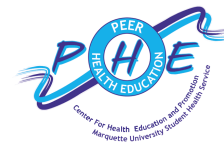




# March Newsflush



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Center for Health Education and  
Promotion / Student Health Service  
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healthyeagle@mu.edu  
www.marquette.edu/healthed  
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Kelly, Lindsey, Leah, Matt, Jenny, Caitlin, Amy, Becky, Christine, Jess

## URINE THE NEWS

Thank you to McCormick RAs Emily Krukowski and Rachel Davis, Cobeen RAs Christine Mattappillil and Stephanie Treffert, and Straz RAs Ryan Ross and Josh Christmas for posting the February Newsflush!

What is out on the lawn all summer and is Irish?

## Iron Chef Marquette March 5th, 2010

Join us at Marquette Place from 8-9:30 PM for a night filled with laughter and good food. Iron Chef Marquette is a fun-filled event where teams of MU students compete in a culinary cook-off. Free snacks and chances to win prizes are available for spectators. Don't miss the fun!

## What's New at Student Health Service

- **Spring Break Safety**  
SHS offers travel health consultations to students, faculty and staff who are traveling to foreign countries.
- **Spring Break Hours**  
March 15-19, 2010  
8:30 am-4:30 pm  
CLOSED from 12-1 pm
- **Reminder!**  
Cold and Flu kits are available for \$10.00 and the SHS is still offering FREE H1N1 vaccines.

For more information regarding any of the above, please visit [www.marquette.edu/shs](http://www.marquette.edu/shs)

## St. Patrick's Day Quiz

1. What does the famous Irish saying "Erin Go Bragh," mean?  
A. I love Ireland  
B. Ireland forever  
D. Ireland, my home
2. How many American's today trace their ancestry back to Ireland?  
A. 40 million  
B. 25 million  
C. 10 million
3. Having a land mass of 27,136 square miles, the Republic of Ireland is approximately half the size of what US state?  
A. Montana  
B. California  
C. Arkansas
4. What statistic increases by 23% on St. Patrick's Day?  
A. That a leprechaun will cross your path  
B. That class will be canceled due to the fact that your professor has nothing green to wear  
C. That a driver will be killed or injured by a drunk driver

Ensure the safety of yourself and countless others this St. Patrick's Day, don't drink and drive.

## "Slainte,"

the Gaelic cheer or drinking toast, means "good health." There is no better way to be in good health this St. Patrick's Day than to stay active.

Here are some fun ideas on how to keep moving this month:

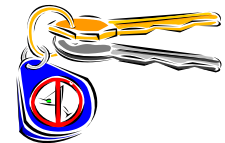
1. Bike or skateboard to class (with a helmet!)
2. Join an intramural team. Try a sport you have never played before!
3. Work out at the gym. If you're not comfortable going to the gym alone, yet, grab a friend, your RA, or call the gym and ask for a tour of the facilities. Find out the hours when the gym is least crowded.
4. Take a short bus ride and walk through the mall, or by the lake.
5. Clean a closet. Doing this for 45-60 minutes can burn roughly 150 calories!

## The Negative Effects of Alcohol on College Campuses

Each year, as a result of alcohol abuse...

- 1,700 college students die from alcohol-related causes, with 1,300 of these deaths due to drinking and driving
- nearly 500,000 students have unprotected sex
- more than 100,000 students are too intoxicated to know whether they consented to sexual intercourse
- 1.2-1.5 percent of students attempt suicide because of alcohol or other drug use
- 11 percent of students damage property
- 2.8 million students drive while under the influence of alcohol

<http://www.higheredcenter.org/high-risk/alcohol/scope>



## Spring Break Blitz March 9th, 2010

Do you have wild and crazy plans for spring break this year? Make sure to stop by the AMU from 11-2 on March 9th to learn the safest ways to celebrate the break. Don't have any travel plans? You can still stop by for free treats and tips!



Paddy O'Furniture!

Quiz Answers:  
1.B, 2.A, 3.C, 4.C



- March is **National Nutrition Month!**
- Check out [www.marquette.edu/healthed](http://www.marquette.edu/healthed) for more information.