

THE CAN CHRONICLE

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

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HEALTH AND WELLNESS EXPO

Thursday September 29, 2016
11:00a.m. – 2:00p.m.

Prentice Patio

Rain location Bouck Ballroom

- Get your flu shot
- Blood pressure check
- Healthy food samples
- Farmers market
- Stress Reduction
- Free massage
- Raffle Prizes



Peer Educator's Corner

By: Amanda Eichler

Regardless of race, gender or sexuality, people ages 15-24 are at an increased risk for sexually transmitted diseases (STD). The most common STD is Chlamydia. This particular STD, while easy to cure with an antibiotic, is hard to detect because it often has no symptoms. You might experience an unusual discharge or a burning sensation when urinating. An estimated 2.86 million cases of chlamydia occur annually in the United States (CDC). Untreated sexually transmitted diseases can cause pelvic inflammatory disease in women. Some symptoms are fever, unusual discharge, and pain/bleeding during intercourse. The only way to avoid a STD is to not have vaginal, anal, or oral sex. If you are sexually active, some ways to lower your chances of getting any type of STD are being in a mutually monogamous relationship with a partner who has been tested annually, and using latex condoms the right way every time you have sex.

Welcome Debra Lynch- RN at the Beard Wellness Center



Debra grew up in Little Falls on a dairy farm. She attended SUNY Cobleskill from 1989-1990 and earned her Associate's Degree from Fulton Montgomery Community College in 1996. She has been a Registered Nurse for 20 years, 9 of those years were spent working at Herkimer County Community College. She has one son who is 18 and Debra currently lives in East Herkimer. Debra enjoys being outdoors, snowmobiling, motorcycles, and camping. Welcome Debra!

SUNY Cobleskill's Centennial Celebration

If you received the Student Handbook and Planner and noticed a big "100" on the cover, yes, that is a significant number for SUNY Cobleskill. We are 100 years old!



During our Centennial Homecoming/Family Fall Weekend September 23rd – 25th, please join us for our Centennial Parade down West Main Street from 6:00 p.m. to 7:30 p.m. and our Centennial Fireworks on Crittenden Athletic Field at 8:00 p.m. Wear your orange. Go Fighting Tigers! Link to the events by going to; blog.cobleskill.edu/homecoming-2016



Mental Health Screenings

If you are concerned about the amount of alcohol or other substances you are using, or if others have expressed concern, you can start by taking the anonymous & confidential Mental Health Screenings available on the Wellness Center's website: www.cobleskill.edu/wellness. Remember that you can always come in and talk to a provider about your concerns!

Sex Discussed Here!

7:30 PM Bouck Theater
Tuesday, October 4

Come to this week's hottest "class" on campus, Sex Discussed Here! Dorian Solot and Marshall Miller teach sex education unlike any you've had before -- this is definitely NOT your high school health class. Learn how to figure out what your partner really wants sexually, the real deal on lube, magic words for the bedroom, and answers to your secret sex questions (find out what everyone else has been wanting to know, too!). People of all genders and sexual orientations welcome, beginners and sexperts alike. Come prepared to laugh and learn!

Title IX Day 9/29/16

Help cover the campus in teal! Wear your affirmative consent t-shirt or any teal colored t-shirt!

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)