



Toilet Talk

ISSUE 36

January

Celebrate Dr. Martin Luther King Jr.

Dr. Martin Luther King Jr. made what was impossible strides in civil rights. Dr. Rabaka, associate professor of Africana Studies in the Department of Ethnic Studies at the University of Colorado at Boulder will be presenting Hip hop vs. Hip pop culture, January 17th from 7:00 pm – 8:30 pm in the Oakwood Great Room. Dr. Rabaka's presentation will include background of the hip hop culture and the evolution of hip hop music. Please take this opportunity to honor Dr. Martin Luther King Jr.

1/18/08 8:30 am - 11:20 am Class discussion – Race, Gender and Ethnicity in the Union Lahman Room

1/18/08 7:00 pm- 8:30 pm Service of Remembrance and Celebration in Honor of MLK in the Union Lahman/Speicher Rooms

1/21/08 7:00 pm – 8 pm Interfaith Celebrations – Let us Celebrate: My tradition, My faith in Petersime Chapel

New Years around the World

Korean New Years (Jan. 28-30)

Chinese New Years (Jan. 28-30)

Vietnamese New Years (Jan. 28)

Eid al-Fitr :The Feast of the Breaking Fast (Jan. 29)

Binge Drinking Risks

College students are the largest percentage of binge drinkers nationwide (44%). While most binge drinkers are well aware of the morning hangover, they may not fully be aware of the long term effects of binge drinking. Binge drinkers are 21 times more likely to experience the following:

Missed Class

Fallen behind in school work

Damaged property

Been hurt or injured

Engaged in unplanned sexual activity

Not using protection during sex

Driven a car while drunk

-Center for Science in the Public Interest

Count Dracula loves January...

January is National Blood Donor Month. January is a crucial time for blood donating because the Winter season traditionally is when the national blood supply is the lowest.

Every day in the United States, approximately 39,000 units of blood are required in hospitals and emergency treatments. Blood treatments are required for those who with cancer, has received an organ transplant, or to save the life of accident victims and various other diseases.

Requirements for blood donations are basic. First, you must be at least 16 years old and weigh at least 110 pounds. A health screen is required before the blood donation which will ask you about certain health, life-style and disease risk factors. The health screening is confidential and only used to determine if your blood would be a healthy donation. The final screening before the donation is a small blood test (taken from your finger) to determine if your iron level is sufficient enough for a blood donation. The blood is taken from a vein in your arm, and the donation usually takes 6 to 10 minutes for one pint of blood. Your body contains 10-12 pints of blood. The following is the distribution of blood types in the United States:

O-Negative: 7%

O-Positive: 38%

A-Negative: 6%

A-Positive: 34%

B-Negative: 2%

B-Positive: 9%

AB-Negative: 1%

AB-Positive: 3%

Anyone can receive O-type blood in case of an emergency so persons who have O-type blood are considered to be "universal donors". People who have type AB blood can receive any type of blood and are considered "universal recipients."

-American Association of Blood Banks