Lehigh After Dark

Swing Club Fri., 10/2, 8pm-12am, Lamberton
Comedian Andrew Santino Sat., 10/3, 10:30pm-1am, Tamerler Ct.
Garba Thurs., 10/5, 10:30am-12:30am, Lamberton
Open Mic Night Sat., 10/17, 8pm-12am, Lamberton
Dance Marathon Sat., 10/24, 4pm-2am, Grace Hall
Linderman’s Labyrinth Sat., 10/31, 11am-7pm, Linderman Library
Open Mic Night Sat., 11/7, 8pm-12am, Lamberton
Destress After Dark Thurs., 11/12, 8pm-12am, Lamberton
Trivia Night (weekly) Thurs., 10:30pm, Hawk’s Nest
Taylor Gym Open Late (weekly) Fri., 10pm-2am, Taylor Gym

LU Choral Arts

Join us as we explore loss through a child’s eyes with a piece written in remembrance of those lost at Sandy Hook Elementary. Composed and conducted by Lehigh’s own Steven Sametz. 11/6 & 11/7 at 8pm, Zoeller Arts Center, Baker Hall, Free with Lehigh ID.

Lost and Found

Most people may not realize that stress has been shown to have a psychological impact on your memory. This is exhibited in increased forgetfulness, causing you to misplace your belongings. Avoid adding to your stress levels and come by the UC Lost and Found next time you lose something (or find a lost item). Located at the Information desk on the first floor of the UC! go.lehigh.edu/lostandfound

Flu Shots Available

Taylor Gym 10/8 & 10/21, 3pm-7pm
Grad Office-Packard House, 10/20, 9am-12pm, 217 W Packard Ave
Parent’s Wknd Football Game, 10/31, 11:30am-3pm, inside the stadium gates
Rauch, 11/11, 12-5pm, Room 292 (near dining)
Women’s Center, 11/18, 11:30am-1:30pm
Stabler Arena Basketball Game, 11/19, 6-7:20pm
Flu shots are conducted by Rite Aid Pharmacy. Cost is $36 (possible insurance reimbursement).

Lehigh Students Intervene

A Bystander is a person who wants to act and help, but doesn’t. Lehigh students choose to intervene rather than be passive observers. According to the Lehigh NCHA Spr. ‘15 data, during the school year:

9 out of 10 Lehigh students intervene when witness to someone being taken advantage of sexually; and

Nearly 75% of Lehigh students who intervene do so because it’s the “right thing to do” or because “someone needed help.”

Intervening can include: trying to stop the act from happening, talking to an administrator, coach or other professional staff member; and/or talking to a friend, teammate or other students.

Everyone Can Help – Don’t Be a Bystander

There are five steps to helping when witness to a problematic or potentially problematic situation:

1. Notice the Event: People are busy, distracted, on their phones, talking, texting, not aware of their surroundings – some don’t want to notice. Pay attention to what is going on around you.
2. Interpret It as a Problem: Sometimes it is hard to tell if someone is in need of help. Error on the side of caution and investigate. Don’t be sidetracked by ambiguity, conformity or peer pressure.
3. Assume Personal Responsibility: If not you, then who? Do not assume someone else will do something. Have the courage and confidence to BE THE FIRST!
4. Know How to Help: NEVER put yourself in harm’s way but DO SOMETHING! Help can be direct or indirect.
5. Implement the Help - Act!

Lehigh students have both personal and community responsibilities. This means not only taking care of yourself, but also taking care of others. You are part of a larger community. When you notice something going on, DO SOMETHING!

SORE THROAT:

Strep Throat

Sore throats are common, but most sore throats are NOT STREP throat. Most sore throats in college students are viral and do not require antibiotics. Strep is a type of bacteria and is treated with antibiotics, usually penicillin.

The following symptoms and signs make strep throat more likely:

1. You have a fever of at least 100.5 F or 38 C
2. You are NOT coughing
3. You have white spots (exudate) on your tonsils
4. You have swollen and tender glands in the front of your neck

If you have less than 2 of the symptoms and signs above, a strep test is not indicated or recommended. Even with all 4 symptoms and signs, your risk for strep throat is only 56% (Arch Intern Med. 2012 Jun 11; 172(11): 847-852).

For an appointment at the Health and Wellness Center, either go online www.lehigh.edu/health to the Patient Portal or call the office (610-758-3870) for an appointment.

Scenario:

You are hanging outside a party waiting to go inside. You notice the person on door duty turns a student away and you know it’s because of their race/gender/sexual orientation. You find it inappropriate. What would you do?

Think back to the 5 decision making steps for situations in which you may need to intervene.

Love Your Body Day

Many have probably heard the phrase “one size does not fit all,” and this year, the Women’s Center invites the campus to prove the phrase true. We will celebrate Love Your Body Day on October 22, encouraging people to accept the daily changes to their bodies, to listen to their bodies, and to value and learn from the variety each body offers the world. Watch for more events throughout the year and keep updated through our Facebook, Twitter, and Instagram. Post your own radical body love pics! #luywomencenter

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