Ready to relax and enjoy some time with friends? You can have a great time, keep yourself safe and have fond memories. Just a few things to think about before your break.

1. Avoid going out and/or traveling alone at night.
2. Never go off with a stranger.
3. Limit alcohol to a reasonable level.
4. Watch for signs of predatory drugs.
5. Sun exposure and alcohol don’t mix.
6. Visit the ATM in groups.
7. Know what to do in an emergency—9-1-1 doesn’t work outside of the USA.
8. Tattoos and piercings could = HIV or Hepatitis B.
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 you 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 out 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 stay-cationing ideas

Jamieson Cox, a writer for the Pacifican, had written an article with some really great ideas for those students who are looking for “things to do” during their spring break.

1. Calaveras Big Trees National Forest
2. Yosemite
3. Napa
4. Tahoe
5. San Francisco

Still seems as though you don’t have the money to spend on gas, entry fees, food, or lodging? O.K. find a few friends have a fun night out or bring the fun in. Rent a movie, buy a pizza, have a bar-b-que, and have some fun.

This is also a great time to sleep, relax, and catch up on some of those papers or reports whose due dates are coming up very soon.

Whatever your choice, please let someone know what your plans are. It is important to have a contact number and plan as to where you are going and when you are returning. Stay safe.