

## Spring Break Health and Safety Tips

Make this year's spring break memorable by having fun and helping yourself, your friends, and others stay safe and healthy.

### Limit alcohol.

If drinking alcohol is part of your break, remember that it can impair your judgment and actions. Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes. Don't drink and drive. There are plenty of non-alcoholic alternatives.

### Be active.

You've probably been sitting most of the year working at the computer, studying, or in class. During the break, take the opportunity to start a fitness program. Do a variety of fun activities like walking, dancing, playing volleyball, swimming, and more. It doesn't need to be hard to be beneficial. Avoid injury by starting any new activity slowly. Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.

### Plan a successful trip.

If you are going on a trip, be prepared. Are vaccinations required? Are there special food, destination, or other things you need to consider ahead of time? If you are taking medications, do you have enough for the trip? Know what's happening en route or at your travel destination.

### Protect yourself.

Love is all around, and so are sexually transmitted diseases. The only 100% sure way to prevent sexually transmitted diseases and unintended pregnancy is by not having sex. If you choose to have sex, using latex condoms and having a monogamous, uninfected partner may help lower your risk.

Women are more likely to be victims of sexual violence than men. Women who experience both sexual and physical abuse are significantly more likely to have sexually transmitted diseases. Take precautions and avoid situations or persons that may place you at risk for harm.

### Watch your step.

There may be temptations on your break that involve different or high-risk activity. Think twice before putting yourself at risk for injury. Be sure to use appropriate safety gear before venturing out, such as seat belts, life vests, or knee pads. Remember that unintentional injuries kill more Americans in their first three decades of life than any other cause of death. In fact, injuries (both unintentional and those caused by acts of violence) are among the top ten killers for Americans of all ages.

### Protect your eyes.

If you wear contact lenses, practice [healthy wear and care tips](#), even when you're on vacation. Carry a spare pair of glasses and contact lens supplies with you so you can take out your contacts safely when you need to. Remove contacts before swimming, as exposing contact lenses to water can lead to painful, sometimes blinding eye infections. Always take your contacts out before bed, even if you're up late or traveling. Sleeping in contact lenses has been linked to serious eye infections... Con't on page 3

## The More You Know...

### St. Patrick's Day History and Traditions

This holiday is celebrated every year on March 17th, honoring the Irish patron saint, St. Patrick. The celebrations are largely Irish culture themed and typically consist of wearing green, parades, and drinking. Some churches may hold religious services and many schools and offices close in Suffolk County, the area containing Boston and its suburbs.

People all over the world celebrate St. Patrick's Day, especially places with large Irish-American communities. Feasting on the day features traditional Irish food, including corned beef, corned cabbage, coffee, soda bread, potatoes, and shepherd's pie. Many celebrations also hold an Irish breakfast of sausage, black and white pudding, fried eggs, and fried tomatoes. Common traditions include:

- Parades - This event is most often associated with the holiday. Cities that hold large parades include Boston, New York, Philadelphia, New Orleans, Savannah, and other cities worldwide.
- Drinking - Since many Catholics are Irish-American, some may be required to fast from drinking during Lent. However, they are allowed to break this fast during the St. Patrick's Day celebrations. This is one cause for the day's association with drinking heavily.
- Dying water or beer green - Chicago dyes its river green for the festivities, and many bars serve green-dyed beer. The White House fountain is also dyed green.
- Other incorporations of green - In Seattle, the parade routes are painted in green. Observers are supposed to wear green or else risk being pinched. Parade floats and decorations will feature the color green.
- Religious services - Those who celebrate the holiday in a religious context may also hold a feast. Outside of this context, overindulgence tends to revolve around drinking.
- Pea planting - In the Northeast, many celebrate by planting peas. This is largely due to the color and time of year (prime pea-planting conditions).



Con't from page 1 SPRING BREAK SAFETY

**Know the ropes.**

When swimming and boating, know what's expected and what you can do to prevent injury or death for yourself and others. Know how to swim. Wear your life jacket while boating. Avoid alcoholic beverages while boating. Complete a boating education course. Participate in the vessel safety check program.

**Protect yourself from the sun.**

After a cold winter, it's tempting to stay in the hot sun all day. Although getting a little sun can have some benefits, excessive and unprotected sun exposure can result in premature aging, changes in skin texture, and skin cancer. Always wear sunscreen with at least SPF 15. For eye protection, wear wraparound sunglasses that provide 100 percent UV ray protection.

**Eat healthy.**

Having fun takes energy and fuel. Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish, and legumes. Drink lots of water and go easy on the salt, sugar, alcohol, and saturated fat. Good nutrition should be part of an overall healthy lifestyle, including regular physical activity, not smoking, and stress management.

**Be smoke-free.**

Avoid smoking and secondhand smoke. Just 20 minutes after smoking that last cigarette, your body begins a series of positive changes that continue for years. Quitting is one of the best things you can do for yourself and others.

**Get help.**

If you or a friend has an alcohol or drug problem, has thoughts of suicide, or is in crisis for any reason, get help. Call 911 for emergency services, 800-662-4357 for substance abuse help, and 800-273-TALK (8255) for the national suicide prevention lifeline.

<http://www.cdc.gov/family/springbreak/>

## Campus Recreation

The Department of Campus Recreation enhances the quality of life of the Florida Atlantic University community by encouraging active and balanced lifestyles and to facilitate student learning through participation in Campus Recreation programs, services and facilities. To accomplish this mission, the department will:

- Offer high quality programs and services that are diverse and innovative;
- Maintain progressive and well managed facilities in a safe and enjoyable environment;
- Provide experiential learning and foster the development of leadership, social and management skills through employment and participation opportunities;
- Effectively and ethically manage human, financial and physical resources;
- Recruit, develop and retain a committed, high achieving staff.

### Our Values

#### Excellence

We adhere to the highest standards, attend to every detail, utilize resources effectively and strive to exceed expectations in all that we do.

#### Progress

We embrace innovation, creativity and imagination, resulting in a visionary approach to positive change and continuous improvement.

#### Development

We facilitate opportunities for experiential education, self-discovery and leadership through both participation and employment opportunities.

#### Inclusivity

We provide secure, accessible environments and diverse experiences that promote a sense of belonging and the opportunity to learn about the unique needs of an entire community.

#### Professionalism

We employ a knowledgeable and conscientious staff, and encourage professional development, staff achievement and a superior quality of work.



## Campus Information Corner– Boca

**FAU Boca Raton**  
 777 Glades Road  
 Boca Raton, FL 33431  
 561.297.3000

GPS: 26.365668,-80.106093

- [Interactive map of campus buildings](#)
- [Downloadable map to campus](#)

More than 70 percent of FAU's 30,000 students take classes at FAU's first and largest campus and the majority of the University's 175+ degree programs are based here. Located just three miles from the Atlantic Ocean and the beautiful beaches of Boca Raton, the campus features everything you expect from a modern university -- suite-style housing for nearly 4,000 students, brand-new athletics and recreational facilities, art galleries, a cafe/movie theater complex and so much more -- all in a vibrant, tropical setting with a student body that is the most diverse of all of Florida's public universities.

Here are some commonly used websites:

Dean of Students:

<https://www.fau.edu/dean/>

Student Union:

<http://www.fau.edu/studentunion/>

Campus Life:

<http://www.fau.edu/campuslife/>

FAU After Dark:

[www.fau.edu/campuslife/afterdark.php](http://www.fau.edu/campuslife/afterdark.php)

Fraternity and Sorority Life:

<http://www.fau.edu/fslife/>

Leadership:

<http://www.fau.edu/sil/leadership/>

## Academic Calendar Dates & Important Phone Numbers

<b><u>Campus Event</u></b>	<b><u>Dates</u></b>
Honors Convocation	April 15
Last Day of Classes	April 20
Reading Days	April 21—22
Exams	April 23—29
Graduation	April 30 and May 1 9AM, 1PM & 5PM

**Academic Advising      561 297-2642**

**Admissions                561.297.3040**

**Registrar                    561.297.3050**

**Financial Aid                561.297.3530**

**Info Desk                    561 297-3000**

**Student Involvement      561 297-3735**

**Traffic & Parking            561.297.2771**

**Technology Help Desk      561.297.3999**



## Campus Information Corner– Davie

### FAU Davie

3200 College Avenue  
 Davie, FL 33314  
 954.236.1000

GPS: 26.083006,-80.235892

- [Downloadable map to campus](#)

More than 5,000 students take classes at FAU's second-largest campus. Conveniently located (central Broward County) with Broward College as part of the South Florida Education Center, FAU Davie offers coursework in 30 degree programs through the colleges of Arts and Letters, Business, Design and Social Inquiry, Nursing, and Science. The campus features more than 300,000 square feet of labs, classrooms and faculty, staff and student offices. It also hosts the innovative Teaching and Leadership Center and is the base of operations for FAU's Everglades research and restoration efforts.

Here are some commonly used websites:

Student Affairs:

<http://www.fau.edu/student/broward/#>

Student Union:

<http://www.fau.edu/student/broward/davieunion/>

Student Involvement:

<http://www.fau.edu/student/broward/sil/>

Parent and Family Programs

<http://www.fau.edu/parents/index.php>

Military and Veterans:

<http://www.fau.edu/student/veterans/>

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<b>Academic Advising</b>	<b>954.236.1101</b>
<b>Admissions</b>	<b>954.236.1012</b>
<b>Registrar</b>	<b>954.236.1016</b>
<b>Financial Aid</b>	<b>954.236.1229</b>
<b>Info Desk</b>	<b>954.236.1000</b>
<b>Student Involvement</b>	<b>954.236.1219</b>
<b>Traffic &amp; Parking</b>	<b>954.236.1549</b>
<b>Technology Help Desk</b>	<b>954.236.1211</b>



**FAU Jupiter**

5353 Parkside Drive  
 Jupiter, FL 33458  
 561.799.8500

GPS: 26.887837,-80.11818

- [Interactive map of campus buildings](#)
- [Downloadable map to campus](#)

The John D. MacArthur Campus at Jupiter offers nearly 1,500 students coursework in programs from the colleges of Arts and Letters, Design and Social Inquiry, Education, and Science. It is home to the Harriet L. Wilkes Honors College -- which provides 300 students with a live-in, all-honors educational experience -- as well as the Center for Environmental Studies, the Hibbel Museum of Art and research facilities for two of the world's leading research organizations, the Max Planck Florida Institute for Neuroscience and Scripps Florida, a division of The Scripps Research Institute. Just four miles from the beach, students at FAU Jupiter enjoy the resources of a large research university and the advantages of a small campus setting.

Here are some commonly used websites:

Student Affairs:

<http://www.fau.edu/student/jupiter/>

Student Union:

<http://www.fau.edu/student/jupiter/sil/sil.php?mainlinks=7>

Housing:

<http://www.fau.edu/housing/jupiter/>

Student Orientation:

<http://www.fau.edu/student/jupiter/orientation.php?mainlinks=5>

Student Health Services:

<http://www.fau.edu/student/jupiter/studenthealth/index.php>

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<b>Academic Advising</b>	<b>561.799.8698</b>
<b>Admissions</b>	<b>561.799.8656</b>
<b>Registrar</b>	<b>561.799.8697</b>
<b>Financial Aid</b>	<b>561.799.8697</b>
<b>Info Desk</b>	<b>561.799-8500</b>
<b>Student Involvement</b>	<b>561.799.8681</b>
<b>Traffic &amp; Parking</b>	<b>561.297.2771</b>
<b>Technology Help Desk</b>	<b>561.799.8500</b>

