



BATHROOM BULLETIN

GARDENING

Some of the easiest plants you can grow without a yard are microgreens, lettuce, tomatoes, and basil.

Microgreens

Use a long, flat, and shallow container or grow bags filled with potting soil. From there, keep your plants in a window with lots of sunlight and add water frequently. When the seedlings reach 1 to 3 inches tall they are ready to harvest!

Lettuce

Consider using one long container to grow all of your plants. Make sure to provide your crops with an abundance of sun and water - if your soil feels dry a few inches in, go ahead and water them.

Tomatoes

Plant your seeds in a small, round container with a draining bottom. Tomatoes need full sun and watering is similar to lettuce - feel the soil and water when dry.

Basil

Basil can be picked in any of the growing stages, but make sure to leave some leaves on the plant so it can continue to grow. You can use them fresh or cooked! Basil grows in a small container, needs full sun, and needs moist soil.

GET IN TOUCH



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Binge Drinking



While there are long-term effects of drinking, such as increased cancer risk, liver failure and cirrhosis, alcoholism and addiction, the short-term consequences that often go hand in hand with binge drinking are not benign and include the following:

- Alcohol poisoning (can be fatal)
- Nausea, vomiting, and hangover
- Unintentional injuries (falls, stitches, broken bones, concussion)
- Unplanned sex, unprotected sex, unplanned pregnancies
- Increased risk of antisocial, violent, or aggressive behaviors (often with legal ramifications)
- Increased risk of infectious disease transmission (COVID-19, in addition to the more typical mono and other viral illnesses)

Some tips to avoid binge drinking include:

- Track your drinks
- Don't drink out of community drinks
- Alternate water and alcoholic drinks
- Set a limit before going out
- Set a pre-determined time to leave
- Leave your debit card at home (bring a set amount of cash)
- Have an accountability partner

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THIS MONTH'S HEALTH AND WELL-BEING FEATURED RESOURCES



MISSOURI S&T RESOURCES:

CHEERS: CHEERS was designed to increase the number of designated drivers throughout the state of Missouri. Participating locations provide FREE non-alcoholic beverages to the acknowledged designated driver in a group of two or more. Participating locations in Rolla are Alex's Pizza, Applebee's, Bandana's, El Maguey, Hoppers Pub, Johnnie's on Route 66, Meramec Vineyards Winery, Imo's, Public House Brewing Co, Sidney's, and Tater Patch

BASICS: The goal of BASICS (Brief Alcohol Screening and Intervention for College Students) is to motivate students to reduce risky behaviors associated with alcohol consumption. The program will provide you with a structured opportunity to assess your own risk, identify potential changes that could work for you, and help you to reduce your risk for developing future problems. BASICS is not an abstinence-only program.

Counseling Services: Counseling can help you to realize your academic and personal goals; meeting with a counselor can help you clarify issues, explore options, and cope more effectively. As an individual, you have unique concerns and needs.

Miner Support Network: The Miner Support Network offers peer-facilitated groups for all Missouri S&T students. In these groups, you will meet weekly with the same people, talk about your current stressors and worries, connect with a variety of students, and have a place to be yourself, all in a supportive environment.

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