

THE CAN CHRONICLE

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

September 2017 Issue 2

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Title IX Day September 29th

Help cover the campus in teal!
Wear your affirmative consent t-shirt or any teal colored t-shirt!
Medium shirts available for FREE for faculty, staff and students at the Wellness Center.

Marijuana Trivia

Thursday 9/28

7 pm- 8:30 pm

Lower Brickyard Point

Prizes available for 1st and 2nd place.

Sex With The Lights On...



An illuminating conversation about dating, sex, and consent. Includes navigating safer sex practices, affirmative consent, bystander intervention, and sexual assault prevention. Dr. Megan Stubbs is a sexologist holding degrees in biology and human sexuality.

Wednesday, October 4

7pm

Upper Champlin

The Winners Are!

Congrats to the 5 randomly selected winners to receive \$25 CobyCash for completing Part I of AlcoholEdu!

Wanxiang Huang

Kadeem Ward

Karyn Knaul

Mikalla Tweedie

Jesse Berglund

REMINDER: All freshman and transfer students need to complete Part II by October 27th. Part II can be accessed 45 days after Part I is complete. One randomly selected winner will receive an iPad Mini after the completion of Part II courtesy of Dr. Anne Hopkins Gross, Vice President of Student Affairs.

HEY! GUESS WHAT? IT'S HEALTHY CAMPUS WEEK! SEPTEMBER 25-OCTOBER 1

Join us in celebrating nutrition and physical activity on campus all week long!

Monday, 9/25

12:00 pm – 1:00 pm

Hopscotch
Bouck Patio

Tuesday, 9/26

1:15 pm – 2:15 pm

Make Your Own Trail Mix
Prentice Patio

Wednesday, 9/27

3:00 pm – 4:00 pm

An Easy Guide to
Healthy Eating
Champlin Dining Hall

Thursday, 9/28

12:00 pm – 1:00 pm

Hula Hoop Competition
Bouck Patio

Friday, 9/29

2:00 pm – 3:00 pm

Corn Hole & Jump Rope
Bouck Patio

Saturday, 9/30

11:00 am – 12:00 pm

Apple a Day Give Away
Brickyard Point Patio

Sunday, 10/1

11:30 am – 12:30 pm

Peer Educator Walk the Creek Event
Front of Wellness Center

Did You Know?

If you kiss a sick person on the lips, does that dramatically increase your risk of getting a cold, compared with shaking hands, or just talking to him or her?

When people with a cold are talking, they are aerosolizing droplets, and the closer you get, the greater your risk of inhaling these particles. If you hug, you are really close so there is more of a chance of inhaling them. If you kiss on the lips or cheek, you are directly passing the virus onto your mucus membranes. It's proximity that counts.

PEER EDUCATORS CORNER

Netflix & Chill : Keeping You and Your Partner Safe

By Lucas Melnyk & Cynthia Strobeck

As young adults in college, we often take many risks when it comes to our health. For instance, we often overlook the possible dangers of our "Netflix and Chill" dates by opting out of condom use when engaging in sexual activity. The dangers of contracting an infection by not using protection or getting tested are real. According to the Centers for Disease Control (CDC), 1 in 4 college students have or have had a sexually transmitted infection (STI). The CDC estimates that of the 19 million sexually transmitted infections reported annually almost half are in the age range of 15 to 24-years old.

If you are wondering where you can be tested and receive free condoms, go to the Wellness Center website. On that website you will find information about the Pleasure Package and you can order free safer sex supplies delivered to your on-campus mailbox confidentially and discreetly. From the Wellness Center website, you can also log into your patient portal to make an appointment for STI testing.

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 Nurse Call Line 518-255-5622

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)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225