

## Important Campus Contacts

Campus Technology  
Services: x3456  
Financial Aid: x2248  
Registrar: x2136  
Lifestyles Center:  
x5648  
Counseling Services  
Center: x4416  
University Police:  
x5555  
Walker Health  
Center: x4100  
Residential Life &  
Housing: x2246  
Operator: x2500  
Library: x4267  
Abuse & Assault  
Hotline: x7777



## The Lifestyles Center..

..Provides students with a wealth of health and wellness information.  
..Hosts *Grooves and Grinds*, free and fun entertainment every Thursday evening.  
Come visit us! We are located in the back of the Mary Walker Health Center.



**Wii Sports  
Tournament**  
Thursday,  
Sept. 10th  
8p.m.-12a.m.  
Campus  
Center Food  
Activity Court

# Toilet Talk

September 4, 2009

## Welcome Back!

### Did You Know...

...U.S. News & World Report in August named SUNY Oswego among a select group of "Top Up-and-Coming Schools" in its "America's Best Colleges" for 2010?  
...SUNY Oswego was founded in 1861 as the Oswego State Teachers Training Institute by Edward Austin Sheldon?  
...The Oswego campus consists of 45 buildings with classroom, laboratory, residential and athletic facilities?  
...The Campus Center was the college's first new building in 35 years?

### Easy Tip on Living Laker Green:

Back-to-school shopping can be an environmental challenge. Get help making wise choices at [www.shopbacktoschool.org](http://www.shopbacktoschool.org).



**Question of the Week:** How long should you wash your hands to avoid catching the common cold and from spreading germs?

### Events of the Week:

Saturday, Sept. 5th: Comedy- Shaun Cassidy Fan Club Improv from 8-9:30pm in the Campus Center Auditorium. Free!

Monday, Sept. 7th: Labor Day- NO CLASSES!

Wednesday, Sept. 9th: Dance Class - Latin Rhythm's Basic Steps. This class will offer beginner-level dance steps to different Latin dance styles such as salsa, merengue, bachata and cha cha cha. 12:40-1:35pm in Swetman Gym.

Questions? Comments? Suggestions? Get Involved.  
Give us a call! 312-5648 Or email  
[lifestyle@oswego.edu](mailto:lifestyle@oswego.edu)



Download Toilet Talk online! Visit  
[www.oswego.edu/lifestyles](http://www.oswego.edu/lifestyles) and Click on  
the Toilet Talk link.

### Words to whiz by...

"Don't aim for success if you want it; just do what you love and believe in, and it will come naturally."

- David Frost

### Student Sustainability Academy

This fall semester, the SUNY Oswego Office of Business and Community Relations, the Civic Engagement Coalition and Students for Global Change will host a Student Sustainability Academy - a discussion group exploring various aspects of sustainability in the 21st century - in 7 college hour sessions.

Topics include food production and transportation, buying practices, water and greener communities. In each case, you'll consider how to take action. Enrollment is limited to 12 students, materials will be provided.

When: College Hours, Wed. 12:40pm-1:35pm, starting Sept. 9th.  
Where: Campus Center room 134.

If you have any questions or want to register, please contact Rachel Rossi at [rossi@oswego.edu](mailto:rossi@oswego.edu).



Walker Health Center  
SUNY Oswego  
(315) 312-5648  
[lifestyle@oswego.edu](mailto: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!

