

## JOKE OF THE MONTH:

Q: Why can't you borrow money from a Leprechaun?

See upper right



# MARCH NEWSFLASH



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## think green.

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A: Because he's always a little short!

What exactly does "going green" mean? Generally, "greeners" believe in protecting and respecting the environment. Greeners try to make environmentally-friendly decisions on anything ranging from what products they buy and what foods they eat, to their method of transportation and how they cast their votes.



## Got a case of the Mondays? Come to SPRING BREAK BLITZ!

When: Monday, March 10, 11am- 2pm

Where: AMU 1st Floor

What: Health & Wellness Fair

Come get all the health and travel information you need before hitting the road for Spring Break. Whether you'll be beaching, camping, or hanging out at home, swing by and pick up some info, giveaways and prizes!



## Beware the Ides of March!

Today the term *Ides of March* is best known as the date that Julius Caesar was assassinated in 44 BCE. It has come to imply impending doom. *Ides*, however, originated from the earliest Roman calendar to reference the 15<sup>th</sup> day of March, May, July and October.

Caesar's tragic tale was famously dramatized in William Shakespeare's *Julius Caesar*, but has more recently been alluded to by Guns N' Roses, *Back to the Future* and *The Simpsons*.



## Did you know?

On a holiday like St. Patrick's Day, research shows that drivers have a 23% increased likelihood of being injured or killed by a drunk driver.

As few as one or two drinks can significantly impair your driving ability. With law enforcement patrols out in droves, as well as eight to ten times more impaired drivers than usual, it's more important to drive without any alcohol in your system.



## It's Not Easy Being Green—Or is it?

### 10 ways that you can make your room green:

1. Turn off your lights when you leave a room.
2. Turn off and unplug any appliances that you are not using. Turn off your computer while you sleep. Set your computer to hibernation mode when you are not using it.
3. Choose green cleaning products. Brands such as "Mrs. Meyer's," "Method," and "Seventh Generation" try to minimize chemicals (most of which eventually end up as toxins in our water, air, and soil) in their products. They are available in many grocery stores. Just ask a clerk!
4. Choose green personal care products. Shampoos, conditioners, body soaps, lotions, shaving creams, chap-stick, and a myriad of other products containing primarily natural ingredients are available at most grocery and health stores.
5. Buy and eat organic or local foods. Organic farmers use few or no pesticides and herbicides on their crop and opt for natural fertilizers instead.
6. Buy a plant or flower to increase the oxygen in your room and have cleaner air.
7. Reuse plastic and paper bags. Bring your own tote bag or book bag to the grocery store.
8. Buy bedding and clothing made with natural fibers. Look for cotton and wool.
9. Use a filter system for water (such as a Brita filter) or get a reusable nalgene.
10. Turn off the water while you brush your teeth or wash your dishes to conserve water. Taking shorter showers also helps!

## Beyond the Blarney

- Many myths surround St. Patrick. One of the best known—and most inaccurate—is that Patrick drove all the snakes from Ireland into the Irish Sea, where the serpents drowned. Snakes have never been native to the Emerald Isle. The serpents were likely a metaphor for druidic religions.
- In the United States, it's customary to wear green on St. Patrick's Day. But in Ireland the color was long considered to be unlucky.
- Today, New York's St. Patrick's Day parade is the longest running civilian parade in the world. This year nearly three million spectators are expected to watch the spectacle and some 150,000 participants plan to march.

## Urine the News!

Thank you to Mike Movido (Straz), Jessica Herrick (Straz), and Elizabeth Richters (Abbottsford) for displaying February's Newsflash!



## National Nutrition Month:

*It's a Matter of Fact*

March 1<sup>st</sup> marks the kick-off of National Nutrition Month.

Stay tuned to [www.marquette.edu/healthed](http://www.marquette.edu/healthed) for updates on

"Ask the Dietician" on Wednesday, March 26, 2008. In the meantime, grab some nutritious facts at [www.mypyramid.gov](http://www.mypyramid.gov).

