

SPRING CLEANING

Spring cleaning you ask yourself. You don't even have what some would call an apartment, let alone a house to spring clean.

Well wait a minute. We're talking about the kind of spring cleaning that students can enjoy. Start by packing your dreary winter gear away and try to remember where you put your spring stuff. When you find it, take it out and try it on; walk around in it and practice because spring is here!

Sometimes it's difficult to make the transition from sedentary winter habits to the activities that spring offers. We are all too used to staying inside and keeping dry. Here are a few ideas to get you started on your spring behavior.

1. Open the drapes! Let in some light; don't be afraid of what will be illuminated. If it hasn't killed you yet, it probably won't.
2. With the longer days there's plenty of light to enable you to walk to a nearby park in the late afternoon or to cycle to a friend's house.
3. During a spare hour, take your lunch over to the bridge and bike path along the Willamette river. It's close and a pleasant break from the hectic campus atmosphere.

These ideas should get you warmed up for spring. But whatever you choose to do, remember that sunshine, friends and activities in the fresh air are some of the best ways to dump that excess baggage that we've carried around all winter. Spring has sprung!

Jennifer Cole
Human Relations/Sexuality Peer Health Advisor



Health Habits

Springtime on campus can conjure up pleasant pictures of flowers, kites and blue skies. But let's talk about another side of campus life. A side that includes such things as cocaine, marijuana, hash, methamphetamines, PCP and alcohol.

If you are trying to balance these two sides, maybe this Spring is the time to reassess the use of drugs in your life. Spring cleaning could have new meaning for you.

Peer Health Advisors are available to talk with you. There's no charge and all appointments are confidential. For an appointment call 686-4456.

Pam Trapp
Substance Abuse Peer Health Advisor

You may have ten more years in your body that you aren't even aware of. Eating well, exercising, getting enough rest, and reducing or eliminating behaviors that are detrimental to your health are all ways to increase your longevity and make yourself feel cleaner, lighter and healthier. It's time to clean out the winter cobwebs!

If you follow at least six or seven of these steps, you'll increase your chances of a longer, healthier life that will at the same time increase your daily well-being.

1. Eat breakfast. You need fuel to function throughout the day.
2. 3 meals a day. Well-balanced meals are important.
3. Get a move on! Exercise that body- walk, run, dance, garden, bike...
4. Shut-eye. Get 7 or 8 good hours sleep a night. Nap if necessary.
5. No more fat city.
6. Limit alcohol.
7. "Kiss Your Butt Goodbye".

Keeping your weight within normal range helps keep you healthy. (It also avoids anguish when you see your self in a bathing suit.) Longer living people drink in moderation or not at all. As the American Lung Association says, "Nobody's saying that quitting smoking is easy. But then neither is dying from smoking effects."

Kate Schuyler
Nutrition Peer Health Advisor



"When your mother told you to eat something green every day, I don't think she had M & M's in mind."