



Toilet Talk

Manchester College

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MENTAL HEALTH MONTH

May is mental health month. Mental health is much more than the absence of a mental illness, it is the ability to enjoy life, the ability to bounce back from adversity, flexibility, self-actualization and balance. How much do you know about your mental health? Do you know the symptoms of the most common treatable mental disorders such as depression, bi-polar disorder, generalized anxiety disorder and posttraumatic stress disorder? Feeling good mentally is just as important as feeling good physically. It's important to learn how to identify moods and manage stress. Mental Health America is providing free online mental health screenings. Just visit www.mentalhealthscreening.org/screening/welcome.asp and answer questions regarding our own mental health. The screening will provide an assessment after you answer the questions and will make recommendations.

-Mental Health America

Eight Hotspots for Germs!

No one wants to be sick, especially during finals week. You want to be cautious of certain areas, which have been designated as "hotspots" for germs by researchers at the University of Virginia.

- 1) Refrigerator doors and handles
- 2) Remote controls
- 3) Dishwasher handles
- 4) Bathroom faucets
- 5) Light switches
- 6) Door knobs
- 7) Telephones.

-Fox News

The Best (and Worst) Brain Foods...

Perhaps your plan for finals preparation is to have an influx of energy drinks during the week, with as little sleep as possible. Toilet Talk is here to help, especially for those students that are going to have to learn a semester's worth of work in a couple days (not that you're that student, of course). For short-term memory, coffee does work great, but too much of it can cause a crash. For long-term memory, the best brain food are blueberries, which are rich in antioxidants and has been proven to cut the risk of Alzheimer's disease.

To be able to think faster, you should eat salmon or mackerel. The Omega-3 fatty acids found in fish are primary building blocks for brain tissue. Salmon is also rich in niacin, which can slow down the rate of cognitive decline. You do not want to eat full-fat ice-cream. Foods high in saturated fats can clog blood vessels and prevent the flow of nutrients and blood to the brain.

To energize your brain, eat a high-protein salad with vinaigrette. The oil in the dressing will help slow down the digestion of proteins and carbohydrates in the salad, stabilizing blood-sugar levels and keeping energy levels high. Add spinach or romaine lettuce to your salad for a boost of riboflavin. Lastly, add chicken or a hard-boiled egg for more energizing proteins. You do not want to eat pancakes or bagels. MIT researchers analyzed blood samples from a group of people who had eaten a high-carbohydrate breakfast and their tryptophan levels were four times higher. This is important because tryptophan is one of the reasons you become tired.

-Yahoo! Health

Hello, my name is Tyler D. Yeager. I am the Student Peer Health Educator and I have written Toilet Talk since Fall 2006. This article, Issue 61, will be my final Toilet Talk as I will be graduating at the end of this semester. I hope Toilet Talk has been informative and entertaining, but at the very least, I hope that your restroom experience has been more enjoyable.

I have seen Toilet Talk adorning walls and doors of the residence halls and I'm not sure how to interpret that. On one hand, it means that Toilet Talk is no longer in its respective restroom stall holder; but on the other, it could mean that the reader enjoyed the article so much that they removed it so they can read and reread Toilet Talk over and over. I'm not sure the motives behind the movement of Toilet Talk from its holder, and while I would like to believe it is because the readers are fascinated by its content, I will instead use this space to inform you that old issues of Toilet Talk are available inside Calvin-Ulrey by the hundreds.

I would like to thank Tara Vogel and Kelly Hippensteel for putting up with me for these past three years, my friends and roommates for giving me material to poke fun at them in nearly every issue of Toilet Talk, to Manchester College's students, faculty and staff for the kind words Toilet Talk has received, and finally, I would like to thank you for taking the time to read this. Now please, do not forget to flush. Lastly, most people claim to wash their hands after using the restroom; when in actuality 1 in 5 do not, don't be that one....