**THEodore Roosevelt National Park**

- Parks play an instrumental role in the health of our environment! Support National Parks by planning a visit this summer!
- Camping can be a fun, inexpensive trip for you and your friends!
- Besides camping, you can: bike, kayak, fish, hike, and even go horseback riding!
- Getting out in nature also provides a great opportunity to “un-plug” from the rest of the world!

**Stay Safe While Celebrating!**

- Be sure to consume plenty of hydrating fluids, especially if you’re out in the hot sun!
- Avoid swimming alone. Drowning-related deaths and injuries are far too common on this holiday!
- Apply sunscreen early and often! Getting a shade or two darker is not worth it!
- Don’t let food sit out in the heat for too long. Extended exposure to higher temperatures invites food-borne illness!
- Whether they’re yours or not, keep an eye on the children to keep them safe!


For more health and wellness information visit: [www.ndsu.edu/studenthealthservice](http://www.ndsu.edu/studenthealthservice)

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**July Observances and Events:**

- **National Park and Recreation Month**
- **July 4** – Independence Day
- **July 22** – National Parents Day
- **July 30** – National Cheesecake Day

**Very Important: Why Celebrate National Cheesecake Day?**

Extensive scientific research indicates cheesecake is “good for the soul”.

Pro-tip! Add strawberries for health!

https://www.nps.gov/thro/index.htm

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“**THERE ARE NO TRAFFIC JAMS ALONG THE EXTRA MILE.”**

-ROGER STAUBACH

ON A ROLL

July 2018