

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.

Oswego Winter Facts

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

Lifestyles
AFTER DARK
Free coffee every Thursday!
Lake Effect Cafe,
7pm

Toilet Talk

January 28, 2011

The Weather Outside is Frightful

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?
- ...The world's largest snowflake was 38 cm wide and 20cm thick and was found at Fort Keogh, Montana on January 28, 1887?
- ...The most snowfall within 24 hours in the U.S. was 63 inches and occurred in Georgetown, Colorado on December 4, 1913?
- ... Mittens are warmer than gloves?
- ...700 deaths a year are attributed to hypothermia alone?
- ...About 70% of winter storm related deaths occur in automobiles?
- ...The coldest place in North America is Snag, the Yukon Territory of Canada, with a recorded temperature of -81.4 F on February 3, 1947?
- ...Alcohol, nicotine, caffeine and medication can inhibit the body's response to cold and impair judgement?

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. In fact, salt can harm your lawn and garden and run off into the water supply. If you need a little extra traction, scatter sand instead.

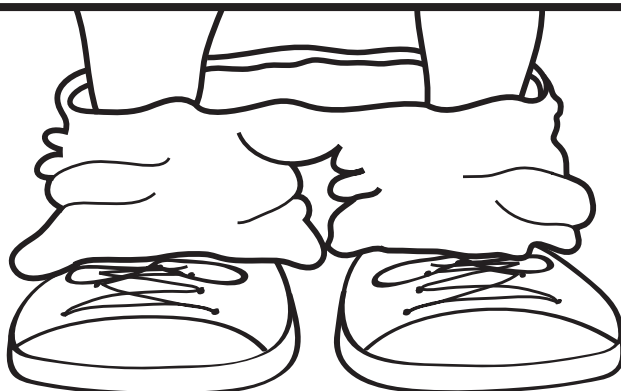
Events of the Week:

- Sunday, January 30th: Movie: "The Social Network." Campus Center, Room 132. 4-6pm.
- Monday, January 31st: Talk on Stress Management by Comedian Dan Kamin. 132 Campus Center, 7-8pm.
- Tuesday, February 1st: Job-o-Rama. Swetman Gymnasium, Room 147 Campus Center. 11am-2pm.
- Friday, February 4th: Women's Ice Hockey vs. Buffalo State. Campus Center Arena. 7-9pm.

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...

"No winter lasts forever; no spring skips its turn."

-Hal Borland

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, there are six more weeks of winter to come!
- ...If he does not see his shadow, there will be an early spring.
- ...Tradition goes back to Pennsylvania's earliest settlers, who were of German descent.

To Pass the Cold Oswego Weather, the Lifestyles Center Staff & Peer Educators...

- Has movie marathons
- Sleeps
- Spends time with friends & family
- Sings
- Dances
- Reads
- Stays inside
- Plays Dance Dance Revolution
- Plays Disney Scene It
- Drinks coffee & hot chocolate
- Bundles up in a Snuggie
- Sits by the fire in the Campus Center
- Wears 2 sweaters and a coat

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!