Empty parking lot during Spring Break
LA SALLE UNIVERSITY
PHILOSOPHY DEPARTMENT

presents

John Hymers
Philosophy Department
La Salle University

The Nature of Our Daily Bread:
An Ontology of Food

now rescheduled for

Wednesday, March 18, 2009
Wister Lounge (Second Floor, Wister Hall)
1:00 – 2:00 p.m.

Light refreshments will be served.
Featured Photos

The Grimes Lecture with Dr. Howard Gardner, March 5

Here’s your chance to toss a pie at . . . .

Participants:
Br. Bob Kinzler
Br. Ed Sheehy
Kate Ward-Gaus
Lane Neubauer
Kevin Murphy
Andrew Fox
Mary Elizabeth Sullivan

Have some fun while supporting a good cause!
$2 donation per pie (3 pies for $5)
Extra toppings - $1

Wednesday, March 18
12:30 – 2:00 p.m.
Union Patio

Sponsored by RSA
All proceeds benefit La Salle University Spring Fling.
“Most People do not reflect deeply on the death penalty, and if you suffer doubts, you are not alone.”

Sister Helen Prejean, author of Dead Man Walking, speaks to the La Salle Community
March 23rd, 3:30PM Gola Arena
La Salle University’s Health Fair

“Yes We Can… Be Healthy in ’09”

Thursday, March 19 — 12:00 p.m. to 2:00 p.m.
Union Ballroom & Music Room

Join us for...

- Chair Massage
- Blood Pressure
- Sleep Disorders
- Glucose Screening
- Cholesterol Screening
- Safety on Campus
- Breast Cancer
- Fitness Tips
- Aromatherapy
- Ask the Pharmacist
- Stress Management
- Sexual Health

- ADHD
- Dentist
- Body Mass Index
- Health & Wellness Books
- Smoking cessation
- Pregnancy/Newborn Care
- Healthy Food Samples
- Skin Care Products
- Nutrition
- Beer Goggles
- And much, MUCH MORE!

Demonstrations by La Salle Singers, Step Team, Dance Team, Neo-African Drums’n Dance, and More!
MARCH—HEALTH TIP OF THE MONTH

How to Party Safely

♦ Alcohol is still the #1 date rape drug—drink in moderation so you can stay alert!

♦ Never leave your drink unattended and if you think it may have been spiked then leave or trash it.

♦ Eat before you leave home. Space your drinks with non-alcoholic drinks and food. Avoid shots.

♦ Drink no more than one beverage per hour.

♦ Stay within your limits—no more than 4 drinks per night for females and 5 for males.

♦ Use the buddy System. Go to a party with your friends and always leave together.

♦ Always tell someone where you're going, who you’re going with, and when you’ll be back. If your plans change, let them know.

What to do if a friend is in need

♦ Call for medical help!
♦ Place person on side in fetal position.
♦ Stay with the person until help arrives.

Brought to you by Student Nurses’ Association of Pennsylvania (S.N.A.P) and the La Salle Health Advisory Committee
February 25 – May 29, 2009

susan moore
second skin: drawings

Artist’s Talk
Thursday, March 26, 2009, 12:30 p.m.
Room: Olney 100

Reception
Friday, March 27, 2009,
5-7 p.m.
La Salle University Art Museum
Lower Level, Olney Hall

Hours: Monday through Friday 10 a.m.-4 p.m.
Most Sundays 2-4 p.m. 215-951.1221

Artist’s Talk co-sponsored and funded by the La Salle Concert and Lecture Series, Women’s Studies Program, Fine Arts Department, and La Salle University Art Museum
Neo-African Drums 'n Dance performs

Thursday, March 19, 10 p.m.
Kimmel Center

(This performance is part of College Night and follows a Philadelphia Orchestra concert. It is the first performance by a Lasallian organization at the Kimmel Center.)
SASA and A/ASIA are proud to present:

THE UNITY MULTI-CULTURAL DANCE SHOW
March 20, 6:30 p.m.
Union Building
Dan Rodden Theatre

Entrance Fee:
$5 La Salle Students
$7 Others

For Tickets Contact:
Jignasha 215.680.2649
Alyssa 609.289.5830
LaSalleSASA@gmail.com

Featuring La Salle Talent
- Skits
- Dances
- Poems
- Fashion Show
- Free Food

&
- Special Guest Performances by Philadelphia Freedom Schools and H.E.L.P. Organization

BY SOUTH ASIAN STUDENT ALLIANCE AND AMERICAN ASIAN STUDENTS INTERCULTURAL ASSOCIATION

*The event was funded by students of La Salle University and the activities fee.
* All proceeds benefit H.E.L.P. organization and Philadelphia Freedom Schools.
Health Advisory Committee
February 26, 2009

Present: Co-Chairs Lane B. Neubauer & Dina Oleksiak; Members: Stephen Andrilli, Matt Gionta, Meryle Gurmankin, Karen Kostelny, Katelyn Joyce, Jeff Lyons, Greg O'Shea, Megan Rossi, Cheryl Rush
Absent: Kerry Corato, Arlene Dallery, Mike Gilbert, Matt Pini
Guest: Max Yamada

I. Welcome to Megan Rossi - new Freshmen SGA representative on the Health Advisory Committee.

II. Smoking on Campus
   a. On-line survey assessing attitudes towards smoking on campus is ready to be distributed. Discussion occurred as to the best way to distribute. It was suggested that the La Salle University community be subdivided into smaller targeted groups (i.e., freshmen, faculty, staff, etc.) as a way to survey the entire community but not to overwhelm the email system. Greg O’Shea will look into best ways to distribute the survey to the La Salle community.
   b. Max Yamada presented information about interactions he’s had with SWAT (Students Working Against Tobacco) – a national organization which provides support for students working to decrease smoking on college campuses.
      i. Max will invite SWAT to have a booth at our Health Fair.
      ii. Surveys will be available at this booth for people to fill out.
      iii. SWAT will also be invited to attend a future Health Advisory Committee meeting to help us brainstorm strategies for moving towards a smoke-free environment on campus.

III. Weight Watchers
   a. Unfortunately, the logistics for Weight Watchers could not be worked out and thus, there will not be a Weight Watchers meeting on campus.
      i. WW required 20 participants. Cheryl Rush and Matt Gionta recruited 19 participants, but WW would not compromise on the 20 participant minimum.
      ii. WW at the last minute notified Cheryl that they could not get a leader for the Monday night time that the 19 participants signed up for. No other mutually agreeable time for a potential meeting time could be found.
   b. The HAC brainstormed how a “healthy weight” support group not affiliated with Weight Watchers could be initiated. This will be further discussed at upcoming meetings.

IV. Allergy Policy – update
   a. The HAC proposal to change La Salle’s Allergy Policy to have students referred to Einstein’s Allergy Clinic rather than Student Health Center administering these injections was presented to the Student Affairs Committee who agreed with the recommendations in the proposal.
   b. The above recommendation will be passed on to the Acting Dean of Students who will move it to upper administration for final approval.

V. March Health Tip of the Month
   a. Since Spring Break and St. Patrick’s Day are both coming up in March, the HAC decided to focus the Health Tip on “safe ways to party.”
   b. SNAP (Student Nurses Association of Pennsylvania) will work with the HAC again to create the Health Tip poster.

VI. 2009 Health Fair (“Yes We Can... Be Healthy in ’09”)
   a. Over 40 vendors, 7 “healthy” food booths and several student performance groups have been lined up for this year’s Health Fair.
   b. Logistics and task assignments were discussed.
   c. Kevin Thomas, a work study student in University Programming, has volunteered to make this year’s Health Fair poster.
   d. Lane Neubauer will see if the Collegian can highlight the Health Fair in this week’s edition since there won’t be any further editions before the Health Fair (due to Spring break).

VII. Spring Blood Drive is scheduled for April 20 and 21, 2009.

VIII. Next HAC meeting is scheduled for Thursday, April 2 at 3:00 p.m.

Respectfully submitted by
Lane B. Neubauer Ph.D.
Upcoming Home Games
Friday, March 13 through Thursday, March 19

**Baseball**

- **Friday, March 13**  
  Cleveland State  
  3:15 p.m.
- **Saturday, March 14**  
  St. Peter’s  
  3:00 p.m.
- **Sunday, March 15**  
  Manhattan  
  12:00 p.m.

**Lacrosse**

- **Saturday, March 14**  
  Le Moyne  
  1:00 p.m.
- **Tuesday, March 17**  
  Villanova  
  6:30 p.m.
Procedures for Submitting Items for Inclusion in the Campus News

All information for the General, Academic, Minutes, or Athletic sections—with or without graphics and photos—must be submitted electronically either:

- via the “Submit an item” form in the Media and Publications channel on the News and Media tab of the portal,
- via e-mail to campusnews@lasalle.edu. (The article title must be included in the subject line of the e-mail), or
- via CD sent to Campus News, Box 187.

Submissions can be sent with graphics and photos laid out with the text or sent with the text and graphics separately. Please submit flyers and circulars as attachments in Microsoft Word or as PDF files. Please submit photos as JPEG files.

Letterhead or logos with submissions must conform to the approved standards explained and illustrated in the Brand Book published and distributed by University Communications.

All photos and graphics (clip art, logos other than La Salle’s) must have their owners’ permission to be reproduced. If you submit them with your information, you are responsible for gaining this permission.

All employment listings must be submitted first to Human Resources for approval (for more information, contact Gregory O’Shea at 215.951.1354).

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**Deadlines for Submission**

- General News, Meeting Minutes, Events, and Other News: **Wednesday at 4 p.m.**
- New Positions of Employment at La Salle University: **Monday at 2 p.m.**