This was published on 30% recylced paper!

PLEASE DO NOT STEAL!

Potty Mouth

For students by students

VOLUME 13 ISSUE 3 pottymouth@jmu.edu FALL 2009

I choose you...Snorlax!

Studies show that nearly half of all people snore occasionally. But at what point does excessive snoring become a serious health issue? Sleep apnea is a serious health condition characterized by the cessation of breathing for periods of 10 seconds or more. In a single night, a person with sleep apnea may have up to 400 episodes of suppressed respiration. Untreated sleep apnea can lead to cardiac disease, high blood pressure, stroke, heart attack, and death.

Source: http://familydoctor.org/online/famdocen/home/articles/212.html

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Absence Makes the Heart Grow Fonder

Do you find yourself missing your family and/or significant other? If so, one of the best ways to handle your emotions is to stay in touch with them regularly. Take extra time to show them how much they mean to you! Technology makes communicating over long distances even easier. Try communicating by email, telephone, text message, Web Cam, a daily blog, or even mailing a letter. You could also send little gifts to show them you are thinking about them.

Sources: http://www.bbc.co.uk/relationships/couples/life_longdistances.shtml

Don't Get Burned

Fire safety is especially important when many people are living in close quarters, so here are some tips. Get a smoke alarm—two-thirds of house-fire deaths occur in homes without them. Always be aware of escape routes, including alternates. Lastly, remember to turn off straighteners and other hot appliances when not in use. For more tips visit www.firesafety.gov

Getting to the Meat of It

It's true, vegetarians don't eat meat, but did you know that there are different forms of vegetarianism?

- Semi-vegetarians: only consume dairy products, eggs, chicken, and fish
- Ovo-Lacto- Vegetarians: do not consume meat, poultry, fish, or sea food, but do consume eggs and milk
- Ovo-Vegetarians: only consume eggs and no other animal products or by-products
- Lacto-Vegetarians: only consume milk and no other animal products or by-products
- Vegans: do not consume any animal products or by-products; some don't even consume honey or yeast

For more information visit
http://www.vegetarianvegan.com/Vegan_Vs_Vegetarian.html

Varner House Cares ☺

If you or a friend are struggling with thoughts of suicide, think **CARE** (Care, Ask, Refer, and Encourage). Show that you Care, Ask calmly and frankly about suicide, Refer to JMU's Varner House, and Encourage hope for the future. The Varner House can be contacted at 540-568-6552 during weekdays. In emergencies or weekends, call 540-568-6911.

For more information, visit
http://www.jmu.edu/counselingctr/Suicide/suicide_prevention.html.

Apply for Spring Potty Mouth! Applications due 10/21 12pm Warren 404

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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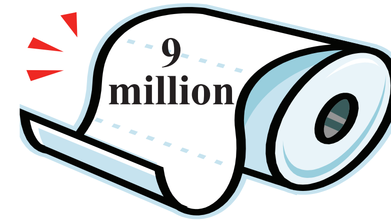
Potty Mouth by NUMBERS



the number of people in the world that share the same birthday as you!

Source: http://www.rateitall.com/i-897387-you-share-your-birthday-with-9-million-others-in-the-world.aspx

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Music To Your Ears, Money From Your Pocket

Although many of us are guilty of this, downloading music is illegal. People have been fined by the RIAA (Recording Industry Association of America) for up to $80,000 per song! When you connect to the internet, your computer has an "Internet Protocol (IP) Address," which can be used to identify you as the source of illegal files. So think twice before you go on another Lime Wire downloading spree.

Source: http://www.besttechie.net/2008/04/14/illegal-music-dowloading-look-at-

How Sweet It Isn't

High fructose corn syrup (HFCS) is a sweetener that is made by changing glucose (sugar) to fructose. HFCS is cheaper than sugar and it gives processed foods a longer shelf life. It can be found in sodas, juices, and other processed foods. Items with HFCS tend to be higher in calories and do not have much, if any, nutritional value. To help watch your intake of HFCS do not drink sodas, limit the amount of processed foods you eat, and avoid foods that contain added sugar.

Source: http://www.mayoclinic.com/health/high-fructose-corn-syrup/AN01588

Google Docs Rocks

Are you tired of coordinating schedules with group members to meet up for a project? Try Google Docs! Google Documents is a free, web-based word processor, where you can upload documents from Word, Excel, and PowerPoint to edit from any computer. You can also share documents with group members and collaborate from your individual computers rather than meeting up. Multiple collaborators can type into a document at one time, while seeing each other's inputs. Get started at http://documents.google.com.

Roommates 101

You may have grown up surrounded by siblings, or this may be your first time sharing a room with someone else. Having a roommate inevitably has its challenges, but it can also be a great part of your college experience. Follow these tips to keep things pleasant throughout the year(s)!

-Respect your roommate's belongings.
-Address issues before they progress.
-Be careful who you bring into your room and how often.
-Treat them the way you want to be treated.

Source: http://www.collegeboard.com/student/plan/college-success/26657.html

URECycle ✔

Did you know that the Upper Turf's material at UREC is comprised of crushed up rubber from used Nike shoes? UREC is just one of the many JMU facilities that has gone "green." A few of UREC's Sustainability Initiatives are the use of motion sensors in the restrooms to reduce light usage and the use of recycled paper for all administrative work. You can do your part by using specially designed elliptical machines to produce electricity during your workout.

For more on UREC's Sustainability Initiatives visit:
http://www.jmu.edu/recreation/Facilities/green.html.

UPCOMING EVENTS

10/12 Substance Abuse Prevention Open House 3-5 p.m. Maury G-12
10/13 RAVE (Rape, Abuse, Violence, Elimination) 7 p.m. Grafton
10/14 LGBT Tea Time 10 a.m.-12 p.m. Warren 403
Stop by for tea & cookies!
10/19 Health and Wellness Fair 6 p.m. Festival Ballroom
10/23 Seasonal FLU Vaccine Clinic, 10 a.m.-8 p.m., JMU Convocation Center, F/S $15, Students/Emeriti $25, ONE DAY ONLY

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