



February Newsflush

Q: What did the Valentine's day card say to the stamp?

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Grab your Bras and Get in the



We will be collecting new or gently used bras from February 1st through the 20th. The bras will be donated to the Sexual Assault Treatment Center of Milwaukee. Keep a look out for pink collection bins at the AMU info desk, Mashuda, McCormick, Schroeder, Cobeen, Emory Clark, the Rec Center, and the Rec Plex. The bra drive is sponsored by the Center for Health Education and Promotion, in conjunction with the Marquette Women's Basketball "Pink Zone" game on Saturday, February 20th at 1PM.

Now Available at Student Health Service:

COLD and FLU kits!

One stop shopping for all the essentials you need to help you feel **BETTER** faster.

(check the SHS website for pricing)
www.mu.edu/shs



Still Need Your H1N1 Vaccine?

Marquette University Student Health Service will be holding two more FREE H1N1 Vaccination Clinics on

**Wed. Feb 10, 7am-1pm &
Thurs. Feb 11 7am-1pm
In the AMU Lobby**

If you can't make any of the mentioned H1N1 clinic dates, call Student Health Service at 288-7184 to make an appointment to get your **FREE H1N1 Vaccine**.

Love Your Body Week– Be You(tiful)

Mark your calendars to join us for the 12th annual "Love Your Body Week" set to take place *the week of February 22, 2010!* Watch for upcoming publicity on events intended to provide interactive education about positive body image, self-esteem and overall wellness. Highlights include the 4th annual "Freezin' for a Reason" Swing-a-thon, sponsored by Cobeen Residence Hall. If you have any questions regarding the upcoming events, or would like to get involved, please call the Center for Health Education and Promotion at 288-5217.



A: Stick with me and we'll go places

Is Alcohol a Date Rape Drug? What About Other Drugs?

Any drug that can affect judgment and behavior can put a person at risk for unwanted or risky sexual activity. Alcohol is one such drug. In fact, alcohol is the drug most commonly associated with sexual assault. When a person drinks too much alcohol:

- * It's harder to think clearly
- * It's harder to set limits and make good choices
- * It's harder to tell when a situation could be dangerous
- * It's harder to say "no" to sexual advances
- * It's harder to fight back if a sexual assault occurs
- * It's possible to blackout or have memory loss



Rohypnol (roh-HIP-nol). Rohypnol is the trade name for flunitrazepam (FLOO-neye-TRAZ-uh-pam). Abuse of two similar drugs appears to have replaced Rohypnol abuse in some parts of the United States. These are: clonazepam (marketed as Klonopin in the U.S. and Rivotril in Mexico) and alprazolam (marketed as Xanax). The effects of Rohypnol can be felt within 30 minutes of being drugged and can last for several hours. If you are drugged, you might look and act like someone who is drunk. You might have trouble standing. Your speech might be slurred. Or you might pass out.

** Even if a victim of sexual assault drank alcohol or willingly took drugs, the victim is NOT at fault for being assaulted.*

www.womenshealth.gov

Sodexo NewsFlash: Try a few of the following "brain foods" to enhance mental alertness and clarity

- 1) FISH is a protein source associated with a great brain boost. Fish is rich in omega 3 fatty acids, which promote amazing brain power. Consuming more dietary omega 3 fatty acids is linked to slower mental decline and may play a vital role in enhancing memory, especially as we get older.
- 2) NUTS AND SEEDS are good sources of the antioxidant vitamin E, which is associated with less cognitive decline as we age.
- 3) DARK CHOCOLATE also has powerful antioxidant properties, and contains natural stimulants like caffeine, which can enhance focus and concentration. It has a high content of flavanols that facilitate blood supply to the brain and enhance cognitive skills. Just remember, all foods in moderation. A one-ounce portion of dark chocolate is just enough to provide added health benefits without excessive calories, fat and sugar.

For more information go to the Sodexo website:
www.balancemindbodysoul.com/newsflash.html