

THE STALL SEAT JOURNAL

If holder is damaged or loose,
please call The Well at 828-WELL.

Vol. MMVIII No. 4

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December 2008

An Introduction and an Invitation....

Hi! My name is SmokeFree Pets, or you can call me just plain SmokeFree! I am the newest member of The Well Family, and I'm organizing the SmokeFree Pets ComPETition.

Here's the gist: We are looking for smoke-free pet owners to enter the comPETition by posting photos on Facebook. Winners will be selected in a variety of categories and will win fun prizes!

Keep an eye out for details and updates on Facebook by becoming friends with me, SmokeFree Pets, or join the VCU Facebook group "SmokeFree ComPETition."

Let the ComPETition begin!



Joosed to the Four Maxed

By Eric Hill

Ignorance is not bliss when it comes to "alcohol-energy drinks."

We spoke recently with several students who have been hurt in different ways while drinking Joose, Four Maxed or Tilt, the new malt liquors infused with caffeine. Most of these injured students were completely unaware of what they had inadvertently consumed.

It's difficult to calculate "servings per container" of alcohol in these approximately 24-ounce cans, and it's impossible to calculate the amounts of the other ingredients.

For example, Joose fills a 23.5-ounce can, which is almost 9 percent alcohol by volume. That means 2.35 ounces of Joose is pure alcohol. Since half an ounce (0.5 oz) of pure alcohol equals one drink, we know that a can of Joose equals 4.23 drinks of alcohol.

Did you think it was less? That's a dangerous miscalculation.

Good luck figuring out what else is in these cans. The FDA does not regulate "alcoholic energy drinks," and the bottlers do not provide details about ingredients on the labels of these products nor post such information on their websites. Really...we've looked.

Oh, and those of you who value good nutrition and a fit and trim body may be interested to know that tons of calories lurk in these cans.

Combining alcohol, a nervous system depressant, with large amounts of caffeine or other stimulants is a recipe for physical harm. Emergency rooms are reporting injuries related to these products. Wide awake staggering drunks often fall down, break bones, chip teeth, and/or have brain bleeds.

The consumer was just looking for an energy surge — and now is stuck with a power outage.

Help!

If you can help us locate the exact contents of "alcohol-energy drinks," please contact The Well at 828-WELL. We'd love to make a chart and share it with students at our website, www.yourstrategy.org.

By the way....

The majority of VCU students party smart and care about the health and safety of themselves and their friends.

Our spring 2008 survey of randomly selected VCU students (n=1,279) shows that 25 percent of VCU undergrads don't drink alcohol at all, that when they go out 64 percent have 0–4 drinks (defined as 12 oz of beer OR 4.5 oz of wine OR 1 oz of 100 proof liquor OR 0.5 oz of pure alcohol), and that 91 percent of VCU students have not had alcohol affect their academics.

Keep these numbers in mind during your festive Winter Break, because new, fun and prize-rich competitions are planned for spring 2009.

Stay tuned!


DECEMBER EVENTS

Dec 1 @ 1–2 pm
HIV/AIDS Forum, Commons, Commonwealth B with Dr. Linda Hancock of The Well and Shawn McNulty of the Fan Free Clinic. Enjoy raffle prizes and FREE FOOD!

Dec 2 @ 11 am–1 pm
Stress Relief Week at The Well, 815 S. Cathedral Place. FREE 5-minute chair massages and stress relief packets!

Dec 3–4 @ 11 am–1 pm
Stress Relief Week table, Commons Lobby. FREE stress relief packets!

Dec 22–Jan 9
HAPPY WINTER BREAK!



FREE Flu Shots

All VCU students are eligible to get a FREE flu shot from VCU Student Health during the following walk-in hours:

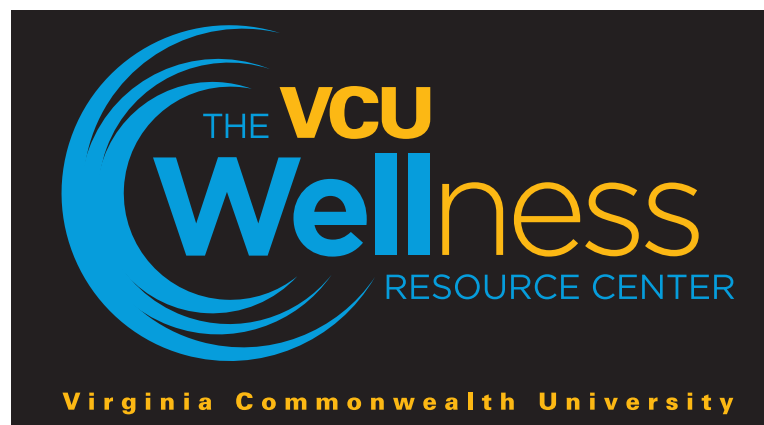
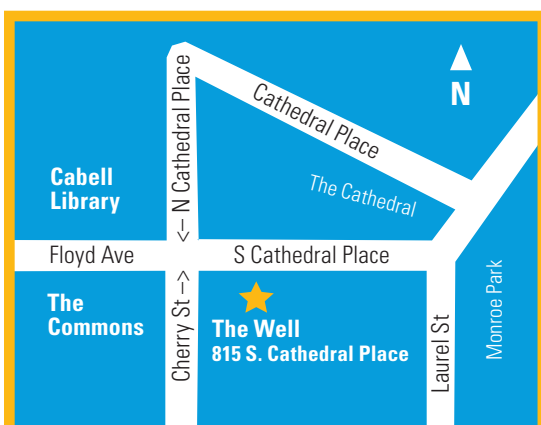
Monroe Park Campus Clinic
Sports Medicine Building
1300 W. Broad St., Suite 2200
Monday, Wednesday 8:30–11 am
Tuesday, Thursday 2–3:30 pm
Friday 10–11:30 am

MCV Campus Clinic
VMI Building
1000 E. Marshall St., Room 305
Tuesday 8:30–11 am & 1–3:30 pm
Wednesday 8:30–11 am
Friday 10:30–11:30 am & 12:30–3:30 pm

Asthma Info

Did you know that asthmatics have more complications if they get the flu? More information about asthma and the flu can be found at www.cdc.gov/asthma/flushot.htm.

Special request/opportunity: Are you a faculty, staff or student cancer survivor looking to connect with other cancer survivors or those who are undergoing treatment? Call 828-6919 for more information.



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804-828-WELL
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For strategies, history, research:
www.YourStrategy.org