



### Spiritual Zone

by Justin Samuel

#### 6 Ways to Connect Better with Others

1. **Conversation:** Make a phone call to someone who you haven't spoken to in a month. Even if you get their voicemail, relaying a simple "just thinking of you" message might make their day.
2. **Listen!** When a friend, peer, or stranger comes to you to lend them an ear, take time to effectively hear them out instead of jumping to conclusions.
3. **Learn names of the people you interact with daily:** students that work the front desk of your residence hall, cashiers at local dining facilities, and peers who sit near you in class.
4. **Make diverse connections:** Interact with a variety of people from different places and backgrounds. This will not only establish networks, it will also enable you to see different perspectives.
5. **Seek common ground:** Whether you are in a petty argument with a friend, or making small talk with a person you just met, find areas where you agree or have in common. Perhaps you have more mutual friends than you once knew... it's a small world after all!
6. **Community service:** Donate to a cause, participate in a walk, or volunteer at a local center with a group of friends. You will have fun in action, but also contribute to the world at large.

### Spring Break, Drinking, And Sex... A Few Words to the Wise

## The Best Spring Break

Winter classes are coming to an end and spring break is just around the corner. Whether spring break involves traveling to a warm destination, or just hanging out with your friends, make 2011 the best spring break by knowing how to have fun while keeping it safe.

1. **Use the buddy system.** Make sure you know at least two people wherever you are. If you all go out together, come home together too. Don't assume someone you just met will look out for your best interest.
2. **Stay hydrated.** Drinking and sun can equal a bad sunburn and an even worse hangover. Alcohol dehydrates the body and draws from it vitamins and minerals. Drink one serving of water for every serving of alcohol to keep your body hydrated. Signs of dehydration: dizziness; weakness; muscle spasms; passing out; confusion.
3. **Avoid a nasty hangover.** Slow down! Have food in your stomach when you drink. Pace your drinks, one drink per hour for guys and one drink per hour and a half for girls. Alternate some non-alcoholic drinks between alcoholic drinks.
4. **Keep track of your drinks.** Set a limit before you start drinking and keep track of the number you drink. Be prepared to refuse drinks, especially if you do not know the person offering the drink, and never leave your drinks unattended.
5. **Know the signs of alcohol poisoning.** Unconscious or semiconscious; slow breathing; cold, clammy, pale or bluish skin; vomiting. If you recognize these signs, turn the person on their side to prevent choking and send someone else to get medical help immediately. Never leave your friend alone!
6. **Know how to get home.** Make sure you know exactly how to get back to your hotel. Drinking can affect your memory and you don't want to get lost in an unfamiliar place. Make sure someone in your group is not drinking or is drinking responsibly so that they can help get everyone home safely.
7. **No horseplay.** Don't climb on balconies or sit on railings. The chance of falling increases if you consume alcohol and those falls, even on lower floors, can be fatal.



Spring Break. A week many students look forward to all year. A week to spend time with your friends away from the classroom. We know spring break can be a time to let loose and have fun. Just remember that using alcohol and other substances can lower your inhibitions and lead you to make decisions you might not be comfortable with or would have done if you were sober, especially when it comes to sex. If you want to do anything sexual with someone, be sure you have their consent first, even before the first kiss. If someone is intoxicated, they can't legally give consent. Anyone can withdraw consent at any time, so communicating with your partner the entire time is very important.

Be safe, and have fun this spring break. If you choose to party, avoid drinking too much, communicate your plans to your friends, and don't leave a party with somebody you don't know well. Don't have sex with someone who is unable to make the decision and remember that: **No means No, and Yes, while intoxicated means No.**

## Spring Clean with Green



While it's not quite spring yet, some of us may be itching to do some spring cleaning! When choosing and using commercial household cleaners, many of us forget that whatever we pour down our drains ends up in our water supply, reservoirs, oceans, rivers, and groundwater where the chemicals released pose serious threats to marine and wildlife. In addition to our outdoor environment, the toxins in typical commercial cleaners also pollute our indoor air and, in fact, our own bodies. Instead of using heavy-duty cleaners to get the job done, try out some easy, eco-friendly, non-toxic cleaning product recipes. You probably already have most of the ingredients at home! Here are some recipes for natural all-purpose cleaning solutions:

- Vinegar and Salt: Mix together for a good surface cleaner.
- Baking Soda: Dissolve 4 tablespoons baking soda in 1 quart warm water for a general cleaner.
- Baking soda on a damp sponge: Baking soda cleans and deodorizes all kitchen and bathroom surfaces.
- For a general, all-purpose cleaner, try a paste made from baking soda and water or mix salt and water with a little vinegar.
- 3 tbsp. vinegar, 1/2 tsp. washing soda, 1/2 tsp. vegetable oil based liquid soap, 2 cups hot water. Mix ingredients in spray bottle or bucket. Apply and wipe clean.
- Use liquid castile soap and baking soda or Borax\* in different ratios. Use a little soap and soda/borax with lots of water on floors, walls and counters. Use more soap, soda/Borax for tubs sinks, cat boxes, anything that can be well rinsed.

\*Borax is a natural mineral that kills mold and bacteria. An alternative to bleach, it deodorizes, removes stains and boosts the cleaning power of soap.  
Happy spring cleaning!

## Tips for a Successful Spring Break

By Rachel Webb, Dietetic Intern from Mount Carmel College of Nursing

March is a time for changing seasons, changing wardrobes and, best of all, Spring Break! Whether you are planning to take a vacation or “stay-cation”, here are some helpful tips for having an enjoyable and safe spring break!

- 1) Protect yourself from the sun. Avoid excessive sun exposure between 10am and 4pm when the sun's rays are the strongest. Although the sun won't be as direct as in the summer months, your body likely hasn't seen much of the sun for quite a while, and small doses may be best to increase tolerance. This is especially true for those who are traveling to a tropical climate to enjoy their break! If venturing out during peak hours, wear sunscreen – at least SPF 30, and apply every thirty minutes or as directed on the bottle. Wear protective clothing such as long-sleeved shirts, pants, or wide brimmed hats.
- 2) Set a limit on your alcohol intake. Many college students see Spring Break depicted on TV as a binge-drinking fest. While you want to have a good time, it is important to know your limits, especially when visiting an unfamiliar city or with unfamiliar surroundings. By jeopardizing your mental acuteness, you are making yourself more susceptible to those who might want to take advantage of you. Try to have a glass of water or diet soda in between drinks in order to cut down on the calories and slow your drinking pace.
- 3) Set your financial limitations before your trip. Know how much you can and are willing to spend beforehand. This will help prevent you from making impulse buys and wasting money. Budget for everything beforehand, including food, drinks, cab rides, etc. Leaving out a lot of little details can lead to a crunch in your finances later.
- 4) Practice safer sex. Just because it's Spring Break doesn't give you a free pass in the bedroom. Remember to always have verbal consent and think before doing. Keep the same precautions as always: wear (or use) a condom or barrier, every time.

Save the Date! **How the Health are You** will be held on April 13th in the RPAC!

## 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](mailto:sves@osu.edu)

# BRAVO

Buckeye Region Anti-Violence Organization



**Student Wellness Center**

OFFICE OF STUDENT LIFE

# SELF DEFENSE COURSE FOR WOMEN

on mental, verbal and physical self-defense skills

istance to a physical attack provides a significantly greater chance of  
living 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:  
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