**Important Reminders**

- **3/14-20** Spring Break
- **3/23** Session B classes begin
- **3/27** Last day to add a Session B class without signature
- **3/27** Last day add/drop a Session B class online
- **4/1** Graduation application due
- **4/10** Last day to drop a Session B class without a “W”
- **5/11-14** Final exams
Are You Academically Up-To-Date?

With Spring Break only a week away, it is important to confirm that you are up-to-date with all of your academic responsibilities before break. A week of vacation does not mean you should automatically put your responsibilities and education on hold!

**Check Your Syllabus:** Check all of your class syllabi to see what assignments are due and what tasks are coming up. Knowing what needs to be completed before and after break and being prepared will not only benefit your continued success as a student but also your overall enjoyment of break.

**Talk with Your Professors:** Make sure to keep your instructors informed! Along with asking them about deadlines for school work, make sure your professors are aware of time you may miss because of vacation. Be sure to make up any assignments or exams you miss while out-of-town. It wouldn’t hurt to ask a classmate to pick up any materials handed out in class if you are absent.

**Be Realistic:** Be honest with yourself! Are you really going to study or write that paper if you are sun tanning on the beach? Probably not! Think about assignments and make time before or over break to get your school work done. If you are enjoying the week off at home, use this time to get ahead in coursework, and don’t forget to set aside some time for yourself.

**Make a List and Prioritize:** Make a list of everything you need to get done from now until the time you leave. The list should include both personal and school-related items. Ask yourself what needs to be done, what can wait, and then work through your to-do list one item at a time.

**Manage Your Time Wisely:** Your biggest help while preparing for break will require good time management. Use your time wisely and efficiently. You will have a full week of break, so get your deadlines out of the way.

Remember that while break is fun and relaxing, all good things must come to an end, and school will start back up again. Be proactive and save yourself the stress!

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**Spring Break Meal Plan Information**

There is no meal plan service available over spring break!

- Freddy's C-Store will be open weekdays, 7:45 a.m. - 2 p.m.
- Cash, credit card, Falcon Dollars, and Dining Dollars accepted

The last meal served before spring break is lunch on Friday, March 13.

- Riverside Commons will close at 2 p.m. on Friday, March 13
- Freddy's C-Store will offer transfers 10:30 a.m. - 4 p.m. Friday, March 13
- Pete's Creek Market will be closed Friday, March 13

Meal plan service will resume with dinner on Sunday, March 22.
Be More Involved as a Commuter

1. Get involved:
   Finding a club or organization you’re passionate about is one of the quickest ways to meet like-minded peers and feel connected to your school. Whether you live on campus or 30 miles away, it’s imperative to find your niche within the community.

2. Set expectations:
   Continuing to live at home with your parents may seem reminiscent of high school, but the household dynamic won’t be the same once you’re a commuter student. Not only will you be more worn out after two trips and a day of classes, but you’ll likely also have more studying to do in college than you did as a high school student. While living at home, you might have to follow the same rules you did while in high school and it may be difficult to see your friends who are able to do what they want. It is important to discuss with your parents what you should expect while living there.

3. Seek out resources:
   With a little investigation, students may be able to uncover commuter-specific benefits. The University Center has a lot of hidden gems that many students don’t realize are there. For commuters who tend to stay on campus all day, the UC makes it fun to have a few hours in between classes. View the commuter information on the UC website.

4. Get a mentor:
   Students who live in the Res Halls have built-in support through their Resident Assistant (RA). For commuters, however, making a connection with a seasoned student isn’t as easy as walking down the residence hall floor.

5. Push yourself out of your comfort zone:
   Though striking up conversations in class or the UC may feel a little uncomfortable, it’s important to make connections around campus. Otherwise, it may feel like you are trekking to school solely to take courses, and you may miss out on a large part of your collegiate experience. It may feel slightly awkward to take the initiative to form homework groups and find lunch buddies, but it will help you get through the semester.
Blood Alcohol Content Levels

Let’s stumble through that short span between buzzed and blitzed by looking at the amount of alcohol present in your bloodstream, which is referred to as your blood alcohol content (BAC).

- **.05 BAC**: This is about the point at which you actually feel the effects of alcohol or when you have a “nice little buzz.” Typically after a drink or two is when you feel more relaxed, social, and maybe disinhibited.

- **.08 BAC**: Now it’s illegal to drive in all 50 states. According to the U.S. Centers for Disease Control and Prevention, this is the point when it gets tougher to balance and your reaction time slows.

- **.1 BAC**: Here’s where some people begin vomiting and become emotional, perhaps by getting combative. You might start to slur your speech around .1, according to the CDC.

- **.15 BAC**: Now you experience major loss in muscle control and balance, states the CDC. Blackouts tend to happen at this point, too.

- **.35 BAC**: This point is referred to as the “lethal dose 50,” meaning that about half the people who get this drunk will die. About 10 drinks in two hours would get a 140-pound female to this point, while about 13 drinks would do the same for a 160-pound male.

Warning Signs of an Overdose

While there may seem like relatively few steps between tipsy and totaled, there are often plenty of warning signs of danger along the way. Look out for these clues in yourself and your friends:

- **Slurred speech, impaired balance, and trouble focusing**: At this point, someone is in the “danger zone,” White says. “If you can, cut them off, get them home, and separate them from alcohol.”

- **Monitor your friend for more severe signs, too, because you don’t know if his or her alcohol level is on its way up or down. White also says it’s a ‘recipe for disaster’ to continue drinking after vomiting, which is your body’s way to reject a poison.”

- **Vomiting, slowed or irregular breathing, trouble remaining conscious, or bluish skin color**: “Once you’ve gotten to these signs, you should really stop even considering how to help your friend and get help,” states White. Call 911. For more information on alcohol overdose, click here.

Your Brain on Booze

Another way of looking at the effects of alcohol is by examining the parts of your brain it suppresses as you progress from happy hour to party to after-party:

- **Frontal lobes**: These parts of your brain, which “help you make good decisions” become increasingly suppressed as you drink, White says. So after a few drinks, you might tell a co-worker how you really feel about him, or indulge in a midnight slice of pizza (or five). As you continue to drink, the effects may become more serious.

- **Amygdala**: This part of the brain warns us of danger and makes us feel afraid, worried, and anxious. “One of the reasons that people seem to like alcohol is that it takes the volume of the amygdala and cranks it down,” states White. You may plan to only have a drink or two because of work in the morning. “But then you have your two drinks, and you’re like, ‘Hey, I’m not so worried about work anymore,’” he says.

- **Hippocampus**: Here’s the part that makes memories. If you become really drunk really fast - say, with concentrated alcohol on an empty stomach - the alcohol can swamp the memory circuits before the brain has time to adjust. The result? A blackout, when the hippocampus is shut off or significantly suppressed. “In essence, you’re going through life, but it’s not being recorded because those circuits have been knocked offline,” White says.

Preventative Measures

Of course, it doesn’t have to get to these terrifying levels. You can still have a good time without later feeling miserable (or worse) at the hospital. White suggests a few tried-and-true steps for staying safe:

- **Eat before you drink**: “The amount of alcohol that hits your brain after you drink will be almost a third lower if you’ve got a meal in your stomach.”

- **Snack while you drink and alternate nonalcoholic drinks with alcoholic beverages**: These are two more ways to slow the absorption process.

- **Know how much you’re drinking**: Review this chart of what constitutes one drink, and downing a dozen in two hours to get to that “death zone” of .35 BAC may not seem so crazy. One shot, for example, is one drink’s worth of alcohol. Do the math, and three mixed drinks with a few shots in each, and you’re chipping away toward a near-deadly dose of alcohol.

Make a plan, and share it: Before drinking, decide how much you plan to drink and commit to taking these safety tips. White suggests sharing the plan with other people you’re going out with and agreeing to look out for each other.

If you think you have an alcohol problem, or you think a friend does, contact UWRF Counseling Services at (715)425-3884 to set up an appointment to meet with a counselor.
Get Your Bike Ready for Spring Break

Cycling provides many health benefits including improved cardiovascular functioning, leg strength, balance and coordination, and even improvements in mood. Biking can also help weight management. For those of us living in seasonal climates, our bicycles typically lie dormant during the cold winter months and resurface in spring. Before you head outside for your first ride of the season, spend some time getting your bike ready for the road. Below are some important things you should do to be ready.

1. Clean your bike.
   A clean bike extends the life of all its components, just like a clean car lasts longer.
   **What to do:** Use a basic biodegradable cleaner such as Simple Green, a towel, and an old toothbrush to clean everything! The stops to focus on are the frame, chain, chain rings, cassette, derailleur, pedals, brakes, and the seat. Make an effort to use as little water as possible. Also, remove the seat post (the tube connected to your seat that slides into the frame). And after cleaning it, add a small amount of bicycle grease before reattaching it. This grease will last longer than oil, which dries out faster, and will also act as a barrier against rust in the seat tube.

2. Tune it up.
   It’s recommended that you take your bike to a bike shop for the tune-up. The adjustments are minor, and it’s very easy to over-adjust. Unless you know what you’re doing, don’t try it yourself. Normally, a spring bike tune-up will cost between 50 and 80 dollars, but UWRF students can get a basic tune-up for only $25 and an advanced tune-up for $40 at the Falcon Outdoor Adventures Bike Shop located in Knowles Center. Interested in learning how to maintain your own bike? Sign up for the Bike Maintenance Clinic hosted Mondays in March from 2-4 p.m. at the Knowles Center. Sign up online today!

3. Ride!
   “We Bike River Falls promotes bicycle friendly transportation and recreation options through education and awareness programs for a safe, healthy, and sustainable community.”

Before you take it in, there are a few things you can check.
- **Look for rust:** If you notice rust on the cables or chain, you’ll need to replace the part. The chain is usually the first thing that rusts.
- **Brakes:** Pull the brake lever, and make sure there’s stopping power. If you pull the brake lever and it stops too close to the handlebar, it will need to be adjusted.
- **Brake pads:** Make sure they haven’t dried out or worn down.
- **Tires:** Pump tires up, making sure they stay inflated and have good pressure.
- **Bolts:** You can check the tension, but only lightly - and don’t over-tighten!
- **Handlebars:** Have a look at the grips and tape to see if they are worn; if so, replace them. The handlebars are one of the main points on the bike that skin comes into direct contact with. New grips of handlebar tape will clean up the look.
- **Maintenance:** To keep your bike in tip-top shape throughout spring and summer, experts advise lubricating the chain every 60 miles of riding, and putting air in the tires every time you ride.

Falcon Outdoor Adventures: Stay tuned to the Campus Recreation Facebook page for group ride dates. Don’t have a bike? No problem! We rent bikes (and much more) for free to UWRF students.

Questions? Contact us: campusrec@uwrf.edu, (715)425-4289, or www.uwrf.edu/rsf

Article modified by: Sparkpeople.com and BestHealth.com
Be Safe Over Break
College students are counting down the days to spring break to escape the stresses of college life. While spring break is a great time for students to unwind, it’s important to keep safety a top priority.

“Having a safe spring break requires planning,” says Ann Quinn-Zobeck, Director of Education and Training for the BACCHUS Network. “Students can decrease their chance of being an easy target by establishing a budget before they leave for spring break, communicating expectations with their friends, and planning before they go out where they are going and how they will get home safely.”

You can still have fun and create life-long memories on vacation while being smart about both your money and your well-being this spring break.

Keep a Low Profile
Avoid drawing unwanted attention to yourself while on vacation, and stay alert of your surroundings. Don’t tell anyone outside your group your room number, and always make sure hotel doors and windows are locked. Limit the amount of expensive electronics and flashy luxury items you bring. If you absolutely can’t live without your iPod, lock it, along with other valuables, in the hotel room safe when not in use.

Be Smart About Cash
If you have to use an ATM while on vacation, experts suggest using one in the hotel. If it isn’t an option, find one in a well-lit area and go with a group. “Cup your hand over the keypad as you enter your PIN,” says Kaminer. “Going into a bank to get cash is another option. Carry small amounts of cash, and be discreet with money when buying gifts from street vendors.”

Don’t Expose Your Credit Card Information
Most hotels require a credit card to be on file to make a reservation, but experts warn that some hotel staff might see a young face and make bogus charges with the hopes they will be overlooked. “Parents can avoid their children having to engage in financial transactions at hotels by prepaying with their credit cards,” says Kaminer. If this is not an option, be sure to monitor your account to make sure all charges are legitimate.

Always Have a Cell Phone
You should always have a cell phone with you for emergencies and for staying in touch with the people in your group. “Have three emergency contacts programmed into the speed dialer,” suggest Kaminer. “If you travel abroad, you can buy a prepaid cell upon arrival and share that number with your friends and emergency contacts.” When going out, make sure that your phone is charged and that everyone in the group remembered to bring their phone. “Students should be sure to check in with the members of their group throughout the night, not just at the end,” says Quinn-Zobeck.

Stay in a Group and Don’t Leave Your Drink
“Go out with your friends, go home with your friends,” says Erin Weed, founder of Girls Fight Back. “It’s more fun and much safer.” Kaminer advises buddying up for bathroom breaks and never leaving your beverage unattended. “Keep any drinks with you, and be wary of anyone who wants to keep pouring you more drinks,” he says. “If you’re ordering a beverage, be sure it is opened in front of you.”

Watch How Much You Drink
“Drinking too much alcohol can unintentionally lead students to let their guards down,” says Quinn-Zobeck. She suggests appointing one person in your group to stay sober to keep tabs on everyone and drive if necessary. Before leaving for a night out, have a plan that details how everyone will get back home or to the hotel safely. Kaminer says that students should never be drunk in public; in addition to possibly breaking the law, you make yourself a target.

Alert Your Banks if Leaving the Country
If you are traveling out of the country, be sure to let your bank know to expect foreign charges, or it might suspend your account over suspected fraud, leaving you stranded with no money. In case of an emergency, it can be helpful if the U.S. Embassy knows where you are. “The State Department also recommends you create a profile through its travel registration page, especially if traveling abroad, so they know where you are and how to contact you,” says Kaminer. “Remember bad things can happen anywhere, even ‘safe neighborhoods’ surrounded by lots of people,” says Weed. “This isn’t to say always be afraid, but just always be ready to handle a situation and have an action plan.”

Article revised from Tips for Staying Safe on Spring Break from foxbusiness.com

5