

The Montclair State of Wellness

○ Volume 6 ○ Issue 5

○ March 2007



Christine's Rant

CRACK HEAD

By: Christine Boehler
Peer Advocate

Remember when drinking energy drinks just “gave you wings” or let you “party like a rock star”? Energy drink makers have now taken their tag lines to an all time low (or should I say high). *Cocaine* energy drink is one of the hottest ones out there, with its tagline being, “It’s like drinking liquid speed!” What a fantastic message to send to our already overly impressionable youth... “Doing cocaine is cool!” NOT!

Cocaine apparently is equivalent to drinking three Red bulls at once. That is a crazy amount of caffeine to consume, not including all the sugars you would be taking in. I mean let’s be honest, is it really necessary to be so “messed up” that you would actually take something referred to as “liquid cocaine.” Come on now, is life really that boring and slow?

Marketing an energy drink as any sort of “liquid drug” may do well as far as shock value is concerned; but it really isn’t a great message to send to our already misguided young women who believe that the objectification of their body is acceptable. Now just add the liquid cocaine into the equation, and we will officially have loads of ½ dressed middle school girls running around doing strip teases cause they’re hyped up on *Cocaine*.

Most MSU
students have

0-4 drinks

When they go
out.

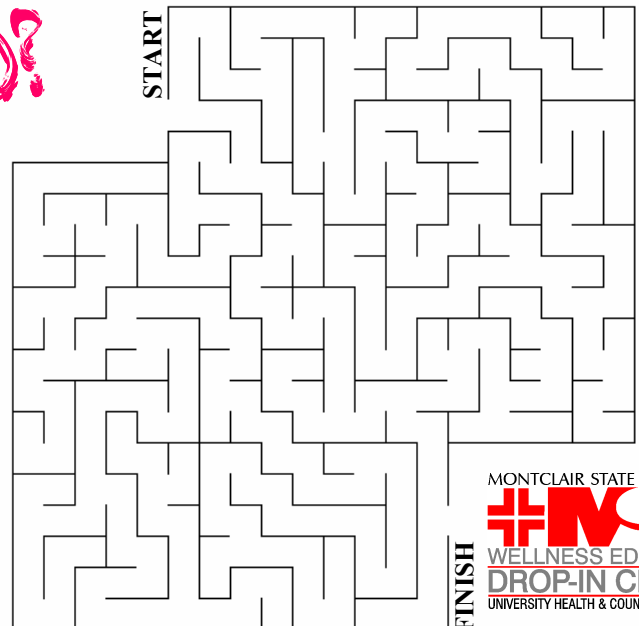
Based upon the Campus Norms Survey
conducted at MSU Spring, 2005 (n=748)

PUZZLED?

Come to the
Drop in Center!
(the cottage next to the SC)

Open M-F
9am-7pm

We offer: weekly
workshops,
free condoms and lube,
health resources and
much more!



MONTCLAIR STATE UNIVERSITY

WELLNESS EDUCATION
DROP-IN CENTER
UNIVERSITY HEALTH & COUNSELING SERVICES

HELP YOUR COMMUNITY

By: Rachael Shaffer



During spring break, many college students are left with nothing to do; no jobs to come home to and no homework assignments due until weeks later. Usually students will take advantage of their break and party the week away. However, instead of partying the week away, there are things that every college student can do to make this world a better place as well as enhance their resume.

Students can help make a difference by doing everyday things that they may not have thought of. For instance, you can help an elderly neighbor go grocery shopping or you could visit and help at a retirement home. If you're interested in other activities, such as helping out at your local church, hospital, Habitat for Humanity, or the American Red Cross Association, you can contact any of these places by website or phone. Just make sure you call prior to your spring break so you are able to complete any necessary training!

These acts of community service can tremendously benefit your community as well as yourself!

Habitat for Humanity – Englewood, NJ (201-568-3712)

Red Cross Association – Montclair/Glen Ridge/Nutley (973-746-1800)

REBEL U IS KICKING BUTT!

1200 PEOPLE DIE EVERYDAY FROM TOBACCO RELATED ILLNESSES

Come learn about the manipulation of the tobacco industry

When: Thursday, March 29 from 6pm-8pm

Where: The Drop In Center

[Free food will be provided](#)

For more information contact the Drop in Center at x5271
Reaching Everyone By Exposing Lies