



UNIVERSITY OF  
**SOUTH CAROLINA.**  
UPSTATE

Office of the Chancellor

Dear Students:

Every year thousands of college students participate in some type of spring break activity. We love spring break for simple reasons: it is usually fun, usually restful, sometimes a bit crazy, but always better than the week of tests which precedes it. Whether you spend your spring break on the beach, the ski slopes, or at home, we want you to be as safe as possible, which is why we want to encourage you to make positive choices for your own health, as well as for the safety of your friends.

- Safely arrive at your destination. If you are driving, drive with others, stay alert, take turns driving, make regular stops, wear your seatbelt, and don't drink and drive. Get a good night's sleep before a long drive, and stop to rest if you get fatigued.
- Set healthy and safe limits for yourself on drinking, sex, and sun exposure. Remember that you are going on break to have fun, not to spend it with emergency room staff.
- Take care of your friends. Don't let a friend drink and drive or ride with an impaired driver.

It is our goal to make sure that spring break is a fun, positive, and healthy break in the semester for everyone. You have the power to make that happen. In keeping with this theme, the USC Upstate Office of Alcohol & Drug Education Programs is sponsoring a Safe Spring Break Carnival on Thursday, March 7<sup>th</sup> from 11:00-2:30 on the CLC Patio area. The Safe Spring Break Carnival is a fun, and informational event that is open to students, faculty, and staff. It will feature inflatable games, airbrush tattoos, and spin art as well as the Fatal Vision goggles experience, and information tables regarding alcohol and drugs, nutrition and body image, safe sex, sun safety, and more! FREE "Spring Break Survival Kits" packed with t-shirts, sunscreen, koozies, information, and more will be given to 100 students. I encourage everyone to attend this exciting event.

Take care of yourselves and return to campus with memories of a fun, healthy, and safe spring break.

Sincerely,

A handwritten signature in black ink, appearing to read "John C. Stockwell".

John C. Stockwell  
Chancellor