



# FALCON 411

Monday, November 2, 2009

Fall 2009

## Good For You: Campus H1N1 Vaccine Clinic

The November 4, 2009 campus H1N1 vaccine clinic has been canceled, but has been rescheduled for December 2, 2009 from 10:30 a.m.-2:30 p.m. in the Falcon's Nest, University Center.

The H1N1 vaccine availability and distribution is slower than anticipated, resulting in delays in community clinics. Wisconsin has only received a small percentage of the vaccine needed for the five target groups. Watch the news and check back in two to three weeks. It's possible that the majority of doses may not arrive until after Thanksgiving. However, it is expected that eventually there will be enough H1N1 vaccine for everyone who wants it. In River Falls, currently Econo Foods Pharmacy has intranasal H1N1 vaccine available for healthy 18-24 year olds for \$5 (425-8494) and Shopko Pharmacy has seasonal influenza shots for \$30 (425-6272).

The target groups recommended to receive the H1N1 vaccine include pregnant women, household contacts and caregivers of children younger than 6 months of age, healthcare and emergency medical services personnel, all persons from 6 months to 24 years, and persons aged 25 to 64 years who have health conditions associated with higher risk of medical complications from

influenza. However, providers may choose to vaccinate subsets of these target groups first.

To check on availability of the H1N1 and seasonal influenza vaccine, continue to check the Wisconsin 211 Flu Clinic Locator ([www.wisconsinfluclinic.info](http://www.wisconsinfluclinic.info)), the River Falls Medical Clinic Web page ([www.rfmc.org](http://www.rfmc.org)), the Pierce County Public Health Department Influenza Resource Center ([www.co.pierce.wi.us/Public%20Health/PH\\_index.htm](http://www.co.pierce.wi.us/Public%20Health/PH_index.htm)), or the Minnesota Department of Health Flu Shot Clinic Finder ([www.health.state.mn.us/cgi-bin/idepc/fluschedule/fluclinic\\_search.cgi](http://www.health.state.mn.us/cgi-bin/idepc/fluschedule/fluclinic_search.cgi)).

For updates and information on seasonal and H1N1 influenza, continue to check the UWRF Emergency Preparedness H1N1 Web page ([www.uwrf.edu/emergency/flu.html](http://www.uwrf.edu/emergency/flu.html)), the Wisconsin's Pandemic Flu Resource Web page ([www.pandemic.wisconsin.gov](http://www.pandemic.wisconsin.gov)), and the U.S. Flu.Gov Web page ([www.flu.gov](http://www.flu.gov)).

For questions, contact Student Health Services at 425-3293 or email [alice.m.reilly-myklebust@uwrf.edu](mailto:alice.m.reilly-myklebust@uwrf.edu).

## Mortarboard:

### Here! Present! YES!

There you are, snoring away, warm and cozy beneath your blankets when your alarm rings and you have to head to a lecture. Before you hit the snooze button and decide to pass on class, consider this...

Attending class is extremely important, especially now as the end of fall semester nears. Weighty presentations, projects, papers, and exams are all on their way and it is crucial for you to attend class for many reasons! If you do not go to class you could miss out on upcoming assignments, unexpected quizzes, and information that could be on your final exam!

Don't think you can handle a few more weeks? Sure you can! Try these tricks...

1. Make a promise to yourself. "I will go to every class for the rest of the semester."
2. Reward yourself for attending class. I bet a hot chocolate from Caribou would taste great after that lecture of yours!
3. Remind yourself that each class session is the equivalent of a nice chunk of change. Do not waste your (or your parents') precious dollars-when you skip class, you lose that money!

We all know that it can be very difficult to sit in class while your bed waits for you back in your room but do not forget that in a little less than two months, you will have the chance to sleep for three weeks straight if you want! Keep going!!!

And remember, the FYE office is here to help, so do not hesitate to contact us at [fye@uwrf.edu](mailto:fye@uwrf.edu) or at 715-425-4444.

## Falcon Challenge Winners:

<b>Lauren Ganter</b>	City Sampler	Zamboni ride at a Men's Hockey game
<b>Anna Peissig</b>	Think This Way, Not that Way...	Two tickets to the Etiquette Dinner on Nov.10

Look for an email from the FYE Office with instructions on how to redeem your prize.

## Career Corner:

Attend the Etiquette Dinner on Nov.10 from 5 p.m. until 7:30 p.m. in the Riverview Ballroom in the UC. Be sure to sign up by Nov. 5. For more information event, check it out at [www.uwrf.edu/career/events.htm](http://www.uwrf.edu/career/events.htm).

## Hidden Gem:

Looking for someone to carpool with? Check out the "Ride Share" board located on the main level of the UC, near Freddy's C-Store.

“Do all you can with what you have in the time you have in the place you are.”

—Nkosi Johnson

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## FYI from FYE

### A Prescription for College Health

The best way to ensure a healthy college experience for you is to plan ahead just in case you're faced with an incident or emergency. Follow the tips in the paragraphs below to make sure you are prepared!

#### Health: On the Offense

First aid kits are essential. An all-purpose first aid kit is easily purchased at any retail outlet for less than twenty dollars. They contain basics such as instant ice packs, adhesive bandages, antiseptic wipes, and gauze pads. These kits are great starters. To complete the kit, add those items that are specific to you, such as over-the-counter (OTC) allergy medications, cold and flu medications that you trust and other OTC items that will keep you healthy and comforted when ill.

#### Plan Now for Medical Emergencies

Have you updated your emergency contact information in eSIS in case a family member needs to be notified about an emergency situation? Do you have copies of any pertinent health information including your personal physician contact information in a purse or wallet with your own health insurance card?

Review your health care plan and call the insurance billing office to verify what they expect as far as notification for emergency treatment or out-of-state provider coverage. Also, be sure to ask if you don't understand the ins and outs of your insurance carrier's co-pay program.

Next, locate your local health care providers. Off hours and weekends are not the time to be searching for a qualified and available health professional for your immediate needs. Do this essential homework to avoid a non-essential emergency room visit. Call doctor's offices, including chiropractors, verifying insurance coverage and on-call procedures. Chat with the office staff about your concerns. Begin to plan now for your healthy college years. You and your family will be glad you did.

Adapted from [collegetipsforparents.org](http://collegetipsforparents.org)

## At a Glance:

Monday, November 2	March and Rally - Taking back our Campus- Celebrating Diversity (12 p.m., University Center Lawn) Why is Socialism Such a Hot Button? Lecture (3:30 p.m.-5:30 p.m., St. Croix River Room 321, UC) <b>Sign up for Wednesday's Event:</b> Rock Band: Battle of the Bands a Rock Band Rock Off 2- Presented by Falcon Programs and WRFW (5:30 p.m.-6:30 p.m, UC)
Tuesday, November 3	Election Day
Wednesday, November 5	Mock Interview Day (10 a.m.-3 p.m., Riverview Ballroom, UC) Rock Band: Battle of the Bands a Rock Band Rock Off 2- Presented by Falcon Programs and WRFW (5:30 p.m.-6:30 p.m, UC)
Thursday, November 6	Etiquette Dinner Deadline (for a
Friday, October 30	Falcon Spirit Day

## Hate is NOT Tolerated at UWRF

As many of you may know, there was a violent threat through racist graffiti in the Chalmer Davee Library threatening violence against African American and Asian members of the campus community last week. Today (Monday, Nov. 2) there will be many things going on to protest the incident.

1. Falcon Shop is offering 20% OFF all RED SHIRTS through November 2! If you need a red shirt check out the Falcon Shop in the University Center.

2. A "March and Rally" is scheduled to begin at noon in front of the University Center (the rain site is being negotiated and will most likely be the Falcon's Nest). The March will go around the Residence Halls and down Cascade Avenue. It will end at the Fire Pit behind the University Center. The theme for the march is "Taking back our Campus- Celebrating Diversity". There will be posters, banners, and chants so everyone can participate.

3. There will be a table with buttons, Red Ribbons, and Speak Up agreements for people to sign and place in their windows and on their doors from 10 a.m. until 3 p.m. in the UC.

4. Because some professors are canceling class there will be demonstrations happening outside (the weather is suppose to be partly cloudy and nearly 50!) so stop by and participate or go to: [www.facebook.com/home.php#/group.php?gid=160034834021&ref=ts](http://www.facebook.com/home.php#/group.php?gid=160034834021&ref=ts) to be part of the planning!

5. Also there was an update on the violence threat from the Chancellor on Thursday, Oct. 29. To read the letter, visit [www.uwrf.edu/inclusiveness/chancellorsletter.html](http://www.uwrf.edu/inclusiveness/chancellorsletter.html) to read it.

6. TAKE THE CAMPUS CLIMATE SURVEY - now more than ever we need your perspective on what your experience at this campus has been. Here's the link: <http://www.facebook.com/l/a4c0f:www.uwrf.edu/campus-climate/>

To join the "HATE is NOT TOLERATED at UWRF" Facebook group, visit <http://www.facebook.com/home.php#/group.php?gid=160034834021&ref=ts>.

## Etiquette Dinner Deadline

Career Services, in conjunction with Sodexo Catering, is offering an Etiquette Dinner on November 10 to help students polish their social, business, and dining etiquette skills. The five-course dinner menu includes Cream of Potato soup, Caesar salad and dinner rolls, lemon sorbet, chipotle chicken, roasted red potatoes, broccoli, cheesecake, and beverages. Cost is \$12 (students can use Falcon Dollars or Dining Dollars to pay for the dinner).

Registration forms are available at Career Services, Room 211, Hagestad Hall. The registration deadline is **Thursday, November 5**. For more information, contact Career Services at ext. 3572.

This Edition of the Falcon 411 Has Been Brought to You By:

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