys.
~ Always let someone know where you are going and what time you expect to return.
~ Have the campus police number (270-745-2243) in your phone.

Source: www.ncat.edu/~newsinfo/announcements/safety.html

Get Quit Clinics

Free 1 hour workshop that gives tips, tools, and resources to get you on your way to being a former smoker.

@ 3:00 & 6:00 in DUC 340 on Wed., Sep. 22 & Thu., Sep. 23
www.wku.edu/healthservices/GetQuit-Clinic

Fun Facts: A sucess factor isn't your mouth at over 200 m.p.h.
www.funtwobeta.com/fun-facts/Funny-twine-facts.html

Source: www.indiana.edu/~engs/hints/holiday.html

Source: www.brad21.org/alcohol_poisoning.html

FBI's to Living Wise
~ Lock your door when you leave and when sleeping.
~ Do not leave notes on your door stating that no one is home or when you will return.
~ Keep wallets, purses, checks and money out of sight and locked up, if possible.
~ Keep a record of all your valuable items with descriptions, serial numbers, and dollar values of all items.
~ Do not loan your keys to anyone and do not attach your keys to your University ID.
~ Do not open your door unless you know who is on the other side, especially at night.
~ Do not allow others to tailgate you when entering the building.

Source: www.sandiego.edu/safety/residence_hall.php

Did you know?
Free ESCORT Service by WKU Police
~ This is for on-campus use only.
~ Call 270-745-3333.
~ Free Provide-A-Ride.
~ This is to reduce drinking and driving.
~ Available from 10:00 PM until 3:00 AM, Tu.–Sat.
~ Show your current WKU ID.
~ Call or text 270-745-7777.

"Ways to Commit to Stay Fit" by: Jarka Voracova,
Exerision Coordinator
Wed., Sep. 15
6-7 DUC 340
www.wku.edu/healthservices/passport-to-wellness
**Credit Card Basics**
- Build your credit history by using credit cards wisely.
- Keep track of your expenses.
- Using a credit card is similar to taking out a loan.
- Do not exceed your credit limit.
- Before you use it, plan how you are going to pay back these items.
- Pay your bills on time.
- Know the pitfalls of special offers and rewards programs.
- Use layaway instead of credit.

*Source: [www.studentfinance.com/credit_cards/student_credit_card.aspx](http://www.studentfinance.com/credit_cards/student_credit_card.aspx)*

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**Set Financial Goals**
- Plan ahead for your sources of income and expenses.
- Keep a daily log of what you are spending.
- Adopt a spending plan at the start of your first semester & aim to stick to it.
- It's ok to juggle with your finances in the beginning.
- Make a plan to leave college without credit card debt.
- [Youngmoney.com](http://www.youngmoney.com) has financial calculators for your goals.

*Source: [www.financialplan.about.com/](http://www.financialplan.about.com/)*

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**Did You Know?**
8.5% of college students drop out of college due to money-related issues.

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**MONEY MANAGEMENT**
- Be frugal now and live like a student.
- Show your student ID for discounts.
- Keep one credit card & use sparingly.
- Do not carry credit card instead carry cash.
- Be aware of interest rates.
- Save your change in a piggy bank.
- Keep a personal budget.
- Build an emergency fund by saving a few dollars a month.
- Pay your bills on time. Use your planner to keep track of the due dates.
- Spread out your expenses.
- Plan your meals out for the week so you are less likely to eat fast food.
- Divide common expenses with your roommate.
- Visit mint.com, it will send alerts to you by email or text about your accounts.
- Put your cash in envelopes for different expenses (i.e. food, entertainment, & gas).

*Source: [www.moneymangementtips.com](http://www.moneymangementtips.com)*

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**Time is on your side**
- You are never too young to begin investing.
- You have an advantage over other investors, which is time. Time really is money!
- As little as $20 a month can add up to thousands in a few years pending interest rates.
- Have part of your paycheck directly deposited into a separate savings account. You won’t miss what you don’t see.
- Go ahead, make the right decision for the future.


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**Free HIV Testing**
- Tue. Oct 19th
- 10:00 am-3:30 pm
- Health Services

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**Social Fun Without Coming Undone**
- Wed. Oct. 13
- DUC 340
- 6 pm

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**Eating Healthy on Campus: Campus Walking Tour**
- Tue. Oct. 12
- Health Services Lobby
- 6 pm

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**Free Hot Chocolate & Snack!!**
- Free prizes at every session!!!

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**Get Started:** Visit youngmoney.com it provides everything you need to start investing.
Fiber
- It is shown to decrease risk of coronary artery disease.
- Excellent sources of fiber include: navy beans, black beans, lima beans, cereals, and breads.

22% of WKU students have 3-4 servings of fruits and vegetables per day. Spring 2010 NCHA Data

Vitamin A
- Keeps eyes and skin healthy and protects against infections.
- Excellent fruit & vegetable sources: sweet potatoes, pumpkin, carrots, spinach, and turnip greens.

90% of WKU students are getting at least 1 serving of fruits and vegetables per day.

Potassium
- May help to maintain a healthy blood pressure.
- Excellent fruit & vegetable sources: sweet potatoes, tomato paste, lima beans, cooked greens, and bananas.

66% of WKU students have 1-2 servings of fruits and vegetables per day. Spring 2010 NCHA Data

Vitamin C
- Helps heal cuts and wounds and keep teeth and gums healthy.
- Excellent fruit & vegetable sources: red and green peppers, kiwi, strawberries, cantaloupe, broccoli, pineapple, oranges, mangos.

How to Avoid the Freshman 15
* Avoid/minimize eating unhealthy food.
  - Try to stay away from sweets such as ice cream, cookies, fried foods, cream cheese, chips & donuts.
  - Set a goal to eat fast food no more than 2-3 times a week.
  - Practice leaving food on your plate, order lunch size meals, use smaller plates, and when eating out choose healthier options.
* Avoid drinking excessive amounts of alcohol.
  - Empty calories in alcohol can lead to excessive weight gain.
  - One beer has the same number of calories as a hotdog (approximately 150 calories).
  - Excessive drinking also causes some people to eat late at night.
* Avoid eating food late at night.
  - The typical food of choice at 1 or 2 am is pizza.
  - Because it is easy to obtain, cheap, and satisfying.
* Don't keep unhealthy snacks in your dorm room.
  - Chips, cookies, crackers, doughnuts, and chocolate all go straight to your body in the form of fat.
  - Don't eat out of the bag/box.
  - Buy snack-sized packages
* Eat more healthy foods.
  - The first step is to change your current eating habits.
  - Try to start swapping out alternatives for the typical unhealthy foods that you eat (i.e., baked chips and light popcorn).
  - Try to eat carrots, pretzels, peanut butter (in moderation) fruit, low fat yogurt and low fat granola.
  - Minimize sodas, i.e., if you are drinking 2-3 sodas a day, switch to 1 soda every day or every other day.

Events Coming Soon!!!

Free HIV Testing
Tues., Oct. 29
10 am - 1:30 pm
@ Health Services

"Dorm Diet on a Dime"
Tues., Oct. 26
6-7 pm Health Services Lobby

"Coping so You're not Moping"
Presented by Betsy Pierce Outreach Coordinator
Wed., Nov. 17
6-7 pm DUC 360

Chicken Salad Recipe
2 cups chopped cooked chicken
1/4 cup nonfat plain yogurt
2 teaspoons mustard
3 tablespoons chopped celery
1/4 cup chopped seedless grapes
Salt and freshly ground black pepper

Combine all ingredients and stir until well mixed. Refrigerate or serve immediately.

Source: Kentucky College Cookbook

Source: www.freshman15.com/healthy-eating-guide.php
**Effects of Alcohol**
- Increased risk of cancer of mouth, liver, esophagus, throat, or colon.
- Risk for sexual and physical assault.
- Legal problems.
- Abuse of other drugs such as cigarettes.
- Unintentional injuries and death.

**Tailgating**

http://www.tailgatermonthby.com/gametips/alcoholsafety.html

- Have non-alcoholic beverages as well and provide food.
- Don't promote alcohol as center event.
- If you are over 21 and choose to drink, consume one drink within one hour.
- Make sure the designated driver had nothing to drink when leaving.
- Don't mix your alcohol with any forms of prescription drugs.

**Ways to have fun without alcohol**
- Find a hobby.
- Have a dinner party with friends.
- Movie night.
- Board games.
- Outdoor activities.

**Why Alcohol isn't a good stress reliever?**
- Alcohol triggers stress hormone (cortisol), causing more stress.
- Alcohol makes you feel lazy.

*Passport to Wellness*

"Coping so You're not Moping"

Presented by Betsy Pierce

Outreach Coordinator

November 17

6:00-7:00 p.m.

DUC 340

*Fireside Chat*

"Portion Distortion"

Presented by Amy Meador

Registered Dietitian

Oct. 26

6-7 p.m Health Services Lobby

*Free HIV Testing Tuesday*

Nov. 30, 10-3:30 @ Health Services

*Don't be a Statistic!*

- 40 alcohol violations on campus since semester has begun.
- 22 arrests at WKU 1st home football game.
- 15 alcohol-

**Calorie Chart**

<table>
<thead>
<tr>
<th>Type of Drink</th>
<th>Ounces</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budweiser Beer</td>
<td>12</td>
<td>140</td>
</tr>
<tr>
<td>Bud Light Beer</td>
<td>12</td>
<td>110</td>
</tr>
<tr>
<td>Miller Light Beer</td>
<td>12</td>
<td>96</td>
</tr>
<tr>
<td>Merlot, red wine</td>
<td>4</td>
<td>95</td>
</tr>
<tr>
<td>Chardonnay, white wine</td>
<td>4</td>
<td>100</td>
</tr>
<tr>
<td>Champagne</td>
<td>4</td>
<td>105</td>
</tr>
<tr>
<td>Margarita</td>
<td>5</td>
<td>550</td>
</tr>
<tr>
<td>Mudslide</td>
<td>4.5</td>
<td>417</td>
</tr>
<tr>
<td>Long Island Iced Tea</td>
<td>8</td>
<td>380</td>
</tr>
<tr>
<td>Pina Colada</td>
<td>6</td>
<td>293</td>
</tr>
<tr>
<td>Rum and Diet Coke</td>
<td>6</td>
<td>65</td>
</tr>
<tr>
<td>Mike's Hard Lemonade</td>
<td>12</td>
<td>240</td>
</tr>
<tr>
<td>Jager Bomb</td>
<td>9</td>
<td>213</td>
</tr>
<tr>
<td>Bacardi Silver Drinks</td>
<td>12</td>
<td>225</td>
</tr>
<tr>
<td>Bacardi Silver low Carb</td>
<td>12</td>
<td>94</td>
</tr>
</tbody>
</table>

The alcohol in drinks of either low alcohol content (below 15%) or high alcohol content (over 30%) tend to be absorbed into the body more slowly.

http://www.2.potsdam.edu/hansondj/funfacts/

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**Spring 2010 NCHA Statistics:**
- 78% of WKU students eat before and/or during drinking.
- 80% of WKU students stay with the same group of friends the entire time drinking.
- 57% of WKU students keep track of how many drinks they consume.

http://www.collegedrinkingprevention.gov

**Signs & Symptoms of Alcohol Poisoning**
- Mental confusion.
- Vomiting.
- Seizures.
- Irregular breathing.
- Low body temperature.

If any suspicion:
- Call 911 for help.
- Do not wait for all symptoms to be present.

**Safe Drinking Tips:**
- Drink plenty of water.
- Eat well before you drink.
- Try not to mix your drinks.
- Show up later than usual to minimize drinking time.

http://thesite.org/drinkanddrugs/drinking/responsibledrinking/safedrinking
Handwashing Tips:

1. Wet your hands with running water and apply soap. Use warm water if it is available.
2. Continue rubbing hands for 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
3. Rinse hands well under running water.
4. Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

The Cold vs. The Flu

**Cold**
- Fever - Rare
- Aches - Slight
- Chills - Uncommon
- Tiredness - Mild
- Sudden Symptoms - Symptoms appear gradually
- Coughing - Dry, productive cough
- Sneezing - Common
- Stuffy Nose - Common
- Sore Throat - Common
- Chest Discomfort - Mild to moderate
- Headache - Uncommon

**Flu**
- Fever - Usually Present
- Aches - Usual, often severe
- Chills - Fairly common
- Tiredness - Moderate to severe
- Sudden Symptoms - Symptoms can appear within 3-6 hours
- Coughing - Dry, unproductive cough
- Sneezing - Uncommon
- Stuffy Nose - Uncommon
- Sore Throat - Uncommon
- Chest Discomfort - Often severe
- Headache - Common

**Flu Symptoms**
- Fever
- Cough
- Fatigue
- Sore throat
- Runny or stuffy nose
- Headaches
- Muscle or body aches
- Vomiting/Diarrhea

12% of WKU students reported that they received a lower grade on an exam, or an important project; received a lower grade in the course or received an incomplete/dropped the course because of the Cold/Flu/Sore throat.

Preventing Colds & Flu
1. Always wash your hands.
2. To cover a sneeze or cough use a tissue or the inside of your elbows.
3. Don’t touch your face because viruses can enter through the eyes, nose, and mouth.
4. Drink plenty of fluids (especially water, or drinks rich in vitamin C).
5. Exercise regularly to give your immune system a boost.
6. Limit alcohol - It suppresses your immune system, making you more likely to get sick.
7. Get vaccinated! Flu shots are available at WKU Health Services.
8. Take time to relax and get plenty of sleep.

FREE HIV Testing
Tues., November 30
10 am - 3:30 pm @ Health Services

In the U.S., an estimated 25-30 million cases of the flu are currently reported each year, leading to 150,000 hospitalizations and 30,000-40,000 deaths yearly.

http://www.cdc.gov/flu/flukeyfacts.htm#
Taking Some Time to Relieve Self-Care Techniques

1. Place your thumbs behind your ears while spreading your fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.

2. Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase the pressure for 5-10 seconds, then gently release. Repeat 2-3 times.

Tips on Surviving Finals Week

1. Time Management. Plan, plan, plan. Before finals begin, get out your calendar and schedule as much of your finals week as possible.

2. Schedule in study breaks. When you write your schedule, include short study breaks to help you recharge. You’ll feel so much better and will be able to concentrate so much more.

3. Take advantage of study sheets and study sessions.

4. Schedule in sleep.

5. Exercise. There’s no better source for stress relief.

6. Prioritize. You have limited time to study. If you know information for one final better than another, don’t spend too much time on the final you feel confident about.

7. Keep things in perspective. What’s the worst thing that can happen if you don’t do well on this test?

8. Eat fruit (oranges & bananas) for energy.

Advice from Senior Final-Experts

What helps you get through finals week?

Sarah Merry
Senior from Evansville, IN
Major: Finance
Survived: 6 finals weeks & counting...

"I usually study for a couple of hours at a time, then I take study breaks with the CD's, so that we can be with our loved ones, study instead."
Popular New Year's Resolutions

* Exercise
* Quit Smoking
* Save Money
* Drink Less Alcohol
* Find a Better Job
* Take a Trip
* Manage Stress
* JOIN WELLU!

http://www.wku.edu/health/Topics/New_Years_Resolutions.shtml

How To Save Calories Every Day:

* Downsize. Get a small fry, not a combo/large size fry.
* Snack Smart. Eat apples and string cheese instead of potato chips.
* Quench Thirst. Drink water, not soda.
* Change A Habit. Do not come home and snack, go for a walk/run.
* Try Something New. Learn how to cook without frying something.

36% of WKU students reported doing vigorous-intensity cardio or aerobic exercises for at least 20 minutes, 3-7 days a week.

63% of people still keep their resolutions after the first two months.

67% of people actually make 3 or more resolutions.

5 Easy & Effective Exercise Tips For Hilltoppers

1. Buy a pedometer. Buy a pedometer to start tracking how many steps you take while on the Hill at Western.

2. Minimize Shuttle Use. You can burn a lot more calories just walking to your class, than riding the shuttle or hitching a ride.

3. Start slowly. If you are not use to walking the hill, start out walking it 2-3 times a week.

4. Avoid Late Night Meals. Don't spend all your Big Red dollars on pizza or Wendy's. Eating earlier will also help shed the extra pounds.

5. Visit the Health & Fitness Lab. An array of services are offered to help you!

Upcoming Events

Free HIV Testing
Tues., Feb. 8
10 am - 3:30 pm
@ Health Services

"Avoiding the Pink Slip in Relationships"
Presented by Jataun Isenhower
Health Educator
Wed., Feb. 16
6-7pm DUC 340

"Fitting it All In: Exercise & Nutrition"
Presented by Amy Meador
Registered Dietitian
6-7pm Tues., Feb. 1
@ Health Services Lobby

Health & Fitness Lab

* Basic Fitness Assessment
* Height & Weight Measurement
* Private or Buddy Training & MORE...
* New Year New You! Sign up Dec 13-Feb 11

$30 for students, sign up with a buddy and receive a $5 discount!

For more upcoming events, visit www.wku.edu/IMRec/hr.php
THE 5 LANGUAGES OF LOVE

1. Words of Affirmation
Hearing the words, "I love you," is important. The reasons behind that love sends your spirits skyward.

2. Quality Time
Being there for this type of person is critical. This means with the TV off, phone off, fork down, and all chores and tasks on standby makes your significant other feel truly special and loved.

3. Receiving Gifts
If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized about whatever was sacrificed to bring the gift to you.

4. Acts of Service
Anything you do to ease the burden of responsibilities weighing on "Acts of Service," will speak volumes to this person. The words he or she wants to hear: "Let me do that for you."

5. Physical Touch
Hugs, pets on the back, holding hands, and thoughtful touches on the arm, shoulder, or face can all be ways to show excitement, concern, care, and love.

TIPS FOR SAFER AND SMARTER SEX

1. Talk smart sex first. Have smart sex later. STIs and unintended pregnancies affect both partners, not just one person.

2. Don't feel pressured to have sex. If you don't want to have sex, be honest, discuss the reasons behind your decision with your partner. Also, discuss this before you're ever in the heat of the moment.

3. Two are better than one. To help prevent both pregnancy and STIs, use a birth control method like the Pill (for pregnancy prevention) and a condom (to prevent STIs.)

4. Be prepared for a sex emergency. Consider carrying two condoms with you just in case one breaks or tears when it's being used. Also, be aware of emergency contraception, taken 72 hours within intercourse.

5. Make sexual health a priority. Whether you are having sex or not, both men and women need to have regular check-ups to make sure they are sexually healthy.

http://www.wkunet.org/safe_sexual_sex.asp

Register at wku.edu/wellu
Peer Health Educators
TopperWell Recruitment Kick-Off March 1st wku.edu/topperwell

In order of popularity, Valentine's Day cards are given to teachers, children, mothers, and wives.

www.statelentinesday.org/valentines-day-fun-fact.html

Upcoming Events

"Avoiding the Pink Slip Relationships" Jadaun Stevenhowe, Health Educator  
Wed., Feb. 15 from 6-7pm  
@ DUC 340  
Prizes at every session!!!

"Don't Be Misinformed about Dads Outside the Norm" Natalie Brenner  
Tue., Feb. 14 from 6-7pm  
@ Health Services Lobby

Healthy Days 10th Annual Student Health Fair  
Tue., March 1, 2-5pm  
HIV Testing from 2-4:30 Preston HFL  
@ The Preston Center
**Where Is My Romeo? (Long Distance Relationship Tips)**

**Do's**
1. Establish an effective communication channel, e.g., Skype, phone, etc.
2. Plan to meet each other. Why not a moonlight dinner??
3. Build a hobby that you can both share, e.g., ballroom dancing.
4. Surprise your partner. Select a gift they like.
5. Capture and share that interesting moment.

**Don'ts**
1. Settle for a temporary replacement.
2. Take the relationship lightly.
3. Don't be untrusting.
4. Feed into negative comments about Long Distance relationships.

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**Healthy Roommates Relationships**
1. Sleep habits: be adjustable and considerate of other’s sleep.
2. Pet peeves: discuss early to avoid problems.
3. House guests: some people are uncomfortable with them.
4. Cleaning: share responsibilities and be a responsible roommate.

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**Healthy Relationships:**
- Mutual Respect
- Separate Identities
- Trust
- Good communication
- Honesty
- Support
- Fairness/Equality

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**Passport to Wellness**

**Spiraling Out Of Cash In A Flash**
Wednesday, March 13, 2013, 6pm-7pm
@ DUC 340
Terri Cunningham, WKU Health Services

Nearly 60% of WKU students are able to cope well with their intimate relationships during the past 12 months. NCHA Data Spring 2013

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**Texting Etiquette**
1. Texting while you’re in a face-to-face conversation with someone is as rude as taking a call.
2. Remember that texting is formal.
3. It is difficult to know someone in text messages.
4. Don’t text while you’re driving.
5. Be conscious of what you put in a text.
6. If it’s urgent, make a phone call.
7. Don’t expect an immediate reply.

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**Maintain a Healthy Relationship With Your Parents**
1. Talk to your parents as friends.
2. Keep your sense of humor.
3. Tell your parents what bothers you with gentleness and respect.
4. Don’t ask your parents’ advice or opinion unless you really want it.
5. Express your appreciation for all your parents have done for you.
6. Grant them their independence too.

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**Six Friendship Rules to Live By**
1. Be Yourself - do not lose your identity.
2. Avoid Gossip and don’t spread rumors about other friends.
3. Defend Your Friends.
4. Protect Your Friends by offering gentle advice and guidance.
5. Stay away from dating the exes of your friends.
6. Return the Favor - be equally generous.

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**Friends Forever**

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**I Am**

- a leader, a role model,
- an educator, a friend,
- an activist,
- Peer Educator

www.wku.edu/topperwell
Tips to reduce Caffeine:
1. Be aware of caffeine sources such as chocolate, soft drinks, or energy drinks.
2. Print a chart listing caffeine sources and keep track of daily intake.
3. Dilute your coffee with more milk or water per cup.
4. Read labels for over-the-counter medications because many contain caffeine.
5. Try to get 7-8 hours of quality sleep at night.

Energy Drinks Caffeine mg/oz
5 Hour Energy - 40 mg/oz
Red Bull - 9.6 mg/oz
Monster drink - 10 mg/oz
Rockstar drink - 10 mg/oz

Coffee is the second most traded commodity on earth.

61% of WKU students have never smoked cigarettes.

Alternative Food & Drinks for Energy
1. Try herbal decaffeinated tea.
2. Eat whole grains such as bagels or oatmeal.
3. Eat an apple for snack time instead of coffee.
4. Thinly sliced ginger with hot water makes an excellent healthy tea.
5. Start your day with protein from a hard boiled egg.
6. Drink plenty of water.

Adderall on Campus??
- Adderall is a medication used to treat (ADHD) Attention Deficit Hyperactivity Disorder.
- Many students are seeking a competitive edge by taking Adderall.

Reasons:
1. Getting ready for final exams.
2. Too much pressure, too little time.
3. To mimic the behavior of professional athletes.

Avoid it by:
- Set aside 2 hours of study time for each 1 hour you are in class.
- Create a "to do list" everyday and plan your day.
- Maintain a term-long calendar with all dates of exams and activities.
- Reduce distractions to balance academic life.
- Take time for yourself and plan ahead.

Risks from Abuse:
- Paranoia - Convulsions
- Anxiety - Irregular Heartbeat
- Weight Loss - Fears
- Insomnia - Insomnia
- Headaches - Headaches
- Severe Depression - Muscle Twitching

"Do not take the drug unless prescribed. It is illegal to use unless prescribed."

Marijuana: Know the Facts
Short-term effects
1. Reduced memory.
2. Distorted perceptions of touch, sights, and sounds.
3. Loss of motor coordination.
4. Increased heart rate.

Marijuana can mess up your performance in school, sports, and other parts of life.
Fun In The Sun Tips

1. Seek the shade, during peak hours (10 - 2).
2. Wear a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.
3. Cover up with clothing, especially a broad-brimmed hat and UV-blocking sunglasses.
4. Avoid tanning parlors and artificial tanning devices.
5. Avoid tanning and - do not burn! (One blistering sunburn doubles your risk for skin cancer.)
6. Examine your skin from head to toe once every month.
7. Have a professional examine annually.
8. Wear water proof sunscreen during water play!


It is estimated that one American dies every hour from skin cancer.

The sun is 109 times wider than the Earth and 330 times heavier.

59% of WKU students use sunscreen regularly with sun exposure. NCHA Spring 2010

Random Fun Facts...

90% of household dust is made up of dead skin cells.

Top Causes of Acne

* Hormones: In excess can cause oily skin.
* Diet: A diet that is high in sugary, fried, and processed foods can make acne worse.
* Stress: Causes the body to produce hormones and increases the levels of harmful toxins.
* Medications: That contain Bromides, Lithium, Corticosteroids, have been proven to stimulate acne.
* Clothing: Tight-fitting hats, restricting helmets, heavy bag straps, and tight shirt collars irritate skin.
* Rough Handling of the Skin: Scrubbing, picking, squeezing, and pricking doesn’t clear up acne but makes it worse.
* Environmental Factors: Pollution, humidity, and the sun can all affect the skin negatively.
* Make-up: Oil-based cosmetics can clog pores.


Acne

* Acne is a malfunction of the skin’s oil glands. It’s very common: 85% of people ages 12-25 have had some form of acne.
* Wash the affected area with a mild soap twice a day.
* Don’t scrub the skin, be gentle.
* Use oil-free products and sunscreen.
* Try over-the-counter medications containing benzoyl peroxide, applying twice a day. Start with the lowest strength (2.5%) before switching to a stronger product (5-10%). Discontinue if a rash or itching occurs.

http://www.etr.org (Acne Brochure)