

Myths and Facts

-Myth: Drinking coffee or taking a shower will sober you up.

-Fact: Only time will sober up a person. Alcohol leaves the body of virtually everyone at a constant rate of about 0.015 percent of blood alcohol content (BAC) per hour.

-Myth: One can manage to drive well enough after a few drinks.

-Fact: If you are under 21 and driving after drinking, it is illegal and you could lose your license. There are similar consequences for people over 21 years of age too.

-Myth: It is ok for females to “keep up” with their male drinking partner.

-Fact: Women process alcohol beverages differently. If a female drinks the same amount as a male, she will become more intoxicated than the male.

Toilet Talk

September 18, 2009

Drinking until your flip-flops fall off?

Did You Know...

...33% of SUNY Oswego students have 2 or less drinks per week.

...Mixing alcohol with carbonated drinks will speed up the absorption of alcohol into the bloodstream.

...One 5oz glass of wine, one 12oz can of beer and 1-1.5oz shot of whiskey or other distilled spirits all contain the same amount of alcohol.

Answer to Last Week's Question: Only 0.7% of SUNY Oswego students drink daily.

Easy Tip on Living Laker Green:

Flip your calendar page over, rather than ripping it off. Reuse each recycled-paper sheet for to-do lists, shopping lists, or other reminders and that's one less pad of paper you need to purchase.

Question of the Week: Approximately, how many sexually transmitted infections exist in the world?

Events of the Week:

- Tuesday-Thursday, Sept. 22-24: The Red Cross Club is holding a blood drive. The time is from 11:30a.m.-5:30p.m. in the Campus Center Ice Arena upper level.

- Thursday, Sept. 24: Open Skate- \$1 with SUNY Oswego student, faculty or Staff ID, \$3 for general, public, \$2 skate rental fee. 12-2p.m. in the Campus Center Ice Arena.

- Thursday, Sept. 26: Flag Football League- Online registration deadline is Monday, Sept. 21, 6p.m. Location: Lee and Swetman fields.

Questions? Comments? Suggestions? Get Involved. Give us a call! 312-5648 Or email lifestyle@oswego.edu

Toilet Talk Back

Download Toilet Talk online! Visit www.oswego.edu/lifestyles and Click on the Toilet Talk link.

“Sometimes it’s the smallest decision that can change your life forever”

-Keri Russell

Alcohol Poisoning

-Is defined as excessive, hazardous drinking, and drinking more than your body can metabolize.

Signs of Alcohol Poisoning

-Vomiting
-Seizures
-Mental confusion
-Irregular breathing
-Unconsciousness
Hypothermia: low body temperature, bluish skin, pale skin.

Resources

-Walker Health Center- 312-4100
-SAVAC- 312-4000
-Campus Police- 312-5555
-Lifestyles Center- 312-5648

*If anyone is interested in Joining Weight Watchers on campus, contact Shannon Chillson at shannon.chillson@oswego.edu

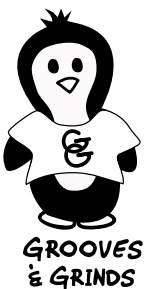
Lifestyles

Walker Health Center
SUNY Oswego
(315) 312-5648
lifestyle@oswego.edu

Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistants Jenna Bernardelli and Michael Hotchkiss, Intern Danielle Hawley and Peer Educators Dawn-Marie Allen-Kent, Jeanelle Colon, Charlene Irving, Chanel Lindsay, Jessica Raghunanan and Amirah Wint. Sources available upon request.

Watch for our ads on WTOP and digital signage!

Field Day!



Thursday
Sept. 24th
9p.m.-11p.m.
Campus
Center
Swetman
Gym

