Philadelphia Police and other personnel congregating in South Campus’ parking lot before the start of March 11’s emergency drill
March Health Tip

Responsible

1. Know your limit.
2. Eat food while you drink.
3. Sip your drink.
4. Accept a drink only when you really want one.
5. Skip a drink now and then.
6. Have your drinks with a meal.
7. Appoint a designated driver.
8. Respect the rights of individuals who do not wish to drink.
9. If you’re a male, have no more than 2-3 drinks per day; if you’re a female—1-2 drinks per day.

Source: Prof. Ruth Clifford Engs  Webpage: http://www.indiana.edu/~engs

Excessive vs. Responsible Alcohol Use

Excessive

- Excessive alcohol consumption can lead to violence, injury, and unplanned sexual behavior.
- You could act in a way that’s embarrassing or regretful!
- The following may help you determine if a friend is experiencing intoxication:
  - Bumping into or knocking over furniture
  - Inappropriate sexual advances
  - Swaying and/or dozing while sitting
  - Clumsy or uncoordinated movements
  - Aggression, belligerence, agitation, and argumentative
  - Inability to pick up change from the table or bar
  - Rambling conversation, loss of train of thought
  - Altered speech patterns, such as slurred speech

Source: www.olgr.qld.gov.au

Are you struggling with a drug or alcohol issue? There are people waiting to help at the Alcohol and Drug Education Center located in McShain Hall, 215.951.1357.

They have resources available if you or someone you know needs to attend an AA (Alcohol Anonymous) Meeting, MA (Marijuana Anonymous) Meeting, or NA (Narcotics Anonymous) Meeting.

Brought to you by Student Nurses Association of Pennsylvania (S.N.A.P.) and the La Salle University’s Health Advisory Committee
Featured Photos

Philadelphia police officers, SWAT team, and other personnel gathering in South Campus’ parking lot

Art Grover, Director of Safety and Security, in the Communication Center briefing administrators before the drill begins

Philadelphia Police Captain Cross addressing administrators and participants
What Happened to California’s Homeless?
The Case of Steve Lopez and The Los Angeles Times

Marjorie Allen, Ph.D., English Department and Chair of Integrative Studies, and Senior English Major Brendan Kelly

Wednesday, March 17, 3:00 p.m. Holroyd Lobby (FREE FOOD)

If you are looking for "ground zero" of urban homelessness, then Skid Row in Los Angeles would surely be that place. But whose responsibility is it to "fix" Skid Row?

This cafe will look carefully at one man’s journey -- Steve Lopez’s book, The Soloist, which grew into newspaper articles in The Los Angeles Times, and a movie made with his blessing. But did his efforts result in a "just" and successful response to the plight of urban homelessness? What can we, as Lasallians, take away from Lopez’s work to help us better understand poverty and reform in our own community?

Explorer Cafés are open to all.

Questions or comments? Contact Julianna Gwiszcz (gwiszczj1@lasalle.edu)
The La Salle University Art Museum and the student artists of the Catholic high schools of the Archdiocese of Philadelphia invite you to visit the

**Archdiocesan Student Art Exhibition**

**March 20 to April 8, 2010**

Opening Reception & Awards Ceremony
Saturday, March 20, 1-3 p.m.

On display in the Community Gallery of the La Salle University Art Museum, located on the lower level of Olney Hall

For more information, please contact
Miranda Clark-Binder,
Assistant Curator of Education,
clarkbinder@lasalle.edu, 215.991.3680
Slips, Trips, and Fall Prevention Training

Date: Tuesday, March 16, 2010  
Time: 12:00 pm. to 1:00 p.m.  
Location: Olney 111

Date: Thursday, March 25, 2010  
Time: 12:00 p.m. to 1:00 p.m.  
Location: Union 310

Date: Tuesday, March 30, 2010  
Time: 1:00 p.m. to 2:00 p.m.  
Location: Union 310

What will you learn?  
Learn practical ways to avoid injuring yourself and others from slipping, tripping, and falling.  
Understand how to fall in such a way— if it should happen —to reduce your injury.  
Learn about proper shoes and engineering controls to reduce your risk of slipping, and falling.  
Adapt ways to prevent slipping, tripping and falling.

These topics will be presented by the following methods:  
- Video tape modeling  
- Lecture  
- Discussion

Whom do I contact to register and for more information?  

Paul Roden: ext 3607, roden@lasalle.edu, Fax 1453, or Box 806, Administration Center 104
PERSONAL MILESTONES: EXPLORERS OF THE MONTH

The following employees were honored with Explorer of the Month awards* given by the Resident Student Association. The selection is based each month on nominations from resident students of an individual “who embodies the Lasallian values of faith, service, and community, and who . . . helps to make La Salle . . .[a] second home. This is an award to recognize people not for their job title but for the work they do.” (RSA Website: www.lasalle.edu/rsa)

October
Mary Currie (Grounds Crew)

November*
Peggy Lazaro (Food Services)

January
Joe Kitchen (Safety & Security)

*According to the RSA Website, the recipient of the December award was Santa Claus.

REMINDER:
DRP’s “Surviving the Dragon”
March 16, 12:30-1:45 p.m.
Union Music Rm.
Health Advisory Committee
February 24, 2010

Present: Co-Chairs: Lane Neubauer & Dina Oleksiak; Members: Steve Andrilli, Br. John Crawford, Mike Gilbert, Matt Gionta, Karen Kostelny, Jeff Lyons, Greg O’Shea, Vanessa Ocasio, Mary Wilby
Absent: Kelsey Horan, Steve Andrilli
Guests: Denise Bailey, Kathy Neumeister, Julie Brooke, Alexis Derhagopian, Omonoyehmen Imoobe, Krystal Larrea, Elizabeth Marabuto, Cara Sottile, Angela Pruitt

I. Smoking Policy Issues
   a. The Student Nurses from Professor Neumeister’s Public Health course updated the committee on their efforts to design a campaign to educate the campus on the harmful effects of second hand smoke. They discussed new research on the detrimental health impact of “third hand smoke” (traces of smoke found in furniture, clothing, etc.).
   b. The Health Advisory’s latest version of the Smoking Proposal was submitted to Dr. Moore, VP of Student Affairs.
      Feedback from Dr. Moore was shared with the committee.
         i. Suggestions for moving forward included getting endorsements from SGA, RSA, and Faculty Senate.
            1. Vanessa Ocasio shared that SGA is supportive of the proposal. She will get a formal endorsement in writing.
            2. Mark Badstubner, advisor for RSA, has reported that RSA also is supportive of the proposal. He will approach RSA for their endorsement.
            3. Br. John Crawford will request that discussion of the Smoking Proposal be put on a future Faculty Senate agenda.
         ii. Enforcement of proposed restrictions continues to be an issue. Who would be responsible to enforce? This continues to be a point for discussion.
   c. It will be important to give the campus enough notice for any impending changes so that smokers within our community can be prepared. Smoking cessation support systems will need to be in place should a smoker wish to use the changes as an opportunity to quit.
   d. The Smoking Proposal suggests that smoking restrictions be phased in over a 3 year period. The first phase would include West Campus since this is where all of our health focused academic programs are located (School of Nursing and Health Sciences).

II. Health Fair – “Well into the Future” April 22
   a. Approximately 30 vendors have already been lined up including, but not limited to, Glucose & Cholesterol testing, Podiatry, Chiropractic services, Alanon, Body Mass Index, Blood Pressure screenings, massage tx., etc.
   b. Committee assignments were reviewed.
   c. Jeff Lyons is lining up “healthy food” booths.
   d. Matt Gionta and Mark Badstubner will contact student performance groups for demonstrations.
   e. Karen Kostelny will reserve a van to transport vendors to and from remote parking.

III. March Health Tip
   a. The March Health Tip will focus on “responsible drinking” since both Spring Break and St. Patrick’s Day fall in this month.
   b. The students in SNAP will design the Health Tip.

IV. Obesity
The committee feels that this is an important topic to focus on; however, since so much time has been spent discussing issues related to smoking policy changes, this issue will be tabled until a later meeting.

V. Blood Drive
   a. Thirteen student groups are lined up to staff Donor Recruitment tables to sign potential donors up for next week’s Blood Drive.
   b. Mary Wilby and Karen Kostelny will staff the Health Advisory Committee Table outside of the Faculty Dining Room.

VI. Next Meeting – March 24, 9:00 a.m. McShane Hall seminar room.

Respectfully submitted by
Lane B. Neubauer Ph.D., Co-Chair
Upcoming Home Games
March 13 – March 21

**Women’s Lacrosse @ McCarthy Stadium**
Sun. March 14    Drexel    1:00 p.m.

**Men’s Tennis @ La Salle Tennis Courts**
Tues. March 16    Chestnut Hill    3:30 p.m.
Fri. March 19    Wagner    3:30 p.m.
Sat. March 20    Dayton    10:00 a.m.
Sun. March 21    Loyola (MD)    11:00 a.m.

**Women’s Tennis @ La Salle Tennis Courts**
Wed. March 17    Idaho    3:00 p.m.
Sun. March 21    Loyola (MD)    11:00 a.m.

**Rowing @ Schuylkill River**
Sat. March 13    Quad Race    All Day

**Baseball @ Hank DeVincent Field**
Fri. March 19    Youngstown State    3:00 p.m.
Sat. March 20    Pittsburgh    1:00 p.m.
Sun. March 21    Niagara    12:00 p.m.

**Softball @ West Campus Field**
Sat. March 20    Central Connecticut State    12:00 & 2:00 p.m.
Sun. March 21    Monmouth    12:00 & 2:00 p.m.

GO EXPLORERS!
Don’t miss all the exciting action when the A-10 men’s basketball championship returns to Atlantic City March 12 -14 with a new three day weekend format.

Single Session tickets are now on sale. Be sure to reserve the best seats to watch the A-10 crown its Champion in Atlantic City, the city that’s always turned on. Single Session tickets can be purchased at the Boardwalk Hall box office, any Ticketmaster location, or online at ticketmaster.com. See you at the “shore.”
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 the 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).

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.