

# THE KNOW

**Sam Houston State University**

A Member of The Texas State University System



first year experience

March, 2007  
Volume 3, Issue 5

## March to Sam Houston's Grave

This Friday, March 2nd, at 10:00 am students will be gathering in front of historic Austin Hall for the annual "March to Sam Houston's Grave." The students and faculty will march to Oakwood Cemetery, and the grave side ceremony will start at 11:00 am. This tradition started when SHSU was still called Sam Houston State Teachers College in 1889 to commemorate Sam Houston's birthday and to celebrate his life as well as Texas Independence Day. In the 1930's as a result of the great depression, the march ended until the Webb History Society brought the tradition back in 2001. President Gaetner, students in historic costumes, and hundreds of other faculty and staff will be a part of the march this year, so come out and celebrate the life of the namesake of our university!



## Did you know this about Sam Houston?

**March 2, 1793** – Sam Houston was born in Rockbridge County, Virginia

**March, 1810** - Houston ran away from his home to live with the Cherokees and was given the name "Colonneh" or "The Raven"

**March 2, 1836** – The Texas Declaration of Independence was signed

**March, 1847** – Sam Houston bought land in Huntsville to build his Woodland home

**March 16, 1861** – Sam Houston was evicted from his position as Governor of Texas for not pledging loyalty to the confederacy

## Reducing Irresponsible Drinking Week

The SHSU Alcohol Abuse Initiative kicked off the third annual Reducing Irresponsible Drinking (RID) week on Monday the 26th with the "Alcohol Rodeo" and has plenty of fun events planned to let students know that they can have fun without the use of alcohol. Some events included a "BYOB House Party" on Tuesday and Wednesday night where you could bring your own bowl for ice cream at participating residence halls, and on Friday, Sam Houston's birthday, they will end the week with a seminar on having safe and fun birthday celebrations without the use of alcohol. For more

## Places to Know

### [Writing Center](#)

Mon-Thur: 8am - 7pm

Tues: 8am - 10pm

Fri: 8am - 3pm

Sun: 2pm - 7pm

936.294.3680

Farrington 111

### [Reading Center](#)

Mon-Thur: 8am - 7pm

Fri: 8am - 3pm

Sun: 2pm - 7pm

936.294.3114

Farrington 109

### [Math Help Lab](#)

Mon-Thur: 10am - 5pm

Fri 10am - 2pm

936.294.1565

Farrington 104

## Dates to Know

Check out these websites for important dates and fun events!

- [Academic Calendar](#)
- [Sam Center Calendar](#)
- [Student Services Calendar](#)
- [Today @ Sam Calendar](#)

## No Cook Recipe for Residence Hall Living: Leprechaun Pudding



You will need:

information check out the [AAI website](#).



- 1 Tbsp Instant Pistachio Pudding
- 1/2 Cup Milk
- Ziploc Baggie

Put the tablespoon of pudding mix and 1/2 cup of milk into the Ziploc sandwich bag. Close the baggie tightly, squeeze and shake. Eat your pudding once it is nice and thick! You can refrigerate it for a while, if needed.

### Spring break safety tips from the Student Health Center Programming Coordinator, Michelle Lovering:

- If you are under 21, do not drink. Use your sobriety to look after your friends. Know the symptoms of alcohol poisoning and don't be afraid to call for help if you feel it's necessary.

- Do not, under any circumstances, drive after drinking and do not ride with someone who has been drinking even if you think they only had a little bit.

- Make sexual decisions in advance. If you think you might have sex over the break, be prepared with condoms for STI protection, and it's a good idea to also be on a hormonal method of birth control as a backup if you don't want to get pregnant. Sexual decisions should not be made while you are intoxicated. Save it for when you're sober.

- Most sexual assaults involve alcohol. Know that if you have sex with someone who is intoxicated, by law, you have committed sexual assault. Watch your drink carefully to prevent drugging with date rape or other drugs.

- Even when the temperature is cool, the sun can do a number on your skin. Be sure to wear sun block when you are out in the sun and drink plenty on non-alcoholic fluids to stay hydrated.



### Irish and Saint Patrick's Day Traditions



Saint Patrick's Day, named after the Patron Saint of Ireland, is celebrated all over the world by Irish and non-Irish alike by wearing green, eating Irish food, and attending parties or parades. In Ireland, particularly Dublin, there is a five day festival which includes a parade. So, in light of this very festive occasion we will look at some popular Irish traditions. Leprechauns are one of the most used symbols of Saint Patrick's Day and some say that you can see them only on this day. They are said to be male fairy-like creatures, who are very rich, probably because they hide their money in inconspicuous places like at the ends of rainbows. They are generally full of mischief.

Another common symbol seen around this time is the lucky four-leaf clover or shamrock. The four-leaf clover is just a mutation from the common three-leaf clover, and if you find one it will bring you good luck. Each of the four leaves actually stand for something different: hope, faith, love, and luck. Researchers have said that there are approximately 10,000 three-leaf clovers for every one four-leaf clover. [Irish dancing](#) or Ceili is also a very important part of Irish culture. One famous example of Irish dance is Riverdance, which is a form of Ceili called step dancing, and is characterized by a stiff upper body and fast movement of the feet. So whatever you do this Saint Patrick's Day, have fun, be safe, and be on the watch for Leprechauns!

### Sam Center Study Skills Series

Don't Miss Out on the Study Skills Workshop Series

Series 2 begins March 19.  
Call 936.294.4444 to register or drop by the Sam Center in AB4,  
Room 210.  
IT'S FREE!!!



**Questions or comments? Email us at: [fye@shsu.edu](mailto:fye@shsu.edu), call 936.294.3422, or write FYE, Box 2209, Huntsville, TX 77341-2209.**