

THE CAN CHRONICLE

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

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Co-Editors Shannan Breault and Cheryl Perog

The Bystander

THE BYSTANDER is an educational one-man show about Sexual Assault Prevention & Bystander Intervention. Following an incident at a house party, a compelling range of characters grapple with the question: *Why do some people choose not to intervene?* Join us for this powerful and engaging theater, followed by a talk-back about acting as an Empowered Bystander.

February 2nd

7pm

Bouck Theater

How Is Big Tobacco Targeting You?

Brought to you by the
Substance Education Committee

Tobacco is the #1 leading cause of preventable illnesses and death. Big tobacco companies consider youths as "replacements" for users who have died due to tobacco-related illnesses. Here are ways they are trying to get you.

1. Signage

- The height of displays and billboards are often no more than 3-4 feet - right at the view of children.
- Displays are often very colorful.
- Displays are positioned near candy & ice cream.

2. Flavors & Colors

- These are often marketed to things that appeal to children and youth.

3. Big Money Plays

- Big Tobacco spends \$2 Million annually on marketing. This is especially true in areas with increased poverty. These companies make it look like tobacco will help you manage your other stressors.

4. Media

- Next time you watch a movie, notice if the actor is smoking. How does this shape your view?

So next time you are out at a convenience store, take a look at how the tobacco marketing is done and see how Big Tobacco is targeting you!

The Female Orgasm – February 9th – 8:30pm – Bouck Theater - watch for more info!

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)

Welcome Back

The Beard Wellness Center welcomes all students back for the Spring semester! We hope you had a relaxing break and this upcoming semester keeps you in good health and spirits!

The Wellness Center is open Monday through Friday from 8 a.m. to 4:15 p.m. For **emergencies** after hours please dial 911. Students are encouraged to schedule appointments for health and counseling services. Please be courteous to others by calling to cancel or reschedule if necessary. Walk-in medical visits are available from 8am – 11am and 1pm – 3pm every day (except for Thursday mornings). Be proactive and ask the receptionist what the anticipated wait time is for the walk-in clinic. You can then decide to stay or schedule an appointment if you have to leave for class. Walk-in mental health consults are available throughout the day. Please reference your class schedule when booking appointments and allow for an appropriate amount of time. No excuses will be given for missed classes from our staff; it is the student's responsibility to communicate with faculty or staff and schedule visits accordingly.

Medical Services

- Evaluation & treatment of acute illnesses & injuries
- Women's & Men's health
- STD testing
- Contraceptive services

Counseling Services – Brief Supportive Counseling (including):

- Developing self-care plans
- Improving coping skills
- Developing short & long terms goals
- Making positive behavioral changes

Health Education

- Education on a variety of health and well-being topics



Frostbite

Winter weather has returned to SUNY Cobleskill. Although you may feel like wearing shorts and flip-flops, you have to dress for the weather. Winter brings snow, ice, and the risk of frostbite. Frostbite occurs when cold temperatures kill exposed skin tissue. The condition can cause permanent damage and most noticeably effects ears, nose, fingers, toes, cheeks and chin. Here are some tips for to preventing frostbite this winter.

Limit your time outdoors. Depending on the temperature and wind chill, frostbite can set in within a matter of minutes. Try to stay indoors as much as possible, avoid long walks outside, and heed any warnings about weather conditions in your area.

Dress appropriately. It's not enough to layer. Clothing should fit loosely to allow pockets of air trapped between the layers to provide insulation from the surrounding cold. Waterproof and windproof outerwear is best, and undergarments should be made from a material that wicks moisture away from the skin.

Cover your extremities. Hats should fully cover the ears. Mittens are better than gloves for keeping hands warm in freezing climates. Ski masks are also a good option because they cover a lot of skin.

Don't drink alcohol or smoke cigarettes. Drinking and smoking increase susceptibility to cold.

Change out of wet clothing. Wet clothing can increase the risk of frostbite and should be removed as soon as possible.

Look for early signs of frostbite. Pain or redness in a particular area are among the first indicators of frostbite. Other signs of frostbite include white or grayish-yellow skin, numbness, or skin that feels waxy or firm.

If frostbite is suspected, get indoors and change into dry clothing. Drink hot tea, coffee or hot chocolate to help raise your body temperature. Soak the affected area in warm, not hot, water for 30 to 40 minutes.

Seek medical attention immediately if signs of frostbite occur. Minor frostbite -- also called "frostnip" -- may be treated at home, but blistering, loss of sensation or discoloring of skin should be seen by a doctor. <http://www.ibtimes.com/how-prevent-frostbite-7-tips-dealing-dangerous-winter-weather-conditions-1773540>