



From the Eagle's Beak

Volume 1, Issue 2

March, 2008



Benedictine University
Student Health Services
Krasa Center 116
M-F: 9 a.m. -4:30 p.m.

Spring Break Hours:
M-W: 9 a.m. to 3:30 p.m.
CLOSED: Thurs. & Fri.



Spring Break Travels?

So, you are traveling out of town for the break. Good for you, but just a couple of things before you go....

If you are driving: before you go, have your tires, oil, and belts checked. Remember to take a 10 minute rest for every 3 hours of driving. Wash your face, stretch your legs, and use the rest rooms.

Keep car doors and hotel doors locked. Store your money, credit cards, and bags in a secure place. And, most importantly, have a buddy system.

Alcohol: if you are over 21, drink responsibly. Know your limit. Eat before you drink, and while you are enjoying an alcoholic beverage.

cont'd Spring Break...

Pace yourself; have a glass of water between beverages. Don't mix beverages. **Don't Drink and Drive!!!**

If you are under 21, you shouldn't even consider consuming alcohol. **It is against the law.** The consequences are severe: fines and loss of license, court fees, etc. Enjoy non-alcohol versions of the fun fruity drinks. Engage in activities that do not center on drinking alcohol.

In addition to the legal and punitive ramifications, alcohol impairs judgment; you could find yourself in situations that you may regret later.

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Over 21 or Under 21:

Watch your beverage. Don't leave drinks unattended. Be a friend and look out for one another.

Last, but not least. Easy does it in the sun. The temptation to bask in the warmth of the sun and return with a golden tan may be great, but remember your skin is a living breathing organ that requires care and protection. Use a sunscreen with an SPF of 15 or higher.

Remember to reapply every 30-40 minutes and after swimming.



Where are the nurses?

Look for them around campus handing out goodies before Spring break.



"The best six doctors anywhere

And no one can deny it.

Are sunshine, water, rest, and air

Exercise and diet."....

Nursery Rhyme quoted by Wayne Fields, "What the River Knows" 1990

Homeward Bound?

Staying home? Now is a good time to catch up on much needed rest, work some extra hours for cash, and make appointments for the doctor, dental, and vision exams. The appointments aren't exactly thrilling, but they are necessary to maintaining good health.

Just because you are stay-

ing home, doesn't mean you can't do something fun, interesting, or productive.

Schedule yourself for a massage, get a manicure, attend a sporting event or concert. Explore your city/town, visit the museums in Chicago, do a day trip to the state capital.

How about volunteering with your church or a com-

munity group? Campus Ministry organizes several volunteer outings that take place over spring break. Not only are you doing something for others, but you make new friends, learn a little bit more about yourself, and you might just realize how much you have to be grateful for.