

THE BUZZ



UCR Blood Drive

Wednesday, February 15

12:00 noon - 3:30 p.m.

and

Thursday, February 16

8:30 a.m. - 10:30 a.m.

and 12:00 noon - 3:30 p.m.

AT302

For an appointment, call 507-284-4475 or email donateblood@mayo.edu

Be sure to mention UCR!

69 Donors attended the December UCR Blood Drive. THANK YOU!



Are Your Relationships Good For You?

College is a great time for meeting new people and developing new relationships. These relationships may be friendly, romantic, work or school related, but are they good for you? A healthy relationship is one that enriches us and adds to our self-worth, our enjoyment, and our personal growth. In a healthy relationship, both partners:

- Support each other and treat each other with respect
- Trust each other and have privacy within the relationship
- Communicate clearly, openly, and honestly without fear of reprisal
- Resolve conflicts satisfactorily
- Make healthy decisions about drug or alcohol use
- Feel comfortable developing friendships outside of the relationship

In unhealthy relationships, on the other hand, one or both partners:

- Try to control or manipulate the other
- Control the other's money or other resources
- Ignore each other when one is speaking
- Use or threaten physical force
- Ridicule, call names, or make the other feel badly about him/herself
- Discourage the other from being close with anyone else

While no relationship is perfect all of the time, healthy relationships should feel, on the whole, positive and healthy. When looking at your relationships, it is important to trust your instincts and the people close to you whose opinions you trust and value. Everyone deserves to feel good about themselves and to feel safe, valued, and cared for.

If you or someone you know needs help with an unhealthy relationship, contact the 24-hour victim services hotline at 507-289-0636 or RCTC Counseling Center or RCTC Student Health Services.



Health Tip of the Month

A little floss can go a long way toward keeping you healthy. Every day your teeth become covered in plaque, the filmy substance that harbors disease-causing bacteria. Plaque buildup on your teeth is related to the plaque buildup in the arteries surrounding your heart. Flossing once a day helps remove plaque and significantly decreases your risk for periodontal disease, which can lead to coronary heart disease.



Check Your RCTC Email. You Could Win Big!

RCTC Student Health Services and the University of Minnesota's Boynton Health Service are partnering to survey college students about their health and wellness behaviors. Survey results will be used to develop health and wellness services and opportunities for RCTC students.

Beginning the week of February 13, emails will be sent to randomly selected RCTC students. If you are one of the students invited to participate in this confidential survey and you complete it, you will be entered into a prize drawing for gift cards worth \$100, \$500, and \$1000! PLUS, every week, students who have completed the survey will have a chance to win an iPod Touch™. The sooner you take the survey, the more chances you have to win!

“Don't be reckless with other people's hearts and don't put up with people who are reckless with yours.” ~ Kurt Vonnegut

