

# THE CURRENT

UNIVERSITY OF LOUISVILLE HONORS PROGRAM NEWSLETTER

## FOOD EDITION

### QUICK CALENDAR

- 11/30** HSC Queer Short Films Night
- 11/30** Honors Thesis Writing Workshop
- 11/30** Waffles vs. Pancakes Poll Closes
- 12/1** HSC Service Opportunity: Fleece Navidad
- 1/31** *The White Squirrel* Submission Deadline

### IN THIS ISSUE

Honors News.....	2
National and International Scholarship.....	7
Student Spotlight.....	9
The Great Debate.....	11
Honors Student Organizations.....	13
From Our Friends.....	17

### REMINDERS

**Have you voted for  
Waffles or Pancakes?**

*Voting for this semester's Great Debate  
between Pancakes and Waffles has  
begun in the Etscorn Honors Center!  
Stop by, vote, and spread the word.*

**NOVEMBER 15, 2017 • VOL. 17, ISSUE 4**

# HONORS NEWS

## 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.** If you have any questions regarding Campus Housing for next year, contact the Campus Housing team via email at [oncampus@louisville.edu](mailto: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](http://louisville.edu/housing).

## SHOUT OUT!

## ADVISOR WEBINAR PRESENTATION



Congratulations and great job to Kirsten Armstrong, Assistant Director of Advising, for her webinar presentation for the HEUG Education Series, which creates a remote, live training opportunity for professionals who cannot attend the annual Alliance conference. Her joint presentation, "Creative Collaboration: Campus-wide Benefits Realized through Peoplesoft CS and BI Functions," occurred on October 26, 2017. She co-presented with Brenda Curry-White, Assistant Director of Admissions Systems, and their session went off without a hitch! Great job Kirsten and Brenda, and thank you both for all of your excellent work on behalf of Honors through data collaboration!



## 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](http://www.nse.org). For more information or for an application, please contact Andrew Grubb at (502) 852-1482 or [andrew.grubb@louisville.edu](mailto:andrew.grubb@louisville.edu).



## THESIS WRITING GROUP SESSION

**Thursday, November 30 • 6:00 - 8:00 PM • Ekstrom Library 117A**

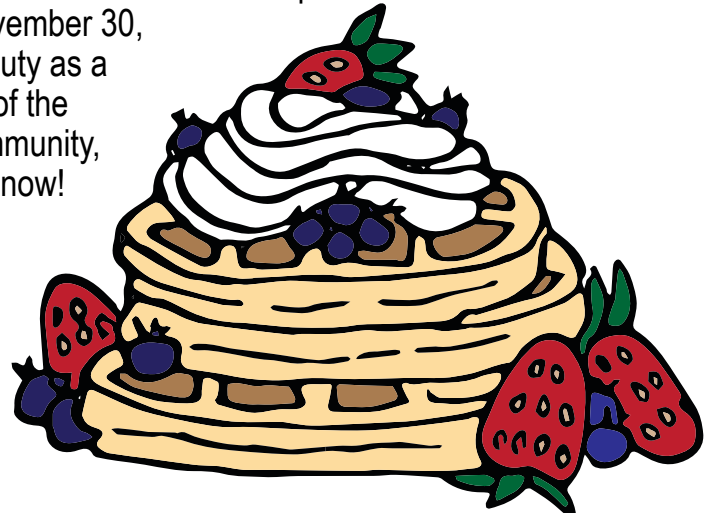
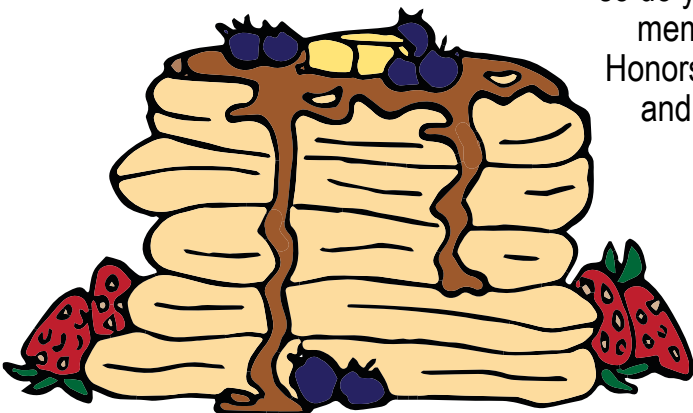
Working on your senior honors thesis? The final Honors Thesis Writing Group session is coming up quickly! Join the University Writing Center and your fellow thesis writers for a meeting of the minds all to help develop your thesis! This dedicated writing time and opportunity for feedback is a great chance to improve your work. The Writing Group's goal is to provide support, community, accountability, and feedback for Honors students through the thesis writing process. Don't miss the last session!

Email questions to [writing@louisville.edu](mailto:writing@louisville.edu) or call 502-852-2206.

## VOTE IN WAFFLES VS PANCAKES!

This semester marks another great debate in the Honors office, and our contenders are your favorite, sugary breakfast food. (No, not cereal or pastries.) Waffles versus pancakes! Everyone has strong opinions about how these two options stack up (literally,) and now is your chance to express that opinion by voting in the Etscorn Honors Center. Need more incentive? **The winning breakfast food will be featured in a breakfast party thrown by Honors Student Council in December!** So if you love waffles or pancakes, and want to literally taste victory, come out and vote for the breakfast of champions.

Polls close November 30,  
so do your duty as a  
member of the  
Honors community,  
and vote now!





## EVENT REVIEW LIONS, AND TIGERS, AND CONVERSATION! OH MY!

*Written by Hannah Whitaker, First-Year Science LLC Member*  
On Friday the 13th, the first-year Science LLC participated in a “Behind the Scenes” event at the Louisville Zoo. We engaged in a presentation by Matthew Lahm, the Assistant Curator of Conservation Education, about the conservation efforts of zoos and aquariums. We learned about everything from endangered species to the impact humans have on exotic animals and their habitats. During the “conservation class” we even had an up close and personal encounter with some of the animals, like a ball python and a ferret! Following the class, we went on an independent tour of many of the exhibits the zoo had to offer, from playful sea lions, to trained elephants performing tricks. Needless to say, we had a wonderful experience.

As someone who has always had an affinity for zoos, I can say this experience impacted many areas of my life. Not only did we get to see the breathtaking animals, but we also got to see the zoo from a new perspective; we became aware of their efforts of conservation over entertainment. This event allowed us to explore a field of science that we rarely consider as a career option, broadening our horizons. Since our trip, I have come to the realization that my calling is to work in or around zoos, resulting in a change of my career path. This “Behind the Scenes” event will forever hold a place in my heart. Never underestimate the power of a “field trip”.





## ETSCORN CONFERENCE SCHOLARS PRESENT AT NCHC IN ATLANTA, GA

This past weekend, Honors students traveled to Atlanta, GA to present their research at the National Collegiate Honors Council (NCHC) conference. The students were accompanied by Sarah Exner, Academic Counselor, and Alex O'Keefe, Academic Coordinator. NCHC is the national-level Honors conference, and students presented there were among other top presenters from around the country. All student presenters were required to gain previous experience presenting at either the Kentucky Honors Roundtable (KHR) or Southern Regional Honors Council (SRHC) conferences. The UofL contingency was amazing and presented work in a wide variety of disciplines, representing UofL well on this national stage. The accompanying staff members also presented at this conference, showing Honors colleagues our initiatives to serve the Honors Program community at UofL. Thank you to all of our presenters for showcasing Honors!

Name	Title
Danyal Bhutto, Amy Cherry, Ajit Deshpande, and Danielle Graves	Let's Talk REDTalks: How UofL's Honors Student Council Created a Campus-wide Event that Inspired Faculty/Student Discussion
Raven Byars	MLK Scholars and Social Justice in Honors Programs
Jamitra Fulleord & Des Lane	Why Honors is "Bad and Boujee": Analyzing and Identifying Tactics that Obstruct Diversity Within Honors Programs
Praneeth Goli & Alex McGrath	Invisible Wound Project
Brenna Kaelin	Enhancement of NAFLD Risk by Vinyl Chloride: Role of Adipose Tissue in a Mouse Model
(Staff) Sarah Exner	Making Adjustments: Benefits, Challenges, and Rapid Growth in Honors Living-Learning Communities
(Staff) Alex O'Keefe	Not Just a Newsletter: Maximizing Your Scope and Reach





## FOR THIS EDITION CELEBRATE FOOD ALL MONTH LONG!

Food calendar designed and created by Emma Radulski, The Current Student Editor



For this Food Edition of *The Current*, we bring you a list of National holidays to celebrate food every day this month! We know a few days have passed, so why not cram all of them into one meal? (Clams, deviled eggs, and candy seem like a winning combination to us.) Celebrate your love of food by voting in the Pancakes vs. Waffles poll at the Etscorn Honors Center!

- |   |   |                             |
|---|---|-----------------------------|
| 1 - Deep Fried Clams Day                      | 11 - Sundae Day                                   | 21 - Gingerbread Cookie Day |
| 2 - Deviled Egg Day                           | 12 - Pizza with the Works<br>Except Anchovies Day | 22 - Cashew Day             |
| 3 - Sandwich Day                              | 13 - American Indian Pudding Day                  | 23 - Cranberry Day          |
| 4 - Candy Day                                 | 14 - Pickle Appreciation Day                      | 24 - Sardines Day           |
| 5 - Doughnut Day                              | 15 - Raisin Bran Cereal Day                       | 25 - Parfait Day            |
| 6 - Nachos Day                                | 16 - Fast Food Day                                | 26 - Cake Day               |
| 7 - Bittersweet Chocolate with<br>Almonds Day | 17 - Baklava Day                                  | 27 - Bavarian Cream Pie Day |
| 8 - Cappuccino Day                            | 18 - Apple Cider Day                              | 28 - French Toast Day       |
| 9 - Greek Yogurt Day                          | 19 - Macchiato Day                                | 29 - Lemon Creme Pie Day    |
| 10 - Vanilla Cupcake Day                      | 20 - Peanut Butter Fudge Day                      | 30 - Mousse Day             |



# NATIONAL & INTERNATIONAL SCHOLARSHIPS

## GOOD LUCK TO OUR 2018-2019 FULBRIGHT APPLICANTS!

This year we have **16 applicants for Research and Study opportunities** and **16 applicants for English Teaching Assistantships**. Our 32 Fulbright competitors are a diverse group with a broad range of academic interests and extracurricular involvements.

**28** graduating UofL seniors • **3** UofL graduate students • **1** UofL Alumnus

They hail from **19 different departments** in UofL's College of Arts and Sciences, the College of Education & Human Development, the School of Music, and the Speed School of Engineering. The majors represented include:

- *Anthropology*
- *Asian Studies*
- *Bioengineering*
- *Biology*
- *Chemistry*
- *Communication*
- *Computer Engineering*
- *English*
- *History*
- *Humanities*
- *Liberal Studies*
- *Middle and Secondary Education*
- *Music*
- *Pan-African Studies*
- *Philosophy*
- *Physics*
- *Political Science*
- *Psychology*
- *Spanish*

Applicants for research and graduate study hope to travel to:

- **Albania**
- **Panama**
- **Belgium**
- **South Africa**
- **Canada**
- **Switzerland**
- **Germany**
- **Trinidad & Tobago**
- **Ghana**
- **Uganda**
- **Greece**
- **United Kingdom**

English Teach Assistantship candidates have applied to teach English in:

- **Argentina**
- **Spain**
- **Greece**
- **Taiwan**
- **Macau**
- **Thailand**
- **Moldova**
- **Turkey**
- **Romania**
- **Vietnam**
- **South Korea**

Continued on next page

# NATIONAL & INTERNATIONAL SCHOLARSHIPS

## CONTINUED: GOOD LUCK TO FULBRIGHT APPLICANTS

Many members of the UofL community have offered advice, encouragement, and letters of recommendation. Special thanks to the following faculty and staff who lent us their time and expertise as readers and campus interview panelists:

*David Buckley, Political Science*

*Julie Bunck, Political Science*

*Philip DiBlasi, Anthropology*

*Thomas Dumstorf, Russian*

*Michael Fowler, Political Science*

*Andrew Grubb, Honors / Brown Fellows*

*Benne Holwerda, Physics*

*Joy Hart, Honors / Communication*

*Virginia Hosono, International Center*

*Gregory Hutcheson, Spanish*

*Lydia Kowalski, Humanities PhD candidate*

*Thomas Maloney, Philosophy*

*Gul Aldikacti Marshall, Sociology*

*Cynthia Martinez, 2011-12 ETA to Brazil*

*Elizabeth Jones, Pan-African Studies*

*Shira Rabin, Biology*

*Theresa Rajack-Talley, Pan-African Studies*

*Jeanelle Sears, 2005-06 Research Fulbright*

*Joseph Steffen, Biology*

*Christopher Tillquist, Anthropology*

*Lisa Wagner, Spanish*

*Gerard Williger, Physics*

*Charles Ziegler, Political Science*

## ATTENTION JUNIORS COMMITTED TO CAREERS IN PUBLIC SERVICE!

THE HARRY S. TRUMAN SCHOLARSHIP FOUNDATION



The Harry S. Truman Scholarship Foundation awards scholarships to college students who plan to pursue careers in government or elsewhere in public service. Truman Scholars receive up to \$30,000 for graduate or professional school, participate in leadership development activities, and have special opportunities for internships and employment with the federal government. You must apply in your JUNIOR year. Access to the application system is controlled by Faculty Representatives, so you must go through the Office of National and International Scholarship Opportunities in order to apply.

Many different majors are eligible; competitiveness will depend upon how well candidates can show a specific issue on which they want to work, as well as the larger impact they plan to have in that area.

UofL can choose a maximum of 4 applicants to represent our university, so the campus selection process will begin in November. Schedule a meeting with Dr. Condon as soon as possible if you are interested in competing. To make an appointment, contact Bethany Smith at [bethany.smith.1@louisville.edu](mailto:bethany.smith.1@louisville.edu).

For more information see: <http://truman.gov/>

**National Deadline: February 6, 2018**



# STUDENT SPOTLIGHT



## **ELIZABETH PEÑA** **3RD YEAR HONORS STUDENT** **COMMUNICATION MAJOR** **MIDDLE EAST & ISLAMIC STUDIES AND** **POLITICAL SCIENCE MINORS**

### **Why did you join the Honors Program?**

I joined because I wanted to be a part of the Service Living Learning Community and I was interested in the travel opportunities. At the time, I didn't realize how much more the Honors Program would give me.

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

I am in Honors Scholars and Honors Student Council. I have also presented at the Kentucky Honors Roundtable Conference and the Southern Regional Honors Conference. I was in the Service LLC my freshman year and I work at the front desk this year!



### **As a former member and now TA in the Service LLC, what impact did the LLC have on you and what do you hope to bring to your work as a TA?**

The LLC gave me some of the best moments of my college experience. It really strengthened my passion for social change and social justice and let me meet a lot of amazing people. As a TA, I really hope to be a guiding mentor that students feel free to talk to about any questions they may have. I wanted to TA because I wanted to give back to the LLC and stay involved with Honors.

### **What are some of your favorite experiences as an Honors student?**

I really enjoyed traveling to Asheville, NC for SRHC. When we had free time we all walked to this cool street filled with restaurants and live music and went to eat burgers and get ice cream afterward. I got to make new friends, try awesome food, and go window shopping which was really cool.

### **Do you have a favorite Honors Class?**

My favorite class was Dr. Smith-Jones' TV Criticism of the Paranormal. We *obviously* watched TV clips in class and got to discuss a lot about themes and imagery. Everyone in the class had a wide range of interests so I discovered a lot of cool new shows and movies through the class like *Black Mirror* and *Hush*.

### **What has been the most meaningful experience you've had at UofL outside the classroom?**

The Civil Rights Immersion Experience through the Martin Luther King Scholars program was life-changing and the most meaningful one I've had outside of class. We got to meet Bernard Lafayette who is a former Freedom Rider who was at the core of the Freedom Rides. Tracing the steps of Dr. King with the Bayard Rustin community was an absolutely amazing experience.



# STUDENT SPOTLIGHT

## You're VP for Diversity and Inclusion on HSC. What drew you to HSC and that position specifically?

I actually interviewed for the First Year Rep position my freshman year but didn't get it. That was a Book and Media Sale year though so I still managed to get involved. Diversity and Inclusion's first year was 2016-17 and I was a chair on the committee. I was drawn to the VP position so we could expand on the work we did that year and plan awesome events for this year like Exploring Faiths and Open Mic.

## What events should our students look forward to in the spring?

Next semester, we will have an event focusing on mental health and ability where students can come together and talk about these issues in a safe environment.

## What is your favorite thing to do off-campus?

If I want to go out - Main Event or Lazer Blaze are pretty cool. Main Event has a sweet deal on Mondays where you can pay \$10 and get unlimited games for the day. Otherwise, I like to stay in and watch Netflix/Hulu or take road trips with friends.

## Favorite book? Movie? TV show?

Very HSC of me, but the *Harry Potter* books are probably my favorite. I don't have an all-time favorite movie so I'll just say the most recent one I really enjoyed which was *Thor: Ragnarok*. TV Shows are super hard to decide, but I love *Game of Thrones* and *Bob's Burgers*.

## The theme of this issue is food. Recommendations?

Great and cheap: Golden Star Chinese food on Taylor Blvd, they have amazing crab rangoons. Best no one knows: La Guanaquita (Salvadorean) on Taylor Blvd. They have delicious pupusas but you might need to brush up on Spanish before going!

## What's your favorite type of food?

Probably Mexican, it's so diverse. I've been eating it my entire life but I probably haven't tasted even a tenth of all possible dishes and drinks and desserts.

## Waffles or pancakes?

Pancakes! They're much more versatile.





# GREAT DEBATE



## WAFFLES

**Noah Smith**  
Honors Student Council Executive VP

### **What makes your breakfast item the best?**

Belgian, American, or Stroop -- there's no wrong way to waffle. No matter how they are presented, I've never met a waffle I didn't like. Waffles offer a dizzying array of styles and presentations.

### **How does your chosen breakfast start the day off right?**

Those who start their morning (or night) right with waffles, and give the most deference to waffles, seem to enjoy supernatural powers. Take, for example, *Stranger Things*' Eleven, America's favorite psycho-kinetic runaway. Eleven chooses frozen waffles as her breakfast of choice and, because of this, can flip moving vans and kill top secret agents with her mind.

### **Both waffles and pancakes are highly customizable – what unique styles makes your choice best?**

On one hand, waffles can be egregious violations of morning meal modesty – staggering towers of gold, bright with fruity embellishments and accented by pillars of whipped cream – beckoning the most scrupulous of breakfast purveyors forth, sirens bathed in syrup. On the other hand, waffles can be more conservative; they embody a quiet dignity and emanate a rustic charm. A warm air of confidence swirls about



## VS PANCAKES

**Des Lane**  
MLK Scholar

### **What makes your breakfast item the best?**

Pancakes are the best because they are simple, tasty, versatile, and delicious. I would even go as far to say that they are of the best cake variety. They're best eaten when you pour syrup on them, let the syrup soak in, pour more in, and then eat for maximum breakfast-dessert sweetness.

### **How does your chosen breakfast start the day off right?**

A good batch of pancakes will make any person happy. They're fluffy, melt in your mouth, and it's completely acceptable to eat a huge stack of them. Also, they're quick and easy to make for the time-pressed chef that wants a tasty breakfast.

### **Both waffles and pancakes are highly customizable – what unique styles makes your choice best?**

There is nothing that you can't do to a pancake. Looking at batters: the possibilities are endless: basic, blueberry, sweet potato, banana, protein, chocolate, red velvet, etc. Pancakes also make great sandwiches. Pancakes could be sweet or savory. For sweet I usually go for chocolate chip banana, and for savory I often enjoy bu-chimgae, a Korean pancake.

# GREAT DEBATE

them, bringing the scent of sheer happiness to the senses of all those around.

## **What is a common argument against your choice you'd like to debunk?**

Even at their lowest form, the frozen waffle, they maintain the deliciousness we've come to know and expect, not to mention provide a touch of magic.

## **Why is the opposing choice worse?**

There is no stack of pancakes high enough to stand up to golden goodness that is a waffle. The singular waffle need not rely on the crutch of another, as it is perfect in and of itself. Pancakes must rely on other pancakes (and the rest of what's on the plate for that matter) to even have a chance at challenging a waffle. To conclude, pancakes are not waffles and therefore are inferior because I said so.

## **How has your dessert made an impact on our society?**

Beyond Eleven, Leslie Knope also enjoys superior mental abilities thanks to waffles. Only requiring four hours of sleep, Leslie uses the spare time to fill her bookcases of binder with her ideas on how to improve her beloved town of Pawnee, Indiana and to make local government run more smoothly. Everyone has wanted to be more like Leslie Knope at some point. For those who wish to have even a modicum of her drive and success should start their journey to full Knope-ification by fostering a deep love for and dedication to waffles.

## **Closing arguments:**

Though waffles' superiority to all other breakfast foods (especially pancakes) is clear, the question is being asked "Waffles or pancakes?" Waffles have never needed your support more than now! Voting is open and will decide what waffle lovers have known forever once and for all. Remember the good times - the crunchy, yet soft (but never soggy!) good times. Remember the waffle and vote for what matters in the battle for breakfast.

## **What is a common argument against your choice you'd like to debunk?**

I don't know many arguments against pancakes because they are so great, but some say that they are not suitable for numerous toppings; however, those who say that have not used simple logic. Since pancakes are easily stackable, you can put your spreads between each pancake. For whipped cream, my personal trick is to put my whipped cream on before my syrup. That way the whipped cream doesn't immediately slide off.

## **Why is the opposing choice worse?**

Waffles are less cost effective than pancakes. Waffles require special equipment, a waffle iron, which produces an inferior product. With a waffle iron, it would be difficult to put something like chocolate chips in the batter because it would likely get burnt. You must also guess when the waffle is finished cooking because there's no visibility. Imagine wanting to take a bite of a soft, fluffy delicacy, only to have the roof of your mouth scraped and scarred from the heavy ridges of the waffle. Spreading any topping on waffles is a task because they all get stuck in the ridges.

## **How has your dessert made an impact on our society?**

A quick trip to Google helped me with this, but pancakes are found in almost every culture. If that isn't amazing, I don't know what is. Also, the McGriddle, a pancake sandwich served at the largest fast food chain in the world, is their #1 selling breakfast item. Millions of people consume some form of a pancake each day.

## **Closing arguments:**

Pancakes are one of the best breakfast items. Travel anywhere across the world, and you'll most likely be able to have some form of a pancake. It's familiarity and gentleness to your mouth makes it one of the best breakfast items. No need to waste time and money on a waffle iron. Pancakes will always be there for you.

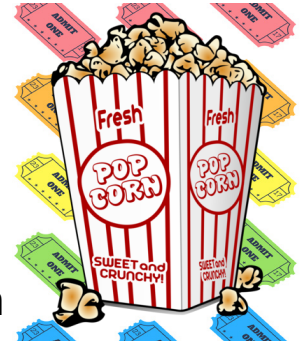


# STUDENT ORGANIZATIONS

## HONORS STUDENT COUNCIL QUEER SHORT FILMS NIGHT

Feeling stressed about finals? Need a break from studying? Come spend a fun, relaxed evening with Honors Student Council and watch short films centering on LGBTQ+ identities! Free food provided.

**Thursday, November 30 • 5:30 PM • Honors House Classroom**



## 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](mailto:honorsBAMS@gmail.com) or visit our website, [www.uoflhsc.com](http://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.



## THE WHITE SQUIRREL

### SUBMISSIONS OPEN!



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](mailto: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.

## COVER CONTEST

For the first time, The White Squirrel is offering a Cover Design Contest! Submit your ideas for The White Squirrel vol. XV 2017-18 to [uoflwhitesquirrel@gmail.com](mailto:uoflwhitesquirrel@gmail.com). Questions can also be sent to this address.





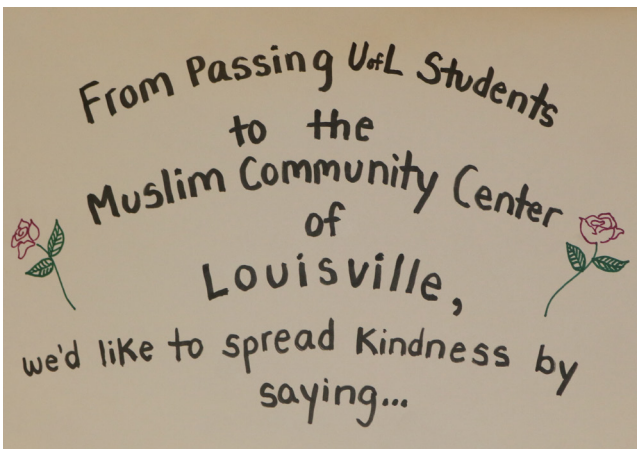
# STUDENT ORGANIZATIONS

## PHOTO REVIEW: HSC EVENTS

### OPEN MIC NIGHT: DIVERSITY SHOWCASE



### FANDOM FIND'EM SCAVENGER HUNT



### EXPLORING FAITHS:

### ISLAM 101





# STUDENT ORGANIZATIONS



## BOOK AND MEDIA SALE POP-UP SHOP



## CREATING YOUR OWN PATH: DIVERSE PROFESSIONALS PANEL



## REDTALKS



# FROM OUR FRIENDS

## EVENTS

### EcoReps Lunch & Learn Workshop November 17 • 12:00 PM • Ekstrom W210

Join us for our monthly EcoReps Lunch & Learn workshop featuring a free vegetarian lunch and locals making a difference in sustainability! On 11/17, we'll hear from:



1. Tonya Summerlin from Bellarmine's

Food Recovery Network on the work they are doing to get uneaten food onto the plates of Louisville's needy.

2. Patrick Hohman, the founder and instructor at Bellarmine University's Condominium & Home Owner Association Study Project. He's been the volunteer president of his own condo association for more than 25 years. Patrick asks: How do you persuade large chunks of the hard-to-reach residential sector to adopt more sustainable practices?

The Sustainability Council's EcoReps program is designed to move students, faculty & staff beyond talk to action for a more sustainable UofL! We provide basic training & resources, service opportunities, and leadership positions as a point-person & peer-to-peer advocate for sustainability. More info: [uofl.me/UofLecoreps](http://uofl.me/UofLecoreps)

### Leader's Legacy Workshop Series: I Got Your Back

November 16 • 3:00 PM • SAC W309K

The purpose of Leader's Legacy is to offer leadership workshops on various topics for all students interested in enhancing their leadership skills and competencies. Any student interested in completing the entire Legacy program to earn certification is required to attend one of the Orientation sessions. If a student chooses to complete the entire program, she/he will be recognized at the Spring Celebration of Student Leadership and Service and will automatically be honored as a Profile in Leadership. RSVP at <http://tiny.cc/LEGACY2017F>.

### 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.



### Garden Commons Fall Workdays & Workshops

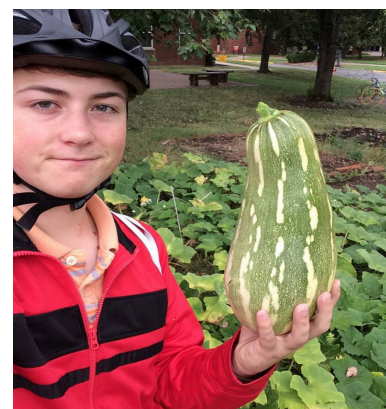
Fridays • 12:00 - 1:00 PM

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! Connect with us at:

[facebook.com/groups/gardencommons](https://facebook.com/groups/gardencommons).



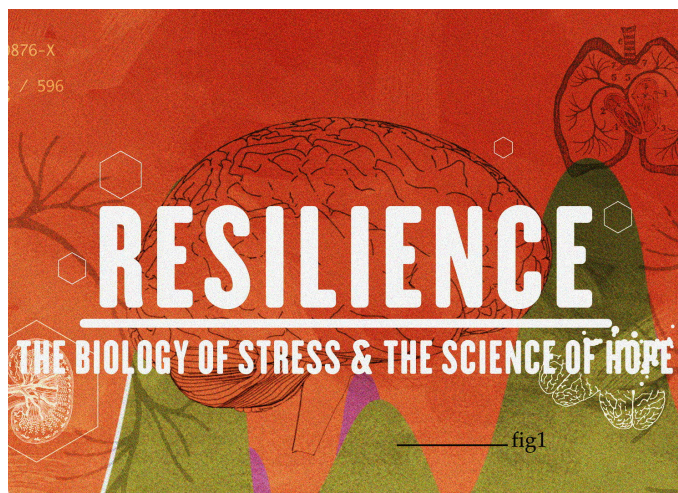
## EVENTS

### The Invisible Wound Project

**November 16 • 6:00 - 9:00 PM**

#### Chao Auditorium

Join The Invisible Wound Project (a non-profit organization governed by UofL students) at an event focused on toxic stress and adverse childhood experiences (ACEs). The IWP is collaborating with BOUNCE Coalition and a number of UofL on-campus supporters to host a film screening of Resilience, along with a panel discussion of field professionals and a non-profit recruiting/networking opportunity. Resilience is a documentary that explains the psychological and biological implications of childhood toxic stress, as well as the prevention and treatment methods of such cases. After the screening, there will be a panel discussion featuring topic experts -- some from UofL -- and the night will end with food and a non-profit connecting session. All are welcome to join! Questions? Please contact Haley Steinmetz at [hmstei01@louisville.edu](mailto:hmstei01@louisville.edu).



### Free MCAT Preparations Seminar

**November 17 • 3:00 - 5:00 PM • Strickler 107**

Interested in Medical School? REACH is offering FREE MCAT review sessions for UofL students only! Review MCAT test taking strategies and get advice from tutors who have scored well! No pre-registration necessary.

11/17: Psychological, Social, and Biological Foundations of Behavior

Contact Rex Mann at [rex.mann@louisville.edu](mailto:rex.mann@louisville.edu) for more information.

### Calm Café on Reading Day

**December 5 • 11:00 AM - 4:00 PM**

#### SAC W309K

Join Health Promotion on Reading Day in their Calm Café for a quiet space to study, free massages, and refreshing drinks and healthy eats! The event is free to all students so come and go as you wish!



### Fall Mindfulness & Meditation

**December 5 • 11:00 AM - 4:00 PM**

#### SAC W309K

Join Health Promotion on Reading Day in their Calm Café for a quiet space to study, free massages, and refreshing drinks and healthy eats! The event is free to all students so come and go as you wish!

**FALL FROM STRESS**

<b>Mindfulness Retreat</b>	<b>Koru Class</b>
Saturday, November 18 11am-3:15pm	4-Week Class Oct. 26- Nov. 16
Speed Art Museum Belknap Campus \$5 enrollment fee, includes lunch	4 Thursdays 3:45-5PM SAC W309K
Silent retreat with no mindfulness practice experience required.	Basic mindfulness workshop to reduce stress & navigate the waves of life.
Details & Registration: <a href="http://uofl.edu/healthpromotion/Services">uofl.edu/healthpromotion/Services</a>	Free Registration for Students: <a href="http://uofl.edu/healthpromotion/Services/mindfulness-meditation">uofl.edu/healthpromotion/Services/mindfulness-meditation</a>



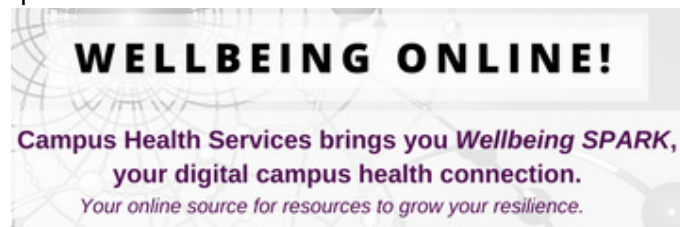
## ANNOUNCEMENTS

### 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](mailto:jessica.jackey@louisville.edu) or at 502-852-0838.

### 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](mailto:crm115@louisville.edu) with questions.



### Give Some PEACC Holiday Drive Collecting until December 4

PEACC is hosting a holiday drive for the local shelters. Boxes are around campus for donations. Items needed include: Basic toiletries, school supplies, wipes, dry food and non perishable goods, laundry supplies, toys, bath and beauty products, etc. Find Donation boxes located in the SAC, Cultural Center, the Intersection, and all residence halls.

### 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 Uritas 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/UofLFreeStore>.

To volunteer, contact: Erin Kurtz at

[erin.kurtz@louisville.edu](mailto:erin.kurtz@louisville.edu) or at 502-298-667.

### Winter Coat and Blanket Drive

**Collecting until December 1**

**Drop off at the Red Barn**

Clean out your closets and donate to the local community for the upcoming winter months. New and gently used men's, women's and children's coats as well as blankets are being collected. For more information on the non profit, Acts of Kindness, contact Jeff O'Neil at [actsofkindness62@gmail.com](mailto:actsofkindness62@gmail.com) or 502.356.4754.



## Join UofL's Quizbowl Team!

The U of L Quiz Bowl team competes in various academic competitions throughout the state and country. The format is similar to standard academic team competitions and involves questions covering a range of academic disciplines and subjects. The team competes both in traditional academic competitions and pop culture tournaments, in addition to hosting several high school competitions each year. If you are interested, please contact Matt Church at [matt.church@louisville.edu](mailto:matt.church@louisville.edu) for more information.

## 16th Annual Study Abroad Program in Panama

**Application due by December 1, 2017**

**Trip occurs May 2 - 26, 2018**

We are now accepting applications for the 2018 Study Abroad Program in Panama, co-sponsored by LALS and the Department of Communication. Only 20 students will be accepted! Applications and information is available on the LALS Webpage. First payment is not due until February 2018. All 2018 Panama Scholars will receive the Panama Scholar Award.



## 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!



# 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](mailto:gjhowe01@louisville.edu). George can also be reached by phone at (502) 852-7467.

## Earn a chance at one of two \$500 scholarships

**Last opportunity is December 12**

First time freshmen and transfer students in their first two semesters at UofL are eligible to earn a guaranteed reward and chance at one of two \$500 scholarships through the CARDS Success Series.

1. Choose designated CARDS Events of interest to you. The event list is regularly updated on the UofL New CARDS app and FYI website.
2. Attend 10 fall events to earn a guaranteed reward and 15 for your chance in the scholarship drawing.

More information at [louisville.edu/firstyear/cards](http://louisville.edu/firstyear/cards).



**GUARANTEED  
reward  
+ a chance at  
\$500!**

## \$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>.