



# Toilet Talk

Issue 48

### UPCOMING EVENTS

- October 3rd: Multicultural Fashion Show**  
Located in the Cordier Auditorium, show starts at 7 p.m., free admission.
- October 14th: Health Fair**  
Located in the Upper Union from 7 am -11 a.m.  
Students, Faculty, Staff, and Immediate Family

### Beauty fades, Intellect lasts Forever...

Intellectual Wellness requires curiosity and a strong desire to learn. It is the ability to think clearly, to recall information, solve problems, make plans, analyze and express yourself creatively and critically.

The Success Center (x5076) provides free tutoring on any subject, no matter what your grade; study tables; discussion groups; a study skills course and individual one-on-one training.

### HOW TO FEND OFF A PICK-UP ARTIST

1. Recognize the traits of a pickup artist. Is your suitor overly charming and quick with cash? Does he appear to have an immediate connection with you? Is he scanning the room while talking to you? Is he calling you familiar or condescending names such as "honey," "sweetie," or "babe"?
2. Keep personal information to yourself. Do not give him your name, and do not tell him where you live, who you are waiting for, or any detailed plans you may have.
3. Make it clear that you are not interested. Be direct and forceful. If he persists, you may have to become rude or leave. If you make it obvious that nothing is going to happen that evening, he'll move on to other prospects.
4. Cause an "accident."

\* The Elbow Knock: Use this technique if you are seated at a bar or table. Notice where glasses and plates are located on your table. Turn around to talk to a friend, or simply look away, and position your elbow. As you turn back, sweep your elbow into any glasses or plates on the table, knocking them into his lap or onto his shirt.

\* The Time Check: While standing next to your would-be suitor, hold your drink in the hand with your watch arm. Say, "Is it [time] yet?" Then turn your wrist to look at your watch, and spill the drink on the pickup artist.

If you are concern with your safety you can call campus security (5999) or local police.

-HealthRanker.com

-WorstCaseScenario.com

### Lets make it "Pink-tober"

October is National Breast Cancer Awareness month. You will begin to notice that many students are "going pink for October." The tennis team will be using pink grips for their matches on October 4th, breast cancer information booths will be at the soccer and volleyball games on October 11th and the volleyball team will be "digging for a cure" October 12th at 2 p.m. All these events are held to raise awareness and money for breast cancer.

Early detection saves lives. Women are encouraged to perform self-exams checking for any lumps in their breasts. Studies have also shown that exercise, a healthy diet and not smoking are the best ways to reduce the risk of breast cancer.



### I can't wait to tell my friends what I just read!

- Banging your head against a wall burns 150 calories per hour.
- Some parts of the world protect their babies from disease by bathing them in beer.
- The word 'gymnasium' comes from the Greek word *gymnazein* which means 'to exercise naked.'
- There are more than 1,000 chemicals in a cup of coffee. Of these, only 26 have been tested, and half caused cancer in rats
- The average American eats at McDonalds more than 1,800 times in their life.
- According to U.S. FDA standards, 1 cup of orange juice is allowed to contain 10 fruit fly eggs, but only 2 maggots.
- During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants.
- Strawberries have more Vitamin C than oranges.
- Apples are more efficient than caffeine in keeping people awake in the morning.