

STALL STREET JOURNAL

VOLUME 3, ISSUE 4 FEBRUARY/MARCH 2015

THE TRUTH ABOUT MOLLY

If you enjoy electronic dance music and/or have been to a music festival recently, chances are you've heard about/seen/tried the drug Molly. As one of the fastest growing drug fads in the nation right now, this "Molly" character has more secrets than you'd think. Here are some facts that may prompt you to stop looking for Molly:

- Molly is a synthetic drug, meaning it is manmade and altered in order to enhance the effect of naturally found chemicals.
- Almost all of the chemicals found in Molly come from laboratories in China. From there, they are smuggled out to different parts of the world and laced with other chemicals by middlemen before hitting the market.
- Manufacturers and synthesizers of Molly don't usually know the effects of the chemicals that they lace the drug with. The new generation of 15-20 year olds has been nicknamed the "guinea pig" generation because of this.
- Though Molly is thought to be "pure MDMA", the DEA reports that only 13% of the Molly found in New York over the past four years has contained any MDMA at all. Nationally this stands at no more than 20%. You may instead be using bath salts (yes, the drug that makes you eat people's faces) or even fertilizer.
- The panic attacks, seizures, and high blood pressure caused by Molly have to be proven fatal on many occasions thus far. Even without severe reactions, Molly has been shown to cause long term issues to the kidneys and memory center of the brain.

"SEX STUFF": CONSENT

In certain situations, people like to joke that no means yes. In actuality it doesn't. No means no and yes means yes. That distinction is important in sexual settings. There needs to be a consensual agreement. So here is a list of words and their correct definitions that will be helpful to know:

- Yes:** *adverb* \ 'yes\
used as a function word to express assent or agreement
- No:** *adverb* \ 'nō\
used to give a negative answer or reply to a question, request, or offer
- Stop:** *verb* \ 'stɒp\
to not do something that you have been doing before : to not continue doing something
- Consent:** *noun* \kən- 'sent\
permission for something to happen or be done

It is also important to know that no response does not mean yes either. Silence is not an opportunity to assume that your partner is being shy. Whether or not the person is someone you just met, a boyfriend, girlfriend, wife or husband, yes must be explicitly stated. It's easiest to remember that only yes means yes. Even if yes is stated, your partner has the right to change their mind, at any time. To avoid any complicated situations, just remember to get consent. Ideally, if you're having sex, both you and your partner(s) would be excited! Remember that consent is the bare minimum of what you need. We think you should shoot for enthusiastic consent! If your partner is unsure or hesitant, take that opportunity to stop and communicate. A yellow light will turn into a red one, but a yellow light will never turn green! If you're having sex, let's agree to make it safe and supportive!

[Have wellness questions? Email \[wellness@babson.edu\]\(mailto:wellness@babson.edu\)](mailto:wellness@babson.edu)
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#NOFILTER

Everyone wants beautiful flawless skin, but its something that seems to allude many of us. Many of us feel like we are doing everything possible to avoid those less than appreciated breakouts but somehow we can still play connect the dots on our forehead. So here are some tips to help you reach your goal and hopefully the caption on your next Instagram selfie is #nofilter.

Know your skin type. How are you supposed to take care of skin you don't understand? Get to know what your skin does not like many skin care products are formulated for specific categories. They include **Dry skin** is flaky, scaly, or rough. **Oily skin** is shiny, greasy, and may have big pores. **Combination skin** is dry in some spots (cheeks) and oily in others (forehead, nose, and chin). **Sensitive skin** may sting, burn, or itch after you use some makeup or other products.

Find a good moisturizer. You may think your skin is too oily -- but all skin needs moisture. Moisturizers help keep your skin from drying out. Use it every day, no matter what skin type you have. Apply it while your skin is still damp from washing or rinsing to help seal in moisture. For oily skin try very light weight moisturizers so nothing with additional oils or butters (like cocoa or shea).

Wash your face twice a day. Washing your face more than twice a day will dry your face's skin. However, you should always wash your face at night to get off all of the junk on your skin that accumulated during the day, and in the morning for the same reason.

Don't wear makeup to bed. Sometimes it is hard to remember and some days you are too tired. But leaving makeup on your skin can clog your pores and cause acne. So use a gentle cleanser or makeup remover to wash it off. If you wear makeup often try using a toner, toners really help to get makeup out of the pores insuring cleaner skin. Also try giving your skin a break sometimes and skip the foundation.

Don't Pick. I have the worst habit of picking at my pimples and trying to pop them. But all that does is leave scars and turns a very temporary problem into a long term problem. Picking leaves scars which are a lot more frustrating to deal with than a pimple. If treated properly a pimple can go away within days scars can be permanent.

Wash or change your pillow case often. Your pillow case can accumulate dirt and dead skin cells over time change it often to avoid night time breakouts.

Finally there is a lot more than just what you put on your face that causes acne. Stress also causes breakouts. Try to stress less and try to sleep more, exercise and practice better eating habits but ultimately your internal self reflects your external self.

HEART YOUR HEALTH

Keep your heart healthy and lower your chances of heart disease by following these 7 quick tips:

1. **DRINK IN MODERATION.** There are plenty of articles and scientifically proven that drinking is good for your heart. But the magic word to keep in mind is MODERATION.
2. **QUIT SMOKING.** Even if you don't smoke, being around those who do and exposing yourself to secondhand smoke is extremely be detrimental to your heart health.
3. **KNIT A SCARF.** Finding activities that put your hands and mind to work is a great way to destress. For those people like me who aren't all that great with needles, boardgames and jigsaw puzzles are great alternatives.
4. **FISH ARE FOOD** (and friends if you want them to be). Consuming fish that are high in omega-3 fatty acids, can dramatically reduce the risk of heart disease.
5. **LOL.** Not a virtual one, but literally laugh out loud. Studies have shown that laughing is good for your heart as it helps to receive stress and allows blood to flow through your vessels more smoothly.
6. **DON'T BE SO SALTY.** Do you know how much salt is added in processed food and restaurant-prepared food? I don't know either, but it's probably way too much. Increasing salt intake is one of the leading causes of health problems in the United States.
7. **DON'T BE A POTATO.** As a college student, I understand how hard it is to motivate yourself to move around when there are naps to be had, tests to be studied for, meetings to attend and homework to be done. But a study from Australia has found that sitting for too long can shorten your life. Make it a habit to give yourself short breaks between long hours of sitting to get up and walk it out.