



Toilet Talk



Issue 50

VOCATIONAL WELLNESS

Vocational wellness is maintaining balance between personal, social and vocational goals. Learning new skills that will enhance your satisfaction and enjoyment of life, awareness of your strengths and skills and of the time and financial commitment necessary to pursue the lifestyle of your choice.

The Office of Volunteer Services (OVS) is a resource for members of the Manchester College community interested in and involved with volunteering. OVS is dedicated to increasing service opportunities at Manchester College as an important part of the college experience. OVS provides a wide variety of volunteer service opportunities for students, faculty and staff to experience the joy one gains from service. The Office of Volunteer Services can be reached at (x5084).

You'll be blue if you get the flu!

Flu season has begun - are you prepared? Health Services is offering flu vaccines to the Manchester College community for \$15. Call to set up an appointment (x5306) or just come in during walk-in hours to receive your flu shot. A flu shot today could save you from days and days of illness tomorrow.

ALCOHOL: WHY NOT REMEMBERING LAST NIGHT IS NOT A GOOD THING.

You may be reading this and think, "Oh great, another story about the risks of drinking." However, the fact of the matter remains that binge drinking in college age students has been on the rise for years, especially students drinking so much that they have memory blackouts. It is important to note that females are at much greater risk than males during a blackout. Binge drinking is defined as having five drinks at one sitting if you are a male, and four if you are a female. So if you are exceeding those limits, you are going beyond binge drinking, which is detrimental to your overall well being. You may think that you're always in control when you drink, but the fact of the matter is that even one drink begins to impair your judgment, whether you feel "a buzz" or not.

We've all read on our friends' Facebook profiles under their favorite quotes, a quote from Tom Petty about having four years to be irresponsible here, and work is for people with jobs. While that quote may give reason enough to blow off that upcoming exam, irresponsible drinking can actually prevent you from getting the job you want. For example, receiving a DUI not only suspends your license (usually for a year), but also can prevent you from becoming a teacher or a pilot to name a few. College is certainly not "all work and no fun" but just be aware of the fact that a night of drunken debauchery could affect you for the rest of your life.

Gonzo is going to be in trouble in a few years

Your eyes are always the same size from birth but your nose and ears never stop growing. Research has shown that your nose and ears continue to grow in seven year cycles, and will continue to grow your entire life.

Yeah, like I'm going to study when Grey's Anatomy is on!

Not surprisingly, a recent study of 9,000 undergraduates in the state of Minnesota showed that low grades were common among students who lacked sleep, didn't exercise, gambled, watched too much TV, and drank alcohol or smoked cigarettes. The study should cause alarm because many students' low grades are due to avoidable behavior. While this study did not prove a cause and effect relationship between these habits, it's important to note that your low grades probably aren't from that unfair professor, but probably from a mixture of the habits mentioned above. So while the banter between the doctors on Grey's Anatomy is so riveting, and even though that guy may finally make the basketball team on One Tree Hill, remember- you're here to earn a degree, not flunk out.

Lunch and Learn: Cancer Prevention with Diet

On November 12th, from 12 pm—1 pm in the Speicher Room, Manchester College will be holding another Lunch and Learn. Mary Schaeffer, a dietician from Wabash County Hospital will be discussing cancer, and how it relates to your diet. You don't have to RSVP, you don't have to fill out any paperwork, all you have to do is grab your lunch and come and join us. The Lunch and Learn is not just an hour long lectures, you'll be able to ask questions regarding dieting and cancer prevention. Besides, it will be a nice change of scenery from those students who love to give "shout outs" across the entire union.