

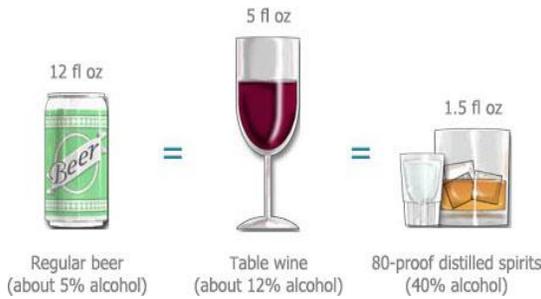
# THE CAN CHRONICLE

## DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

### March 2019 - Issue One

Co-Editors Shannan Breault and Cheryl Perog

## Standard Drink Sizes



## Liberated:

### The New Sexual Revolution

Following the journey of college students on Spring Break, the film provides shocking insight into attitudes and behaviors regarding sex, the normalization of sexual violence, and media conceptions of gender and sexuality. This film is brought to you by the Wellness Center and the Student Government Association.

Tuesday, March 5<sup>th</sup>

7 pm

Bouck Theater

## Guided Meditation Program with

### Wellness Center Dog-tors

Learn about the benefits of meditation and how to manage stress through gentle yoga, progressive relaxation and guided meditation. Leave relaxed and well rested. Bring a blanket, or two, for added comfort. Joining our practice will be some of the Wellness Center therapy dogs from the Dog-tor is in!

Thursday, March 7<sup>th</sup>

5 pm – 6 pm & 7 pm – 8 pm

Bouck Multipurpose Room

## Info Bites Cooking Session

Come make fresh salsa with the Wellness Center Certified Dietician/Nutritionist. Free samples and recipes will be provided.

Monday, March 11<sup>th</sup>

2:30 pm – 4 pm

CANR Lobby

## Peer Educator Corner

### Alcohol by Volume

Steve Gilbert

Alcohol is used socially in all sorts of settings like parties, group hang outs, and at home. If you choose to drink, you should know how much is in a standard drink. When you're pouring a drink you need to remember that the higher the percentage of alcohol, the smaller the size of a standard drink.

The volume and alcohol percentage of your drink will affect how many standard drinks you're consuming. Your body on average can break down one standard drink an hour. A single serving of beer is 12 ounces, wine is 5 ounces and liquor is 1.5 ounces. The more drinks one consumes, the higher the risk of alcohol poisoning. Alcohol poisoning can be life threatening. If you or someone else exhibits any of the following symptoms it is important to get help for them right away. You can get help by calling 911 or University Police at (518) 255-5555.

- Seizing
- Vomiting
- Confusion
- Incoherency
- Unresponsiveness
- Irregular breathing
- Low body temperature
- Pale, clammy and bluish-tinged skin

## Spring Break: Sex, Drinking And Addiction

### Spring Break Excess

Students who can find the funds scramble for Spring Break destinations: Daytona Beach, Cancun, and Cabo. Students who can't, still manage to arrange parties to celebrate the week off. No school and no parents have traditionally meant binge drinking, perhaps some recreational drug experimentation and for many, the expectation of hooking up. According to the *Journal of American College Health*, in studies of Spring-Breakers, more than half of all males and 40% of females reported drinking until they became sick or passed out. The *National Institute on Alcohol Abuse and Alcoholism* (NIAAA) reports that "nearly half of all college students binge drink — and during spring break it seems to go to the extreme." Binge drinking is said to occur when men consume five or more drinks within two hours and when women drink four or more drinks within two hours. Women's bodies metabolize alcohol less quickly than men's bodies. Extreme alcohol intoxication or alcohol poisoning can cause the body's automatic respiration response to fail, leading to death. An estimated 1,825 college students between the ages of 18-24 years old die each year in alcohol-related deaths.

### The Hook-up Culture

The *American Sociological Association* reported that they have found "no evidence that there is a new or pervasive hookup culture among contemporary college students." The details of the study suggest that students are having no more or less sex today than they had in 1996; the only difference is who they're having it with — they are more likely today to have sex with friends or within casual relationships. We know self-and-other protection behaviors decrease when alcohol and drug consumption goes up. Spring Break weeks are not good in this regard; one statistic reveals that half of sexual encounters during that time are unplanned, and half are unprotected, causing sexually transmitted infection rates to go up. STI's can be prevented by the consistent use of condoms.

## The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225