

# THE CAN CHRONICLE

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



### Graduation Issue 2016

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## Summer Health



### Peer Educator Corner Graduation

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Exams, essays, projects, all-nighters, stressful eating, and hard work have all lead to the day we have been waiting for-Graduation. Graduation is supposed to be one of the best days of your life, but instead it can be very stressful. There are a couple steps that you can use to prepare for the big day to reduce the stress. Make sure that you get familiar with our school's Student Success Center. They can help you gather details of your work history and skills, to prepare an outstanding resume. They also offer practice interviews to help you become comfortable. Make sure you can provide strong references that can make a difference when you apply for a job. Furthermore, study for all of your final exams ahead of time and to pick up your graduation supplies from the bookstore. Most importantly, don't forget to have fun, and enjoy your special day with your family and friends! The Student Success Center can be reached at 255-5624.

Congratulations Graduating Class of 2016!

## EXAM JAM

All students are invited to attend Exam JAM! CASE is open on Tuesday, May 10<sup>th</sup> until 2:00 am. Use these extended hours to enhance your study time for FINALS. Pizza and snacks will be provided.

### Cinco de Mayo

**Bouck Patio, May 5<sup>th</sup> 12 pm-1:30 pm**

Come take a swing at STIs. The more questions you answer the more swings you can take at our safer sex piñata.

The nice weather has finally arrived and it is time to get outside! The days are getting longer and the air is warm and sunny; a perfect combination to enjoy some fresh air with some friends. Sun safety is important with increasing outdoor activities. Skin cancer is on the rise, but there are easy ways to help reduce your risk of skin damage, premature aging, or developing skin cancer. First and most importantly, avoid tanning booths and limit sun exposure at peak hours between 10 a.m. and 4 p.m., or seek shady spots if you must be outside.

Protection is the key! Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher. Apply one ounce of lotion thirty minutes before going outside, and reapply after exercise, excessive sweating, or swimming. Cover up with clothing, hats and of course, a cool pair of UV-blocking sunglasses. Another great idea is to examine your skin from head to toe each month, and see a physician or dermatologist yearly for a professional skin exam. Now is the time to get outside and enjoy the weather, and remember, "Nothing's better than the wind at your back, the sun in front of you, and your friends beside you," just don't forget the protection!

### Hey! A Tick Bit Me!

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.
- If you develop a fever, severe headaches, or a rash within weeks of removing the tick, see a medical provider.

### Healthy Tips!

Here are three quick easy tips to lose or maintain weight over the busy summer months.

- 1) Eat Breakfast - This jump-starts your metabolism for the day. Your choice should include a protein, a complex carbohydrate and a fat. Eating breakfast also prevents a midmorning slump.
- 2) Use a small plate. This action forces you to eat the proper portion of food. This way you can eat your entire plate and feel satisfied without overeating.
- 3) Drink more water. Every other time you drink have it be water. This will help you save your calories for food. Our bodies view liquid calories differently than food calories and your brain may not compute that you are full.

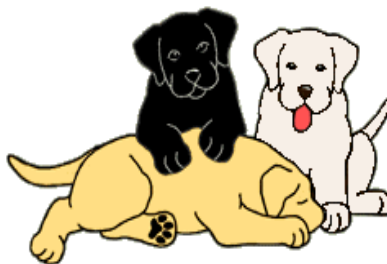
### Beer Goggle Olympics

**Bouck Gym, May 6<sup>th</sup> 4:30 pm-6 pm**

Come compete in an egg toss, scooter obstacle race and a hopsack race. Great prizes to be won!

### Pause for Paws

Therapy Dog Visit  
Come visit the pups & de-stress  
**Wednesday, May 4<sup>th</sup>**  
**5-7pm**  
**Prentice Patio**



### 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)

