

THE POTTY PRESS

Volume 6, Issue 1

And so begins another year...

A newsletter brought to you by the CHOICES Peer Education group
(psst. ...that's Choosing Healthier Options in the College Environment Successfully)
We're one OPEN group!

"Education is not the filling of a pail, but the lighting of a fire."

~William Butler Yeats, (1865-1939-, Irish poet)

Your skin accounts for about
12% of your body weight.



Eating Healthy Away From Home

So you've arrived to campus, the last few beautiful days of summer haven't given way to fall yet and to your dismay you feel like you are the only person on campus who has not been blessed by the beautiful fairy. Amongst all the short shorts and spaghetti straps you hear hushed whispers about every student's greatest foe "the freshman fifteen." The truth is even if your jeans still fit at the end of your first semester you still have seven more to go and your whole lifetime beyond that. With your new independence comes the task of laying the foundation for a lifetime of healthy eating.

All weight gain (or loss for that matter) is attributed to two factors: exercise and diet. Your habits in both of these categories change drastically when coming to college.

In high school you had more exercise opportunities planned right into your daily schedule like gym class (during which some of you got exercise) and after school sports. Now you have to think about when you are going to get your exercise. Use your imagination and give yourself some variety, you can use the fitness center, enroll in a physical education class, go walking on campus or in town with a friend, if you have a

can't miss tv show than march in place in your room. The important thing is to move. Set attainable goals, it's a better goal to say "I will work out three times this week for 20 minutes" than "I will lose five pounds before mid-terms."

You probably didn't have to think much about food before you came to college either. Maybe mom or dad cooked and did all the shopping so you had a variety of healthy things to choose from at home. Suddenly you find that you can have grilled cheese and chicken nuggets every day.

Not only will your food choices affect your weight and health, but they have a lot to do with how well your mind functions too. An all-nighter fueled by trail mix will earn you a better grade than one fueled by caffeinated drinks and sugar.

Aim to get a serving of vegetables or fruits with each meal either with a visit to the salad bar, with some steamed veggies or a fresh piece of fruit. Eat the healthiest stuff on your plate first. College is also a time when you get to try new foods, vegan cuisine isn't just for vegans.

Thinking About Drinking?

Alcohol and caffeine are two of the most commonly consumed drugs in America. These two are also strong contributors to the freshman fifteen.

Among the many decisions you will find yourself faced with during your college years is whether or not you will consume alcohol on any given night. This is just a quick little reminder about the two worst reasons to drink (1) that you feel there is nothing else better to do and (2) because you feel everyone else is drinking so why shouldn't you. The real truth about alcohol is that not everyone is going out drinking.

Sure, during your years in college you will see some wildly drunk people, but in America about 10% of the population can be classified as alcoholic, people who are addicted to alcohol. Conversely about 45% of Americans do not consume alcohol at all (the remaining 45% are classified as "moderate drinkers"). Survey after survey reveals that most OSC students consume four or fewer drinks per week.

So why does it seem like everyone is drinking? Well, first of all it doesn't take too many obnoxiously loud people to go

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screaming down the hall at night, or one good puker in the bathroom to disrupt an entire floor of people. It may also seem like the bus stop is super full, but is it really the several thousand people that populate our campus? If you really want to get involved with a great social life on campus you're going to want to dig a little deeper, check out the calendar of events sent by the Hunt Union, go explore the Union on any given day and you'll find lots of things going on.

While alcohol is surely the most common answer to a question like "what do college students drink?", coffee and other caffeinated drinks are a close second. This is probably why many college students complain of having difficulty going

to sleep. It is recommended that adults not consume more than 200 milligrams of caffeine per day, about the same as two small cups of coffee, yet the typical travel mug holds 3 to 4 of these "small cups." a 20 oz Diet Coke has about 76 mgs and a 16 oz can of Rockstar has 160 mg. (www.energyfiend.com).

The danger comes when mixing alcohol and caffeine. Caffeine's stimulant nature overrides the depressive effects of alcohol. This allows someone who is drunk to suddenly appear less so. Only time can reduce the amount of alcohol in your system.

Relationships

No college experience is complete without a good dose of relationship education received first hand through crushes, friendships and a smattering of heartbreak. Chances are you'll learn plenty about all of these issues secondhand, as well as you support your friends as they navigate the same waters.

While most of us will have the typical relationship experiences, it's important to be educated on issues of stalking, relationship violence and sexual assault so that you can minimize your risk of experiencing them as well as know how to help a friend in one of these situations.

Stalking is defined as repeated harassing or threatening behavior toward another person. Often in college situations stalkers learn about their victims whereabouts via the information posted online, for example a Facebook page or an IM away message. Be proactive and limit the personal content you post online.

Relationship Violence is a pattern of abusive behaviors in a relationship. More than 40% of college students will experience relationship violence according to recent research. This study also revealed that the majority of the violence experienced is what is classified as emotional abuse, not the more commonly thought of physical abuse.

The Potty Press is a monthly newsletter service provided by the Office of Health Education and the C.H.O.I.C.E.S. Peer Educators. Call x3540, email choices@oneonta.edu, or instant message "OneontaHealth" for more information about C.H.O.I.C.E.S. or anything health.

Sexual Assault is any form of unwanted sexual contact ranging from unwanted touching to rape. About 5% of college females experience sexual assault every year. Research shows that most of these crimes are committed by "undetected rapists", serial acquaintance rapists.

The Violence Intervention Program offers a free and confidential 24/7 hotline for those who have experienced any of the above crimes, or is trying to help someone who has experienced them.

On campus, the Counseling Center (x3688) provides counseling services to students who may be coping with any of these issues. Additionally, University Police can aid students wishing to report these crimes (x3550).

Most importantly, you can make a difference in someone's life by knowing how to help someone get the services they need or by intervening when you see someone making a risky decision.

Healthy Holidays

September is:

- Cholesterol Education Month
- Healthy Aging Month
- National Alcohol & Drug Addiction Recovery Month
- National Yoga Awareness Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- Reye's Syndrome Awareness Month
- Whole Grains Month
- 6-12 National Suicide Prevention Week

from <http://www.healthfinder.gov>