Holistic Healer
Information for the Mind, Body, Heart, and Soul

Heavy Drinking: Second-Hand Effects
http://www.factsontap.org/factsontap/non_alcoholic_hangover/victim.htm

April is Alcohol Awareness Month, and the personal dangers of alcohol abuse on one's body, mind, and social and academic life are well documented. However, what is often forgotten is the pain and suffering alcoholism can inflict on friends, family, and loved ones. These stories, from college students around the county, can attest to the pain and aggravation of 'second-hand drinking.'

- “My roommate Josh is a "macho" guy who is also a good student and under a lot of pressure from the engineering classes he's taking. He likes to "relax" on the weekends, which, for him, means getting blind drunk from Friday to Monday. I wouldn't mind so much if he didn't have such a bad temper and if his brain and mouth didn't totally disconnect when he drank. But since that is the case, he gets himself into all sorts of altercations, and his first solution is to fight-he's even taken swings at me! I'm so tired of breaking it up, getting bounced out of bars because he's hassling somebody, or having to take him home after he gets his butt kicked.”

- “One of my roommates freshman year was from a small town. At first, she didn't go out at all, but once she started, she would drink really heavily. One night, she went home with this guy she'd just met. My other roommate and I (we lived in a triple) didn't know where she was. In the middle of the night, she decided to walk the five miles back to our dorm room, but on the way, she was stopped and picked up by campus police. She was still only 17 at the time, so they had to call her parents and have them come to the station before they could bring her back to the dorms. The whole ordeal kept my roommate and me awake all night. This was only one of the times her drinking kept us from getting a good night's sleep.”

- “When I first went away to college, I was totally not into the drinking scene. Unfortunately for me, my roommate was-in a big way. She'd be out partying every single night, not caring if she woke me up when she came in, even if she knew I had a test the next day. Once, when I wasn't there, she was wasted and went down the hall to the bathroom in her bra and underwear. She forgot to bring her keys, so she was locked out of our room. When I got home, I found her there, slumped against the door, half-naked.”

- “There's this guy in my fraternity house who thinks he's a real ladies' man. When he's drinking, watch out! He's loud and obnoxious and he gets completely out of hand with any woman who comes into the house. My girlfriend won't bring her friends over anymore, and she never stays long herself if he's around. It's getting me really mad 'cause this one guy is making things really difficult for all the rest of us.”

- “One of the guys in our six-person dorm suite gets seriously crazy when he drinks. He vandalizes dorm furniture, plays dangerous pranks on people, and steals stuff from people's rooms. We all thought he was rich and bought a lot of toys for himself, but last weekend the campus police descended on our suite and confiscated all this stuff from his room that he'd stolen from other students. What really sucks is that rumors are starting to go around, and people are saying that the other five of us were somehow involved.”

If you are experiencing second-hand effects of drinking, or if you have a friend who is an alcoholic, get them the help that they need! Tips are on page 4.
In her previous books, “Stiff” and a follow-up, “Spook,” Mary Roach set out to make scary topics (cadavers, the afterlife) fun. In “Bonk,” she turns to sex, covering such territory as dried animal excreta used as vaginal “drying agents”; a rat’s tail “lost” in a penis; and a man named William Harvey, patent-holder for a rolling toaster-size metal box outfitted with a motorized “resiliently pliable artificial penis.” In short, she takes an entertaining topic and showcases its creepier side.

And then she makes the creepy funny. Intended as much for amusement as for enlightenment, “Bonk” is Roach’s foray into the world of sex research, mostly from Alfred Kinsey onward, but occasionally harking back to the ancient Greeks and medievals (equally unenlightened). Roach belongs to a particular strain of science writer; she’s interested less in scientific subjects than in the ways scientists study their subjects — less, in this case, in sex per se than in the laboratory dissection of sex. She delights in medical euphemism and scholarly jargon; you can hear her titter as she rolls out terms like “vaginocavernosus reflex,” “nocturnal penile tumescence monitoring” and "syngina," anyone? — the scene over which Dr. Hsu presides is out-and-out alarming factoids — care to test-drive a “drying agents”; a rat’s tail “lost” in a penis; and a man named William Harvey, patent-holder for a rolling toaster-size metal box outfitted with a motorized “resiliently pliable artificial penis.” In short, she takes an entertaining topic and showcases its creepier side.

In a similar spirit, there’s the study on “labial traction as an instigator of female orgasm,” conducted by a team of Colombian researchers in the mid-1980s. Heli Alzate, a physician and professor of sexology, and Mari Ladi Londoño, a Colombian researchers in the mid-1980s. Heli Alzate, a physi-

A bold, tenacious and insatiable reporter, Roach combs through journal articles and books with lurid titles like “Urological Oddities,” “Vacuum Cleaner Use in Autoerotic Death” and “Curious Experiences With the Genital Organs of the Male,” a 1909 paper written by the resident obstetri-

You might think witnessing such procedures would give Roach pause. But she is not merely fond, as she puts it, of the “wanton use of first person” — she throws herself into the story. When Jing Deng, a sen-

Greece is officially the sexiest country in the world. According to a 2005 international survey from the condom manufacturer Durex, the average Greek has sex 138 times a year. Globally, the average person has sex 103 times a year. Serbia and Montenegro come in a close second and third, with an average of 128 times a year, and the US is above the global average with 113 times a year.

http://www.durex.com/cm/gss2005results.asp
The days are getting longer, and the weather is turning warmer. Summer’s just around the corner, and those two little words keep creeping into conversation: Road Trip! The siren call of the two-lane blacktop can be hard to resist, but with gas, food, and motel prices at an all-time high, hopping in your (or your buddy’s) car for a long weekend can seem too expensive to tackle. Don’t worry—Veteran road trippers Bob Schaller and Gen Lauzière, from Road Trip America, share their secrets for cheap road trip that are still safe and fun. Here’s how you can save money on:

FOOD

Bob: Some people save money by eating solely from their cooler while road-tripping. I buy snacks and sandwich makings for some meals, but I eat in restaurants also. If I try to eat only from the cooler, it isn’t long before I abandon that and eat out for ALL meals—which is expensive. So by mixing it up from the start, I save money.

Gen: I also like to combine eating in restaurants and out of a cooler. When eating from a cooler, I won’t eat only cold stuff. I bring my camp stove. You can make almost anything with one: pancakes, coffee, pastas, veggies, etc. Of course, it is inconvenient to have to wash dishes, and it takes more time than grabbing a burger. But it’s an inexpensive way to eat and it’s healthier, because you can stop at a store to get fresh things.

LODGING

Bob: I mix camping and inexpensive motels. If I camp for two nights, I’m ready for a hot shower on the third. Camping on a road trip should be utilitarian. I take a cot, sleeping bag, a mat for my feet, flashlight, and a tent for rainy nights. I find a place in the woods or on public lands, and I unfold the cot in the back of my truck or on the ground. Simplicity gets me back on the road quickly. On motel nights, I look for cheap Mom & Pop places.

Gen: Girls know that a daily shower is important! Even on the road, it’s comforting to know one is never far away. Camping can be expensive, so I sometimes sleep in my car at truck stops. It’s important to be safe, so trust your instincts. Ask the cashier if it’s okay to stay overnight in a car, and buy something: gas, shower ticket, or food. The next morning have a cheap, hot shower, and your night didn’t really cost anything! At motels, try to bargain and ask for AAA or student rebates.

ENTERTAINMENT

Gen: For national parks, buy an annual pass for $50; entrance fees can be over $20 per day, so it’s not an insignificant expense. There are many free museums (even if only on certain days); ask for information at visitor’s centers, or check the city guide in a local phone book. Carry your student ID for discounts. Locals are a great source for insider information on where to go and what to do. It’s always nice to have a friendly chat, too.

Bob: Always make a point to take the ten minutes to stop at the visitor centers when entering a new state. They are often found at the first or second off-ramp past a state’s border on the Interstates. All are staffed by helpful volunteers and most provide a remarkably good selection of discount coupons for local motels and attractions.

VEHICLE EXPENSES

Gen: Usually, gas is cheaper at truck stops. For big chains, ask for a “frequent fueler” card, which will get you a rebate. Don’t forget oil changes, so you don’t get stranded somewhere with unexpected troubles. Find a shop by calling AAA. Even if you’re not a member, they can refer you to approved repair shops. Still, AAA membership is very helpful. The AAA National Roadside Service Number is 1-800-AAA-HELP.

Bob: Drive with fuel economy in mind, and you’ll save on gasoline. Hold a steady speed, use cruise control, and keep speeds lower. Generally, your vehicle will get its best mileage at engine speeds just a bit over minimum in the highest gear -- you may be able to save 10% to 20% on fuel costs.

For road trip safety tips, go to page 4

Did you Know?
More than 50% of sexually active people will get HPV at some point in their life?

Learn more about HPV and how to prevent it!

Tuesday, April 8th,
5:30 PM
McAlister Lounge

*http://www.roadtripamerica.com/travelplanning/Cheap-Road-Trips.htm
Alcoholism—How to Help

If you have a friend who might have a problem with alcohol, and you feel you can help him or her on your own, then follow our six-step plan:

**Step 1—Get sound advice.** Go to Counseling and Substance Abuse Services, Student Health Services, or to someone else you trust.

**Step 2—Get sobriety on your side.** When it's time to confront your friend, make sure he or she isn't drunk. It's going to be hard enough to convince your friend that he or she needs help, and you've already seen that it's impossible to reason with a drunk person.

**Step 3—Drum up your willpower.** Realize that this is not going to be easy. Before you speak to your friend, have a definite plan for how you'll start helping them. All recovering addicts need the support of people who love them in order to successfully battle their problem.

**Step 4—Keep it personal.** Begin the conversation with your friend by letting him or her know you care, and that's why you're going to be straight. Use your own feelings about the situation—"The way you act when you're drinking makes me worry about you"—instead of, "So-and-so said you got sloppy drunk and insulted her."

**Step 5—Expect denial.** It won't be easy getting your friend to admit he or she's got a problem with alcohol. Accepting that you've developed a dependency on alcohol can be humiliating and shameful. So do what you can to reassure his or her dignity: Remind your friend that this dependency is the one personal obstacle that he or she has to overcome, and that there are many great things that make your friend a valuable human being.

**Step 6—Follow through.** Ultimately, it must be your friend's choice to help him- or herself. Once that decision is made, show your support: Prove that you meant it when you said you'd attend A.A. meetings with him, or that you'd opt for going to the movies with her instead of hitting that 10-keg victory party. Knowing you're there to lean on during moments of weakness when he or she really, really wants a drink.

For more advice, contact Counseling and Substance Abuse Services at 953-5640.

http://www.factsontap.org/factsontap/non_alcoholic_hangover/how_to_help.htm

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**Road Trip Safety Tips**

- **Don't advertise your travels.** Avoid leaving road maps in plain sight inside your parked car; instead, try to look like a local, even if your license plate isn't.
- **Look like you know where you're going.** Avoid standing on street corners wearing a befuddled expression while staring at a guidebook or map. Get a few bearings before you venture out of the car.
- **Get an upstairs room.** At roadside motels, consider getting a room on the second floor so you can scan the parking lot before heading down to your car.
- **Consider the refund policy.** If you stop at an motel, and there is a sign at the check-in counter that says, "No Refunds for Early Check-Out," consider moving on. It is likely that the establishment has some unsavory condition that you won't detect until you're covered with bug bites or awakened in the night by loud noises.
- **Use the truck stops.** Travel and truck centers are some of the safest places to stop and rest. The only drawback is that they aren't very quiet. You'll have to get used to the "big-rig lullaby," because most drivers leave their engines running even when parked for the night.
- **Chat up the locals.** Get local information whenever you can. Coffee shops, hair salons and taverns are all good places to chat casually with residents.

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**Stand Up For a Cause!**

Advocates for Youth and Promoters of Wellness are offering Free Lobbying Training for anyone interested on Monday, April 21 6-7:30 PM RSS 319

The next day, APRIL 22, those who want to and have attended the training will go to Columbia to lobby for The Responsible Family Planning Act (H 4771) which will make it easier for women to gain access to contraceptives, including emergency contraception.

Contact Laura Lindroth (LindrothL@cofc.edu) to sign up or for more information!