

# THE STALL SEAT JOURNAL

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75 cents

## Fun & health: Spring events

**Wednesday, Feb. 13**  
"Diversity and Health"  
Noon–1 pm, OMSA (Commons)

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**Wednesday, Feb. 13**  
Commuter CoffeeBRAKES  
5–7 pm, Student Commons  
Open to all commuter students!  
Come by and receive fun giveaways  
and information from the Office of  
Health Promotion.

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**Wednesday, Feb. 13**  
"Sex Signals"  
7–9 pm, Commons  
Blending a unique combination  
of improvisational comedy, education  
and audience participation, 'Sex  
Signals' provides a provocative, in-  
your-face look at issues surrounding  
dating, sex and date rape on college  
campuses.

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**Monday, Feb. 18**  
"Young Leaders Day at the  
Capitol"  
9 am–noon  
Join college students from  
across Virginia to experience a  
session of the Virginia General  
Assembly near the MCV campus.  
This is your chance to show  
your support for passing smoke-  
free laws this year. FREE T-  
shirt and lunch provided by the  
American Cancer Society. Contact  
[wattenmakeab@vcu.edu](mailto:wattenmakeab@vcu.edu) if you'd  
like to participate.

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**Monday, Feb. 18**  
"Liquor Myth Busters"  
7–8 pm, Brandt Multipurpose

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**Feb. 25–29**  
Body Awareness Week  
Look for information tables in the  
Commons during this week

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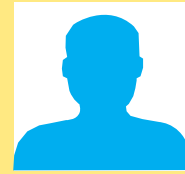
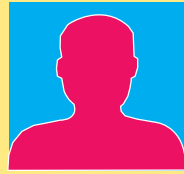
**Tuesday, Feb 26**  
Kathleen MacDonald  
7–9 pm, Commons Theater  
"A Survivor Speaks out: The  
Truth about Eating Disorders and  
Body Image"

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**March 3–7**  
Safe Spring Break  
Look for information tables in the  
Commons during this week

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**Wednesday, March 5**  
"Safe Spring Break"  
Noon–1 pm, OMSA (Commons)



## Profile of a "Healthy Drinker" (It's not an oxymoron!)

**M**ost VCU students drink 0–4 alcoholic drinks per occasion, and drink on 5 or fewer days per month. About 25 percent of VCU students choose not to drink at all for a variety of reasons.

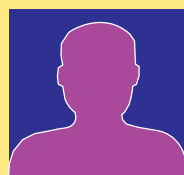
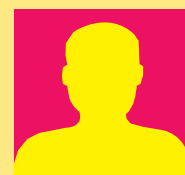
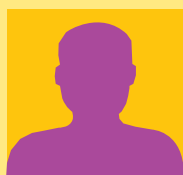
How closely does this profile fit you?

- Healthy drinkers know their family history of alcohol use. Children of parents who abused alcohol may be more likely to develop alcohol dependency.
- Healthy drinkers are aware that alcohol is a powerful, potent and potentially harmful drug. Excessive, long-term alcohol consumption is a factor in cirrhosis, ulcers, strokes, heart disease, certain types of cancer, and birth defects. It is also a major factor in homicides, assaults, rapes, suicides, family violence, unintentional injuries, and motor vehicle crashes.
- Healthy drinkers consider the potential consequences of drinking and plan accordingly. For example, they plan to limit the quantity of alcohol they drink, they use or volunteer to be a designated driver, and they keep extra cash in their pocket for a cab ride home.
- Healthy drinkers limit their alcohol intake to

two drinks per day or fewer (a drink being one 12-ounce beer, a 5-ounce glass of wine, or a cocktail, which is 1.5 ounces of 80-proof liquor).

- When healthy drinkers choose to drink, they drink slowly, alternate with non-alcoholic beverages, sip rather than chug, and eat a meal before drinking.
- Healthy drinkers know that there are times to abstain from drinking, such as the day before an exam or an athletic competition and anytime they need a good night's sleep. (Alcohol consumption may cause you to fall asleep quickly, but it disrupts high quality sleep throughout the night.)
- Healthy drinkers choose to drink for positive reasons, such as celebrations, and not drink to escape from problems or prove self-worth.
- Healthy drinkers believe alcohol is a complement to an activity, not the primary focus.

To examine your relationship with alcohol and see how you compare to other VCU students, take the FREE and anonymous Online Alcohol Assessment at <https://www.myonlinesurveys.com/vcu>. Use the access code: **vcurams**.



## Flu @ VCU

by Eric Hill

**H**ave you noticed a shrinking number of students attending your classes?

Do you wonder why there are few RSVPs to your sweet party on Facebook? Maybe you've been asking yourself why everyone seems to start coughing the minute you come near.

Maybe nobody likes you.... More likely, the reason is flu.

Every year lots of VCU students pull out their hankies and kill a few days under the weather with the flu or a cold. Last year, 69 percent of students reported having the flu, a cold or a sore throat, the majority of which came in waves during

winter and spring months.

If you find yourself ill and want to make an educated guess at a diagnosis, common flu symptoms are 3–4 days of the following:

- Fever (101–103 degrees F)
- Headache
- Body aches
- Nasal congestion
- Sore throat
- Cough

The flu usually runs its course within 3–7 days after symptoms appear; however, the virus remains contagious up to a week after symptoms disappear.

If you have the flu, you can choose to ride it out at home by getting plenty of rest, drinking a lot of fluids to stay hydrated, taking vitamins, and managing symptoms with appropriate cough

suppressants and fever reducers such as ibuprofen.

If your symptoms do not go away within 5–7 days, consider visiting VCU Student Health Services. Most clinic visits are free and an on-site pharmacy will cover your medicinal needs. (The clinic also provides free flu shots for people trying to avoid this whole topic.)

Try to prevent spreading or catching the flu by washing your hands regularly, covering your orifices when you sneeze or cough, disposing of your tissues and hankies, and not making out with clearly infected people. "Love is immune to germs — not!" With luck you'll make it to March, when all you have to worry about is what to do for Spring Break.

For strategies, history, research:  
[www.YourStrategy.org](http://www.YourStrategy.org)



Office of Health Promotion

Division of Student Affairs and Enrollment Services  
828-WELL • [www.students.vcu.edu/health](http://www.students.vcu.edu/health)