U-District Night Walk Recap

On March 6th we partnered with the ASUW Committee on Student Safety to host the U District Night Walk. For those of you who don't know, a night walk is a safety audit of the area where we get in small groups and walk through the neighborhood looking for safety hazards such as burnt out lights, overgrown bushes, poor signage, and more. Though it was a rainy night, we had roughly 50 volunteers show up, including 9 UWPD officers. Together, we covered a large area which consisted of UW campus, the North of 45th neighborhood, and the streets west of campus. The biggest issue we found was a high number of burnt out lights. We will send this data to the city so that the lights will be replaced in the near future.

How To Be A Smart Pedestrian

Being a resident of the U District, it is likely that walking is your main way to get from point A to point B. Since most of us walk everywhere, it is easy to tune out during our "commute." We usually hear the obvious safety tip warning us to not walk alone at night and pay attention to our surroundings, but this doesn't apply only to nighttime. The reality is that we should be walking with a heightened sense of awareness at all times. As students we are especially prone to tune out our surroundings while we walk, be it through our phones, iPods, tablets, or perhaps multiple devices at a time. We've all seen someone jay walk across a busy road, head down, and texting. We might even be guilty of doing those ourselves. Though nobody is a perfect pedestrian, let's try and increase our awareness of our surroundings when walking through the U-District. Next time you're walking, maybe put your phone in your pocket when crossing the street. Another tip, if you're listening to music, is to take out one of your ear buds when approaching an intersection so you can hear what's coming. These are simple things that we can all do, so keep this in mind and be a smart pedestrian!
Spring Break Safety
As this Winter Quarter comes to a close, many of us are preparing to embark for our own Spring Break paradise. Here are some helpful reminders to make sure you have a safe and fun Spring Break:

- If you choose to drink while on Spring Break remember that your body’s reaction to alcohol may be different in unfamiliar surroundings.
- You can never apply too much sunscreen. We are not used to the intense sun rays that might be experienced in warmer spring break locations so lather up!
- If you are leaving the US, make yourself aware of all emergency numbers and procedures that may be unique to that country.
- Stay with friends whenever possible.

Enjoy your break!

Know the Facts & Help a Friend

Signs of Severe Alcohol Poisoning
- Inability to arouse the person with loud shouting or vigorous shaking, or inability of the aroused person to stay awake for more than 2-3 minutes
- Slow or irregular breathing—fewer than 8 breaths per minute or lapses in breathing that last longer than 10 seconds
- Weak pulse, or very rapid or very slow pulse
- Cold, clammy, pale or bluish skin
- Vomiting while passed out, and not awakening after vomiting

What To Do If You Suspect Severe Alcohol Poisoning
- Call for help.
- Stay with the person until help arrives. Do not leave the person alone, even for a minute.
- Turn the person on his/her side, with head slightly lower than the rest of the body, to prevent choking if the person vomits.
- Be prepared to give emergency medical personnel as much information as possible, including any drugs or medications

Preventing Alcohol Poisoning
Alcohol poisoning is preventable. Here are steps you can take to keep it from happening to you.

- Do not drink alcohol when you are under the influence of other drugs or are taking medication.
- Do not participate in drinking games, chugging, beer bongs, funnels or other rapid consumption activities.
- Do not drink on an empty stomach.
- Pace your drinking by drinking slowly or alternating alcoholic drinks with nonalcoholic drinks.
- If you choose to drink, do so in moderation.

Brought to you by UW Health and Wellness, livewell@uw.edu

Recipe of the Month

Simple Spinach Dip

Servings: large group; Prep Time: 10 min.; Cool time: 4 hours

Ingredients: 10 oz. chopped frozen spinach, 1 (16 oz.) sour cream, 8 oz. mayo, 1 package Knorr Vegetable Soup mix, 3 sticks finely chopped green onion (optional)

Directions:
- Defrost spinach and squeeze out the water.
- In large bowl, mix sour cream, mayo, and vegetable soup mix. Add green onion and stir well. Add spinach and stir again.
- Add black pepper (optional).
- Refrigerate for 4 hours then serve.
- Goes well with pita chips, potato chips, or crackers.

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