

Potty

For students



Mouth

by students

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Join the Club

In a student body of over 16,000, JMU can be a scary place to try to meet new friends. On top of immersing yourself in campus, new students should definitely begin to get involved in campus life. With over 300 different organizations at JMU, there's always something to do. You could try out for an acapella group or theatre production, or play a club sport. For more information on student activities visit <http://www.jmu.edu/osai/>.

Around the Burg

Looking for something to do outside JMU? Harrisonburg offers something for everyone. Explore local caverns, take a ride on a horseback trail, spend the morning at the Farmers Market, take a dip at Blue Hole, or hike one of the local National Forests in our backyard. For more information visit <http://www.harrisonburgtourism.com/index.php>

Time is what you make of it!

With college comes a great deal of freedom and flexibility, but somehow there still never seems to be enough time to fit everything in. Learning a few of these skills will help you balance your class, work and personal lives.

- Use a day planner.
- Set realistic goals by planning ahead.
- Prioritize by making a "To Do" list.
- Don't over commit yourself.
- Avoid procrastination.
- Remember to let yourself relax

Source: <http://blogs.msdn.com>



Spiritual Healing

Are you looking for new ways to get involved? Are you looking to meet new people? Need a spiritual boost in your life? Visit www.jmu.edu/healthctr/ONSpiritual to find some organizations both on and off campus that might fulfill your spiritual needs.

Safety First

If you choose to go out on the weekends, follow these tips along with common sense to be safe:

- Be aware of your surroundings.
- Walk in well lit and well traveled areas.
- Use the buddy system- stay in groups.
- Utilize Campus Cadets (campus escort system) if you feel unsafe.
- If you choose to drink, drink responsibly and know your limits.
- Have a safe way to get home (bus, taxi, JMU SafeRides).

Source: <http://www.jmu.edu/pubsafety/>



Potty Mouth by NUMBERS



number of planes in the air at one time over the U.S.

Source: <http://flyertalk.com>

Don't Sweat it!

The University Recreation Center can be a great place to stay active and fit throughout the semester. But an overzealous gym rat can literally put a damper on your workout. Here are a few rules of gym etiquette that everyone should follow:

- Be considerate of those waiting to use a machine.
- Bring a towel and remove any sweat you may leave behind.
- Leave cell phones behind.
- Always return weights back to the rack.
- Practice good personal hygiene.



Source: <http://www.cnn.com/2009/HEALTH/02/03/gym.etiquette/index.html>

Deadly Beds

Think twice the next time you hop into a tanning bed. Researchers concluded that tanning bed usage before the age of 30 increases skin cancer risk by 75 percent, making it as carcinogenic as tobacco, and as dangerous as arsenic. Experts recommend using sunless tanning options as a safer alternative.

Source: <http://dsc.discovery.com/news/2009/07/29/tanning-beds-cancer.html>

Hey, Watch Where You Put That!

Recently on ABC's Good Morning America, Microbiologist Chuck Gerba spoke about his discovery of thousands of germs on the bottom of a single purse. In his study he found fecal bacteria at levels similar to that of a bathroom floor, bacteria that can cause skin infections and cold viruses. Try using purse hooks and lockers whenever possible to help decrease the spread of germs throughout campus, and to ultimately keep yourself healthy.

Source: <http://abcnews.go.com/GMA/OnCall/story?id=2283311&page=1>

E-Hall aka Dolley's

Visited JMU's first "green" building yet? This 700-seater for all-you-can-eaters has seven stations and produces 85 percent of its food from scratch. Built with recycled and regionally manufactured materials, its environmentally friendly design will help save 181,948 gallons of water annually!

Source: <http://www.jmu.edu/news/FlashFeature-newDinHall.shtml>

Cold vs. Flu

The common cold and the flu are both respiratory illnesses but are caused by two different viruses. Many times it is hard to distinguish between the two. Some symptoms of the common cold are runny or stuffy nose and a sore throat. Flu symptoms are more severe and they include fever and body aches. If you are experiencing any of these symptoms stay home, do not attend class, wash your hands frequently, and see a doctor if symptoms worsen.

Source: www.cdc.gov/flu/about/qa/coldflu.htm

UPCOMING EVENTS

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| 9/15 | CC Speaks --7 p.m. Festival Ballroom |
| 9/17 | Late Night Breakfast -- 10 p.m. - 12 a.m. Festival |
| 9/26 | Gay Men's Health Chorus at D.C. --7 p.m. Memorial Hall |
| 10/5 | BCA. Survivor Night -- 7 p.m. Festival Ballroom A |

Email us with your ideas at: pottymouth@jmu.edu

Potty Mouth is brought to you by the University Health Center's Student Wellness and Outreach and the Potty Mouth staff. For more information regarding SWO, call 568-2831 or visit www.jmu.edu/healthctr/swo.

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Get your own Potty Mouth online: www.jmu.edu/healthctr/swo/potty.shtml