



# Toilet Talk

## Coke Made The Polar Bears Fat...

Did you know that one, 12 ounce can of soda contains 13 teaspoons of sugar in the form of high fructose corn syrup? The USDA suggests that a person should only intake 10-12 teaspoons of sugar a day! For some people, drinking several sodas a day is a fierce habit. Here are some tips to kicking the habit:

- 1) Make up your mind to quit.
  - make a firm commitment to make it happen.
- 2) Switch to diet sodas
  - diet sodas contain less sugar than regular sodas, and will make it easier to gradually eliminate soda altogether
- 3) Go caffeine free
  - caffeine increases your addiction to soda.
- 4) Stock up on alternatives
  - soy milk, skim milk, green tea, black tea, calorie-free decaffeinated coffee, and good old fashion water!

-Wellness Weekly

## Drinking In College: Risky Business

College is the time of our lives, right? We have the freedom of doing what we want at any time. Many people will suggest that the legal drinking age should be lowered 18. However, here are some statistics that may be reason enough to possibly keep or raise the drinking age...

- 1,700 student deaths
- 500,000 injuries
- 600,000 assaults
- 70,000 sexual assaults or rapes
- 2,800,000 student drunk drivers

You may think these numbers were compiled over 10 years, or 5 years; but these numbers are the average each and every year in the United States. Death, injury, assault, rape and drunk driving are all increased by consumption of alcohol.

-Answering the Critics of the Minimum Legal Drinking Age

## Orbit Gum: Maybe not so "fabulous"

Sorbitol, a main ingredient in sugarless gum and candy has laxative properties and is poorly absorbed by the small intestine. The study followed two patients with chronic diarrhea, abdominal pain and severe weight loss. The final diagnosis was only determined after studying the patients' eating habits. Both patients had consumed a large amount of sugarless gum and candy containing sorbitol. Both patients consumed about 25 grams of sorbitol daily. For reference, one stick of sugarless gum contains 1.25 grams of sorbitol. After the patients started a sorbitol-free diet, all the symptoms were alleviated and weight gain was achieved.

-Fox News Health

## Dr. Martin Luther King Jr. Day

Martin Luther King is remembered and celebrated on January 21st. A special service will be held in honor and remembrance of Dr. King on January 21st at 7 pm in the Petersime Chapel.

"Hatred paralyzes life, love releases it. Hatred confuses life, love harmonizes it. Hatred darkens life, love illuminates it."

Dr. Martin Luther King Jr.