

Keeping things clean in a grungy campus world

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Dodging broken glass, sweeping cigarette butts away with the soles of your shoes and walking through a construction site. This seems like a daily routine for a student attending Fordham University in New York City, not Guilford.

But during the second half of this semester, those living on Guilford's campus, especially the Student apartments, encounter these obstacles daily.

Construction surrounding the Student apartments is increasing, adding noise and mess that the Guilford community is not accustomed to. Meanwhile, many students' rooms and apartments tend to pile up with trash this time of year.

During this high-pressure end of the semester, students should take advantage of everything that helps maintain their sanity.

Keeping one's space clean is not only an attempt to preserve the environmentally sound atmosphere that students appreciate, it will also positively affect mental clarity. Maintaining cleanliness of both the inside and outside of one's living space will provide for a more comfortable atmosphere and lighten stress loads during this time of year.

How Campus Life can (or can't) help

Thinking that Campus Life could help students who want to keep their living space clean, I went to Kris Gray, Residential Living Coordinator. She informed me that Campus Life currently has no supplies for students.

Gray said that she is meeting with Aaron Fetrow, Associate Dean for Residence Life, to discuss a plan to help maintain a cleaner space for the apartments.

How your RA can help

While Campus Life may not be the best resource, your RA is probably willing to help.

Sophomore Roslyn Phillips, an RA in the Student apartments, recently went door to door asking residents if they could clean up their porches. She hoped this would encourage a trend throughout the apartment buildings. Some people helped, but Phillips said, "Most of the porches are still very dirty. I have gotten a few complaints about how nasty the area looks, so I thought maybe if I could take initiative, than others might follow." Phillips is hoping to encourage a cleaner space with supplies and events:

* Students can receive trash bags and gloves from RA's.

* Phillips suggests that clean-up could be a hall event. Students could "Pick up trash and eat pizza."

* Phillips and other RAs are also eager listen to other ideas on how to "keep our living area a little bit more tolerable."

How you can help yourself

While your porches may remain dirty, it is easy and cheap to maintain the inside of your living space. According to about.com, lemons, vinegar and baking soda can all be used as cleaning products in your home. These products are easy to find, and will not

upset your environmentally conscious roommate:

* **Vinegar:** 1 part vinegar and 1 part water: Put this solution in a spray bottle and it can be used to clean, disinfect and deodorize most surfaces. This mixture can be used anywhere in your bathroom, especially to clean soap scum. It will also clean kitchen appliances.

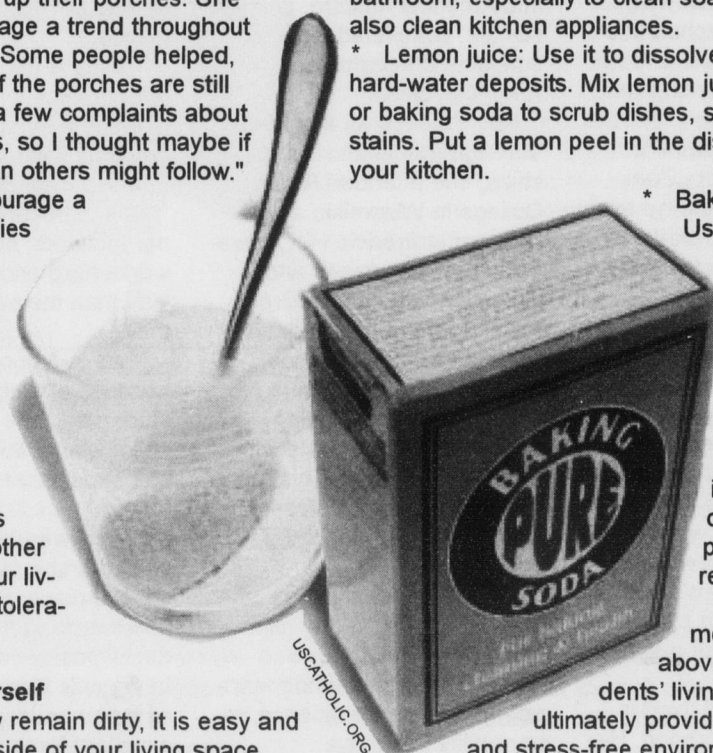
* **Lemon juice:** Use it to dissolve soap scum and hard-water deposits. Mix lemon juice with vinegar or baking soda to scrub dishes, surfaces and stains. Put a lemon peel in the disposal to freshen your kitchen.

* **Baking soda:** Use it to scrub surfaces. Leave it in the box and use it as a deodorizer in your refrigerator.

With much of Guilford under construction, it is important that students be able to preserve their current space.

These simple methods listed

above can improve students' living areas, which will ultimately provide for a pleasant and stress-free environment. ☺



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Natural remedies instead of dangerous quick fixes

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The lack of respect for natural needs has put human well-being on a slippery slope. Humans have so much technology that we should be creating things that make our bodies more efficient, rather than machines that do our work for us.

Many of the products consumed by people today are negatively affecting the health of the world, even the foods that we eat.

Look on the list of ingredients of your favorite foods. Do you know what those words mean? They're mostly chemicals, preservatives or additives, to make the mass marketing of food easier.

Those chemicals also cause a reaction in our bodies. Aspartame, a common sugar substitute, has been known to

cause headaches, allergies, and nervous disorders; the antioxidant Butylated hydroxyanisole, found in fried foods, sodas, and chewing gum can cause hyperactivity, asthma, and high cholesterol.

When people come down with any of these symptoms, rather than try to figure out what caused it, they go to a doctor, who prescribes a drug.

But some medicines that cure one illness can cause or increase chances of contracting another.

The World Congress on Lung Health and Respiratory Diseases recognizes at least 310 prescription drugs used to treat non-respiratory inflammations, high blood pressure, and allergies, to name a few, that may cause at least 50 different lung diseases and syndromes.

It's much easier to buy pre-made food and eat it on the

run than to buy fresh food and prepare it yourself, but wouldn't it be healthier and more helpful to our well-being if we used preventative methods instead?

There are countless fruits, vegetables, herbs, and fungi that occur naturally and are sources of nutrients for our bodies without harming our health. Many can be used to cure certain illnesses:

chamomile, for example, is used to relieve indigestion, nervousness, headaches, and depression.

Although its berries are poisonous, mistletoe can treat hyperactivity and headaches,



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Chamomile, a white flower with a yellow center commonly used in herbal tea, can be used to relieve indigestion, nervousness, headaches, and depression

and is being researched for possible cancer-treating qualities.

Medicine is only one area in which it would be beneficial to research things that exist naturally, rather than creating new experimental prod-

ucts. Although they are being developed, electric and solar-powered cars are not being adequately supported or accepted. So many fields of study have potential for advancement that it would be

impossible to list them all.

In order for these programs to be funded, the government needs to adjust the budget.

We need representatives in office who will push legislation in support of making things healthier for us instead of giving billions of dollars to pharmaceutical companies to come up with new drugs.

People are ignoring the natural needs of our bodies by practicing quick and easy ways to go about our lives.

If more people took the time to find out natural reasons for things that we observe, and natural ways to fix them, the world would naturally be healthier.

Being healthy typically boosts self-esteem and happiness. A higher state of well-being is certainly more probable if we try to make it happen. Naturally. ☺