



Toilet Talk

Issue 49

Get Credit Smart: Unless you've been featured on My Super Sweet 16.

We've all experienced that impulse buy at 2 a.m. on the internet. You know, that purchase late at night when we outbid that final buyer to purchase that "authentic" 3-pack of Lacoste polos? What seems like such a great idea at the time can equate to financial nightmares at the end of the month, and the end of the year.

For example, let's say that at the end of the year you owe \$500 on your credit card, with a finance charge of 20% (which is lower than average). You could have to pay a \$20 annual fee and perhaps a \$25 late fee because you could not log into Cisco Clean Access Agent. You will end up owing \$145 to your credit card company, and you have not even paid any of that \$500 balance.

The fact of the matter is that carrying a credit card balance can be costly, and the longer a balance remains, the more you will have to pay. So it is suggested to use cash instead of a credit/debit card whenever possible.

Psychologically, it's harder to hand over 4 easy payments of \$19.99 cash for an Ab Lounge than it is to simply type in your credit card number.

The fact of the matter is, credit cards should only be used when you know you can pay off the entire bill each month. Be sure to read all application materials, including that 20 page booklet of fine print. Also, save your credit card for a real money emergency: using your credit card to pay for a spring break vacation is not an emergency, no matter how enticing Siesta Key seems.

Pink is my favorite color...

October is Breast Cancer Awareness Month. Throughout the month, different activities to raise awareness for breast cancer are taking place. Early detections saves lives is vital to remember because one in eight women will get breast cancer in their lifetime. Every 13 minutes a woman dies from breast cancer and the risk for breast cancer increases with age.

On October 25th, the women's soccer team will be helping raise awareness for breast cancer by wearing pink jerseys and auctioning them off after the game, with all proceeds going towards breast cancer research. Information regarding breast cancer awareness and early detection will be available at the game..

Brought to you by Health & Counseling Services and AACTION (Against Alcohol, Controlled substances, and Tobacco In Our Neighborhoods)

Questions? Comments? Please e-mail HealthServices@manchester.edu

The Incredible Hulk was a horrible movie because he should have been ill for at least half of it.

Have you ever been playing Madden, thrown the ball deep to your speed receiver, only to have the linebacker on the other team jump about twelve feet to intercept the ball? Did you then throw your respective gaming controller across the room? Or maybe you caught your best friend texting your ex-boyfriend and you ended up breaking her phone. Cell phones and gaming controllers are expensive, but anger takes a toll on your health, whether you blow your lid or bottle it up. Anger can affect your brain, by triggering the release of high levels of cortisol. Your immune system can be suppressed because when you're angry, your body releases the fight-or-flight hormone epinephrine. Anger can also affect your eyes, heart, teeth and stomach as well as adding more stress to your already stressful life. So if you're mad at your best friend, don't sweat it, you can do much better than your ex-boyfriend; and if you keep getting dominated in Madden, don't get angry, just move down to rookie!

-Self.com

THE DILEMMA OF REALLY HAVING "TO GO" AND HAVING TO USE A TRUCK STOP RESTROOM

A new study from the University of Arizona, in which a microbiologist studied public restroom and other germ-infested areas for 20 years has concluded that the toilet seat is actually the cleanest part of the entire restroom. The microbiologist even went as far to say that we would "put his fanny on it any time." While all of us probably do not share the excitement for public restroom, it is interesting to note that the reason the toilet seat is so clean, according to this microbiologist, is because most people have a pre-toilet ritual to remove that "public ick."

-CNN Health

I never know that! I'm going to text these to my entire list of contacts!

- ☐ The brain operates with as much power as a 10-watt light bulb.
- ☐ 80% of the brain is water.
- ☐ The lifespan of a human hair is 3 to 7 years on average.
- ☐ The human heart creates enough pressure to squirt blood 30 feet.
- ☐ The acid in your stomach is strong enough to dissolve razor blades.
- ☐ Sneezes regularly exceed 100 mph; coughs average 60 mph.
- ☐ You will produce enough saliva to fill 2 swimming pools in your life.
- ☐ Humans shed about 600,000 skin cells an hour.
- ☐ Humans are the only animals capable of producing tears.
- ☐ Your lips have a reddish color because of the great concentration of tiny capillaries just below the skin.

-Well Spring Daily

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