

# MAVERICK HEALTH

A newsletter dedicated to student health at Minnesota State University, Mankato

Summer 2005

## Local Paved Trails Offer Summer Fitness Fun



Students who spend their summers in Mankato have incredible outdoor opportunities available for fitness and fun. Mankato offers three paved trails, perfect for biking, blading, walking, and running. Sakatah Singing Hills State Trail is a 39-mile trail that runs through small communities and rural areas between Mankato and Fari-bault on a former railroad track. This trail begins just north of Mankato on Lime Valley Road. The Minnesota River Trail offers views of the Minnesota River, Sibley Park and Zoo, and downtown Mankato. This trail can be accessed midway at The Depot on Riverfront and Main streets in Mankato and connects to the Sakatah Trail. The Red Jacket Trail, a 13-mile trail that begins in Mankato near the YMCA and ends in Rapidan travels over railroad trestles and rivers and offers spectacular views and scenery. For detailed maps for all three trails, visit the Greater Mankato Convention and Visitors Bureau at: [www.greatermankato.com](http://www.greatermankato.com).

## Fire Up the Grill!

When winter finally loosens its grip on Minnesota, folks head outdoors to make the most of the great summer weather. And no summer is complete without food prepared on the grill. The Hearth, Patio and Barbeque Association offers the following hints and tips to keep your summer grilling safe:

- Grills are designed for outdoor use only—never grill in your garage, basement, or any other enclosed area.
- Set up your grill in an open area away from overhangs, buildings, dry leaves/brush.
- Use long-handled barbeque utensils to avoid burns and splatters.
- Avoid wearing clothing with hanging shirt tails, loose sleeves, apron strings, etc.
- To put out flare-ups, raise the grid the food is on, spread the coals out, or lower the temperature
- Use baking soda to control grease fires and have a fire extinguisher handy.

### The following tips are helpful if using a charcoal grill:

- Never add lighter fluid to existing hot or warm coals.
- Allow charcoal briquets ashes to cool completely before disposing of them.
- Never use gasoline, kerosene or other volatile fluids as an alternative to lighter fluid.

### The following tips are helpful if using a gas grill:

- When the LP cylinder is connected, the grill must be kept outdoors.
- Check the hoses for wear and leaks before each use.
- Keep the lid closed when lighting to prevent a flash-up from gas build up.
- If the burner on a gas grill doesn't ignite, turn off the gas and wait five minutes before trying to light again.



## Whooping Cough Making a Comeback



If you grew up in the United States, chances are pretty good that you received a childhood vaccination that included protection from pertussis. Pertussis is a respiratory disease commonly called Whooping Cough. Whooping Cough causes spells of coughing and choking that make breathing difficult and is sometime fatal (especially in infants). According to the Food and Drug Administration, rates of pertussis have been increasing for the last 20 years, most likely due to infants and young children who have not received the vaccination and lessening immunity in adolescents and young adults. Recently the FDA approved Boostrix, a pertussis booster for adolescents aged 10 to 16. Although Whooping Cough is rarely fatal in adolescents, older children can easily transmit the infection to younger, unimmunized infants. In addition to enhanced protection from pertussis, Boostrix provides a booster vaccination for tetanus and Diphtheria.

## BLOOD ALCOHOL CONCENTRATION

Ever wonder what your blood alcohol concentration is after a few drinks? The charts below can provide estimates for drinkers based on gender and approximate weight. One drink is defined as 12 oz. beer, 1 1/2 oz. hard liquor, and 5 oz. wine. Some drinks may contain more than 1/2 oz. alcohol and many factors influence your BAC such as gender, mood, medication, illness, food eaten, stress, family history, tiredness, altitude, and others.

FEMALE Drinks	1	2	3	4	5	6	7	8	9	10
100 lbs	.050	.101	.152	.203	.253	.304	.355	.406	.456	.507
125 lbs	.040	.080	.120	.162	.202	.244	.282	.324	.364	.404
150 lbs	.034	.068	.101	.135	.169	.203	.237	.271	.304	.338
175 lbs	.029	.058	.087	.117	.146	.175	.204	.233	.262	.292
200 lbs	.026	.050	.076	.101	.126	.152	.177	.203	.227	.253

MALE Drinks	1	2	3	4	5	6	7	8	9	10
100 lbs	.043	.087	.130	.174	.217	.261	.304	.348	.391	.435
125 lbs	.034	.069	.103	.139	.173	.209	.242	.287	.312	.346
150 lbs	.029	.058	.087	.116	.145	.174	.203	.232	.261	.290
175 lbs	.025	.050	.075	.100	.125	.150	.175	.200	.225	.250
200 lbs	.022	.043	.065	.087	.108	.130	.152	.174	.195	.217
225 lbs	.019	.039	.058	.078	.097	.117	.136	.156	.175	.195
250 lbs	.017	.035	.052	.070	.087	.105	.122	.139	.156	.173

Alcohol is metabolized at a rate of .015 per hour. Subtract the appropriate amount using the chart below:

Hours since 1st drink	1	2	3	4	5	6
Subtract from BAC	.015	.030	.045	.060	.075	.090

### MSU STUDENT HEALTH SERVICES

APPOINTMENT & INFORMATION — 389-6276

HEALTH EDUCATION — 389-5689

PHARMACY — 389-2483

NURSE LINE — 389-6710

OR VISIT US AT: [www.mnsu.edu/shs/](http://www.mnsu.edu/shs/)

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## Summer Food Safety

Memorial Day marks the unofficial start of summer fun, the picnic season...and an increase in foodborne infections. According to the USDA's Food Safety and Inspection Service, laboratory-confirmed infections caused by *E. coli*, *Campylobacter* and *Salmonella* increase during the warm weather months. But before you begin to despair of ever being able to eat potato salad again, food poisoning doesn't have to be the most memorable part of your outdoor festivities. By following a few simple rules offered by the USDA, you can safely enjoy your outdoor eating activities:



- Clean hands are an important first step in preventing the spread of bacteria. Wash hands thoroughly in hot, soapy water before preparing and eating foods. If you won't have access to clean water, remember to pack disposable wipes. Don't forget to wash eating and food prep areas, too!
- Keep hot foods hot (at or above 140° F). When transporting hot foods, wrap well and place in an insulated container. If you are preparing foods at a picnic site, hamburger needs to be cooked to an internal temp of 160° F, ground poultry to 165° F, whole steaks and roasts to 145° F for medium rare, whole poultry to 180° F in the thigh, and breast meat to 170° F. Meat may appear to be fully cooked when it's no longer "pink" but looks can be deceiving—when in doubt, use a food thermometer. Don't use the plate that held the uncooked meat to serve it unless it has been first washed in hot, soapy water.
- Keep cold foods cold. Cold foods should be transported and kept in coolers kept at 40° F. Keep the cooler in the air-conditioned passenger part of your vehicle rather than the trunk. Don't let perishable food sit out longer than 2 hours (or 1 hour in temperatures above 90° F.).

This document is available in alternate format to individuals with disabilities by calling the MSU Health Education office at 389-5689.



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