

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

April Issue One

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ATTENTION ALL FALL 2015 CONTINUING STUDENTS!

Beginning in the Fall 2015 semester, the college is requiring **ALL CONTINUING STUDENTS** to complete the Insurance Waiver process. You will be receiving a letter over the summer with instructions on how to complete this process. If you have any questions, please see Mary Radliff or Julie Lighthall at the Wellness Center.



Sweet April showers do spring May flowers.

[Thomas Tusser](#)

Oh my God – It's a tick! What do I do?

To Remove a Tick

Promptly remove ticks to reduce the risk of tick-borne diseases.

- Use fine-tipped tweezers.
- Grab the tick close to the skin and gently pull upward to remove the entire tick.
- Don't use home remedies like petroleum jelly, nail polish, or a lit match to try to detach ticks.
- After removing the tick, clean the bite area and wash your hands thoroughly.
- If the tick has been attached for more than 36 hours, see a medical provider within 72 hours to be evaluated.
- If you develop a fever, severe headaches, or a rash within weeks of removing the tick, see a medical provider.

Orientation Leaders needed for Fall 2015

We are seeking students for Orientation Leader positions for the Fall 2015 Freshmen Orientation program. This is a great leadership position for any student who wants to make a positive impact on campus, especially with our entering freshmen class.

Orientation Leaders will be screened and selected based on a variety of criteria. We are looking for dedicated, articulate students who are positive role models both in and out of the classroom. In addition, Orientation Leaders need strong interpersonal and group facilitation skills as they will be leading small group discussions and activities. The stipend for this position is \$100.

If you are interested in this amazing leadership opportunity, stop by the Student Life Center to pick up an application.

Reaping the benefits of exercise is easier than you think

To reap the benefits of exercise, you don't need to devote hours out of your busy day, train at the gym, sweat buckets, or run mile after monotonous mile. You can reap all the physical and mental health benefits of exercise with 30-minutes of moderate exercise five times a week. Two 15-minute exercise sessions can also work just as well. If that still seems intimidating, don't despair. Even just a few minutes of physical activity are better than none at all. If you don't have time for 15 or 30 minutes of exercise, or if your body tells you to take a break after 5 or 10 minutes, for example, that's okay, too. Start with 5- or 10-minute sessions and slowly increase your time. The more you exercise, the more energy you'll have, so eventually you'll feel ready for a little more. The key is to commit to do some moderate physical activity—however little—on most days. As exercising becomes habit, you can slowly add extra minutes or try different types of activities. If you keep at it, the benefits of exercise will begin to pay off.

Want a chance to make a difference?

WANT TO BE A LEADER ON CAMPUS?

Do you enjoy helping others?

Apply to become a SUNY Cobleskill Peer Educator ASAP

Applications must be submitted by April 30, 2015

\$\$\$\$This is a paid position\$\$\$\$

Stop into the Wellness Center for your application and a list of expectations.

or email hammont@cobleskill.edu or palmatsm@cobleskill.edu



Congratulations to the Spring Break on Fleek Winners - Kyle Miller, Bryce Jones and Aneury Rojas

The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)