

# THE CAN CHRONICLE

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

September 2018 Issue 1

Co-Editors Shannan Breault and Cheryl Perog

### Health and Wellness Expo.

September 13<sup>th</sup> Lower Brickyard  
from 11-2:00 p.m.  
Food, fun and free health information

**Prizes available**



### Scavenger Hunt

"Find your way to \$50"  
Participate in a fun-filled  
Scavenger Hunt  
5 Clues with Prizes at Each  
Location

September 19 From  
1pm-3pm  
Pick up your first  
clue at the Wellness  
Center



### PEER Educator Corner Mindfulness and Campus Resources

*By Mitch Light*

Mindfulness means to be aware of or conscious of something. Being mindful can help you achieve a state of meditation, but on the other note can help you to be aware of yourself and others. Being mindful can help you to know what to do in a bad situation, and on the other hand can help you to de-stress from a long day. Mindfulness is all about being aware of how you feel and what is going on around you.

If you ever find yourself in need to talk with someone, the Wellness Center offers counseling appointments. This is a great way to talk about your feelings and problems while maintaining complete confidentiality. If you find yourself not feeling well, the Wellness Center offers medical appointments, STI testing, and even nutrition appointments. This can help you to stay mindful both mentally and physically. If you find yourself in a sticky situation and your worried for yourself or someone else's safety you can call the University Police Department (UPD). The UPD also has campus blue lights which you can press and will bring UPD right to your location. Being mindful can help you be at peace with your feelings and can even save your life. Stay mindful everyone!



### Feeling down? A little Stressed?

Need a little puppy lovin'?

**The Dog-tor is in...**

Thursdays 8:30 a.m. – 9:30 a.m.  
At the Wellness Center

### Sexual Violence, Harassment and Discrimination Is NEVER Okay!

*By Lynn Berger, Title IX Coordinator*

Title IX and the Violence Against Women Act (VAWA), both Federal Laws, and 129-B (better known as "Enough is Enough"), a New York State Law, protect faculty, staff, students, vendors and visitors from sexual violence, sexual harassment and gender discrimination. Title IX has prohibited gender discrimination in educational programs and activities since 1972. New York is one of only three states (California and Connecticut are the other two) to recently make active/affirmative consent the law – only "yes means yes" for consensual sexual activity.

Affirmative consent is a knowing, voluntary, and mutual decision among all participants to engage in sexual activity. Silence is not yes, "ouch" is not yes, "don't do that" is not yes. Consent to one sexual activity does not mean a different activity is OK. Affirmative consent means that couples should be talking about what they like, and don't like, before hooking up, so there is a mutual understanding.

The College has a duty to promptly respond to complaints of sexual harassment and sexual violence, including dating or domestic violence and stalking. Victims/survivors have many options that can be pursued simultaneously, including making a report to an individual with the authority to address complaints, and receiving medical and counseling services. SUNY Cobleskill has zero tolerance for illegal discrimination or harassment, sexual assault, dating violence, domestic violence or stalking. Retaliation against anyone reporting a Title IX violation is prohibited. Anyone who experiences, observes or hears about an incident of sexual violence, harassment or gender discrimination must report it to the Title IX Coordinator or another campus official as soon as possible.

**For Emergency Assistance or to Report a Crime:** University Police, 518-255-5555 or 911

**For Medical Attention or to Discuss Your Situation with a Counselor:**  
Beard Wellness Center, 518-255-5225, [wellnesscenter@cobleskill.edu](mailto:wellnesscenter@cobleskill.edu)

**For Questions or Concerns or to File a Sexual Harassment or Discrimination Complaint Against a Student, Staff/Faculty Member, Vendor or Visitor:**

Lynn Berger, Director of Human Resources and Affirmative Action/Title IX Coordinator, 518-255-5465, [bergerla@cobleskill.edu](mailto:bergerla@cobleskill.edu), Knapp Hall 123

**To Report Student Conduct Code Violations Including Sexual Harassment or Discrimination:**

Ed Asselin – Assistant Vice President of Student Development, Bouck Hall 126A, 518-255-5215 [asselie@cobleskill.edu](mailto:asselie@cobleskill.edu)

For additional information and resources, please visit the Title IX website:  
[www.cobleskill.edu/titleix](http://www.cobleskill.edu/titleix)

### And the Winners Are!

Congratulations to the winners selected from the Everfi Alcohol Edu and Sexual Assault Prevention Program participants. Winners will receive a \$25 Walmart gift card

Kira Helmer  
Cassidy Call

Darien Rodriguez  
Mackenzie Pierce

### 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 Nurse Call Line 518-255-5622

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