

## Summer Health Fee

Will you be sticking around VCU this summer? If you need to use Student Health for the clinical services between May 18-Aug 7, remember to pay the \$50 summer health fee. This one-time fee can be paid at the time of your visit. For details on what's covered and what's not, please visit <http://www.students.vcu.edu/health> or call 828-8828.

## Save Your Skin

By Jalyce Mangum

**D**id you know that skin cancer is the most common type of cancer in the United States? 1 in 60 Americans will get malignant melanoma, a form of skin cancer. But don't freak out. If found early, skin cancer is 100% curable.

Keeping your skin safe is like insurance; it's so easy a caveman (or even a gecko) can do it. Fifty percent of VCU students regularly use sunscreen... they rock the block!

To make sure you're covered, use 30 SPF sunscreen 30 minutes before you go out and look for these **ABCDEFs** to detect malignant moles...

**Asymmetry:** Does half of the mole look different from the other half?

**Border:** Is the border of the mole irregular or ill-defined?

**Color:** Is the color uneven, or has it changed over time?

**Diameter:** Is the mole larger than a pencil eraser?

**Elevation:** Has the

surface of the mole changed? If it was smooth and flat before, is it now elevated?

**Feeling:** Has the sensation (feeling) around the mole changed? Does it itch? Is it painful?

(SOURCE: University of Texas MD Anderson Cancer Center)

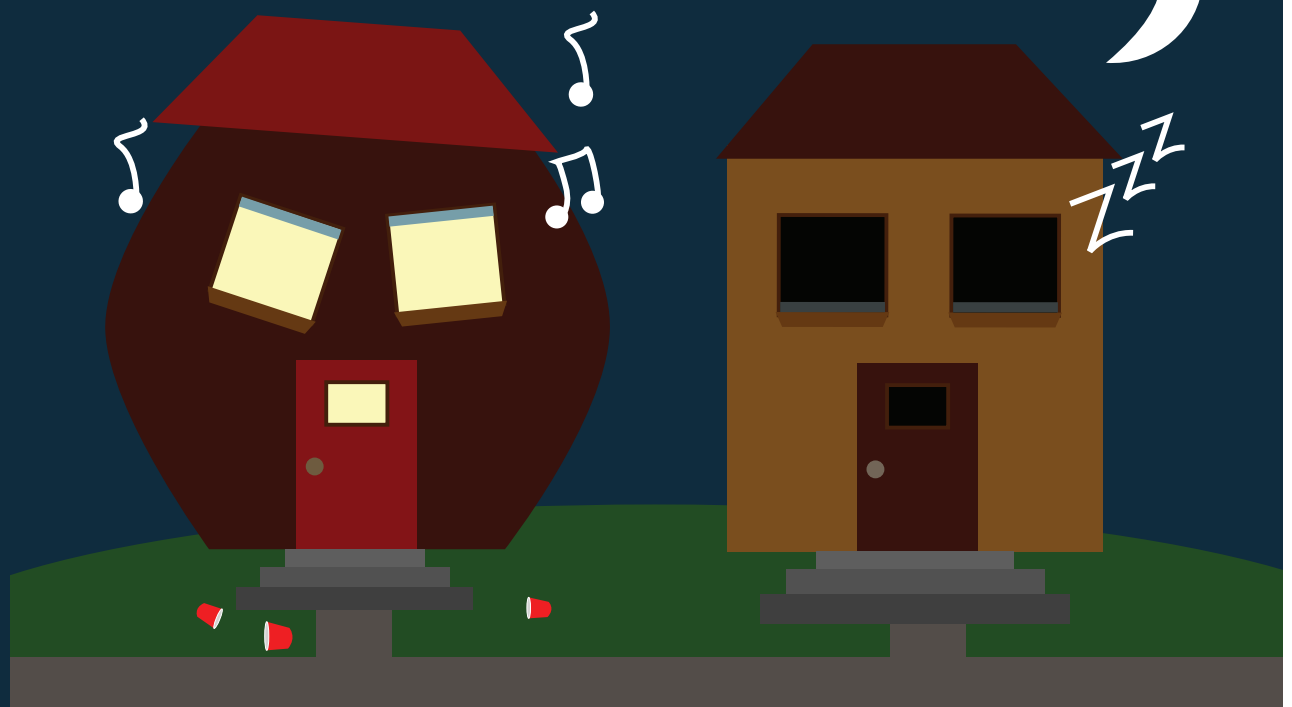
Conduct skin self-examinations every month and go to a dermatologist for a full-body examination every year. Students who have a suspicious mole can call Student Health 828-8828 for an appointment.

## Make it Good in the Neighborhood

The sunny days of spring bring new opportunities for off-campus students to socialize with friends and neighbors. Living in the Fan, Oregon Hill, Carver, or another local neighborhood and don't know your long term resident neighbors?

It's not too late! While you might not know your neighbors now, you are in the perfect position to make a great impression as people come outdoors in the spring! Looking for tips on how to be neighborly? Check these out!

- **Introduce yourself!**
- **Spend a little time cleaning up your yard or picking up trash near your building.** You never know who you'll meet- amazingly interesting people, a future employer, a fun family, a potential date or a fellow student, but you know you'll make a great impression!
- **Be aware of the noise you generate.** A stereo volume that may have been fine 24/7 during the winter might disturb the family next door when everyone starts opening their windows. Local ordinances require quiet hours from Midnight until 7:00 AM.
- **Knock on doors before you entertain!** Let your neighbors know when you'll be having a gathering, approximately how many people



you expect, and when you expect it to end. If you extend an invitation to them, they might even stop by! Having neighbors in the know can help you, too. Your neighbors may be more willing to knock on your door to ask you to turn the stereo down rather than calling the police. Neighbors can also provide an extra set of eyes to watch out for suspicious behavior.

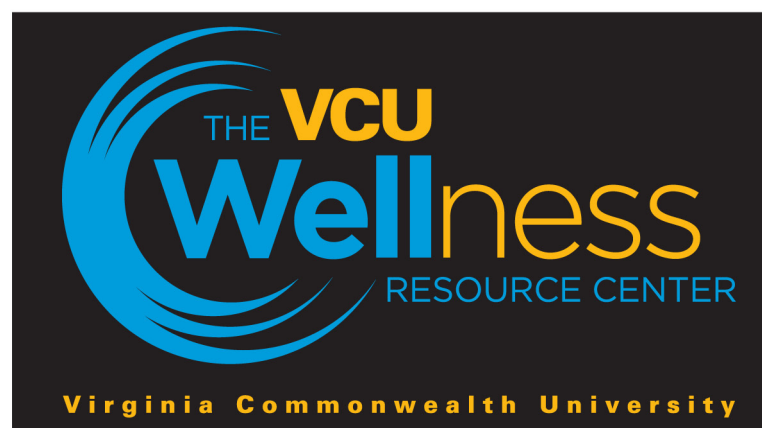
- **Having a dog is a great way to meet your neighbors!** Remember to follow local laws by keeping your dog on a leash and cleaning up after your dog.

- **Practicing bike etiquette doesn't go unnoticed!** Remember to ride on the street instead of the sidewalk or someone's lawn.

Feeling a little strange about meeting your neighbors? A smile and a kind gesture like holding a door, helping carry groceries, or asking about some beautiful flowers in their yard could help resolve any negative stereotypes about student neighbors. We know that students can be responsible and caring neighbors who help make the neighborhood a friendly, fun, and safe place to live.

### Same Copy, Different Design

Students in the VCU School of Mass Communications' public relations graphics class competed to design this edition of the Stall Seat Journal. All of the work was so good that we decided to publish two May editions and share how design enriches writing! Congratulate **Ariel Sierra** who designed this edition. Jump to another stall to see Sara Casey's design.



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