A Month of Celebrations

SPRING BREAK —— MARCH 8—12

ST. PATRICK’S DAY
MARCH 17

INAUGURATION OF PRESIDENT EIBECK
MARCH 19
Pacific’s First Female President

CONGRATULATIONS PRESIDENT EIBECK!!!
Celebrating St. Patrick’s Day??

Are you “tipping back a wee bit of whiskey” or “hoisting a pint of green beer”? Then you are one of many to be celebrating one of the nation’s most alcohol-soaked holidays.

The occurrence of unhealthy binge drinking, alcohol-related emergency room visits and drunk driving crashes increase on this day. Irish or not there are a few simple steps that you can take to keep the holiday happy.

Plan ahead to avoid trouble so you don’t press your luck. “The best way to celebrate is simple—don’t drink. There’s no such thing as risk-free drinking.” But if you do drink, here are some tips before you drink your first green beer this St. Patty’s Day.

- One or two drinks can impair your driving ability. Be sure to have a sober driver you can count on.
- Limit the number of drinks before you go our and stick to it.
- Pace your drinking to keep your (BAL) low to prevent it from rising quickly.
- Try having an non-alcoholic drink before every alcoholic one. This will help setting a slower pace for drinking and safer celebrating.
- Have only a standard measure drink per hour — You know — 12 ounces of beer—5 ounces of wine—1.5 ounces of hard liquor
- If you’re pouring from a pitcher—pour your own. Don’t refill your glass until yours is empty.
- Don’t let others decide how much you will drink.
- Avoid shots and drinking games.
- Say “NO THANKS” to offers for more to drink.
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.

Plan a Successful trip

Always make sure that you let someone know what your plans are and how they can get in contact with you.

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 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.