Music Festival Andrews is the site of the Lake Union Band and Keyboard Festival, for which we’re housing about 55 young ladies here in Lamson Hall. Thanks so much for your hospitality in housing them, and for helping make them feel welcome as you encounter them on campus. (remember how confusing this place used to feel to you?)

Noche del Nacho, this Sunday, in the East Lobby, from 1-3, or as supplies last. For current residents of Lamson Hall only. Another fine perk of residence hall living. TM (my new trademark, ha!)

Perks of Residence Hall Living speaking of which… I watch community students, many of whom used to live in the res hall, sneak in to use our kitchenettes, laundry rooms, computer lab, or nibble our Noche Nachos, Soup Nights, Sit and Sip, etc., and think “these are the things that come with dorm living. Don’t they realize that when they move out, they lose access to them?” But then, I wonder, do YOU realize that this stuff isn’t available to just everyone, and that a lot of effort goes into trying to give this 300 bedroom complex a fun and friendly side? If you’ve not taken advantage of all the small groups, KPG, Good Neighbor, and other programs, why not grab a friend and try some out? They’re here just for you.

Did You Lose Money in Lamson Last Week? Identify and claim at Dean Phillips’. Housing: Selecting a Fall Room We’ve now completed housing for those wishing to keep their current rooms, room selections for those who’ll be fall seniors, and we’re in the midst of request for those who’ll be fall juniors. Next up: those who’ll be fall sophomores, starting March 9, next Wednesday.

Be sure to be lining up a roommate too, so you can keep the room you’re requesting!!

Staying for Summer? For reasons that escape me, University policy does not require that you live in university housing during the summer. But if you plan to live in Lamson, do let Dean Phillips know that right now, so we can get started on summer housing plans.

Pondering Applying to be a Resident Advisor or Student Dean? The deadline for applications is fast approaching! They’ll be accepted till noon next Friday, March 11. Still unsure? Perhaps answering the questions on the application will help you decide. Why not submit an app, and keep your options open as you pray?

Do You Remember HIGHLIGHTS Magazine from all the doctor’s waiting rooms of your childhood? On their website, you can print, among other things, Hidden Pictures (my personal favorite), at HighlightsKids.com Next week, I’ll have an assortment on hand in my office, in case you have sudden need of a pre-break break.

Been Sick? So sorry, so many have been down with the flu or other bugs. Here are a few tips in getting back up to full strength:

- After diarrhea or stomach upset: eat mild foods. Your poor system needs to rest. Try the BRATT diet – Bananas, Rice, Applesauce, Toast, and Tea all help to soothe stomach cramps and replenish your system. Choose bland foods. Yogurt is also a good bet.

- Replenishing Drinks: when you lose fluids, like through vomiting or diarrhea, you lose electrolytes and nutrients. Keep on hand a supply of Gatorade, coconut water or green oolong or blackberry root tea, all of which have antioxidants and should help you replace lost nutrients.

- Don’t Shock the System: When your body is fighting a bug or fighting to recoup after illness, don’t put it through more than it can stand. For example, don’t get out of bed to take a hot shower or you’re likely to faint. Don’t celebrate by eating something spicy, however long you’ve been waiting to be able to do that again. Don’t go back to your academics double-time to catch up, or you might wind up with a relapse, and that will take even more time to heal.

A spring bouquet for you!

Happy Sabbath!