March was the first month of the year until the Gregorian calendar began to be used in 1752.

The word March is derived from Mars, the Roman god of war, and has nothing to do with its homonym.

People born in the beginning and middle of March are Pisces while those from March 21 onward are Aries, which are ruled by Mars symbolizing energy.

The History of St. Patrick’s Day & Why It’s Celebrated

St. Patrick’s Day was first celebrated in America in 1737, organized by the Charitable Irish Society of Boston, including a feast and religious service. This first celebration of the holiday in the colonies was largely to honor and celebrate the Irish culture that so many colonists had been separated from.

In New York, the first celebration took place as a small gathering at the home of an Irish protestant. St. Patrick’s Day parades started in New York in 1762 by a group of Irish soldiers in the British military who marched down Broadway. This began the tradition of a military theme in the parade, as they often feature marching military units. The holiday eventually evolved from the modest religious dinner into the raucous holiday we know today.

This holiday is celebrated every year on March 17th, honoring the Irish patron saint, St. Patrick. The celebrations are largely Irish culture themed and typically consist of wearing green, parades, and drinking. People all over the world celebrate St. Patrick’s Day, especially places with large Irish-American communities. Feasting on the day features traditional Irish food, including corned beef, corned cabbage, coffee, soda bread, potatoes, and shepherd’s pie. Many celebrations also hold an Irish breakfast of sausage, black and white pudding, fried eggs, and fried tomatoes.

St. Patrick’s Day Traditions

- Parades – This event is most often associated with the holiday. Cities that hold large parades include Boston, New York, Philadelphia, New Orleans, Savannah, and other cities worldwide.
- Drinking – Since many Catholics are Irish-American, some may be required to fast from drinking during Lent. However, they are allowed to break this fast during the St. Patrick’s Day celebrations. This is one cause for the day’s association with drinking heavily.
- Dying water or beer green – Chicago dies its river green for the festivities, and many bars serve green-dyed beer. The White House fountain is also dyed green.
- Religious services – Those who celebrate the holiday in a religious context may also hold a feast. Outside of this context, overindulgence tends to revolve around drinking.

Happy St. Patrick’s Day !!!
12 Tips to Ace Mid-Term Exams

1. **Study in Chunks.** Don’t cram everything into one night. Study in 20- to 50-minute increments with five-minute breaks between sessions. Try not to peek at your social media during those breaks. Five minutes on Pinterest can quickly become five hours!

2. **Listen to Mozart.** Certain types of music have been shown to activate both the right and left sides of the brain. Listening to classical music while studying can increase the likelihood that you will retain relevant information.

3. **Move Your Study Space.** Rather than sticking to one study spot, switch things up when reviewing for exams. Try spaces indoors (dining table), outdoors (local park or boat marina) or even retail space (think quiet coffee shop like Kahwa).

4. **Drink Cocoa.** The cocoa bean is packed with antioxidants (healthy stuff) and cognitive enhancers (thinking stuff). Best recipe: a spoonful of organic cocoa in a mug of hot milk with a splash of cinnamon. Though it may seem contradictory, coffee is not the best study drink. While it temporarily helps you focus, it ultimately interrupts sleep patterns.

5. **Form a Study Group.** Study group members can hold you accountable when it's hard to get motivated. Divide and conquer the definition of terms and explanations of concepts. Share resources.

6. **Prevent Test Anxiety.** To remain calm and prevent "blanking out" during a test, imagine yourself acing the test in the days and hours leading up to it. If you do have a moment of panic during the test, take deep breaths with long exhales. Focus on what you know, answer those questions first, and keep things in perspective.

7. **Exercise.** Did you know that twenty minutes of cardio each day can help improve your memory?

8. **Manage Your Time.** Make a realistic study schedule, including breaks. Prioritize according to which class requires the most studying for you. Ideally, you should begin prepping for midterms once the calendar turns to December. Do not wait!

9. **Check In with Your Teachers.** Make sure you receive all review materials. Do not miss any review sessions that are offered. Ask for extra help if you discover that you really have not mastered a concept or skill.

10. **Approach Each Class Differently.** Studying for English is not the same as studying for math. Make sure you know how to study for each exam. If you don't, review #5 and #9.

11. **Build on What You Know.** Review what you know first, then add more difficult or recent material as you proceed.

12. **Make It Interesting.** Use mnemonic devices (PEMDAS – order of operations in math), acronyms based on personal experiences, or put a list of information to music to bring test material to life.
A birthday is a time to reflect on the year gone by, but to also set your goals for the upcoming year.

Catherine Pulsifer

I am a huge believer in giving back and helping out in the community and the world. Think globally, act locally I suppose. I believe that the measure of a person's life is the affect they have on others.

Steve Nash

Have you been looking for a service organization to join? If so, Helping Hands is the organization for you! Helping Hands meetings are held at 5:00 p.m. in the President’s Room of the Student Union. If you need any additional information regarding Helping Hands, please contact Helping Hands President, Joy Trahan at jtrahan020844@nslua.edu
## Important Dates

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Pie HH E-board Members</td>
<td>Tuesday, March 7 11:00 a.m. - 1:00 p.m.</td>
<td>Kyser Brick Way</td>
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<tr>
<td>Career Development Workshop</td>
<td>Wednesday, March 8 3:30 p.m. - 5:00 p.m.</td>
<td>President's Room in Student Union</td>
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<tr>
<td>Karaoke Night</td>
<td>Wednesday, March 8 5:30 p.m.</td>
<td>President's Room in Student Union</td>
</tr>
<tr>
<td>Vision Board Workshop</td>
<td>Thursday, March 9 4:00 p.m.</td>
<td>SSS Lab 243-B Kyser Hall</td>
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<tr>
<td>Mid-term Grades Due to be Entered</td>
<td>Monday, March 13 11:55 p.m.</td>
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<tr>
<td>Lunch with SSS Advisor</td>
<td>Wednesday, March 15 12:00 p.m. - 1:30 p.m.</td>
<td>Iberville Dining Hall</td>
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<tr>
<td>SSS Movie Night</td>
<td>Thursday, March 16 5:30 p.m.</td>
<td>SSS Lab 243-B Kyser Hall</td>
</tr>
<tr>
<td>FAFSA Workshop</td>
<td>Tuesday, March 21 10:00 a.m. - 11:00 a.m.</td>
<td>SSS Lab 243-B Kyser Hall</td>
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<tr>
<td>HH 5th Annual Talent Show</td>
<td>Wednesday, March 22 6:00 p.m.</td>
<td>Student Union Ballroom</td>
</tr>
<tr>
<td>Spring Break</td>
<td>March 27 - April 1</td>
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### Got News?

If you’ve got news you’d like to share with the NSU SSS community, please send it to us at trioss@nsula.edu. A picture may enhance your story, so feel free to include that also. The deadline for all submissions for the next month’s issue is always the 20th.

## Student Support Services Staff

**Natchitoches Campus:** 357-5901  
FRANCES WELCH, DIRECTOR  
JAMIE FLANAGAN, ASSISTANT DIRECTOR  
DANIELLE CONDE, ADVISOR & INSTRUCTOR  
TERRI MARSHALL, ADVISOR & INSTRUCTOR  
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