



Stay safe in the sun with these important tips

When it comes to enjoying the great outdoors—especially in the warm embrace of the sun—it's crucial to follow safety precautions.

Wear sunscreen to avoid UV skin damage

Remember that despite the visual appeal of sporting a sun-kissed glow, tanning is basically the skin's reaction to damage from harmful ultraviolet (UV) radiation. Long-term UV exposure raises the risk of skin cancer dramatically and it hastens the aging process of the skin. Thus, it is imperative to use broad-spectrum sunscreen to protect oneself from UV radiation. Ideally, this sunscreen has an SPF of 30 or greater. All exposed skin should have a thick layer of sunscreen applied at least fifteen minutes before going outside. This sunscreen should be reapplied every two hours, or more frequently if perspiring or swimming.

Be extra careful when drinking alcohol in the sun

The risks associated with drinking alcohol when exposed to the sun and warm weather cannot be overemphasized. Alcohol can worsen the symptoms of heat-related disorders such as heat exhaustion and heatstroke by impairing judgment and raising the risk of dehydration. It is critical to stay hydrated by drinking lots of water, finding shade during the hottest parts of the day, and donning protective gear like sunglasses and wide-brimmed hats.



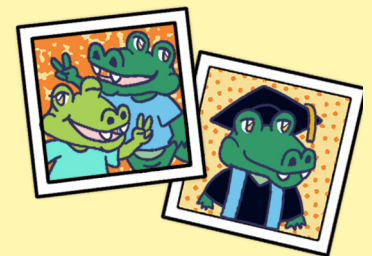
TUPHE FEATURE

An End of Academic Year Reflection

As the academic year ends, it is important to take a moment to reflect. Reflection can help us grow and provide insight into how we want to move forward, what we want to take with us and what we want to leave behind. Having a moment to pause and think back on the academic year can inform our future mindset and action for the next steps in our life.

Returning Students:

What were highlights of your fall semester? What were highlights of your spring semester? Which classes did you enjoy most this year? What did you not enjoy about your year, and how could these things have been improved? What are you looking forward to in your next semester?



Graduating Students:

What were the highlights of your year? What makes you feel optimistic about the future? Are you scared or nervous to leave Tulane? Which goals did you accomplish this year? What are you looking forward to after graduation? How have you changed since starting at Tulane?

A guide to celebrating Pride in New Orleans

When is it? New Orleans Pride Weekend is June 7-9, 2024

What is it? Every June, New Orleans, among other cities hosts a range of events that unify and celebrate LGBTQ+ people and allies. New Orleans hosts a variety of parades, parties, fundraisers, community events, and everything in between to exemplify the welcoming and inclusive culture our city is known for.

How do I participate? Participating in Pride events is a wonderful way to celebrate, support, and advocate for the LGBTQ+ community. Here is how you can get involved:

- **Stay Informed:** Follow local LGBTQ+ organizations on social media or subscribe to their newsletters to get updates about upcoming Pride events.
- **Attend Events:** From parades and rallies to workshops and cultural exhibitions, there is a wide range of activities to choose from.

Participate in whatever aligns with your interests and comfort level.

- **Volunteer:** Pride events often need volunteers to help with everything from setting up booths to providing information to attendees. Volunteering is a wonderful way to meet new people and contribute to the success of the event.
- **Show Support:** Even if you cannot attend in person, you can show your support by promoting Pride events on social media, wearing Pride apparel, or donating to organizations that support the LGBTQ+ community.
- **Respectful Participation:** Remember to engage respectfully and considerately, recognizing that Pride, while celebratory, also commemorates the struggles and achievements of the LGBTQ+ community.

Who can participate? Everyone is welcome at Pride, whether you identify as LGBTQ+ or not.

NEW ORLEANS PRIDE MONTH EVENTS:

- ★ **New Orleans Pride Fest (June 8)** is the largest Pride celebration in Louisiana. This year's festival headliner will be Big Freedia.
- ★ **NOLA Pride Parade (June 8)** starts at Pride Fest and runs through the Marigny and French Quarter.
- ★ **The Black Queer Legacy Summit (June 7)** is an event that has insightful workshops, engaging panels, networking opportunities, and vibrant exhibits

celebrating the rich legacy of the Black queer community.

- ★ **Longue Vue Family Equality Day (June 9)** is a family-friendly Pride celebration.
- ★ **New Orleans Area Habitat Pride Build (June 1, 14-15, and 21-22)** is a volunteer opportunity to give back while networking and connecting with other community members.

