HAPPY HALLOWEEN!

Top 10 Halloween Wellness Tips from your friendly Boos at Beu

1. Consume Halloween drinks, sugary or stiff, in moderation.
2. Watch your drink for any tricks.
4. Be careful walking around in costumes; masks can reduce your awareness of your surroundings.
5. Remember: the law still applies! Look for increased police presence all Halloween weekend.
6. Respect your community and be a treat, not a trick.
7. Decorate sustainably, with biodegradable decorations.
8. Texting can reduce your awareness of your surroundings just like any mask.
9. Does your costume perpetuate a harmful stereotype?
10. While wearing a costume, please respect yourself, WIU, and the community.

HAUNTED HIGGINS
Want a good old fashion scare? Head up to the haunted 19th floor of Higgins but don’t lose your head! Oct 25-29 (Thurs-Sat). 8:00p.m. - midnight $5 a person or $3 with a non perishable food item! All donated items and more go to Stuff the Bus campaign.

Happy Halloween

Remember when you used to check your candy before you ate it...same rules apply with condoms. Check the expiration date. If it was opened or old or worn out, throw it away! There’s always more where that came from...

FREE CONDOMS are offered in the lab in Beu, within the residence halls, the Women’s Center and the Beu Health Education offices located on the 2nd floor of Seal Hall—East Wing.

Costume Safety

- Remember - masks can limit your vision so make sure you know your surroundings and are extra careful.
- Swords, knives and similar costume accessories should be of soft and flexible material so you’re not hurting yourself or others.
- Keeps wigs and costumes away from fire or cigarettes - you don’t want to go up in flames!

Dia de Los Muertos/The Day of the Dead
This Mexican national holiday is marked by families celebrating their departed by building private altars honoring their deceased. These are decorated with sugar skulls, marigolds, and favorite foods and beverages of the deceased. Many Hispanic cultures celebrate instead of fearing their dead. Dia de los Muertos is on November 1 and 2, corresponding with the Catholic All Saints (Nov 1) and All Souls (Nov 2) days.

http://www.holidayinsights.com/halloween/facts.htm

MASON COOLEY
Clothes make a statement. Costumes tell a story.

“Tis the night - the night Of the grave’s delight....”
~ Arthur Cleveland

Halloween is the second highest grossing holiday after Christmas.
Samhainophobia is the fear of Halloween.
The largest pumpkin ever measured was grown by Norm Craven, who broke the world record in 1993 with a 836 lb. pumpkin.

Both Salem, Massachusetts, and Anoka, Minnesota, are the self-proclaimed Halloween capitals of the world.

In many countries, such as France and Australia, Halloween is seen as an unwanted and overly commercial American influence.

Truth about black cats and dogs

Black cats were once believed to be witch’s familiars who protected a witch’s power. Seeing a black dog was considered an omen for death. Unfortunately, today, black pets are the last to be adopted and first to be euthanized in animal shelters (maybe because of these scary associations). Sad huh?


Stall Talk is brought to you by Beu Health Center Graduate Assistant Liz Andrews and Students T.A.L.K. peer educators. For more information, call 298-3225. For more health info, visit beu.wiu.edu. For adaptive format see the Disability Resource Center.