

THE CURRENT

UNIVERSITY OF LOUISVILLE HONORS PROGRAM NEWSLETTER

ACADEMIC NIGHTMARES

QUICK CALENDAR

- 10/10 National and International Travel Seminars Application Deadline
- 10/12 Honors Thesis Writing Group
- 10/13 Halloween at the Zoo
Volunteering
- 10/19 REDTalks
- 10/24 Exploring Faiths: Islamic Edition
- 10/25 BAMS Pop-Up Shop
- 10/26 Med School Spotlight
- 10/26 Honors Thesis Writing Group
- 10/28 Family Scholar House
Volunteering
- 10/31 Scary Stories Open Mic
- 11/2 Priority Registration

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REMINDERS

October is the last month of the advising campaign - have you made your appointment?

You must attend an Honors advising appointment this Fall to sign up for any spring Honors courses.

OCTOBER 4, 2017 • VOL. 17, ISSUE 3

HONORS NEWS

CONFERENCE REVIEW KHR AT NORTHERN KY UNIVERSITY

This past weekend, Honors students traveled to Northern Kentucky University to present their research at the Kentucky Honors Roundtable (KHR) conference. The students were accompanied by Luke Buckman, Assistant Director for Student Programming and Development. KHR is a great opportunity for undergraduate students to gain experience presenting, as well as network with other Honors students across Kentucky. As usual, the UofL contingency was amazing and presented work in a wide variety of disciplines. There will be another KHR conference this coming spring, and we encourage any interested students to keep that option in mind while working on research projects this semester.

Name	Title
Amy Cherry	Caterpillar Predation Rates Across an Urban-Suburban Gradient
Praneeth Goli	Reprogramming Chronic Pancreatitis Ductal Cells for Beta Cell Neogenesis: Cell Therapy Supplement to Improve Islet Autologous Transplant Outcomes
Praneeth Goli & Alex McGrath	Chronic and Unmediated Adversity in Developing Youth Can Cause Destructive Physiological Effects: Explaining the Phenomenon of Toxic Stress
Zofia Hetman	Comparison of Tonic and Phasic Epidural Electrical Stimulation on subjects with Spinal Cord Injury
Lillian Kopsolias	The Comparison of Effective Methods to Increase Knowledge about Alzheimer's Disease
Jacob Lawson	Insect Pollinator Diversity in Gardens Across an Urban-to-Suburban Land-use Gradient
Brent Mode	On Golden Gates and Discrepancy: Examining the Efficiency of Universal Gate Sets
Mackie Owens	Public Harassment with an Intersectional Lens
Henrietta Ransdell	Developing Effective Methods of Protest in American Society
Ayesha Singh	Heartless vs. Heartwarming: How Ideological Differences Between Spain and the United States Influence their Respective Approaches to the Health Care System
Georgiana Sook	The Dark Side of Emotional Regulation: How Suppression of Emotions Alienates Us from Others, and More Importantly, Ourselves
Daphne Woolridge	The Brown Paper Bag: Effects of Colorism on African-American Students



APPLY FOR HONORS SPRING TRAVEL SEMINARS



INTERNATIONAL SEMINAR **HOW THE HEAVENS GO**

HON 341-07 / HON 351-07 • TTh, 11:30-12:45
Professor Steffen • *Travel to Italy & Poland*

Copernicus and Galileo were the “disruptors” of their time - the former, hesitantly, the latter, aggressively, rediscovering and supporting the heliocentric model of their universe. The course will examine models of the solar system and universe from the Babylonians and Egyptians onward, discuss the influence of leading scientific figures such as Pythagoras, Ptolemy and Aristotle, and, using the biographic novels of Dava Sobel about Copernicus (*A More Perfect Heaven*) and Galileo (*Galileo's Daughter*), more closely examine the historical and religious contexts of these two individuals as they promote the heliocentric versus geocentric models in the 16th and 17th centuries. The course will utilize our access to rare books to view and handle first editions of both scientists' writings along with other relevant materials. The course will culminate with international travel to sites associated with this topic and will appeal to those interested in natural science as it is influenced by the world around it.

This course will fulfill requirements in the Social Sciences or National Sciences.



NATIONAL SEMINAR **THE PARK & THE CITY**

HON 341-01 / HON 351-01 • T, 4:30-6:30
Professor Jones • *Travel to New York City*

In 1891 the designer Frederick Law Olmsted, Sr.—father of New York's Central Park and founder of the discipline of landscape architecture—arrived in Louisville to lay out a system of parks and parkways. Understanding Olmsted's lessons about beautiful, livable cities remains critical. Visiting a variety of parks and places, “The Park and the City” examines placemaking, great parks, and livable cities in several ways. In short, you get to be a thinker, a planner, a dreamer, and a hard-headed civic leader; a historian, a naturalist, a designer, and a critic. I welcome all majors and backgrounds—I expect you to study hard, participate in class, take all assignments seriously, and complete a final project at an Honors level. Many classes will be off campus in Louisville's parks and neighborhoods so please arrange transportation. In addition to required travel to New York over spring break, we may also hold one Saturday field trip.

This course will fulfill requirements in the Social Sciences or National Sciences.

APPLICATION DEADLINE: OCTOBER 10 BY MIDNIGHT

For full course descriptions, criteria to apply, and application links visit: <https://tinyurl.com/travelseminars>

EVENT REVIEW BUSINESS LLC MIX & MINGLE

On Friday, September 15, members of the Honors Business Living Learning Community (LLC) attended an event designed to help them meet College of Business faculty and staff while honing their networking skills! Prior to the start of the second annual Mix & Mingle, Dr. Nat Irvin II, founder of Thrivals and co-founder of the IdeaFestival, delivered a presentation focused on this year's Thrivals. Following Dr. Irvin was Dr. Jenna Haugen, who led an engaging presentation on skills like perfecting an elevator pitch, crafting conversation, and meeting new people. With these new tools at their disposal, students deftly carried on conversations with faculty and staff, all while enjoying delicious hors d'oeuvres and spritzers. We hope all of the students enjoyed it as much as the faculty and staff in attendance did!



COME BACK TO KURZ NEXT YEAR!

Did you have such an amazing experience this year in Kurz Hall that you would want to live there again?

GENERAL LLC

Love being close to campus? Want to stay connected with the Honors community? Stay with us in Kurz again next year! All active Honors students qualify to live in the General Living Learning Community (LLC).



2ND YEAR SCIENCE LLC

Are you interested in having guaranteed space in Honors Organic Chemistry lecture and labs, living in Kurz Hall, and programming that will connect you to university faculty and the Louisville community? If so, the 2nd Year Science LLC is perfect for you!

"The Science LLC became my family at UofL. This community will forever be part of my college memories – if you want this, look no further!" - Troy Sterling

"This LLC was one of the best experiences I have had as a UofL student. It helped me to not only succeed in the classroom, but also to find my closest friends." - Lillian Kopsolias

To qualify for the 2nd Year Science LLC, Honors students must complete Chemistry 201, 202, 207, 208, and 209 by the end of the Summer 2018 semester.

To apply for either LLC, you must complete both the returning housing application and the Honors LLC application by deadlines set by Campus Housing (in early October.) If you have any questions regarding Campus Housing for next year, contact the Campus Housing team via email at oncampus@louisville.edu, phone at (502)-852-6636 or online chat, which is found on the front page of the Campus Housing website here: louisville.edu/housing.

KURZ CORNER SEPTEMBER RECAP & OCTOBER PREVIEW

Kurz Hall has enjoyed another successful month of community building through strong attendance of RA led, in-hall programs. Through programs such as "Humans of Kurz" on Monday, September 11th and "Go nuts for donuts" on Monday, September 18th, the residents of Kurz Hall have had the opportunity to learn about campus resources both from their RAs and from each other. Be on the lookout in the month of October for more great events, and opportunities to get to know fellow residents. Also, be on the lookout in the coming weeks for a change over of bulletin boards for the month of October which will include more vital tips and information to facilitate a continually successful year.



M.A.S.S. SCHOLARSHIPS

Students with demonstrable financial need and involvement in the University Honors Program may apply for awards to buy books and supplies for spring semester classes. Funds for these awards were originally contributed by members of the Mature Adult Student Society (MASS). Two to three scholarships (ranging from \$300 to \$400) are awarded.

Applications consist of a letter outlining your academic program, overall financial need, and projected expenses of books for the spring semester. Letters can be returned to the Etscorn Honors Center or mailed to:

Dr. Joy Hart • University Honors Program • Etscorn Honors Center • University of Louisville • Louisville, KY 40292

Deadline: November 10 by 4:30 PM

CONGRATULATIONS, HON 101-08 BAMS COMPETITION WINNERS

Hon 101-08 dominated this year's Book and Media Sale (BAMS) HON 101 Competition! With 250 items donated, this class took the ultimate prize: food during their last day of classes. The taste of victory was literally sweet, as classmates enjoyed Nord's donuts and bananas while wrapping up their first-year seminar course. Thank you to these winners and to their course advisor, Katherine Rucker, for encouraging donations! Donations for BAMS are still being collected, and while there aren't donuts there is the satisfaction of helping others through your contribution! Check out page 10 for more information on how to donate.

NATIONAL STUDENT EXCHANGE

If you are interested in pursuing educational opportunities beyond UofL, now is the time to start planning to participate in National Student Exchange (NSE) for 2018-19. NSE allows you to study away for one semester or an academic year at campuses in the U.S., U.S. territories, and Canada - all while paying tuition at UofL (and you can generally use your scholarships and financial aid toward NSE). You can have a study abroad-like experience, immerse yourself in a new environment, take advantage of academic opportunities not available at UofL, and have all the credit come back on your UofL transcript. Learn more about the possibilities at www.nse.org. For more information or for an application, please contact Andrew Grubb at (502) 852-1482 or andrew.grubb@louisville.edu.



BOARD OF OVERSEERS MENTORING PROGRAM KICK-OFF DINNER

On Wednesday, September 27, the Board of Overseers Mentoring Program welcomed the 2017-2018 mentees at a Kick-Off Dinner hosted at the University Club and Alumni Center. After receiving more than 200 applications, 48 students were matched with highly respected professionals in their fields of interest. At the dinner, students had the opportunity to meet members of the Board of Overseers who helped match students with their mentors. In addition, students were able to share who their mentor was with the rest of the incoming mentees! This year students were matched in a variety of fields including counseling, government and politics, medicine, accounting, social justice, and sports administration.



MEDICAL SCHOOL SPOTLIGHT

Mark your calendars for the Honors Program's Annual Medical School Spotlight! This is your opportunity to ask all of your medical school questions from what it takes to be admitted to making it to graduation. Join us for a discussion with members of UofL Medical School's admission team and Honors alumni currently in the program. Bring your best questions to this panel-style conversation!



Thursday, October 26 • 5:00 - 6:30 PM • TH 132, Etscorn Center Classroom

ADVISING CORNER

REMINDER TO MAKE YOUR HONORS ADVISING APPOINTMENT

Hello, Honors students! By now you should have scheduled your Honors advising appointment through the link from Kirsten Armstrong. If you have not - we recommend you do so as soon as possible to avoid complications with registration. **Honors campaign appointments end October 27, and priority registration is on 11/2 at 8:00 AM.** Make sure you're prepared by scheduling your Honors appointment today! If you are a current Honors student and have not received the Honors advising campaign email, please contact us ASAP: 502-852-6293 or honors@louisville.edu.

The Honors Advising Team

(in alphabetical order)

Kirsten Armstrong
Luke Buckman
Sarah Exner
Katherine Rucker
Olivia Sailor
Sarah Springer

We would also like to welcome a new member to our advising team who will be assisting with first-year advising this semester:

Andrew Grubb

The Honors Advising Window: Appointments

Honors Scholars: 9/11 - 10/27*

General Honors – Mon., Sept. 18 – Fri., Oct. 27*

*Please note: Fall Break is Mon., 10/9 - Tues., 10/10, so **no appointments** will be held on these dates.

*Please arrive promptly in the Etscorn Honors Center on your appointment date/time. If you arrive to your appointment **10 or more minutes after the scheduled appointment time**, you will be required to reschedule for a later date/time subject to counselor availability.*

ADVISING TOOL KIT

Unofficial Transcript**

1. Go to ULink.
2. Upon logging in, click on "Student Services" from the tabs at the top.
3. At the bottom of the "Registration tab" under the "Transcript" heading, click on "View/Print Unofficial."

**Credits earned prior to your time at U of L may or may not be included in this transcript.

Getting to "My Planner"

1. Go to ULink.
2. Upon logging in, click on "Student Services" from the tabs at the top.
3. Scroll down to "Student Center."
4. Click on "Plan."
5. Click on "Browse Course Catalog."
6. Click on courses and add them to your planner.

Transfer Credit

1. Go to ULink from the Louisville homepage.
2. Upon logging in, click on "Student Services" from the tabs at the top.
3. Under the "Admissions" tab, click on "Transfer Evaluation – View/Print."

Links

Course Catalog: <http://louisville.edu/undergraduatecatalog/>

General Education Requirements: <http://louisville.edu/provost/GER>

Flight Plan: <http://louisville.edu/flightplan>

Schedule of Classes: <http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>

Arts and Sciences – Departments: <http://louisville.edu/artsandsciences/academics/departments>

Pro Tip:
When scheduling an appointment you should always receive a

Confirmation Email!

If you didn't you may not have an appointment!



STUDENT SPOTLIGHT



JAMITRA FULLEORD **4TH YEAR HONORS STUDENT** **PAN-AFRICAN STUDIES MAJOR**

Why did you join the Honors Program?

I joined the Honors Program as a Martin Luther King Scholar, but specifically to be part of the Service LLC and be surrounded by like-minded students who wanted to make a difference in their community. I was also looking forward to learning from my peers who had different social justice interests and had already been doing work in their communities.

In what ways have you been involved with the University Honors Program?

I am a Martin Luther King Scholar and lived in the Service LLC as a freshman. The following year, I was the teaching assistant for the Service LLC. I have also presented at Kentucky, regional, and national honors conferences on topics including felony disenfranchisement and Honors' very own Service LLC.

What are some of your favorite experiences as an Honors student so far?

My favorite experience as an Honors student was participating in the Service LLC. While in the LLC, we went on a Civil Rights Bus tour and Environmental Justice Bus tour. Even though I am a Louisville native, both opened my eyes to both the amazing history Louisville has, as well as to the many ways our community can and has come together to make it even better.

Do you have a favorite Honors Class? What did you like so much about it?

My favorite Honors class was the Comic Book seminar. I honestly never thought I'd find myself reading comic books, let alone analyzing them and learning about their history. This is exactly the reason why I liked this class so much because it pushed me beyond my comfort zone.

What are some of the things that Honors offers that you think other students should take advantage of while here?

In addition to offering classes and seminars that are more unique, Honors offers students many other opportunities to step outside of their comfort zone. Honors strongly encourages students to try new things whether it be a new class topic, taking a chance and submitting a proposal to present in front of other Honors students from the state, region, or country, becoming a member of HSC and implementing their ideas in inclusive Honors events, among many other things. Taking a chance on something new can help you learn about yourself – I even read comic books for fun now.

STUDENT SPOTLIGHT

What has been the most impactful class - Honors or otherwise - you've taken at UofL?

The most impactful class I've taken at UofL was my Black Feminism in Action Pan-African Studies class. This class taught me so much about Black Feminism, its history, and the women who are often overlooked that worked so hard to get us where we are now. More importantly, because of this class, I embrace who I am and live in my truth because that's what the strong, powerful Black women did before me.

Have you had any "academic nightmares" while at UofL?

I haven't had any academic nightmares in undergrad... yet. My advice would be to try your best to eradicate procrastination from your habits early in your academic career.

What is your favorite thing to do off-campus?

While not on campus or at work, I love to play and cuddle with my pupper, LuLu! We love to go on walks through Old Louisville.

Favorite book or writer?

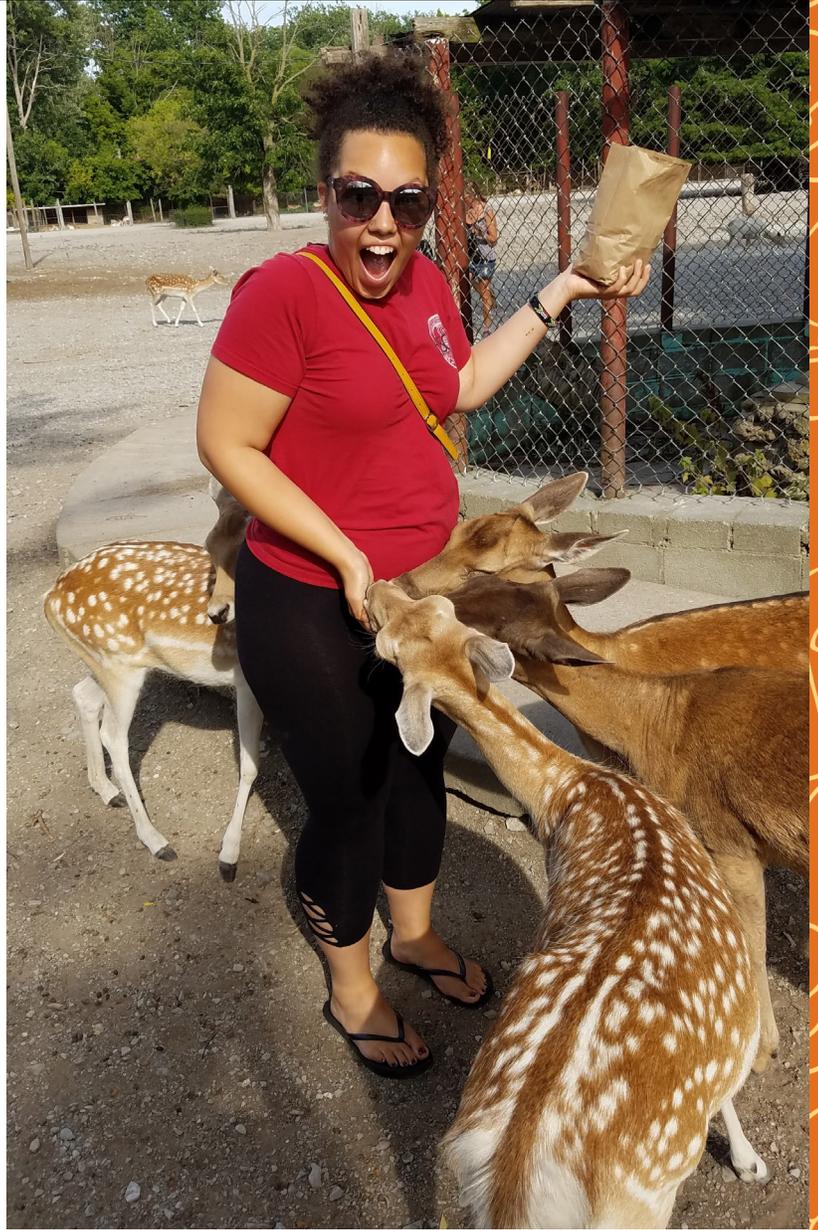
My favorite author is John Grisham. I love his legal thrillers.

What are your plans for next year?

Next year I will be attending law school, hopefully at Howard University or NYU pursuing a career in civil rights and public interest law.

What restaurants would you recommend in Louisville?

I would definitely recommend Ramsi's for brunch! They have a brunch buffet and it's so amazing – the vegan biscuits are delicious. Also right down the street is LOVAFARE, a Black-owned vegan restaurant, that is so yummy!



STUDENT ORGANIZATIONS

HONORS STUDENT COUNCIL

VOLUNTEERING OPPORTUNITY HALLOWEEN AT THE ZOO

What's spookier than Friday the 13th in October? That's right, nothing! But don't fret! Instead, join HSC at the *cutest* Halloween party: Halloween at the Zoo! Put on your not-so-scary costume and help the Service Bubble as we pass out candy to trick-or-treaters at the Louisville Zoo. This is the perfect opportunity to get into the Halloween spirit while also getting service hours! We'll provide transportation (and there might just be pie afterwards) just let us know you're coming: <https://goo.gl/5pya4K> Contact Brooke Moody for more information: bamood04@cardmail.louisville.edu



Friday, October 13 • 4:00 - 9:30 PM • Meet outside the Etscorn Honors Center

EXPLORING FAITHS: ISLAMIC EDITION

Join Honors Student Council as we travel to The Muslim Community Center of Louisville for a tour of the mosque and an Islam 101 session! Transportation is provided. Meet in front of Threlkeld Hall at 5:15 PM. The visit will last until 7:30 but we will possibly head to a Middle Eastern restaurant after, so bring money in case you're interested! Contact Elizabeth Peña for more information: eypena01@louisville.edu.

Tuesday, October 24

5:15 - 7:30 PM

**Meet at Etscorn Honors Center
entrance to travel to
8215 Old Westport R.**

RSVP here:

<https://goo.gl/forms/trjMQYYOMTmQvQ832>



STUDENT ORGANIZATIONS

REDTalks

What: Presentations with a unique focus, voiced by a selection of UofL's distinguished professors

Hey TEDTalks lovers, UofL's very own RED-Talks is back with another peak into the passions of UofL professors, featuring talks about smut before Internet porn with Dr. Michael Perlin, the first woman to circumnavigate the world with Dr. Glynis Ridley, Peace and Theater with Dr. Russell Vandembroucke, and creating a performance ecosystem to elevate winning with Teena Murray. Join us for free food and fantastic talks!

Thursday, October 19

6:00 - 9:00 PM • Chao Auditorium

OPEN MIC NIGHT: DIVERSITY SHOWCASE

Do you sing? Act? Recite poetry? Express yourself at Honors Student Council's Open Mic Night! This night is dedicated to showcasing diversity and inclusion through artistic expression. Special guest Hannah Drake will be performing. Come out to perform or just to watch. Snack and dessert bar provided!

Friday, November 3

5:30 PM • Red Barn



<https://www.flickr.com/photos/geschipul/555287661>



BAMS POP-UP SHOP

Do you have some books that you need to get rid of? Do you have a craving for cookies? Come to BAMS Pop-Up shop at the Sustainability Fair! We will be accepting both books and cash in exchange for a cookie from Nord's Bakery! All proceeds go toward Americana Community Center.

Wednesday, October 25

10:00 AM - 2:00 PM

Humanities Quad

GENDER INCLUSIVE BATHROOM MAP

A group of grad students at the Kent School of Social Work are creating a Louisville-wide gender-neutral restrooms map, and have included all bathrooms on our campus! If you or anyone you know needs this resource the link is below:

www.gendernneutral502.com



https://commons.wikimedia.org/wiki/File:Gender_neutral_bathroom_sign.png

STUDENT ORGANIZATIONS

VOLUNTEERING OPPORTUNITY FAMILY SCHOLAR HOUSE

Do you love volunteering with children? Yes?! Then you should join the Service Bubble for volunteering at Family Scholar House. Monthly, we partner with Family Scholar House to help pre-schoolers prepare for Kindergarten. The program is full of games, activities, and fun with the kids - it hardly feels like volunteering!

If you need service hours or just enjoy service then don't hesitate to join us. We'll provide transportation. Plus there's free food afterwards! Contact Brooke Moody for more information: bamood04@cardmail.louisville.edu

Saturday, October 28
10:00 AM - 12:00 PM • Meeting location TBD
Let us know you're coming: <https://goo.gl/5pya4K>



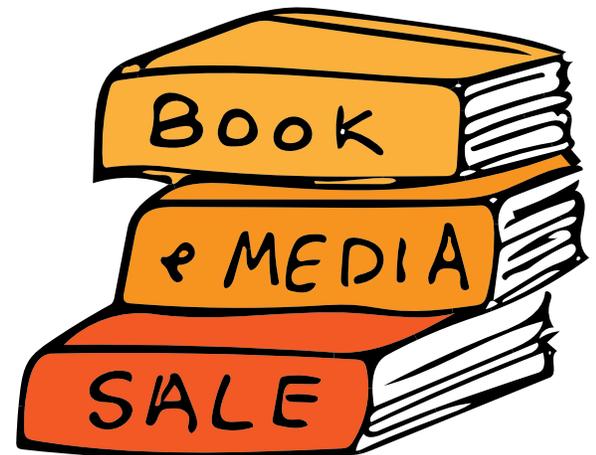
BAMS CALL FOR DONATIONS

Honors Student Council's bi-annual Book and Media Sale (BAMS) is back! Last BAMS year, we proudly raised over \$16,000. In order to make this event even bigger and better, we need your help! We are accepting donations of gently-used books, DVDs, CDs, records, and video games. Donations will be due no later than Friday, March 30, 2018. The sale itself is scheduled to take place during the week of April 8, 2018, and all of the proceeds will go to Americana Community Center, a nonprofit that provides services to the diverse people of Louisville. If you have any questions, please email us at honorsBAMS@gmail.com or visit our website, www.uoflhsc.com.



CALLING ALL HONORS COURSES!

Do you have what it takes to be the best Honors class? Do you want free food? Here is your chance to get both! BAMS is hosting a competition between ALL Honors courses. Donate BAMS-worthy items to Etscorn for a chance to win a pizza or donut prize for your class. The Honors course with the most donations by Thanksgiving Break will be crowned the most generous Honors class and win food! Both professor and student donations will be accepted.



STUDENT ORGANIZATIONS

MEET YOUR HSC COMMITTEES



Academics Committee

Danyal Bhutto, Ryan Crum, Ajit Deshpande, Hannah Figg, Danielle Graves, John Hinely, and Hannah White



Diversity & Inclusion Committee

Emily Behr, Bailey Campagna (NP), Kylie Coomer, Corey Dutton, Chelsea Fry (NP), Elizabeth Peña, and Hinna Williams (NP)



Philanthropy Committee

Eric Bush, Anna Carter, Rachel Carter, Sydney Fischer, Jenée Hardin, Rachel Haslem, Rianne Kablan, Kaiya Linkugel, Cortney Patterson, and Wyatt Walker



Service Committee

Caroline Christian, Evan Clark, Spencer Cox, James Krauth, Brooke Moody, Elizabeth Schaaf, and Elizabeth Turner



Social Committee

Ben Anderson, McKenzie Ballard, Marie Burns, Allison LaRoy, Bayne Lutz, and Emily Moore



Special Events Committee

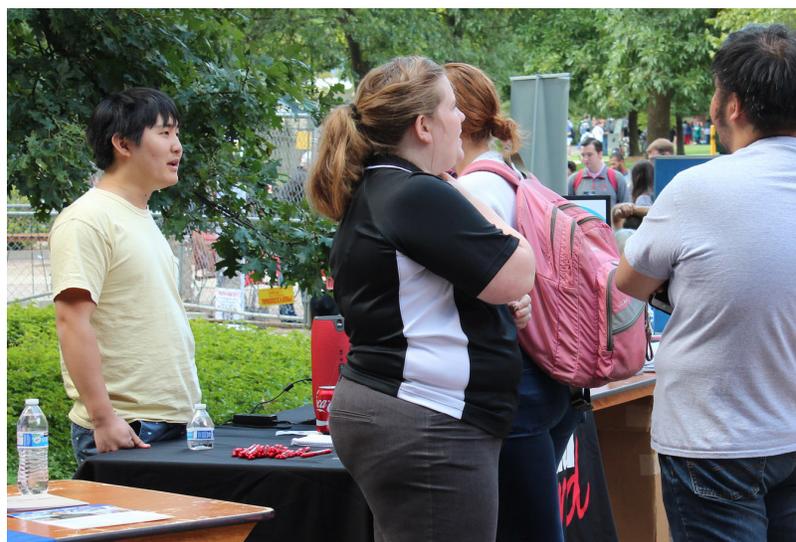
Devin Brown, Cierra Craft, Caitlin Grimes, Seth Sereff, and Haley Steinmetz

**** (NP) = Not Pictured**

STUDENT ORGANIZATIONS

EVENT REVIEW NONPROFIT FAIR

Honors Student Council's Service Committee hosted its second annual Nonprofit Fair on September 6. A record number of 360+ students had the opportunity to connect with representatives from almost 90 Louisville nonprofit organizations. According to Brooke Moody, the Vice President of the Service Committee, "the purpose of Nonprofit Fair is to connect students with causes and organizations that they can be passionate about." The fair had something for everyone; nonprofits represented at the fair ranged in purpose from health and wellness to education to environmentalism - and everything in between! "Everyone has something to give back to the community, it's just about finding the right place to do it," said Moody. "Service shouldn't feel like a chore. My hope is that students were able to find service opportunities that are exciting, fun, and inspiring." Students who attended not only met with nonprofits but also enjoyed Raising Cane's and Louisville Cream. Additionally, Hannah Vish was the winner of the \$50 Amazon gift card door prize - congratulations, Hannah! Anyone who wasn't able to attend, or is still looking for an opportunity to get involved, is invited to join Honors Student Council at many of the upcoming service opportunities planned. Find out more: <https://goo.gl/5pya4K>.



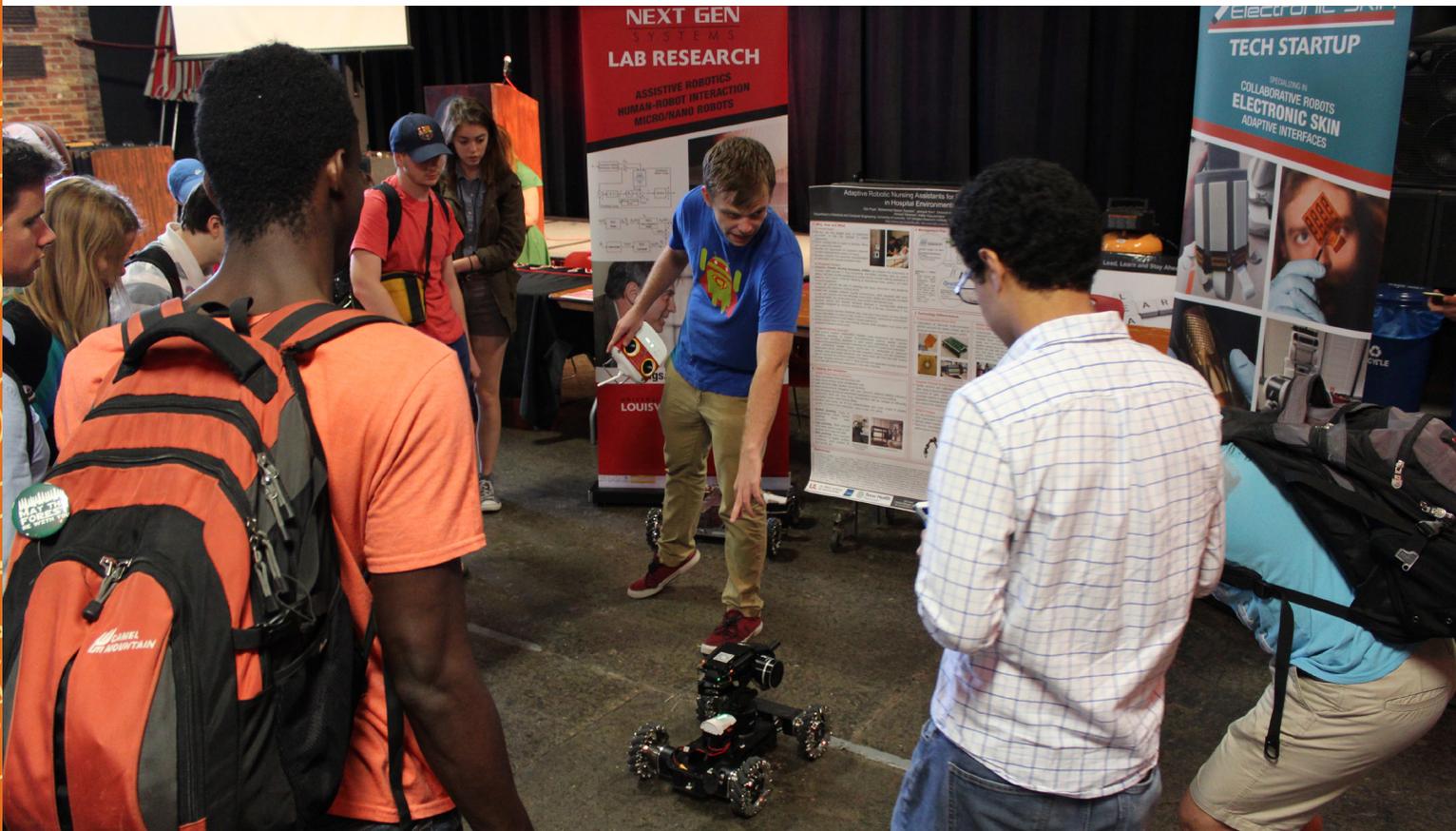
STUDENT ORGANIZATIONS

EVENT REVIEW RESEARCH & MENTORSHIP FAIR

Written by Ryan Crum, HSC First-Year Rep.

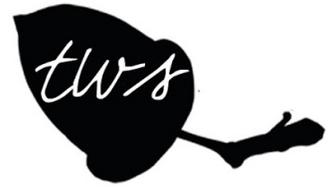
Faculty and staff of every department here at the University are constantly researching and innovating, and a common question among students is how they can get involved. Over 75 students found an answer to that question at the Research and Mentorship Fair hosted by Honors Student Council. With representatives from the College of Arts & Sciences, the Speed School of Engineering, the Health Sciences Campus, and many other departments, every student in attendance had the opportunity to find their niche.

The event's purpose was to generate a greater interest and understanding of research within and outside of the hard sciences, which include Chemistry, Biology, Physics, and Geology, and more. Several students did not realize their department – ranging from Women's and Gender Studies to Criminal Justice to Modern Languages – was participating in research here at the University until they attended the Fair! Pre-med students were able to use the event as a chance to look to post-graduation opportunities, learning valuable information about Medical School from Health Sciences representatives. From the Academics Committee and the rest of Honors Student Council, our thanks to all of the faculty that volunteered their time and knowledge to help students get involved!



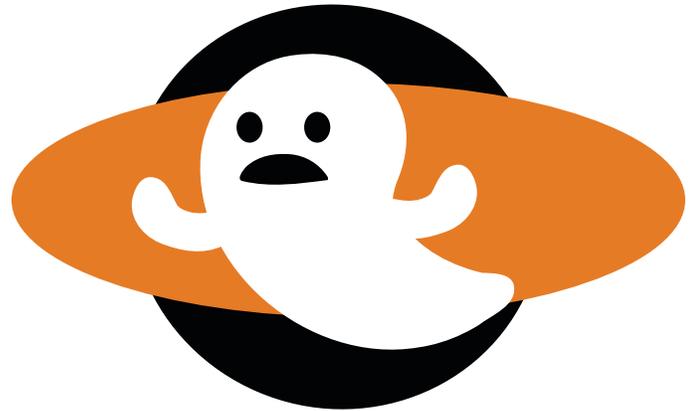
STUDENT ORGANIZATIONS

THE WHITE SQUIRREL



SCARY STORIES OPEN MIC

Join the White Squirrel and the Writing Center as we celebrate Halloween with scary stories, poems, and art work! Read either your own work, or your favorite piece by someone else. We will have refreshments, copies of TWS for sale, and a prize worth \$25 for the winner of the best 6 word scary story. It's sure to be a ghoulishly good time!



Tuesday, October 31

7:00 PM • Ekstrom Library

SUBMISSIONS OPEN IN NOVEMBER

Submissions open for the 2017-2018 *The White Squirrel Literary and Arts Magazine* in November. Submissions are free and open to the UofL student body. We ask that all submissions are previously unpublished final drafts created solely by the author. Concurrent submissions are permitted, but please let us know as soon as possible if your piece has been accepted by another publication.

2017-18 Submission Guidelines

Submissions are open from 11/1-1/31

Contributors will be notified in February 2018

Publication forthcoming in March 2018

- Send submissions to: uoflwhitesquirrel@gmail.com
- Subject Line of Email: Genre, Your Last Name (ex: Poetry, Smith)
- Name of Attached Document: Title of Work
- Please include the following information in the body of the email:
 - Your full name as you would like it to appear if published
 - Art submissions: medium and dimensions of the piece
- In order to ensure that your submissions are judged fairly, all submissions are reviewed anonymously. Your name should not appear on the attached document, only the subject line and body of the email.
- If you are submitting work in more than one category, please send separate emails per genre (i.e. all poetry submissions attached to one email, and all visual art .jpegs attached to another).

Genre Specific Guidelines

Prose

- Attached Word Document
- Limit 3 pieces per submission cycle.
- Times New Roman, size 12 font.
- 1" margins, double-spaced.
- Page numbers at bottom right-hand corner.
- Please do not exceed 3,000 words per piece.

Poetry

- Attached Word Document
- Limit 3 poems per submission cycle.
- Times New Roman, size 12 font
- 1" margins, left alignment preferred
- We will make every effort to preserve the spacing and format of your poetry as it is sent.

Visual Art

- Attached .JPEG or .PNG file
- Image quality: 300 DPI or higher
- If you are submitting images of 2D or 3D art, please consider the quality and composition of the image to suit the magazine format.

FROM OUR FRIENDS

EVENTS

REACH GRE Prep Workshops

Interested in Graduate School? REACH is offering FREE GRE review sessions for UofL students only! Review GRE test taking strategies and get advice to help you prepare for the exam. Questions? Contact us at 502-852-8114 or lrcutor@louisville.edu or visit our website to learn more: reach.louisville.edu.

Verbal Reasoning & Analytical Writing

10/18 • 4:30 - 6:30 PM • SK 111

10/27 • 12:00 - 1:30 PM • SK 107 (LRC)

Introduction to the GRE & Quantitative Reasoning

10/4 • 4:30-6:30 PM • SK 111

10/20 • 12:00 - 1:30 PM • SK 107 (LRC)

REACH Physics Assistance

Weekdays • 10:00 AM - 5:00 PM

Miller I.T. Center, iTech Zone

Are you enrolled in PHYS 111, 221, 222, 298, or 299? Need some help? Visit the Physics Learning Center for immediate assistance! Weekly sessions and private tutoring are also available for most courses. Review our schedule at reach.louisville.edu and make your appointment today. You can also reach us at 502-852-8114 or lrcutor@louisville.edu.

REACH Student Success Seminars

REACH is offering onsite seminars throughout October on a variety of topics. Space is limited; reserve yours today at uofreach.eventbrite.com!



Becoming a Disciplined Student

- Monday Oct 2 12noon & 4pm
- Tuesday Oct 3 12noon
- Wed Oct 4 12noon & 3pm
- Thursday Oct 5 12noon
- Friday Oct 6 11am & 12noon



Preparing for Finals

- Wed Oct 11 12noon & 3pm
- Thursday Oct 12 12noon
- Friday Oct 13 11am & 12noon
- Monday Oct 16 12noon & 4pm
- Tuesday Oct 17 12noon

All Onsite Student Success Seminars take place in Strickler 111

REACH Online Student Success Seminars

Can't make it to an onsite REACH seminar? Online seminars are also available through the REACH Online Student Success Blackboard Organization. Request access at <https://goo.gl/5amL3r> and allow 24 hours for your request to be granted.

REACH Fall 2017 Language Conversation Tables

Strickler Hall Room 107

Want to practice your skills and improve your speaking or signing? The REACH Learning Resource Center is offering Conversation Tables or the following classes. All sessions take place in Strickler Hall, Room 107. You do not need to sign-up in advance to attend—just show up!

Chinese • Wednesdays • 3:00 - 4:00 PM

French • Tuesdays/Thursdays • 12:00 - 1:00 PM

Japanese • Fridays • 3:00 - 4:00 PM

Sign Language • Thursdays • 2:30 - 3:30 PM

Spanish • Mondays • 5:00 - 6:00 PM

UofL Free Store

Mondays & Wednesdays • 11:00 AM - 2:00 PM

UofL's Free Store is now open every Monday and Wednesday 11:00 AM - 2:00 PM in the Uitas Tower basement (enter from driveway off Cardinal Blvd). All students & employees are welcome to "shop" for free clothing, shoes, household items, books, school & art supplies, non-perishable food, etc. Donations are accepted any time in the red bins outside the Store. Help us keep useful stuff out of the landfill while helping those in need – Volunteers are needed each week to open the store and sort donations.

Learn more at <http://www.facebook.com/UIFreeStore>.

To volunteer, contact: Erin Kurtz at erin.kurtz@louisville.edu or at 502-298-667.



EVENTS

NKU Chase College of Law Open House

November 3 • 12:30 - 4:30 PM

Registration deadline: October 30

NKU Chase College of Law is hosting an Open House. The NKU Chase Law Fall Open House will give you an in-depth look at our legal program and community. You will learn about our student organizations, clinics, externships, the admissions process, the enrollment options and you will be able to ask questions during the law student panel. Seating is limited, so register now. Registration is open at <https://tinyurl.com/y8t9vqbt>. Those who register by Friday, October 13 will receive a Chase gift. We hope to see you there!

Campus Cardinal Debate

October 18 • 6:00 - 7:30PM

Chao Auditorium

The award-winning Malcolm X Debate Program and First Year Initiatives invite you to a fun and fast-moving debate that will consider the question of whether America is the Land of Opportunity or of Obstacles. Counts as a CARDS Success and Book-in-Common Event. Contact: Christy Metzger at cametz03@louisville.edu.



Garden Commons Fall Workdays & Workshops

Fridays • 12:00 - 1:00 PM

Garden Commons at the Cultural Center



Join us in UofL's organic garden for our group workdays & workshops! Learn (by doing) how to grow hyper-local, super-delicious vegetables, herbs, and fruits! Anyone can work in the garden any time, but we'll gather on Fridays to plant, weed, water, and harvest.

No prior experience necessary. Tools & gloves provided. The Garden Commons is open to participation any time from students, staff, faculty, and community members. Everyone who comes is welcome to share in the harvest! For more details, connect with us at facebook.com/groups/gardencommons.

Alternative Service Break Trip Winter 2017: Atlanta, Georgia

Deadline: October 19

Trip: December 13-19

Alternative Service Breaks are designed to create both a volunteer experience and a cultural immersion for UofL student participants. There is a distinct focus on community building, relational leadership, and long-term personal impact. Program outcomes are achieved through direct service, intentional reflection, and shared experience. The 2017 winter break trip to Atlanta, Georgia will be focused on the social topic of LGBTQ+ Rights and Homelessness. The total trip cost will be \$150 per person, which includes housing, transportation, meals, and service fees.

The application can be found on ASB's OrgSync:

<https://orgsync.com/96382/forms/278466>.

For more information, contact Morgan Tallio at ma-tall01@louisville.edu or email asb@uofielsb.org.



Sustainability Roundtable: Green Infrastructure & Climate Change

October 13 • 11:00 AM - 12:00 PM

426 W Bloom Street, Room 123



Please join us for UofL's Sustainability Roundtable series on alternating Fridays at 11:00 AM through Nov. 10! On October 13, we will be joined by Dan Stever (Director of Education and Outreach, Horticulture, Klaus-ing Group, Inc.), speaking on Green Infrastructure & Climate Change.

Anyone with an interest in sustainability can give talks at the speaker series and participate in the audience. If you would like to give a presentation, or would like to hear a particular speaker, please contact daniel.decaro@louisville.edu. Bring a lunch!

FROM OUR FRIENDS

EVENTS

UofL Community Composting Volunteer Days

Sundays • 12:00 - 2:00 PM

250 East Bloom Street

Come help us turn “trash” into treasure as we manage UofL’s volunteer-powered community composting operation and worm farm! Dress to get dirty. Tools provided. All participants are welcome to take home some rich UofL compost for their own house plants and gardening projects in whatever containers and vehicles they bring. This is a weekly service opportunity throughout the year. Questions? Contact Brian Barnes at 502-338-1338.



Earn badges for the MORE Sophomore Leadership Program (image)

October 16 • 5:00 - 6:00 PM

October 20 • 9:00 AM - 5:00 PM (walk-in)

Office of Student Involvement SAC W310

MORE is a certificate program focused on sophomores or 3rd semester students and above, particularly those students who are still looking for their “perfect fit” for involvement at UofL. The program involves earning badges. Every participant is expected to attend the MORE program orientation. Everyone must attend the orientation session to be involved in earning badges or the medallion, but you can begin completing requirements before attending an orientation session. For more information contact Holly Sexton at hrsext02@louisville.edu.

DREAM • LEARN • DO • BECOME

MORE

SOPHOMORE LEADERSHIP PROGRAM

Earn the certificate for Leader’s Legacy Workshop Series

October 16 • 6:00 - 6:30 PM

October 20 • 9:00 AM - 5:00 PM (walk-in)

Office of Student Involvement SAC W310

Sign up for an orientation session to learn more about the Profiles in the Leadership recognition program hosted by the office of Student Involvement in the SAC. Any student interested in completing the Legacy program to earn certification is

required to attend one of the Orientation sessions. If a student chooses to complete the entire program, they will be recognized at the Spring Celebration of Student Leadership and Service and will automatically be honored as a Profile in Leadership. Visit <http://tiny.cc/LEGACY2017F> for more information.

HOW WILL
YOU LEAVE
YOUR
LEGACY?

ANNOUNCEMENTS

School of Nursing New Graduate Program

The School of Nursing is excited to announce a new graduate program. The Master’s Entry into Professional Nursing (MEPN) program is a two-year program that prepares students with a bachelor’s degree in any area outside of nursing to become entry-level professional nurses. MEPN students earn a Bachelor of Science in Nursing and a Master of Science in Nursing degrees. Graduates are eligible to take the National Council Licensure Examination (NCLEX-RN) for registered nursing licensure. “We know that higher levels of education are associated with better patient outcomes” states Dr. Diane Chlebowy, Director of the MEPN program. MEPN students receive additional education specific to have greater training in evidence-based practice and leadership. Both of these areas are essential for nurses practicing in today’s changing healthcare environment. For more information contact the graduate nursing advisor Jessica Jackey at jessica.jackey@louisville.edu or at 502-852-0838.

ANNOUNCEMENTS

Recommend the Next Book-in-Common

Do you have a suggestion for next year's Book-in-Common? Check out the criteria used to select the text here: <https://tinyurl.com/ydheu9bh>. If your book fits the bill then complete the online form! Contact Christy Metzger at cametz03@louisville.edu with any questions.

Book-in-Common Connections Service Event

October 28

Mark your calendar to join Engage Lead Serve Board and First Year Initiatives for a variety of service opportunities related to "Hidden America," and stay tuned for more details to come. Contact Christy Metzger at cametz03@louisville.edu for more info.

Charge Up with the Power of the Sun at Ekstrom!

There's a new way to charge up your mobile device at Ekstrom Library! Step outside & plug into the sun with the PowerSol umbrella outside the Ekstrom Starbucks. The station's 8 solar panels can charge 3 devices at once via USB ports, even after dark! Brought to you by the UofL Sustainability Council!



Download the Wellbeing Spark App

Health Promotion is excited to announce their NEW Wellbeing Spark App for Apple and Android. Download it to learn more about health, fitness, wellbeing, recipes, and more through articles and events! Find us online at <http://ulwellbeingspark.org> or contact Caroline Miller at crm115@louisville.edu with questions.



SCHOLARSHIPS

RBAA and Torchbearer Scholarships to be Awarded

Deadline: Monday, November 27 by 5:00 PM

Could you use one of two \$1,700 and three \$500 scholarships to be awarded for the 2018 Spring Semester through the Red Barn?

You can apply for these scholarships online at <https://tinyurl.com/y7sysjvt> or pick up hard copies at the Red Barn, SAC W310, and in the lobby of the Financial Aid Office. The deadline for application submission is Monday, November 27, 2017 at 5:00 PM at the Red Barn Programs office (in the Red Barn) or by email to George Howe at the Red Barn gjhowe01@louisville.edu. George can also be reached by phone at (502) 852-7467.

\$1000 in Scholarship Prizes to Composition Contest Winners

Deadline: December 12 • 5:00 PM

Who do you think is part of our "hidden" America? First-year and upperclass students can answer that question in a written or digital composition and be eligible for one of several \$300 and \$100 scholarships. Details and submission information on the Composition Contest website: <https://tinyurl.com/ya76jx4y>.

FROM OUR FRIENDS

EVENTS

UofL Sustainability Week! October 23 - 29 • Dates and Times vary

Join UofL's Sustainability program for a week of events to celebrate, raise awareness, and engage your passions for environmental, social, and economic justice! From yoga to local food to a day of planting trees, Sustainability Week has something for everyone! A full list of events is available at louisville.edu/sustainability/events. Questions? Contact Justin Mog at justin.mog@louisville.edu.

Monday, October 23

Mindfulness Monday

4:00-5:00 PM • SRC room 200

Highlighting the links between sustainability and mindfulness practices, including a free Yoga Flow class.

Tuesday, October 23

Local Food Showcase

11:00 AM - 1:00 PM • The Ville Grill

UofL Dining will be highlighting one menu item per station that was locally sourced or Kentucky Proud.

Wednesday, October 25

10th Annual Campus Sustainability Day Fair

10:00 AM - 2:00 PM • Humanities Quad

Thursday, October 26

Gray Street Farmers' Market

10:30 AM - 1:30 PM • HSC Campus

Join us for the final Gray Street Farmers' Market of the season.

Learn to Surf

3:45 - 5:00 PM • SAC W309K

Learn Mindfulness to Reduce Stress & Navigate the Waves of Life.

Friday, October 27

Louisville Sustainability Summit: Resilience, Equity & Climate Change

8:00 AM - 4:00 PM • Kentucky Center for African American Heritage

Sustainability Roundtable: Global Politics of Climate Change

11:00 AM - 12:00 PM • Urban Studies Room 123

Garden Commons Workday

12:00 - 1:00 PM • Cultural Center



Saturday, October 28

Volunteer Day: Tree Planting in Jeffersonville, IN

9:00 - 11:30 AM • 240 Wall St, Jeffersonville

Sunday, October 29

UofL Community Composting Volunteer Day

12:00 - 2:00 PM • 250 E. Bloom St.