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Reminders

• Last meal plan meal before Spring Break 3/14
• Session A classes end 3/14
• Spring break (halls remain open) 3/5-3/21
• Housing sign-up phase 6 (current-campus students) 3/21-5/17
• First meal plan meal after spring break 3/23
• Third tuition payment due 3/24
• Last day to add Session B course without signature from instructor 3/14
• Graduation deadline (not walking in commencement) 4/1

Upcoming Events: ................................................ Get Connected: ..............................................
Important contact information can be found here!
Spice up your Exercising!

Are you tired of boring old exercise? Good! Now you have a reason to try something new!

Rock climbing improves your cardiovascular health, helps in weight loss, and increases muscle tone, flexibility, and balance. The best part is that it is “exercise in disguise”. Not only does the activity benefit you physically, it provides mental health benefits as well. More importantly, it’s FUN and a great way to connect with friends and meet new ones.

A great place to start is an indoor climbing wall where all the gear is provided and you have people available to help get you started, no matter your skill level.

• Get out and try it! Attend Open Climb at the Knowles Center Climbing wall. View online calendar for dates and times.
• Looking to step it up and test your climbing skills? Come to the “Rock of Ages” Climbing Competition happening Sunday, March 9, from 5 - 9 p.m. at the Knowles Center Climbing Wall. All skill levels are welcome and prizes are awarded for each division! You’ll have a chance to win climbing gear door prizes, too! Pre-register online!

Try something new like rock climbing!

Article written by Jenny Loew in Recreation and Sports Facilities, with information from Fitday
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 you 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 of courses 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 if going somewhere for break. 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 could get out of the way.

Remember that while breaks are 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!

Article written by the UWRF Registrar’s Office

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Spring Break Meal Plan Service

There is no meal plan service available over spring break!

The last meal served before spring break is Lunch on Friday, March 14.

- Riverside Commons will close at 2 p.m.
- Freddy’s C-Store will offer transfers 10:30 a.m.-4 p.m.
- Pete’s Creek Market will be closed
- Freddy’s C-Store will be open weekdays, 7:45 a.m.-2 p.m.

Meal plan service will resume with Dinner on Sunday, March 23.

For more info, check out our hours of operation.

Written by Deb Wros, UWRF Dining Services

New UWRF Sustainability System

The campus Sustainability Institute worked with a vendor (MAMAC Systems) to provide a location that was a pilot project for MAMAC. The Sustainability Institute worked with Residence Life to determine 2 halls that would produce good results for the initial install. The MAMAC hardware attaches to the campus heating/ventilation systems (HVAC) and stores the data and presents it on a realtime dashboard display. At this time it is unknown if more halls will be brought online with this system.

Students in each hall can see the energy data, additionally, Complex Directors and Resident Assistants will be able to work toward building goals for utility reduction. This system also allows our campus to compare baseline data with other campuses who have similar buildings to see how we are doing.

Article written by Nick Anders, University Center

My Spring Break Wish List

My top 10 things to do around River Falls and the Twin Cities to make my spring break exciting!

1. Use my student discount at the Science Museum of Minnesota on Fridays after 5 p.m. I will explore the museum for just $6! They even have a new exhibit which started March 1. I will explore the world of dinosaurs, this doesn’t include the student discount but something worth checking out.

2. Minneapolis Sculpture Garden. If the weather isn’t too bad I’ll take a walk around the sculpture garden. If it’s not so nice I’ll be in the Walker Arts center which is right next to the garden.

3. Go try a new cookie flavor at Best Maid in River Falls!

4. Check out the Minneapolis Institute of Arts – it’s FREE!

5. Take a stroll in Downtown River Falls. I’ll stop at Fox Den Books and buy a book to read then walk to Dish and Spoon café and drink a hot cocoa while reading.

6. Take a walk down by the falls or on the trails near Glen Park!

7. Go to Stillwater and explore downtown!

8. Go to IKEA by the Mall of America and hang out in all the room set-ups. Or get new things for your room!

9. Go explore downtown Hudson! There are tons of shops, restaurants, and even a yogurt bar!

10. Maybe I’ll test my luck at Treasure Island Resort & Casino in Red Wing, MN!

Article written by Leah Krause, Communications major, Senior
Spring Break Safety

Keep a Low Profile
Avoid drawing unwanted attention to yourself while on vacation and stay alert of your surroundings. “Be sure your room number is given to you discreetly when checking in”, says Larry Kaminer, president of the Personal Safety Group. “Criminals do hang out in lobbies looking for easy targets. Jewelry, laptops, cameras, and electronics attract attention.” 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. If the room safe doesn’t have a keypad, ask the front desk for a lock and key.

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. “The best defense for credit fraud is maliciously checking your statements and setting up fraud alerts with your card”, says Erin Weed, founder of Girls Fight Back.

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,” suggests Kaminer. “If you travel abroad, you can buy a prepaid cell phone upon arrival and share that number with your friends and emergency contacts.” When going out, make sure your phone is charged and that everyone in the group remembers to bring their phone. “Group members should have each other’s phone numbers programmed into their phone as well as the phone number of the place they are staying and a local cab company,” says Quinn-Zobeck. “Students should be sure to check in with the members of their group throughout the night, not just at the end of the night.”

Stay in a Group and Don’t Leave Your Drink
Students should always stick together when going out anywhere, day or night. There is more potential for something unfortunate to happen if you split up. “Go out with your friends, go home with your friends”, says Weed. “It’s more fun, and much safer.” Kaminer advises, buddy up for bathroom breaks and never leave 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. “Alcohol is a depressant and even one or two drinks can decrease your ability to perceive a situation as dangerous,” she says. She also suggested 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 appear to be drunk in public; in addition to possibly breaking the law, you make yourself a target. “Criminals read body language,” he says. “Focused people walking ‘head up’ with brisk athletic stride are seen to be harder targets and most often passed over for those that are clearly intoxicated and not aware of their surroundings.”

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. You should also let the government know you’re leaving. 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 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.”