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Reminders

- Last day of classes 5/9
- Final exams 5/12-5/15
- Last meal of spring semester 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
- Summer Session 1 starts 5/27

Upcoming Events: Get Connected: Important contact information can be found here!
Do you want to make a difference? Go on a Destination Trip!

The Destination Program at UW-River Falls fosters engaged community members through education, direct service, and reflection. The program encompasses one Regional, one International, and four Domestic experiences. The programs spoke for many social issues.

**Arcola Mills, Stillwater, MN I speak for preserving history.**

Arcola Mills is six miles north of Stillwater, Minnesota and is one of the largest undeveloped parcels of land on the shoreline of the nationally designated wild and scenic St. Croix River.

This year UWRF students learned about the history of the area during their weekend experience in October. There is a lumber-era Greek Revival Mansion built in 1847 on the land and students had a chance to work both inside and outside of the mansion.

“I want to explain to people how important it is to preserve the environment and do our part, because it does impact future generations”

Consider applying to participate next fall semester! Sign-up is open now at go.uwrf.edu/service!

**“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” -Dr. Seuss**

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**Outreach360, Monte Cristi, Dominican Republic I speak for education.**

Outreach360 was originally incorporated in 1995 as Orphanage Outreach to assist an orphanage in the Dominican Republic. As the Orphanage Outreach volunteer program grew, more and more volunteer effort was expended on disadvantaged neighboring communities. The focus was on education and especially English, literacy, and community health. To more accurately represent our community efforts, Orphanage Outreach began doing business as Outreach360 in 2011. UWRF students have the opportunity to teach English in the classrooms in Monte Cristi during a week-long experience over J-Term.

“Destination International takes you out of the UWRF classroom and puts you into the classroom of the world.”

Consider applying for next J-Term, sign-up is open now: go.uwrf.edu/service
Destination Domestic is a week-long service trip over Spring Break. This past spring break students went to four sites across the United States.

**Hope CommUnity Center - Apopka, FL**  
*I speak for immigration issues.*

Hope CommUnity is dedicated to empowerment of central Florida’s immigrant and working poor communities through education, advocacy and personal growth.

“Before this trip, I had no idea what our immigration policies were in the United States, and had only heard negative things about immigrants from the media. Wow, this trip taught me so much on this social issue.”

**Living Lands and Waters - Memphis, TN**  
*I speak for the environment*

Living Lands and Waters is a non-profit environmental organization that is dedicated to restoring the environment.

“Fabulous experience. I gained 13 new family members as a result of this trip. It connected me to campus and I’ve made a difference in the environment.”

**Medici Project - Atlanta, GA**  
*I speak for poverty and homelessness.*

UWRF students were able to do a variety of service projects while working with Medici. They worked in homeless shelters and urban educational settings, and learned about poverty and hardship in the urban context.

“You can’t judge anyone by looks—everyone you meet, even people with college degrees might be struggling with poverty and/or homelessness.”

**Rebuilding Together - New Orleans, LA**  
*I speak for disaster relief.*

Hurricane Katrina is known as one of the deadliest hurricanes that this country has ever faced. It has been eight years since Katrina, but people all over are still feeling the effect of this natural disaster. The mission of Rebuilding Together is to make a continuing volunteer effort to improve the quality of life of low income homeowners, particularly those who are elderly, disabled, or single head of households with children, through home repair and revitalization of New Orleans’ neighborhoods. UWRF students helped put the finishing touches on two homes while serving in New Orleans.

“You don’t realize how small deeds like painting the exterior of a house can make such a big impact in someone’s life.”

If you want to make a difference and have an experience of a life time check out the destination trips and sign up as soon as you can.

Contact Amy Lloyd at StudentLife@uwrf.edu
Get Your Bike Ready For Spring!

Cycling provides many health benefits including improved cardiovascular functioning, leg strength, balance and coordination and even improvements in mood. Biking can also help with 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 go 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
What to do: Use a basic biodegradable cleaner such as Simple Green, a towel, and an old toothbrush to clean everything! The spots to clean 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 local 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 $25-$40 for an advanced tune up at the Kinni Outdoor Adventures Bike Shop located in Knowles Center. The Bike Shop is open for repairs Tuesdays and Thursdays from 6-8 p.m.

Before you take it in, there are a few things you can check.
- Look for rust: Look for any visible damage or 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 or tattered; if so, replace them. The handlebars are one of the main points on the bike that skin comes into direct contact with. New grips or 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 put air in the tires every single time you ride.

3. RIDE!
We Bike River Falls
- “We Bike River Falls promotes bicycle friendly transportation and recreation options through education and awareness programs for a safe, healthy, and sustainable community.”
This group leads community group rides throughout the summer. View site for dates.

Kinni Outdoor Adventures
- Stay tuned to the Campus Recreation Facebook page for group ride dates.
- Ride the terrain of the CAMBA Trails in Cable, WI, May 3-4. Sign up for this mountain biking trip by May 1. More information and registration online.
- Don’t have a bike? No problem, we rent bikes (and much more) for free to UWRF students. Check out the rental center!

Questions? Contact us!
Email campusrec@uwrf.edu, call 715-425-4289, or go to www.uwrf.edu/rsf

Article modified by Sparkpeople.com and BestHealth.com
Advice to Survive Difficult Times

Exercise reduces stress and fends off depression. Volunteering is an antidepressant. A hobby is an energizing obsession. **Learn from your past - don’t live there.** You can think about the future - but you can’t live there - be present. Slow down - do one thing at a time and watch anxiety disappear. Bad feelings get better when you start to speak about them. Practice saying “NO” so you can be your own person. **Exercise teaches your body and mind how to handle stress.** Listening to others is an act of love - judge less. Needy people unintentionally push friends away. Suicidal thinking means you are depressed - get help and feel safe again. Be proactive - turn thoughts into action. Mistakes are how you learn - make them. Choice - you always can make change in your life. **Don’t make drugs and alcohol the most important thing in your life.** It’s ok to feel lonely once in a while. Accept yourself, separate your accomplishments. Practice acceptance of the duality (good and bad) in others and yourself. **Be flexible and you will survive change.** Cynicism is what passes for insight amongst the mediocre. Worrying about things doesn’t stop them from happening. Avoidance of difficult things only works in the short-term. Emotional dependency makes slaves out of us - trust yourself. Suffering through hard times makes us wiser. **Living well is the best revenge.** Vacations work. Who am I - why am I here = Spirituality. **Give to givers - retreat from takers.** Conquer your fears and start living.

Any currently enrolled UWRF student for Spring 2014 or enrolled for Fall 2014 is eligible to live on campus during the summer in Crabtree Hall if they are taking classes or working for the University. All rooms will have air conditioning for the summer months.

Please click here for specific information regarding rates and housing information.
Environmental allergies, hay fever, allergic rhinitis, whatever you call it, springtime brings it out in many of us. It can make you miserable and affect your performance at work or school and interfere with leisure activities. It can cause a wide array of symptoms including: runny nose, itchy eyes, congestion, sneezing, and sinus pressure.

It may sound like a cold but it is not caused by a virus. Instead it is caused by an allergic response to outdoor or indoor allergens, such as pollen, dust mites, or pet dander. The good news is that you don't have to put up with annoying symptoms. By learning how to avoid triggers and finding the right treatment you can make it through spring with only a few minor inconveniences.

The best thing you can do is take steps to lessen your exposure to the allergens that cause your symptoms. It's not possible to completely avoid allergens, but you can reduce your symptoms by taking some steps to limit your exposure to them. It helps to know exactly what you're allergic to so that you can avoid your specific triggers.

Here is a list of recommendations from the Mayo Clinic.

If you are sensitive to pollen or molds...
- Close doors and windows during pollen season.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Use air conditioning in your house and car.
- Use an allergy-grade filter in the ventilation system.
- Avoid outdoor activity in the early morning when pollen counts are highest.
- Stay indoors on dry, windy days.
- Use a dehumidifier to reduce indoor humidity.
- Use a high-efficiency particulate air (HEPA) filter in your bedroom.
- Avoid mowing the lawn or raking leaves, which stirs up pollen and molds.
- Wear a dust mask when doing outdoor activities such as gardening.

If you are sensitive to dust mites...
- Use allergy-proof covers on mattresses, box springs and pillows.
- Wash sheets and blankets in water heated to at least 130°F (54°C).
- Use a dehumidifier or air conditioner to reduce indoor humidity.
- Vacuum carpets weekly with a vacuum cleaner equipped with a small-particle or HEPA filter.
- Consider removing carpeting, especially where you sleep, if you're highly sensitive to dust mites.

If you are sensitive to pet dander...
- Remove pets from the house, if possible.
- Bathe your pets on a weekly basis, if possible. Using wipes designed to reduce dander also may help.
- Keep your pets out of the bedroom.

If you are unable to avoid your allergen, it is best to take allergy medications before you're exposed to it since once they get you, it may be a struggle to fight your way back to normal when you are starting from behind. If your allergies aren't too severe, over-the-counter medications may be enough to ease your symptoms. For more bothersome symptoms, you may need to take prescription medications which could include nasal sprays, pills, eye drops, sinus washing, inhalers, and shots (immunotherapy). It may take trying a few (or a combination of a few) before you figure out what works best for you.

The River Falls Medical Clinic (715-425-6701) does allergy testing through a blood draw after consulting with a health care provider but this is a service that Student Health Services does not pay for so you will want to make sure your insurance covers the cost or be prepared to pay for this test. If you decide to see an Allergist and begin allergy "shots", Student Health Services will pay for the injection fee if received at the River Falls Medical Clinic.

Spring Fever is Often Followed by Hay Fever

Article written by Student Health Services, and adapted from mayocl.in/181lw5