

History of Valentine's Day

-According to one legend, Saint Valentine sent the first "valentine" from his jail cell to the jailer's daughter who he was in love with. He is said to have signed his love letter "From your valentine."

Where to Take Your Date in Oswego

-Water Street Cafe

159 Water Street
(315) 207-1550

-Red Sun Fire Roasting Company

207 West 1st Street
(315) 343-2418

-Canale's Restaurant

156 West Utica Street
(315) 343-3540

-Vona's Restaurant

9 Willow Street
(315) 343-8710

-Patz on the River

6 East 1st Street
(315) 207-0370

Top 5 Valentine's Day Gifts

1. Red Roses
2. Box of Chocolates
3. Teddy Bear
4. Gift Baskets
5. Cards

Worst Pick-Up Lines

-Are you wearing space pants? Because your butt is out of this world!
-I lost my number, can I have yours?
-Your body's name must be Visa, because it's everywhere I want to be!
-Damn girl, you have more curves than a race track!
-Were you arrested earlier? Because its got to be illegal to look that good!
-Do you have a library card? Because I'm checking you out!
-Baby you must be tired because you've been running through my mind all night!

Lifestyles

AFTER DARK

Oswego's Best Dance Crew applications are due 2/16

Toilet Talk

February 11, 2011

All You Need is Love

Did You Know...

...Esther Howland created the first commercial Valentine's Day cards in America around the 1840s?
...85% of purchased Valentine's Day cards are made by women?
...Cupid's mother, Venus, is the Roman goddess of love?
...Valentine's Day in Brazil is celebrated in June as the "Day of the Enamored?"
...Valentine's Day in Columbia is celebrated in September as "Love and Friendship Day?"
...Currently, 141 schools chose Trojan Brand as their number one preferred brand of condoms?
...Nearly 19 million new STD infections occur each year?
...Currently, HPV is the fastest growing virus?

Easy tip on Living Laker Green:

V-Day roses are not only overpriced, but also quite likely flown in from flower farms on the other side of the globe, plucked from fields doused with pesticides. Get your sweetie some locally made chocolates instead. If only flowers will do, choose something grown locally in a greenhouse. Extra points for choosing a plant instead, which improves indoor air quality while it beautifies.

Answer to Last Week's Question:

According to the Greeting Card Association, an estimated one billion Valentine's Day cards are sold each year. It is the second largest card sending holiday after Christmas.

Question of the Week:

What makes dark chocolate good for your heart?

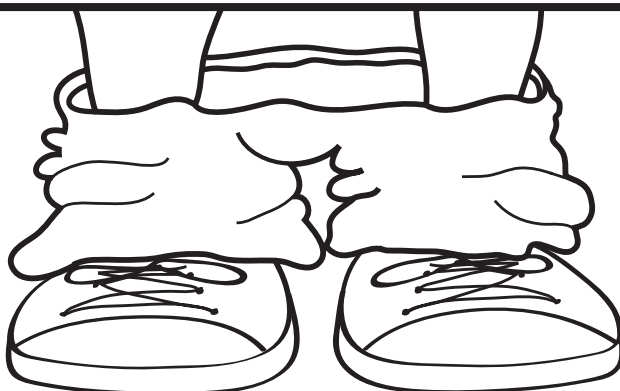
Events of the Week:

-Friday, February 11th: Singled Out Game Show. Campus Center Food Court, 7-10 p.m. FREE!
-Monday, February 14th-Friday, February 18th: The Counseling Services Center will be sponsoring the 2nd annual **Random Acts of Kindness Week**. The staff at CSC will be participating all week by leaving snow brushes on random cars in SUNY Oswego parking lots, leaving goody bags for students, staff and faculty, as well as the appearance of the CSC mascot, "Buddy," in residence and dining halls. Please participate by doing your own random act of kindness this week and make someone's day!

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.



Words to whiz by...

"Love is composed of a single soul inhabiting two bodies."

-Aristotle

Birth Control Methods and Their Effectiveness

-Birth Control Pill: almost 100%
-Contraceptive Injection: almost 100%
-IUC (Mirena): 98% to 99%
-IUD (The Coil): 97% to 98%
-The mini-pill: around 98%
-Male Condom: 90% to 98%
-Female Condom: 90% to 98%
-Diaphragm with spermicide: 90% to 96%
-The Plan B pill is intended to prevent pregnancy after known or suspected contraceptive failure or unprotected intercourse, Plan B should not be used as routine birth control.
****None of these methods are 100% effective, which means the only guaranteed way of preventing pregnancy and/or STD/STIs is to not have sex!****

Friendly Reminders

-Don't be a lover without a safety cover!
-If you're feeling spunky, cover your monkey!
-If you can't shield your rocket, leave it in your pocket!
-Don't be silly, wrap your willy!
****Condoms are 10 for \$1.00 at the Lifestyles Center!****

Resources

-Mary Walker Health Center, M-F 8:30 a.m.-4:00 p.m. Walk-ins 8:30-10:30 a.m. (315) 312-4100
-The Lifestyles Center, M-F 8:30 a.m.-4:30 p.m. (315) 312-5648
-Counseling Services, M-F 8:30 a.m.-4:30 p.m. (315) 312-4416
-Oswego & Fulton's Family Planning (315) 598-4790 (On campus on Thursdays, 8:30 a.m.-4:30 p.m.)

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 Assistant Sara D'Addesio, Intern Mary Hankin and Peer Educators Veronica Kelly, Audrey Hinnant, Erin Marulli, Willmary Rose and Tamara Tingman.

Sources available upon request.
Watch for our ads on WTOG and digital signage!