



STALL TALK

Volume 10
Issue 5

Your source for health events, news, and tidbits

October-Alcohol Awareness Month

STOP ALCOHOL POISONING!

Symptoms of alcohol poisoning:

1. Person is unconscious or semi-conscious & cannot be awakened
2. Cold, clammy, pale or bluish skin
3. Slow or irregular breathing
4. Vomiting while sleeping or passed out, not waking up after vomiting

If Someone Has These Symptoms:

1. Get Help!
Call 911
2. Don't Leave Them Alone
Turn them on their side to prevent choking
3. Better Safe Than Sorry
Get them help. can your friend be angry about you caring for them?

Don't Drink If...

- * You don't want to
- * You're upset, anxious or angry
- * You're doing other drugs
- * You're pregnant or think you might be
- * You'll be driving
- * You're taking medicines occasionally or routinely. Ask your health care provider for guidance about drinking and medications.

FREE NUTRITION COUNSELING!
Available to all students. Call 419-372-9355 to schedule an appointment at the Wellness Connection with a Registered Dietitian

Did You Know:

- A 12-ounce beer, a 4-ounce glass of wine, a 10-ounce wine cooler and a shot (1-ounce) all have the same amount of alcohol
- One drink can make you fail a breath test.
- Men are more likely to become dependent on or abuse alcohol than are women.
- People who begin drinking at an early age - by age 16 or earlier - are at a higher risk of alcohol dependence or abuse.
- If you are stopped for drunk driving and you refuse to take the sobriety test, or if your test results exceed the legal limit of .08% (blood alcohol concentration) BAC, the officer can take your license on the spot, and the suspension begins immediately.

Free Self Defense Class!

Come with a friend to the United Karate System's free self-defense class. Monday, October 15, from 6:30-8 pm at the St. Thomas More University Parish gym (across the street from McDonald West).



Riddles

Why should you never iron a 4-leaf clover?



You don't want to press your luck!



What did the horse say when he fell?

I've fallen and I can't get up!

What part of the body has the most rhythm?



Eardrums



How can you eat and study at the same time?

Eat alphabet soup

Why was the cowboy a lot of laughs?



He was always horsing around

EUCHRE TOURNAMENT!

Tuesday October 23
Multipurpose Room in Union



9:00-11:30 PM

Sign up at union tables from 11AM-2PM
October 15-19 & 22

\$5 registration fee at sign up. Must sign up in advance for tables.

Cash, Credit Card and Checks accepted

Get Your Flu Shot!

Flu shots are available around campus. Check out www.bgsu.edu/wellness and click on the flu shot link for details and locations.

Consider the Entrepreneurship Minor!

The minor requires 24 credit hours, & is offered to all majors. To enroll contact the college of your major or call Kam Warner at 419-372-3880.

What is High-Risk Drinking?

- Drinking a lot in a short amount of time
- Drinking a lot...period
- Reaching a very high blood alcohol level
- Experiencing problems as a result of drinking
- If a man consumes 5 or more drinks in a row, one or more times in a 2 week period.
- If a woman consumes 4 or more drinks in a row one or more times in a 2 week period.

While these are helpful estimates, they don't take into account weight or the time over which you are drinking. These also affect how buzzed or intoxicated a person gets.

Upcoming Events

Oct 11, 10-2PM
National Depression Screening Day
Information Table
BTSU

Oct 11, 3-7PM
Extreme Entrepreneurship Tour
Free food and enter to win an ipod and t-shirts!
For more info visit www.extremetour.com
BTSU Ballroom

Oct 12, 7-8:30PM
Kathy Buckley
Deaf Standup Comedian
Disability Awareness
Free for all students
BTSU Ballroom Side A

Interested in HYPE?

Healthier You Peer Education
As a HYPE Peer Educator you will:

- Present on various wellness topics, including nutrition, body image, and alcohol
- Assist in planning Wellness Connection events such as B!G Playground
- Attend one hour weekly meetings and complete 1 hour weekly office hour in Wellness Connection
- Take the class - Register for HHS 440 to become a peer educator and receive 2 credits!

For more information call 419-372-9355

