New Year, Start It Off Right

WELCOME BACK!

The first several weeks of the new semester are typically exciting as you reconnect with your friends and peers. It is the time to get geared up for new classes, upcoming club and organization events, participate in spring sports and much more. Now is also when recruiting for Greek life officially begins. Although this time may be filled with great adventure for those interested in pledging, one of the behaviors and groupthink that often is detrimental to this process involves hazing.

Do The Right Thing,
For The Right Reason, All The Time!

Contrary to what you may think, hazing is not limited to just Greek groups on campus. Hazing can happen anywhere, with any group, at any time.

“Hazing is any action taken or situation created, whether on or off campus, to produce mental or physical discomfort, embarrassment, harassment or ridicule.”

-Lehigh University Student Handbook

About 45% of Lehigh students have seen hazing occur at least once during the school year (NCHA, Spring 2017).

Your peers and student leaders have been actively addressing hazing prevention and wanted to share the following messages with you.

“Put yourself first. Make sure your basic needs are being met as you go through your busy day-to-day life; needs such as sleeping, eating, and happiness! If anything that you’re involved in begins to compromise your ability to meet these needs, talk to a friend, someone older in your organization, or to any number of campus resources. Your personal wellness should NEVER be compromised for the sake of others.”

Molly Bankuti
President
Panhellenic Council

“You’re in college, and you’re starting your first semester. That means it’s okay to get excited. But excitements can often lead to silly decisions. That’s one reason why hazing is a bad decision. It’s silly.”

Ian Davis
President
Interfraternity Council

“With everyone returning to campus for the second semester, it’s easy to get caught up in the excitement of seeing your friends, being introduced to new opportunities, and getting back into the swing of classes. Maintain your best judgment when catching up with your friends and those who you haven’t seen in a while. Know your limits, don’t feel like you need to do too much, and if you see someone in need of help, HELP THEM!”

Djenne Dickens
President
Cultural Greek Council

“Building a strong community is about more than just bonding with the person next to you. It’s about a genuine willingness to protect that person and speak up against any injustices that may face. It’s about accepting people regardless of culture or identity, in order to look at them for who they really are: human.”

Hazing Prevention Week- February 5th-9th.

As a member of the Lehigh community, you have a responsibility to confront issues by intervening. If you have witnessed hazing or have been hazed, use the resources in place to get help.

Beware How You Share During Flu Season

Drinking games such as pong and flip cup can spread germs, leading to a range of infections from stomach bugs to meningitis. Sharing cups is not the best way to relieve stress, get some exercise, and bond with others!

Office of Sustainability Recyclemania

Help Lehigh win the national Recyclemania tournament (Feb 4 - Mar 31). Recycle more and reduce the amount of waste you generate to make campus a healthier place to live, work, and play.

Spring Career Expo

Take the right step forward with your career and attend on February 15 in the Iacocca Conference Center - Mountaintop Campus! Join the event & register through Handshake: lehigh.joinhandshake.com/login

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You may also contact the LUPD directly at 610-758-4200

About

Thirty winners

WIN A $50 GIFT CARD TO AMAZON,

and will be entered into a drawing to receive a voucher for a free coffee/tea

who complete the survey by 2/28 will randomly selected undergraduate and graduate students on 2/7. All students who complete the survey by 2/28 will receive a voucher for a free coffee/tea and will be entered into a drawing to

For more information about how you can help your community be more sustainable, visit your local sustainability office.

Office of Sustainability

Practice sustainability by using your hands to turn the pages in this magazine. Lehigh student health and safety is studied through the University’s participation in the National College Health Assessment (NCHA). This confidential survey has been sent to randomly selected undergraduate and graduate students on 2/7. All students who complete the survey by 2/28 will receive a voucher for a free coffee/tea and will be entered into a drawing to win a $50 gift card to Amazon, Uber, or Chipotle. Thirty winners will be randomly selected.

3. Take flu antiviral drugs if your doctor prescribes them.

2. Take daily preventative actions to stop the spread of germs (hand washing and covering your mouth and nose when you cough or sneeze).

1. Get a flu vaccine.

The flu shot is available at many local pharmacies for about $40, though your insurance may cover the cost.

The CDC recommends you “Take 3” actions to fight the flu:

- Call the Health & Wellness Center at 610-758-3780 if you are experiencing these symptoms.
- The flu shot is available at many local pharmacies for about $40, though your insurance may cover the cost.
- Symptoms of the flu include fever, cough, sore throat, runny or stuffy nose, headache, muscle ache, and extreme fatigue.
- The Flu is widespread in all states except Hawaii and has been identified on Lehigh’s campus.
- During the 2016-2017 academic year, 25% of Lehigh Students experienced these symptoms.
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