

April 2011



Take Back The Night: Back To Our Roots

Take Back The Night is an annual rally and march to protest violence against women and to provide an empowering forum to speak out and fight back. This year's theme is "**Back To Our Roots.**"

There will be tabling, music, and speakers, followed by a march down High Street and a survivor speak-out. Throughout the night there will be welcoming, violence-free areas for women, children and men.

Email warrosu@gmail.com with questions or to get involved

APRIL 28

Wexner Plaza at 15th and High

5:00—11:00

March forms @ 7:30

How the Health are You?

When: Wed, April 13 from 4—7 pm

Where: RPAC

What: FREE health screenings and assessments to students, faculty and staff through interactive and educational tables related to wellness. HIV testing, blood pressure checks, body image displays, sleep information and giveaways!

DID YOU KNOW?

Scarlet & Gray Financial now offers free & confidential *walk-in* financial education appointments in the Student Consolidated Services Center. We know the lines for financial aid can be a bit daunting, and we're partnering with the SCSC to hopefully make your wait a bit shorter!

We can help students who have questions about
Private Student Loans
Budgeting
Loan repayment & consolidation
And more!

Our Spring Quarter walk-in appointment hours in the SCSC are on Mondays from 1-5:00 PM.

For the rest of the week, call 292-4527 to make an appointment in the Student Wellness Center.

There's an app for that!

*By Leah Mako, dietetic intern
School of Allied Medical Professions*

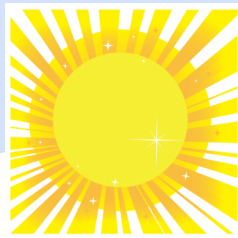
Looking for a way to keep track of your diet and/or fitness? There are literally thousands of phone apps available to help you count calories, read food labels, pick the right restaurant, and incorporate exercise with your diet. Here's a brief review of some popular and highly-rated health and fitness apps based on ease of use, accuracy and reliability, and consumer ratings and reviews. These apps are designed to help you make healthy food choices whether you're dining out, eating in, or scanning the

aisles at the grocery. And for those of you who like to keep track of your physical activity, a few of these apps are designed to help you plan meals according to physical activity, and monitor the progress you make toward your goals.



Lose it allows you to set a weight loss goal and timeline, and then calculates how many calories you should consume and how many you actually take in. You can also enter your exercise or physical activity and "Lose it" will help track your calorie budget according to that activity. It has a database with general foods, name brand grocery items, and menu items from popular chain restaurants.

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Burglary Prevention

Burglary is a crime of opportunity. Almost half of all break-ins result from thieves simply getting in through unlocked doors or windows. If the burglar cannot get in within a few minutes, most likely they will give up and move on to an easier target. Keep your stuff safe by making it difficult and risky for someone to break in.

Dorm/Apartment/Home:

Make sure every external door has a sturdy, well-installed lock. Secure sliding glass doors and windows with a lock or “pin” by drilling a small hole into the door/window frame, then inserting a pin or nail into the hole to prevent the door or window from coming off the track.

Install a peephole so you can see who is outside without opening the door.

If you are going home or out of town for the weekend or holidays:

- Take expensive, portable items with you.

- Refrain from publicizing your absence from Columbus until after you return.

- Arrange for mail and deliveries to be picked up by a neighbor so they don't accumulate outside your door.

- Connect a lamp and maybe a radio to an automatic timer. They are fairly inexpensive and help to make your home appear “occupied.”

Car:

Don't leave valuables in plain view. Lock MP3 players, GPS devices and other items in your trunk for safety.

Remove valuable property from your car whenever possible.

Install a mechanical locking device that locks the steering wheel.

Park in busy, well-lighted areas.

In the unfortunate event that you are the victim of burglary, taking a few precautions can assist in getting your possessions back quickly.

Consider buying renters' insurance. Your landlord generally will not be responsible for your possessions.

Make a list of the serial numbers of all your property. Store the list in a safe place preferably outside your home.

Photographing or videotaping your possessions is a convenient way to document what you own. Again, make sure to keep the pictures or tape somewhere safe.

The Community Crime Patrol and University Police have special marking pens which write in invisible ultraviolet ink.

You may use the pens to write an identifying mark on your possessions and police will detect stolen property with an ultraviolet light.

(page 2 of There's an App for That!)



Calorie Counter contains the largest food database with 750,000 foods to help you track your calories by individual food items, multiple foods, or entire meals. This app also allows you to track major nutrients: calories, fat, protein, carbohydrates, sugar, cholesterol, fiber and more. Its unique features are its usability OFFLINE and its ability to add friends so you can easily track and support each other's progress.



The carrot is designed to track your health, nutrition, and fitness all in one convenient journal. The carrot can help you manage food, medications, exercise, symptoms, pregnancy, diabetes, hypertension, asthma and more. Depending on what you track, you can learn how different aspects of your health interrelate and see the bigger picture of your health.



Fooducate can help those who are confused by health claims, nutrition labels, ingredient lists and marketing hype. By automatically scanning a product barcode, fooducate will reveal product highlights (both good and bad) and give the product a grade based on the ingredients, compare products, and provide healthier alternatives.



Fast food calorie counter is designed to help those who frequently dine out but would like to monitor their caloric intake. It features 9,141 menu items from 73 fast food restaurants and allows you to keep track of nutrients consumed, rearrange restaurants according to your preferences, and view a quick summary of foods consumed.



Epicurious is an app created by the award-winning food site epicurious.com. You can search more than 30,000 professionally created recipes from Bon Appetite, Gourmet, Self, and other renowned chefs and cookbooks. You can browse recipes by category, search by keyword for what's healthy, in season, or what you have in the fridge. You can also create an instant shopping list and/or email your favorite recipes to friends.



VeganXpress is a guide to finding vegan items at popular chain restaurants and fast food places. This app lists over 110 common restaurants with menu items suitable to a vegan diet as well as a list of vegan beers, wines, snacks, and other food you may not have realized were vegan.

SELF-DEFENSE COURSE

FOR LESBIAN, BISEXUAL, GAY & TRANSGENDER PEOPLE

- Learn mental, verbal and physical self-defense skills
- Resistance to a physical attack provides a significantly greater chance of surviving without being raped
- **THIS CLASS IS FREE AND OPEN TO ALL LGBT PEOPLE** (including non-student community members)

Spring 2011 Tuesday Class:

Dates: April 12, 19, 26, May 3, 10

Time: 6:00 pm to 8pm

Location: Pomereene Hall 316

1760 Neil Avenue

This class meets for five consecutive

weeks, two hours each week.

Sexual Violence Education and Support

The Student Wellness Center

To register or for more information:

call 292-4527 or email sves@osu.edu

BRAVO

Buckeye Region Anti-Violence Organization



Student Wellness Center

OFFICE OF STUDENT LIFE

SELF DEFENSE COURSE FOR WOMEN

- Learn mental, verbal and physical self-defense skills
- Resistance to a physical attack provides a significantly greater chance of surviving without being raped
- **THIS CLASS IS FREE AND OPEN TO ALL WOMEN** (including non-student community members)

Wednesday Class

April 13, 20, 27, May 4, 11

Time: 6:00 pm to 8:00 pm

Location: Room 316, Pomereene Hall,
1760 Neil Avenue

This class meets for five consecutive
weeks, two hours each week.

Sexual Violence
Education and Support
The Student Wellness Center
B130 RPAC

To register or for more information:

Call 292-4527 or email sves@osu.edu



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