2015

UA12/4 Stall Street Journal, Vol. 7

WKU Health Services

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Both of these online confidential self-assessment tools provide students with personalized feedback regarding their alcohol (e-CHUG) or marijuana (e-TOKE) use and perceptions. The assessments take about 15-20 minutes each and can be found on the WKU Health Education webpage or the QR code here.

Students can earn WellU credit.

**TOPPERWELL**

Peer Health Educators is a group of volunteer peer health educators who have a passion for wellness. They act as student leaders and empower their fellow classmates to make healthy behavioral choices.

Benefits of joining TopperWell:
- Making a positive impact on campus
- Gaining professional experience for your resume
- Acquiring connections on campus & making new friends
- Receiving incentives, shirts, and having fun!

Recruiting NOW!!!

**NUTRITION CHAT**

This program is a series of interactive sessions covering different topics led by the WKU Registered Dietitian. Enjoy free refreshments as you learn healthier eating options on campus, how to cook nutritious snacks in your residence hall, get your questions answered by a professional and more.

- The first session is titled: My Plate and YOU
- Date: Tuesday, Oct. 7th
- Time: 5 p.m. - 6 p.m.
- Location: Health Services Lobby
- WellU credit is available!

**FREE HIV TESTING**

*Offered once a month in the HEP Department at Health Services.
* Testing is discreet, anonymous, and painless.
* Method: Quick mouth swab by trained professionals.
* No blood or needles required.
* Results available in 20 minutes!
* First testing date: Tuesday, Sept. 16th from 10-3:30 p.m.
* Cost: FREE (Do not eat or drink 20 minutes before scheduled testing time)

**Why Should You Know Your Status?**

The number of HIV cases is increasing on college campuses across the nation. Getting tested can alleviate the anxiety of not knowing your actual HIV status, will help you reduce the risk of transmitting the virus and can help you make decisions that will benefit you.

**THE HEALTH & FITNESS LAB**

The Health & Fitness Lab is located in the Preston Center. They offer blood pressure screenings, body composition measuring, basic fitness assessments, a personal wellness profile, individual and buddy personal training, group fitness classes, massages & nutrition counseling with the campus registered dietician. For more information, visit www.wku.edu/healthfitnesslab.

**Upcoming Events**

**Nutrition Chat Series** - My Plate & YOU
- Tuesday, Oct. 7th from 5-6 p.m.
- Health Services Lobby

**Strawberry Oatmeal Breakfast Smoothie**

**Ingredients:**
- 1 cup soy milk
- 1/2 cup rolled oats
- 1 banana, broken
- 1 tsp. coconut sugar
- 1/2 cup frozen strawberries
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- 1/2 cup white sugar

**Directions:**

Mix ingredients in the blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve.

Source: [Baker@wku.edu](mailto:Baker@wku.edu)
PLAN AHEAD

THINGS TO THINK ABOUT DURING YOUR EARLY COLLEGE CAREER

START THINKING OF YOUR FUTURE CAREER

This will help keep you focused and enable you to work towards your future goals. Don't have a major yet? Don't worry...relax. Think about what you love doing and what you excel at.

FIND A MENTOR

This should be someone who motivates you and who can offer you helpful advice in terms of your major, career, and future goals. Such as a professor or someone already established in your field. This relationship will also allow you to use them as a reference when job searching later.

VOLUNTEER AND INTERNSHIPS

Use the time during the summer to gain valuable skills by volunteering or interning in your field. It helps you figure out your likes/dislikes and builds your resume, which future employers will notice.

CHECK YOUR EMAIL AND BLACKBOARD REGULARLY

The main form of communication with your professors is through email and blackboard, so make sure you check it frequently to avoid missing important deadlines. Remember to communicate in a professional manner. Address them as Dr. if they’ve earned their doctorate.

KEEP APPLYING FOR SCHOLARSHIPS

Be a careful spender: Those loans you take out will have to be paid someday. Scholarship information for freshman and other students is available on wku.edu/scholarship. Make use of the research grants. Talk to your advisor so you can start planning your research early.

HAVE FUN WITHOUT PAYING A DIME!

Subscribe to the WKU student activities listserv on your email for events happening on campus and don’t forget to check WKU events calendar and WellU events!

Melt the stress away by inviting your friends to:

- Rent bikes at ORAC in the Preston Center
- Take a Group X class
- Join an intramural club
- Hike the hill
- Swim some laps in the Natatorium
- Throw a frisbee in South Lawn
- Get VERY discounted massages at the Health & Fitness Lab (270)745-6531
- Have **FREE** anonymous testing for Hepatitis A, B, and C at WKU Health Services Building 10am-3:30pm

UPCOMING EVENTS

**NOTE-TAKERS NEEDED!**

Students will be paid $150 at the end of each semester.

Contact Student Accessibility Resource Center:
(270)745-5004
Carolyn.boards@wku.edu
chantel.batten-u1089@topper.wku.edu
visit Student Disabilities in DSU Room 1074

Check out the WKU Center for Career & Professional Development to get the ball rolling on your future!

Get Your Foot in the Door
Tips for Resume Building

Employers are busy people and spend an average of only 10 seconds scanning your resume. Objective: Research the job and tailor your resume objective to each job. Experience: Arrange information by relevance and chronologically with most recent and pertinent on top. Don’t forget to add skills (ie, computer skills communication skills)

Get your resume approved at the WKU Center for Career & Professional Development on campus!

Located at: Downing Student Union (DSU) Room 2001
Hours: Mon-Fri 8:00am-4:30pm (270) 745-3095

SOCIAL MEDIA

Be careful what you post! Employers and recruiters often use social media to check on the people they want to hire.

Disable GPS technology on your phone before posting photos online. The pictures may contain your location which can be used by burglars and stalkers to see where you are.

What do you look for in an intern (or interviewee)?

I like an interviewee to have conducted their research on our department before interviewing with us. I want them to already know a little about our programs and be familiar with our website.

- You only get one first impression! Make eye contact and have a firm hand shake. Have some thoughtful questions in mind to ask at the end of the interview.
- Always send a thank you either through email or notecard. A tip is to write down the names of your interviewers so you don’t forget when sending the thank you.
The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication.

Maintaining a healthy lifestyle starts with healthy habits! If you were used to your meals being dictated by your parents you can now be overwhelmed by choices. Now is the time to start or maintain healthy eating habits that will continue throughout your life. A great start is to schedule time to eat 3 meals and 2 healthy snacks per day. If you have a problem eating regular meals, try planning ahead by looking at your schedule and finding the breaks that you can eat and take easy meals and snacks with you.

Fad diets look and sound appealing because they have quick results. These results are temporary because fad diets provide an extreme calorie deficit that allows for weight loss; however, it's usually water weight or it can be attributed to the fact that the body uses stored energy, usually fat, in the deficit period. Once the person returns to eating normal, the weight will be gained back - sometimes with additional pounds.

Some popular fad diets include:

Don't confuse these fad diets with diet plans like the South Beach Diet and Weight Watchers; they actually promote long term changes for sustaining healthy eating. The BEST "diet" to maintain weight and a healthy lifestyle is to enjoy healthy foods and know that it's okay to cheat every now and then. Who says healthy can't be yummy!

Moderation is key!

EZ TIPS OF THE WEEK:

1. Drink a glass of water before a meal. This helps you become fuller faster!

2. Eat breakfast, even if it's a piece of fruit! Breakfast kick starts your metabolism and provides you with energy.

3. Try not eating a large meal with less than 1-2 hours before bedtime. Metabolism slows down later in the day and you won't be doing much that requires you to burn the calories taken in that late.

4. Become familiar with reading nutrition labels. Pay close attention to serving sizes because lot of labels will try to trick you with small serving sizes.

Dorm-Friendly Tuna Salad!

Ingredients:
* 1 (5 ounce) can tuna
* 2 Tbl nonfat plain yogurt
* ½ teaspoon Dijon mustard
* ¼ medium carrot (grated)
* salt & pepper.

Directions:
# Grate carrot, drain tuna.
# Combine ingredients in a bowl and mix.
# Serve on greens, in a sandwich, or just eat it plain. (Serve immediately or refrigerate for later)

Don't forget, wellness is not only about healthy eating and staying active; it's a holistic approach that contains eight dimensions of wellness:

- Environmental
- Financial
- Intellectual
- IV Occupational
- Physical
- Psychological
- Social
- VIII Spiritual

"Wellness must be a prerequisite to all else. Students cannot be intellectually proficient if they are physically or psychologically unwell."

- Ernest Boyer.

WKU's Registered Dietician!

Brandi Breden
For advice and nutritional counseling
(270) 745-6531 // 1 hr appt // $5
www.wku.edu/awellu/

UPCOMING EVENTS

Nutrition Chat: MyPlate and You

Where: Health Services Lobby
Time: 5-6 pm

EARN CREDIT

oh, and did we mention there will be SNACKS?

Dorm Room Diet

Western Kentucky University is an equal opportunity institution of higher education and does not discriminate against any individual with disabilities. www.wku.edu/access
### Dorm Room Etiquette

- **Clean up after yourself,** or forever bear the pain of your dorm mates complaining to each other about how messy you are.
- **Share the space.** Keep your belongings on your side of the room. The space under your bed can be used to store extra shoes, clothing, and more. Consider using bed risers to increase storage space to put away your large totes and shelves.
- **Be open to new ideas and experiences,** especially as it relates to what your roommate brings into your life. That’s why you went to college in the first place, right?
- **Create roommate rituals.** Give yourselves a chance to get to know each other better by establishing roommate get-togethers.
- **Decide beforehand how you will handle overnight visitors and/or visitors of the opposite sex.** Your roommate’s views on this subject may be drastically different than yours.
- **Let the little things go.** Don’t resort to passive-aggressive behavior like the silent treatment, or note leaving. If something is really bothering you, discuss it with your roommate.

### HOW OFTEN SHOULD YOU WASH YOUR BED SHEETS?

- **Once a Week = Ideal**
- **Once Every Two Weeks = Totally Acceptable**
- **Once a Month = Fine. Not good, but fine.**
- **Once Every Six Weeks = Dicey**
- **Longer than that = Break out the microscope and see what’s growing.**

### SUPPLIES TO GET THROUGH FLU SEASON:

- Hand sanitizer
- Lysol spray
- Tissues
- Lots of fluids
- **Fliy SHOE (available as OGC@WKU)**

### Slip On A Pair Of Flops Before Suddening Up

**Why should you wear shower shoes in the shower?**

**A. The floors are gross and unsanitary.**
- **B. They keep you from developing staph, meningitis, and warts.**
- **C. You can pick up athlete’s foot (which is very contagious).**
- **D. You will encounter hair clumps, clogged drains, punes, soggy hair ties, and many other things you wish you hadn’t on your venture to get clean.**

### TIP:

*For removing the mildew smell from your towels—pour a few cups of vinegar in the machine and wash them with hot water and detergent.*

### Little Things Can Chip Away at Your Budget Try to Avoid Things Such as Parking Fines, Late Fees for Books, ATM Fees (Check With Your Bank and the Banks on Campus), and Make the Best of Your Meal Plans (Don’t Spend Extra Money On Food When You Already Have That Meal Plan In Place).

### Hand Sanitizer VS. Hand Washing

Hand sanitizers can get rid of many types of germs, but many people don’t use a large enough volume of the sanitizer or may wipe it off before it has dried causing it to be ineffective.

Soap and water are more effective than hand sanitizers at removing or getting rid of certain kinds of germs, especially if they are visibly dirty.

**Hand Sanitizer**

**Hand Washing**
BEING SEXUALLY HEALTHY MEANS:
- Knowing about your body and how it works.
- Understanding the physical, sexual, and emotional changes that come with puberty, pregnancy and aging.
- Making sure you and your partner(s) are tested regularly.
- Finding information and support when things go wrong such as unplanned pregnancy or sexually transmitted infections (STIs/STDs).
- Knowing the risk of an activity & how to protect yourself.

STILL STREET JOURNAL
A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL
VOLUME 7, ISSUE 6 | SEXUAL HEALTH | wku.edu/hep (270) 745-5033

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WEANING CONSENT WITH SEX:
- Verbal
- Mutual
- Sober
- Believe that you have the right to decide for yourself whether or not you want to participate in a particular sexual activity.
- Know what the activity involves and what your feelings are about it.
- As best you can, avoid situations where you are likely to experience pressure to have unwanted sex.
- Strive for a relationship where your decision will be recognized and respected by your partner.

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DID YOU KNOW...

1 STANDARD DRINK SIZE

- 12 oz of beer
- 8 oz of wine
- 5 oz of spirits

CALORIE COUNT

- 16 oz of beer: 8.5 oz of malt liquor + 4.5 oz of a glass of wine = 110.5 oz of hard liquor

WESTERN KENTUCKY'S ALCOHOL POLICY

Strike 1: Disciplinary Agreement and an educational experience
Strike 2: Probation and an educational experience
Strike 3: Separation or Suspension (Referral to University Disciplinary Committee)

- If you are found responsible of an alcohol related offense in which your own health or safety is affected, or in which you disturb, hurt or endanger others through your drinking, more serious consequences will occur.

- In Kentucky, it is illegal to drive a vehicle if your level of intoxication is 0.08% or above.

- If you are under 21, it is illegal to drive a vehicle if you have consumed any alcohol.

Booze On The Brain

- Alcohol slows down the cerebral cortex as it works with information from a person's senses. It makes the person think, speak and move slower.
- A person may find it hard to control their emotions and anger. The person may act without thinking or may even become violent.

- Alcohol can cause alterations in the structure and function of the developing brain, which continues to mature into a person's mid-20s.
- Alcohol affects adolescents' brain development in many ways.

WKU STUDENTS REPORTED

Spring 2012 Spring 2014

Getting physically injured themselves after drinking alcohol 16.9% 18.3%
Having unprotected sex in the last 12 months after drinking alcohol 47.2% 30.3%

Source: WKU National College Health Assessment 2012 & 2014

MEDICAL AMNESTY

IF YOU OR A FRIEND NEEDS, MEDICAL ATTENTION, CALL 911.
You are granted immunity when they seek help for themselves or another individual who is in need of immediate medical attention. They won't be sanctioned through WKU or citizens.

WHAT TO DO IF SOMEONE HAS ALCOHOL POISONING:
- Turn them on their side so they don't choke.
- Stay with the person.
- Check to make sure they are breathing or breathing until help arrives.

SAFETY TIPS:
- You have the right not to drink.
- Choose a designated driver sober walker.
- Eat before you consume alcohol to slow absorption.
- Don't mix energy drinks with alcohol. Caffeine mixed with alcohol makes people feel "less drunk." They tend to drink more than their body would normally allow.
- Drink as much water as you can before going to bed, and the day after to rehydrate.

ALCOHOL POISONING SIGNS:
- Confusion
- Slurred speech, vomiting
- Slow breathing of 8 or less
- Cold, clammy, pale or dusky skin
- Weak, low body temp

GROUNDS VINO:

FREE WELL WATER

UPCOMING EVENTS:

- Tuesday March 04 10-5:30pm Health Service Building Room 1004
- Thursday March 28th 7-10pm RUPU Blue Champion Between Papa John's & Red Zone

PLAY BINGO & WIN PRIZES!
WHAT IS BMI?

BMI is a screening tool to identify possible weight problems for adults.

FEEL GOOD VEGGIES!

FOR HEALING & HEALTHY TEETH
- Red & Green Peppers
- Broccoli
- Cauliflower
- Spinach
- Bell peppers

DIFFERENT TYPES OF BODIES

CHILI PEPPER
Chili peppers have a narrow shape with no real difference between the size of their hips, waists, and shoulders.

APPLE
Apples carry fat around their middles but generally have a slender lower body.

IDEAL BONE DIET
Heart healthy monounsaturated fat, found in nuts, avocados, and olive oil. Includes fiber-rich complex carbs like beans, fruits, vegetables, and whole grains.

TRAINING
At least three 40 minute cardio sessions a week. Running, biking, or swimming. Total body strength training should be done twice a week.

IDEAL CHILI PEPPER DIET
Try a diet consisting of fish, olive oil, nuts, lean protein, and complex carbohydrates, such as fruits, vegetables, and beans.

TRAINING
Strength exercises can help create curves and definition. Should consist of two weight-training sessions a week involving heavier weights and low repetitions.

UNDERSTANDING BMI
Below 20.4 — Underweight
20.5 — 24.9 — Healthy
25.0 — 29.9 — Overweight
30.0 and above — Obese

WAYS TO LOVE YOUR BODY!

1. SMILE! DOING SO RELEASES ENDORPHINS THAT BOOST YOUR MOOD AND CONFIDENCE
2. DRESS IN A WAY THAT MAKES YOU FEEL YOUR BEST
3. AVOID COMPARING YOURSELF TO OTHERS. YOU ARE UNIQUE!
4. MAKE A LIST OF WHAT YOU LOVE ABOUT YOURSELF AND PUT IT SOMEWHERE YOU'LL SEE EVERYDAY
5. DON'T DEPEND ON A SCALE. HEALTH IS MORE THAN A NUMBER
6. STAY ACTIVE AND FIND THINGS YOU ENJOY
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FITNESS services

Health and Fitness Lab
At the Preston Center

Health and Fitness Lab
At the Preston Center

UPCOMING EVENTS:

VALLEYPALOOZA
A DE-STRESSING EVENT! TUES May 5th 1-3 pm
IN THE "VALLEY" (by Gilbert)

GROCERY GAMES
PLAY Bingo
WIN Prizes!
Thursday, April 9th & 23rd (7-9 p.m.)
In DSU Nite Cafe (by Red Zone)

FREE HIV Testing
Thursday, April 16th
Wednesday, May 6th
4-10 P.M. IN HEALTH SERVICES BUILDING ROOM 1064

WELL

56.9% of WKU students do moderate intensity cardio for at least 30 minutes 1-4 days a week.
21.1% of WKU students do moderate intensity cardio 5-7 days a week.

POSTER JUNE SPRING 2015 Edition
CAMPUS CONSEQUENCES

The WKU drug policy states any student with a violation of the Drug Policy while enrolled at WKU will be required to go through the institution judicial processes and face sanctions, which may include removal from on-campus housing or even expulsion from WKU.

The Kentucky Public Health Association is working on making WKU a smoke free campus.

Last semester, KPHA had a petition, which received 1,000 signatures from students who agreed for a smoke free campus. If you are interested in this initiative, contact the KPHA on campus.

RESOURCES for quitting:

TOBACCO QUITTER APP:

TO Price checker may save money if you are paying for quitting aids out-of-pocket. It is an educational tool that compares a lot of different quitting resources in one place.

For More Resources:

Barren River Health department offers Cooper clayton smoking cessation classes.

For more information about us, call 1-800-828-0839.

RESOURCES

• FREE FOOD, MORE!
• FREE HIV TESTING
• FREE T-SHIRTS, MORE!
• FREE GROCERY BONO
• FREE INFLATABLES
• FREE PRIZES

GROCERY BONO:

• FREE FOOD, T-SHIRTS, INFLATABLES & MORE!

STAFF STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION AND TOPPERWELL

VOLUME 7, ISSUE 9

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http://www.wku.ky.gov/health/health-topics/tips/smartrfcfs

The scoop about E-Cigs:

E-cigarettes are battery operated products designed to turn nicotine and other chemicals into vapor.

E-Cigs are a safer alternative to cigarettes when used in public, but they still contain the addictive chemical nicotine, in addition to other chemicals that can cause health risks.

Q: Why did you start smoking?
A: I smoked for about a year. My older cousin was a smoker and hung with her in the summertime, so it influenced me to try it out.

Q: How often and long did you smoke & how did you quit?
A: Once or twice a week. I stopped hanging with my cousin after the summer and I decided I did not want to do it anymore.

REMEMBER: Always surround yourself with positive people and do the right thing, especially for your health.