

THE STALL STREET JOURNAL

New Orleans Mardi Gras: Things to Know Before You Go

Parade Etiquette: Even during Mardi Gras, remember to conduct yourself like a respectful Tulanian! Here's how to enjoy the season while being courteous to others.

- **Respect others' space:** Tents, tarps, sofas, platforms, and grills are banned along parade routes. Chairs and ladders are allowed but must be set back at least six feet from the curb. Ladders can't be strapped together.
- **Travel light:** Don't bring bulky items like tents or portable toilets to the parade route. These can be removed by the city, and violators may face fines.
- **Be mindful of private property:** Avoid using someone's yard, driveway, or porch as your hangout spot.
- **Use designated bathrooms or port-a-potties:** Avoid urinating outside homes or businesses—it's disrespectful, illegal, and could get you arrested.
- **Be courteous to parade participants:** Never throw items at floats or riders, and avoid crossing the street through marching krewes or bands. Wait until a float has passed.
- **Share the fun:** Don't fight or push for throws. Never take them from children; instead, give throws to little ones when possible.
- **Keep the path clear:** Make room for marching krewes, bands, and dance troupes by backing up when they pass.



Finally, remember the Tulane Student Code of Conduct applies, even during Mardi Gras. Represent your university well and enjoy the celebration responsibly!

For more Mardi Gras tips, follow Campus Health on Instagram [@TUCampusHealth](https://www.instagram.com/TUCampusHealth), or scan the QR code.



TUPHE FEATURE



Understanding the Chocolate Chip Cookie Effect:

Drug Safety & Harm Reduction

What is the chocolate chip cookie effect?

Much like chocolate chips in a cookie, drugs are not evenly mixed. That is, if I was to take a bite of a chocolate chip cookie, I may get a bite with no chocolate chips. Much like with cookies, if there was to be fentanyl in a portion of my drug, I may not find it in my first round of drug testing!

Harm Reduction Suggestions:

- Use fentanyl test strips to test every drug dose:
 - **Two lines is NEGATIVE** for fentanyl.
 - **One line is POSITIVE** for fentanyl.
 - Use caution. Tests are not 100% accurate, and even if a drug is negative for fentanyl it doesn't mean it is safe.
 - If any dose is positive, **throw out the whole batch.**
- Carry around Narcan/Naloxone.
- Never use drugs when you're alone.

Resources:

- **Tulane Recovery Community:** To get connected, call/text 225-202-6342.
- **Tulane EMS (TEMS)** and other on campus groups regularly distribute free Narcan and fentanyl testing strips (follow [@tulanetuphes](https://www.instagram.com/tulanetuphes) and [@tulane_ems](https://www.instagram.com/tulane_ems) for updates!)

SEX WEEK Feb 10-14, 2025

What Is Sex Week?

Sex Week is a week of diverse, comprehensive, queer-inclusive, culturally specific, and sex-positive events and conversations for the Tulane community! It aims to provide students with the information they need to have healthy and

pleasurable sex lives. Since many students come from areas with spotty or incomplete sex education, Sex Week bridges the gap to ensure you're empowered with knowledge.



HIGHLIGHTS

- 2/10 Sex Week Kick-Off**
McAlister, 11:00 AM–1:00 PM
- 2/11 Genital Diversity Gallery**
James Lounge (LBC 1st flr), 1:00–3:00 PM
- 2/13 Sex Week Health Fair**
Berger Family Lawn, 1:00–2:30 PM
- 2/13 Sex After Dark with Dynamo**
Rathskeller Lounge (LBC), 7:00–8:30 PM
- 2/14 Krewe du Coochie: Campus Condom Crawl**
McAlister Walkway to Gibson, 3:00 PM

Don't forget to check out sexweek.tulane.edu for the **full schedule** and event details!

Tulane Launches Mental Health Complete

Your mental well-being is important, and Tulane now offers a new resource to help you thrive. **Mental Health Complete, a virtual mental health platform,** is available to all students who've paid the Campus Health Fee at **no additional cost.** This service complements Tulane's in-person and virtual mental health resources.

With Mental Health Complete, you can access:

- **Self-guided digital programs**
- **One-on-one mental health coaching**
- **Virtual therapy**
- **Psychiatry services**

The platform is designed to support mild to moderate mental

health needs, addressing challenges like stress, anxiety, and sleep issues.

If you need higher levels of care, you'll continue to have access to on-campus services through Counseling and Psychiatric Services (CAPS).

Signing up is easy! Use your Tulane email address to register, explore the platform's offerings,

and schedule services at your convenience.

For more details, visit campushealth.tulane.edu/mental-health-complete or scan this QR code.

Take the first step toward mental well-being today!

