

Life

Students learn how to administer naloxone at documentary screening



Darren Waller during a game against the Carolina Panthers. Waller was in “Tipping the Pain Scale,” a documentary about different individuals struggling with substance abuse. PHOTO COURTESY OF @RACKWALL ON INSTAGRAM.

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This past Wednesday, the Substance Use Prevention Program, which is part of the University of Connecticut’s Student Health and Wellness (SHaW) held a documentary screening and Narcan (naloxone) training event in conjunction with SERAC, a Connecticut nonprofit organization dedicated to reducing the impact of mental health, substance abuse, and gambling-related issues.

There are many at UConn that may be familiar with substance use disorders, and whether it’s through living in proximity with a user or struggling with it themselves. SHaW wants students to know that it has resources available.

“We are here to support students wherever they are

at with their substance use,” said Audrey Jean-Guillame, the program manager for the Substance Use Prevention Initiatives at SHaW. “That can be students who choose not to use or students that are choosing to use and helping them find a balance and reduce their risk of experiencing the not fun things that can come along with substance use.”

Nestled in a dimly lit conference room on the first floor of the Wilson building, the program provided pizza, drinks, fruit, cookies and a wide variety of SERAC merchandise, including chargers, squishies, keychains, pens and pins. In addition to this, attendees were provided with free naloxone, Fentanyl test strips, vessels for safe drug disposal and CPR mouth guards. All are invaluable resources should any drug-related emergencies occur.

Anu, a sixth-semester psychology and physiology and neurobiology major double who works as a Substance Use Risk Reduction Peer Health Educator, spoke about the importance of precaution should students choose to use substances. “If you’re going to use substances, then make sure you know how to use them safely,” she said. “This can mean having Narcan on you ... using small dosages of whatever substance you’re using and going slow with it, and also making sure you have a friend with you.”

Risk reduction was a major theme of the documentary screening event that SHaW and SERAC hosted on March 4. The documentary shown at the event was titled “Tipping the Pain Scale” and followed the stories of individuals struggling with substance abuse across the United

States, including NFL Player Darren Waller, 53rd mayor of Boston Marty Walsh and poet Joseph Green. Released in 2021, the documentary showcases the variety of ways in which drug abuse has impacted both individuals and communities, as well as how people in recovery work to give back to their communities throughout their healing journey. Art, sports, community service and legal action are all portrayed as avenues through which victims of drug abuse work to create a better future for themselves and their communities.

After the screening, attendees were given a brief but comprehensive training on the use of Narcan. After the event, Jean-Guillame discussed the most important thing she thinks students should know regarding SHaW’s Substance Use Prevention Initiatives.

“One of my biggest things is just letting students know that this is a resource that we have available for them for free,” she said, stressing the wide variety of locations in which Narcan and other related resources are accessible for students. Students can find naloxone “through student health and wellness... they can access [it] in our vending machines for free, or they can stop by our office or the pharmacies.”

SHaW plans on hosting events like these in the future, and naloxone training is a regular program featured in the department. For any students looking to learn more about substance use, looking for resources for themselves or a loved one or just looking to learn skills that could potentially save lives, the Substance Use Prevention Program has ample resources to meet your needs.

CLIPART COURTESY OF CREATIVE COMMONS

UConn Woodsmen host first annual Jack and Jill home meet



UConn Woodsmen at their first Jack and Jill home meet. The meet was hosted at UConn on Feb. 28. PHOTO COURTESY OF CHASE HAITSCH/UGONN WOODSMEN

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Last weekend on Feb. 28, the University of Connecticut Woodsmen sharpened their tools, fired up their chainsaws and put on ear protection gear to compete against other schools at their annual home meet. Located at the Ratcliffe Hicks Arena, the Jack and Jill competition meet began at 8 a.m. and ended around 4 p.m.

The UConn Woodsmen are a team of students who participate in traditional lumberjack sports, incorporating logging techniques into timed events for competition against schools across the Northeast.

Schools like the University of Vermont, Colby College, Paul Smith, SUNY College of Environmental Science and Forestry and more competed against UConn during this home meet.

The full list of events included axe throw, disk stack, bowsaw, single buck, underhand chop, crosscut, log roll, standing block chop and pulp toss. Wooden carved mini axes and tiles laid across a table, serving as trophies for future champions of the meet.

One of the many events of the meet, the disk stack, took place outside of the Ratcliffe Hicks Arena. During this event, the Woodsmen are tasked with barring chainsaws and cutting through a tower of wood.

The goal is to precisely cut across the tower without dropping a single disk, all while being timed. Despite being such an intricate task, the Woodsmen sliced through the wood with precision and swiftness.

Spectators and Woodsmen alumni cheered for the Huskies, but there were also students who had never witnessed timber sports in action among the audience. Second-semester student Alana Coutts recounted her experience watching the event.

“I really liked how many different events they have,” Coutts said. “There is something for everyone to enjoy. It’s a very interesting and new experience.”

Many volunteers from various organizations here

at UConn lent a hand to the Woodsmen to ensure safety throughout the arena. Most of the events involve sawing away at wood, leading to an incredible pool of sawdust appearing on the ground. Volunteers like sixth-semester student Taylor Orlrosky helped sweep it up.

“Volunteering at the Woodsmen meet this past weekend really opened my eyes to a whole new level of talent that we have here at UConn,” Orlrosky recalled. “The dedication and skills these teams had was so impressive and it was extremely entertaining to watch.”

Paul Smith College took the axe-engraved prize of over-

all best, while UConn placed high and won second place in the crosscut and standing block chop events. The day proved to be a success, and now the Woodsmen will prepare to compete at the Colby College Mud Meet on April 12.

Students who are interested in learning and participating in lumber sports through the UConn Woodsmen team are encouraged to join, no matter what level or skillset they hold. Practice is held every Monday, Wednesday and Friday from 5 p.m. to 7:30 p.m. at the Ratcliffe Hicks Arena. For more information, visit their website, join UCONNCONTACT or follow them on Instagram, @uconn_woodsmen.