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Reminders

• Last day of classes 5/9
• Final exams 5/12-5/15
• Last meal of spring semester Dinner 5/14
• On-campus residents move out within 12 hours of their last final, or by Friday 12 p.m. 5/16
• Spring commencement 5/17
• Grades entered on eSIS 5/22

Important contact information can be found here!
Limited Meal Plan for April 18, 19, and 20!

The last full-service meal served is lunch on Friday, April 18. Riverside Commons will close at 2 p.m.

Full-service meals will resume with dinner on Sunday, April 20.

Friday, April 18
Dinner: 5-5:30 p.m.

Saturday, April 19
Lunch: 12:00-12:30 p.m.
Dinner: 5-5:30 p.m.

Sunday, April 20
Lunch: 12:00-12:30pm

Questions?
Email diningservices@uwrf.edu or call 715-425-4444

ARE YOU FOLLOWING FREDDY FALCON YET??

For the latest updates, challenges, and fun facts, follow him on Twitter and Instagram, and friend him on Facebook!
2014 Health Fair and an Evening with Tom Rath

University of Wisconsin-River Falls Student Health Services will host its annual **Health Fair** on **Wednesday, April 16 from 10 a.m. to 2 p.m.** in the Riverview Ballroom, UC. The Health Fair is a free interactive event that students, faculty and staff, and community members are encouraged to attend.

*This year’s fair has a beach theme called Surf’s Up!*

The Health Fair will include a variety of demonstrations from local businesses and student organizations including:

- Door prizes
- Chair massages
- Hearing screenings
- Yoga demonstration
- Food
- Body fat analysis
- Much more!

Following the **Health Fair**, in the evening **Tom Rath** will be presenting based on his famous book Eat, Move, Sleep. He will be talking about ways to live a better lifestyle by eating right, getting exercise, and sleeping well.

Be sure to stop by at the **Tom Rath** table as well as others at the Health Fair for prizes! **Come listen to him speak at 7 p.m. in the Riverview Ballroom, UC!** Don’t miss it!
How to Have Fun and Be on a Budget

Be mindful of your summer earnings while still having fun!

- **Keep debit or credit cards at home and only bring money with you that you want to spend.** This will help you only spend what you have and forget that you may have a cushion to spend.

- **Walk instead of drive!** UWRF isn’t a big campus and many places are within walking distance in River Falls. Try walk to the grocery store instead of driving if you don’t plan on buying a lot.

- **Use your student ID!** A lot of businesses offer a student discount. One of my favorites is at Family Fresh where they offer a 5% off discount for just showing your ID!

- **Bring your own snacks.** You could save a lot of money by bringing an apple or granola bar instead of buying food from the concession stand if outside food is allowed.

- **Know the difference of what you need and what you want.** For example instead of going out for coffee with friends or to study, make it at home! You will save a lot more money if you buy coffee in bulk rather than drink by drink.

- **Go to events on campus!** Most student events are free and are super fun. Take advantage of doing that instead of spending money in town.

- **These are just a few ways to be mindful of your money.** Living on a budget can also help you feel a sense of accomplishment. Knowing you have saved money but also had fun can make you feel better in the long run. Do you have other ideas on how to save money?

Tweet your ideas to @FreddyFalconRF.
Alcohol is a drug with two stories. There’s one story of feeling relaxed after a glass of wine and another of being unconscious after a bottle. There’s one story of feeling social after a margarita and another of feeling reckless after tequila shots. “Alcohol is an interesting drug because the distance between the dose that causes a small buzz and the dose that can kill you is not very big,” says Aaron White, a neuroscientist with the National Institute on Alcohol Abuse and Alcoholism. “A little bit can be good for your heart, relaxing and part of a healthy lifestyle … but as soon as you go past those few drinks, it’s a different drug. The risk of cancer goes up, the risk of injuries goes up, and of course, blackouts and overdose deaths go up.”

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 blood stream, 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 as White puts it, 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**: At this point, 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 also might start to slur your speech around .1, according to the CDC.

• **.15 BAC**: This is around when 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 around .35, while about 13 drinks in two hours would do the same for a 160-pound male.

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 decisions – good decisions – and control your urges,” 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. He gives the example of planning to have only a drink or two, because you have class or 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 of your brain 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 your 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.
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 among 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.” White says. Call 911. For more information on alcohol overdose, see the National Institute on Alcohol Abuse and Alcoholism website.

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

- Eat before your 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 alcohol 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 steps. White suggests sharing the plan with the 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.

Article adapted from Your Brain on Booze by Laura McMullen at usnews.com