

Halloween Safety Tips

- Trust your instincts. If you feel unsafe, go with your gut and use a code word with friends if you're uncomfortable.
- Avoid being alone. Let a trusted friend know where you are and with whom.
- Always carry emergency cash and keep local cab numbers handy.
- Don't accept a drink from someone you don't know and don't leave your drink unattended.

Interested in Becoming a Peer Educator?

..Becoming a Peer Educator with the Lifestyles Center is a great way to learn more about healthy choices, help the campus, earn class credit and have fun! Peer Educators receive training that allows them to contribute a great deal to our campus community by way of education, outreach and more! Students who are interested in becoming a Peer Educator can contact the Lifestyles Center by phone at 312-5648 or email lifestyle@oswego.edu. Application deadline is Oct. 30th.



KARAOKE
Thursday,
Oct. 29th
8p.m.-12a.m.
Campus
Center Food
Activity Court

Toilet Talk

October 23, 2009

Trick or Treat, Take a Peek..

Did You Know...

- ...A pumpkin is really a squash and comes from the same family as a cucumber.
- ...About 99% of pumpkins sold are used as Jack-O'-Lanterns at Halloween.
- ...It is thought that the colors orange and black became Halloween colors because orange is associated with harvests (Halloween marks the end of harvest) and black is associated with death.
- ...The fastest pumpkin carving was recorded at 37 seconds.

Answer to Last Week's Question:

According to the U.S. Census Bureau statistics for 2008, each person in the U.S. eats about 23.8 pounds of candy per year.

Easy Tip on Living Laker Green: As you begin to think of turning on the heat for the first time this season, see if you can set your thermostat two degrees lower than usual. Put on a sweater and a knit cap and settle in.

Question of the Week: How many Americans have diabetes and how many Americans have pre-diabetes?

Events of the Week:

- Saturday, Oct. 24th: Make-A-Difference Day. Help volunteer to set up a blood-drive or a Halloween-themed day for children. To sign up to volunteer please contact Oswego AmeriCorps at 315-349-3451 or SUNY Oswego's Center for Service Learning at x5360.
- Sunday, Oct. 25th: SAPB- Fall Film Series "Bruno" and "Public Enemies." Campus Center Auditorium at 10 p.m. and Campus Center room 201 on Thurs. at 7p.m. and Sun. at 4p.m.
- Tuesday, Oct. 27th: Take Back the Night - Come support victims of sexual assault and abuse. To participate in the outdoor march, meet at 8p.m. in the Quad. Dress warmly!
- Saturday, Oct. 31st: 5k Great Pumpkin Run. Register by Oct. 30th to participate. For more information contact the Fitness Centers.

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...

"When witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween."

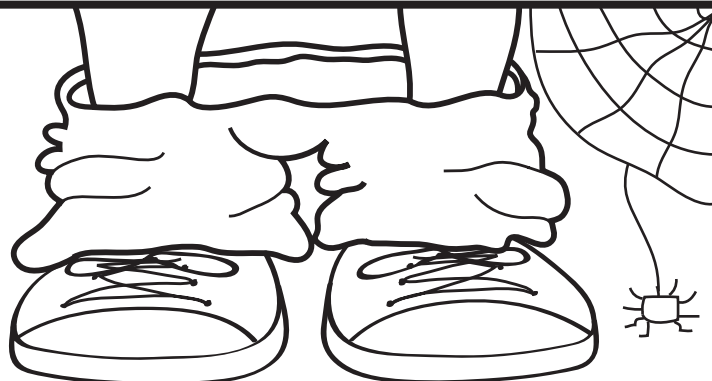
-Anonymous

Top Candies

1. Snickers
2. Nerds
3. Tootsie Rolls
4. Lifesavers
5. M&M's
6. Reeses

Halloween History

- 2,000 years ago the Celts celebrated the New Year on Nov. 1st.
 - This marked the end of harvest and the beginning of the dark time of the year, which is connected to human deaths.
 - Oct. 31st the Celts celebrate Samhain, which is the time when the veil between our world and the spirit world is believed to be the thinnest.
 - It is believed during Samhain, spirits returned to the earth causing mayhem.
 - Celtic priests would celebrate Samhain by wearing costumes made of animal heads.
- Who wants \$100?!**
If anyone found a stuffed "microbe" around campus, please bring it to the Lifestyles Center. You'll receive a prize pack and be entered to win \$100!



Walker Health Center
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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!