


Best Clothing for Cold Weather

- Hat
- Scarf or knit mask to cover the face and mouth
- Sleeves that are snug at the wrist
- Mittens
- Water-resistant coat and shoes
- Several layers of loose-fitting clothing

Winter Storm Warning Definitions

- Winter Weather Advisory: Expect winter weather conditions to cause inconvenience and hazards.
- Frost/Freeze Warning: Expect below freezing temperatures.
- Winter Storm Watch: Be alert; a storm is likely.
- Winter Storm Warning: Take action; the storm is in or entering the area.
- Blizzard Warning: Stay indoors. Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.



Comedy Hypnosis & Magic.
Thursday, Feb. 4th at 8p.m. Hewitt Union Ballroom.

GROOVES & GRINDS

Toilet Talk

January 29, 2010

Freezing in a Lake Effect Land Did You Know...

- ...The coldest temperature on record in the United States is -80 degrees Fahrenheit. It was recorded at Prospect Creek Camp in the Endicott Mountains in January 1971.
- ... Mittens are warmer than gloves.
- ...700 deaths a year are attributed to hypothermia alone.
- ...About 70% of winter storm related deaths occur in automobiles.
- ...Alcohol, nicotine, caffeine and medication can inhibit the body's response to cold and impair judgement.

Question of the Week:

What year were the first commercial greeting cards produced in the U.S.?

Easy Tip on Living Laker Green:

Ice isn't nice on sidewalks and driveways, but chopping it up manually with a shovel is terrific exercise, and better for the environment than using salt, which can harm your lawn and garden and run off into the water supply. If you need a little extra traction, scatter sand.

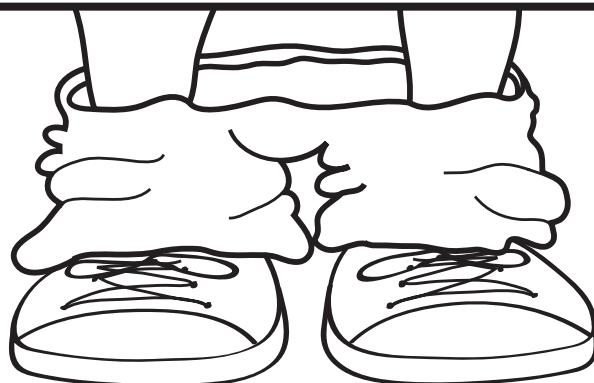
Events of the Week:

- Friday, January 29th: Men's Hockey vs. Postdam. 7p.m.-9p.m. Campus Center Arena. FREE for SUNY Oswego students with ID.
- Tuesday, February 2nd: Performance: 500 Clown Frankenstein. Waterman Theater, Tyler Hall. Cost is \$7 for students.
- Wednesday, February 3rd: Opportunity Fair "Job-O-Rama." 11a.m.-2p.m. Swetman Gym, Campus Center.

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



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



Words to whiz by...

"The best way to secure future happiness is to be as happy as is rightfully possible today"

- Charles W. Eliot

Groundhog Day Facts

- ...February 2nd
- ...Punxsutawney Phil, a groundhog living in Gobbler's Knob, Pennsylvania "tells" us whether or not spring is on its way yet.
- ...If he sees his shadow, the weather is going to be getting better
- ...If he doesn't see his shadow, there are six more weeks of winter to come!
- ...Tradition goes back to Pennsylvania's earliest settlers, who were German in descent.

Oswego Winter Facts

- Feb. 2007: Oswego recieved 11ft. 9in. of show in the first two weeks of the month.
- Jan. 26th, 1972: It snowed for 3.5 hours straight totalling over 2.5 feet.

Lifestyles

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Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Jenna Bernardelli, Intern Chris McPherson and Peer Educators Brianna Daley, Deanna Drexler, Chelsea Giaraffa, Mary Hankin and Jessica Raghunanan.

Sources available upon request.

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