Going Green

What You Should Know About H2O

- Depression and fatigue are often symptoms of dehydration.
- Water allows the body to metabolize fats more efficiently.
- A 2% reduction of water levels in the body can lead to a 20% decrease in mental and physical performance.
- The thirst reflex only appears when our bodies are already dehydrated.
- Roughly 60-70% of an adult’s body is made up of water.
- The weight a person loses directly after intense physical activity is weight from water, not fat.
- Not all of our daily dose of water needs to be consumed in liquid form. Nearly every food or drink item provides some water to the body.

Ways To Be Green

- Ride your bike or walk short distances
- Car Pool
- Open the windows instead of using the air conditioning
- Buy glass cups to drink from, not disposable plastic ones!
- Bring a reusable shopping bag with you when you go shopping.

Reasons To Care About The Earth

- A bad environment means that plants will die, and can you imagine a world with no green grass, ever?
- Imagine some of the comments people would make if they got EVEN LESS oxygen to their brains.
- The earth helps take care of you, but doesn’t nag you about not spending time with it, or not taking it out on dates.
- Being green can actually help you save money, and let’s face it as a college student who doesn’t want more money?
- We need to take care of our environment and help keep it cool, because we all know that air conditioners will not be installed in the residence halls any time soon.
WHAT IS EARTH DAY?
EARTH DAY is a day devoted to spreading awareness about how to better the environment; it is celebrated on the 22nd of April. Sharing our earth means taking responsibility for what we use. Protecting our earth is everyone’s responsibility.

Earth Day, is about the personal responsibility we all share to “think globally and act locally” as environmental stewards of planet Earth. Our planet is in crisis due to global warming, overpopulation, and other critical environmental issues. Every person on Earth shares the responsibility to do as much as they can to preserve the planet’s finite natural resources today and for future generations.

WAYS TO HELP SAVE THE PLANET

Avoid leaving lights, fans, or the TV on when no one is in the room.

Idling gets 0 miles per gallon
If you expect to be idle for more than 10 seconds, you will save gas by turning off the engine and restarting it again.

Reduce your speed!
Gas mileage decreases rapidly at speeds above 60 mph. Each 5 mph you drive over 60 mph is an additional 10 cents per gallon of gas.

Shocking news about batteries!
When discarded batteries from our trash end up in landfills, dangerous metals from the batteries can seep into the ground water and food chain. Use rechargeable batteries and dispose of batteries at a toxic waste disposal area.

Fill it up!
Fully load the dishwasher or clothes washer for optimal water conservation.

Don’t leave the water running
Normal faucet flow is 3-5 gallons of water a minute. Avoid needless waste of water by not leaving the water running when you brush your teeth, clean vegetables, and while washing dishes by hand.

Stop junk mail
100 million trees are pulped every year to make bulk mail. Visit www.directmail.com to have your name removed and be free of junk mail.

Just say NO to plastic
Use cloth bags or baskets when you shop, or reuse a plastic or paper bag.

RETHINK:
◊ Stop and consider the impact of your actions before acting. By thinking before you act, you can reduce the need for waste management and generate less waste.

REDUCE:
◊ Reducing involves, stopping waste and pollutants where they start and by using less of something in the first place (paper, energy, water, packaging).

REUSE:
◊ Consider and/or invent new ways in which products produced can be used again.

RECYCLE:
◊ Recycling provides an opportunity to divert waste away from landfills and the incineration process, both of which are environmentally damaging.
Summer Love

Even though many of us will be taking a break from our studies few of us will take a break from romance. In fact summertime is one of the most popular times for blooming relationships. But what makes a relationship good? There are many different factors that contribute to this, and although there are some general guidelines it does vary from person to person because no relationship is the same.

Trying to Keep it Cool

Summer Love is something that many college students experience, however there are some factors that could cause strains on your summer love if you’re not prepared. If you and your partner don’t go to the same school, be prepared for the toll that can take. Make sure that your intentions are clear. Discuss the fact that you go to school an hour away so when the time comes to start thinking about school you’re not upset by this. Also don’t forget about parents, family can be a major stressor on any type of relationship. Lastly while you want to keep your friends in mind if they don’t get along with your current partner try to make equal time for everyone in your life.

Make Sure You’re Clean

There are several simple steps to help you avoid STD’s. It is important however to keep in mind that these are suggestions and no method is 100% effective.

- The best and most effective way to avoid STD’s is to avoid any genital contact and/or exchange of fluids.
- The chances of catching an STD may also be reduced if both partners are not infected and are in a long term relationship practicing monogamy (Only having sex with each other).
- Meeting someone and deciding to be in a long term monogamous relationship with them doesn’t count. Make sure that both parties are tested and the results come back clean before any sexual relations.
- If you have multiple partners the best protection is to use a condom, or any other barrier protection that is effective in preventing STD’s.
- Don’t have unprotected casual sex. Not all STD’s will have symptoms. Between outbreaks a person is still able to spread an STD to other sexual partners.
- The pill, diaphragm or IUD will NOT protect you from an unwanted STD.
You may or may not be aware of the growing popularity of energy drinks mixed with alcohol among college students. The reason for mixing these two beverages is so an individual can drink more and longer. Researchers say this may be more harmful to your body than consuming alcohol by itself. So of course we at WOW must get the scoop on this issue.

The allure behind mixing energy drinks and alcohol is the promise of a sustained rush and high without the hangover and feeling tired. However, this combination according to researchers at Virginia Tech University enhances these symptoms. This is because alcohol makes people dehydrated, and caffeine which is found in most if not all energy drinks is a diuretic which also causes water loss. So it makes the effects of dehydration worse.

Another risk of mixing alcohol and energy drinks is the possibility of cardiac related problems. Caffeine is a stimulant that in large amounts increases heart rate and blood pressure therefore causing palpitations. Alcohol on the other hand is a depressant so according to the National Institute of Health, this combination an send mixed messages to your brain and nervous system increasing the risk of cardiac related problems including heart rhythm problems.

Additionally, researchers from Wake Forest University School of Medicine reported to Fox News that they found that students who mixed alcohol with energy drinks like Red Bull had double the risk of being hurt or injured than others who just drank alcohol. That is because the energy drinks temporarily cover the symptoms from the alcohol such as feeling fatigue. This causes individuals to believe their motor skills are not affected so they continue to drink or do activities that require motor skills such as operating an automobile. The fact that the energy drink hides symptoms of fatigue is very dangerous. Feeling tired is a sign that you have had too much to drink and that it is time to stop. Caffeine keeps you awake and ultimately drinking! So needless to say mixing alcohol with your favorite energy drink is bad for your health..., What the Health???