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Campus News January 15, 2010

La Salle University

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LiQin Tan's "Cold Heart/ Warm Tech" in the Art Museum through February 21

Academic News

LIBRARY HOURS SPRING 2009 January 19 - May 16

REGULAR HOURS

Monday-Thursday	8:00 a.m. -12:00 a.m.
Friday	8:00 a.m. - 8:00 p.m.
Saturday	10:00 a.m. - 6:00 p.m.
Sunday	12:00 p.m. -12:00 a.m.

MIDSEMESTER EXAMS AND HOLIDAYS

Sunday	February 28	12:00 p.m.- 1:00 a.m.
Monday - Thursday	March 1-4	8:00 a.m. -1:00 a.m.
Friday	March 5	8:00 a.m. -5:00 p.m.
Saturday	March 6	10:00 a.m. - 6:00 p.m.
Sunday	March 7	CLOSED
Monday (mid semester holiday)	March 8	CLOSED
Tuesday - Thursday	March 9 -11	8:00 a.m. -10:00 p.m.
Friday	March 12	8:00 a.m. - 8:00 p.m.
Saturday	March 13	10:00 a.m. - 6:00 p.m.
Sunday	March 14	12:00 p.m. -12:00 a.m.

EASTER HOLIDAYS

Thursday	April 1	8:00 a.m. -10:00 p.m.
Friday - Sunday	April 2 - 4	CLOSED
Monday	April 5	3:00 p.m. -10:00 p.m.

FINAL EXAMS

Monday - Thursday	April 26 - 29	8:00 a.m. -1:00 a.m.
Friday	April 30	8:00 a.m. - 8:00 p.m.
Saturday	May 1	10:00 a.m. - 6:00 p.m.
Sunday	May 2	12:00 p.m. - 1:00 a.m.
Monday - Thursday	May 3 - 6	8:00 a.m. - 1:00 a.m.
Friday	May 7	8:00 a.m. - 8:00 p.m.
Saturday	May 8	10:00 a.m. - 6:00 p.m.
Sunday	May 9	12:00 p.m. - 8:00 p.m.
Monday	May 10	8:00 a.m. -10:00 p.m.
Tuesday - Thursday	May 11 -13	8:00 a.m. - 8:00 p.m.
Friday	May 14	8:00 a.m. - 5:00 p.m.
Saturday	May 15	10:00 a.m. - 6:00 p.m.
Sunday	May 16	CLOSED

January Health Tip



New Year, New You!

Healthy Lifestyle Resolutions

Healthy Habits

- **Eat Breakfast.** Breakfast eaters are champions of good health. Research shows people who have a morning meal tend to take in more vitamins and minerals, and less fat and cholesterol. The result is often a leaner body, lower cholesterol count, and less chance of overeating.
- **Get Enough Sleep.** Sleep is vital to good health and to mental and emotional well-being. The NSF (National Sleep Foundation) reports that people who don't get enough slumber are more likely than others to develop psychiatric problems and to use health care services. Plus, sleep deprivation can negatively affect memory, learning, and logical reasoning.



- **Exercise.** Though exercise has many long term benefits like weight control, maintaining healthy bones, joints, and muscles, reduction of heart disease, and psychological well being, it also has some short term benefits. The short-term results of exercise include helping people to think and move better.
- **Drink Water.** The body needs water to keep properly hydrated, and individuals vary widely in how much water they need. Joints need it to stay in motion; and vital organs such as the heart, brain, kidney, and liver need it to work properly.
- **Make Social Connections.** Volunteer. Go to church. Join a club. Whatever you do, do it with people. Communal activities are good for your physical and mental health.



Visit the site www.webmd.com for more healthy habits to improve your life.

LiQin Tan: *Cold Heart / Warm Tech*

December 21, 2009 – February 21, 2010



Opening Reception

Thursday, January 21, 2010, 5-7 p.m.

Artist Talk

Friday, January 22, 2010, 12 Noon, Olney 100

The La Salle University Art Museum
Olney Hall, Lower Level
19th Street and Olney Avenue
Philadelphia, PA 19141

Hours: 10 a.m. to 4 p.m.,
Monday through Friday
215.951.1221
www.lasalle.edu/museum

Featured Photos



Economic Justice exhibit in the Art Museum now through January 27



Hawk perched on security camera outside McShain, January 6

FREE SWINE FLU VACCINE

Now Available in the Student Health Center for ANY
employee or full time student interested
starting Tuesday, January 19th!

Call the Student Health Center at 215.951.1565
for available times.



Upcoming Home Game

Jan. 16 – Jan. 23

Men's Basketball @ Tom Gola Arena

Sat. 23	Charlotte	2:00 p.m.
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Women's Basketball @ Tom Gola Arena

Sat. 16	Xavier	1:00 p.m.
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Wed. 20	St. Bonaventure	7:00 p.m.
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Swimming @ Kirk Pool

Sat. 23	Fordham	1:00 p.m.
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GO EXPLORERS!

GOLD RUSH

La Salle vs. Charlotte

January 23
at
2 p.m.

**Student Ticket Distribution
and Explorer Entourage Sign-Ups:**
1/21 Tree Tops 12:30-1:30 p.m.
1/21 B&G 1:30-2:30 p.m.
1/22 Union 1-2 p.m.



**Cheer loud
and
WEAR
YOUR
GOLD**

Campus News Procedures

Procedures for Submitting Items for Inclusion in the Campus News

All information for the General, Academic, Minutes, or Athletic sections— with or without graphics and photos—must be submitted electronically either:

- via the “Submit an item” form in the Media and Publications channel on the News and Media tab of the portal,
- via e-mail to the campusnews@lasalle.edu. (The article title must be included in the subject line of the e-mail), or
- via CD sent to Campus News, Box 187.

Submissions can be sent with graphics and photos laid out with the text or sent with the text and graphics separately. Please submit flyers and circulars as attachments in Microsoft ®Word or as PDF files. Please submit photos as JPEG files.

Letterhead or logos with submissions must conform to the approved standards explained and illustrated in the *Brand Book* published and distributed by University Communications.

All photos and graphics (clip art, logos other than La Salle’s) must have their owners’ permission to be reproduced. If you submit them with your information, you are responsible for gaining this permission.

All employment listings must be submitted first to Human Resources for approval (for more information, contact Gregory O’Shea at 215.951.1354).

Deadlines for Submission

- General News, Meeting Minutes, Events, and Other News: **Wednesday at 4 p.m.**
- New Positions of Employment at La Salle University: **Monday at 2 p.m.**