



THE CURRENT

University of Louisville Honors Program Newsletter

Honors Calendar At-A-Glance:

November 19	HSConversation
November 20	Yule Ball Ticket Pre-Sale
November 20	White Squirrel Release Party
November 21	YULE BALL
November 24	Last Lecture: Dr. Jennifer Gregg
December 4	HVP Meeting

**Make sure to read through this entire newsletter for other important dates and deadlines.*

Topics found in this issue of *The Current*:

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**The pictures found in this issue of The Current feature some of the decorations that will be seen at the upcoming Yule Ball on November 21st.*

FEATURE ARTICLE

Faculty Focus: Dr. Jennifer Gregg

For each issue of *The Current*, we ask readers who they would like to see featured in a Faculty Focus spotlight. For this issue, Dr. Jennifer Gregg was chosen by Honors students, because of her longstanding support of the University Honors Program, the high number of Honors seminars and freshman 101 courses she has taught, and, finally, because we recently learned she would be departing the university to take a new position in Massachusetts this upcoming spring. Dr. Gregg is a Professor of Communication, and has taught many fascinating Honors seminars, including “Science Literacy & Popular Culture.” Dr. Gregg was gracious enough to answer questions about her experience with Honors in *The Current’s* Faculty Focus:

1. What have you enjoyed most about teaching in Honors?

I enjoy the creativity of honors, not only in the courses I get to lead, but in the students I work with. I typically have an idea of how a course is going to go, but once I start meeting with students it can take unexpected (and fun!) new paths. For example, the first semester I led “Science in the Media” I had prepared a very brief discussion of prosocial mediated communication (think Sesame Street). The students were so interested in the research that we ended up spending two full days talking about prosocial media. I love being able to tailor a course to meet students interests. Honors allows me to do that through the flexibility of the seminars. I also really enjoy having a student in Hon101 and again three or four years later in a seminar. It’s so rewarding to see students as they grow and develop in their academic lives. It makes me appreciate what an awesome job I have--I get to see students figure out where they want to be. Maybe I even get to help a bit as they’re on the way!

2. What has been your favorite teaching moment at UofL?

Wow. This is really hard! I don’t think I can come up with a specific teaching moment, but one thing that comes to mind is an email I had from a graduate who had been in the workforce for a couple years. I teach research methods for the Communication Department. It’s a required course and is often dreaded by students because it involves calculating and interpreting statistics. This student sent me an email to say that of all his courses, research methods was the one he used all the time. He thanked me for helping him feel comfortable dealing with data. I loved hearing that this course, the one students hate, was the one he relied on the most. (And inside I was saying “I told you so!”). Another thing I love is going to Commencement. I try to go every semester, and I absolutely love when students introduce me to their families and talk about the classes we’ve had together, or the research projects we’ve worked on, or the events we’ve attended. It makes some of the not-so-fun tasks (like grading papers!) worth it when I see the pride on the families’ faces that their student has achieved his or her educational goals.



Dr. Gregg with some of her students from her “Science Literacy and Pop Culture” Honors seminar.

3. What advice—other than that you’ll be sharing with everyone at your Last Lecture (no spoilers please!)—would you give to UofL students?

Really get involved in your university community. I’m sure students hear this all the time, but these four years will go by so fast, and they are unlike any other time in your life. Make the most of it! I always tell my Hon101 students that yes, the academics are important, but so are the social aspects of college. Get involved in extracurricular activities (like Honors Student Council!); participate in service learning activities; check out the RSO’s available on campus; go on Study Abroad. I really do mean “university community.” Become part of it!

4. What will you miss most about the city of Louisville?

There are so many things I will miss about Louisville! First, I have such great friends here, both inside and outside the university. (I’ve been in the same book group for 10+ years!) It’s really hard to think about leaving my social ties. In fact, I refuse to think about leaving them...the ties will just change (it’s all about networks you know! wink... wink...) but they won’t go away. I will also miss the convenience of Louisville. You can get anywhere in under 30 minutes; parking is incredibly cheap; we have amazing restaurants, and we have great live music and theater. This city really is a hidden gem.

5. What hashtags should Honors Student Council be using when promoting and live-tweeting your Last Lecture?

This is terrifying! Live tweeting? I might pass out just thinking about it.

#Honorslastlecture

#allaboutnetworks

#networks101



Dr. Gregg’s Honors 101 class from Fall 2012 (throwback!)

In her farewell tour, Dr. Jennifer Gregg will be offering a lecture entitled “All About That Base: Network Base, That Is.” Come out and learn how to establish connections that will help you in your future career. The lecture will be on **Monday, November 24** at 5:30 in the Chao Auditorium.

Interested in seeing a faculty member featured in *The Current*? Send your nomination, including why you would like to see this faculty member featured, to luke.buckman@louisville.edu.

Climbing the Summit: From Chile to Colorado

Jerome Soldo & Nick Lynch

In early November, the Honors Program took four students to present competitively selected posters at the annual meeting of the National Collegiate Honors Council in Denver. The students and their poster topics were:

Nick Lynch and **Jerome Soldo** presented “Chilean Society and Healthcare: An Overview” and have graciously written a feature article in this week’s issue of *The Current*.

Heather Stewart presented “German Expressionism: The Art of Escape.”

Esther Zusstone presented “Efficacy of Stretched Membrane Immunoaffinity Capture of Circulating Tumor Cells (CTCs).”

To find out more about the Honors conference experience and ways in which students can present their work at these conferences, please read Nick and Jerome’s article.

In January 2014, we returned to UofL from a life-changing semester of studying abroad in Chile. After months of studying Spanish language, backpacking through the Patagonian wilderness, and researching the Chilean healthcare system, we were eager to re-involve ourselves in the Honors program and to share what we had learned. We responded to a call in *The Current* for research project proposals for the upcoming Kentucky Honors Roundtable at Morehead State University, and shortly after we were creating a 15-minute PowerPoint presentation detailing our ideas about Chile’s healthcare system as a confluence of socio-historical factors. Our presentation was the first step in an exciting series of opportunities that carried us to Savannah, Georgia, in March and then to Denver, Colorado, in November to present at the regional and national levels alongside Honors students from all across the country. We never imagined that taking advantage of this opportunity was going to be so rewarding with respect to our personal and professional development.

As a conference presenter, one gains a wealth of experience insynthesizing relevant research, speaking in a public setting, and answering hard-hitting, on-the-spot questions from both students and professors. As we progress to graduate school interviews and future careers in healthcare, these skills will undoubtedly be useful. Furthermore, attending these conferences has been helpful because we have had the opportunity to learn from the research being conducted by our fellow presenters, as well as gain different avenues for networking. Besides individual research projects, the national conference in Denver also included many presentations about Honors curriculum and campus programming; as such, attending these sessions gave us interesting ideas for improving our own Honors program and fostered an increased sense of Honors community within and between different universities.



The presenters from UofL at NCHC were very proud of their hard work.



Esther Zusstone presents her poster to a curious passerby.

Climbing the Summit: From Chile to Colorado

Jerome Soldo & Nick Lynch

In addition to the academic and professional experience that we have outlined, we encourage our fellow Honors students to apply for these conferences because, quite frankly, they are a lot of fun! Conferences provide the chance to meet new and interesting people from both our own university and many others, including students and advisors. Not to mention, it is always exciting to travel to new places, fly on airplanes, and stay in hotels. In Savannah, we enjoyed the interesting downtown music scene, went shopping, ate soul-warming southern-style meals, and took a scenic riverboat cruise to an old Civil War fort. In Denver, we explored the buzzing downtown district with its bizarre monuments, ate at several incredible local restaurants, perused old bookshops, reunited with UofL alumni, met the first blind man to ever climb Mount Everest, and then ate even more. Oh, and did we mention that these conference trips were fully sponsored by the Honors Program?

With that being said, we encourage everybody to consider presenting their work at Honors conferences, whether that be research that you have completed or class papers that you have written. Research comes in all types and flavors – some of which are quite unlike what many consider “traditional research” – and almost any work or idea can be expanded and developed into a potential conference presentation.

We are already looking forward to future conferences and we hope our fellow Honors students will consider applying for these exciting opportunities!

Editor's Note:

Watch this space in *The Current* for upcoming calls for proposals from the following conferences! To present at NCHC, like Nick & Jerome did, students should plan to present at the state level to prepare first. Upcoming conference opportunities include:

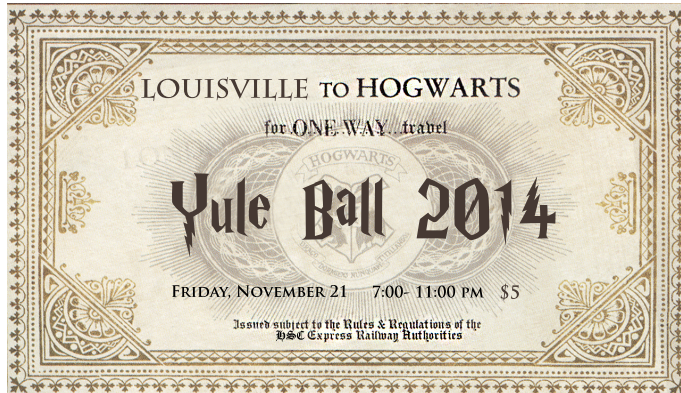
- Kentucky Honors Roundtable (KHR), hosted by Kentucky State University in Feb. 2015
- Southern Regional Honors Council (SRHC), held in Greenville, SC in March 2015
- National Collegiate Honors Council (NCHC), held in Chicago, IL in Nov. 2015



Nick and Jerome present their project at NCHC.

HONORS EVENTS

Yule Ball Ticket Pre-Sale



ATTENTION: YULE BALL TICKETS ARE NOW ON SALE! Each ticket is \$5 (\$5.25 if you pay with card) and the proceeds will benefit Honors Student Council's charity partner for the year: Camp Quality Kentuckiana. Tickets will be available for purchase in the lower level of the SAC on **Tuesday, November 18**, and **Thursday November 20** from 12:00-2:00 PM. Early purchase will also include a few chocolate Galleon coins!

White Squirrel Release Party

The White Squirrel Literary and Arts Magazine proudly presents the Fall 2014 edition featuring art by Jeremy Burch. Luke Parker, Jackson Taylor, Peter Sherman, Taylor Beiser, Griffin DiMaio, Colin Beach, Luke Seward and Alison Underwood, poetry by Fiona Grant, Lauren Whitcomb, Lauren Oliver, Carroll Grossman, Madeleine Loney and Destiny Nowlin, and prose by Hayley Stevenson, Nathan Douglas and Jared Colston. Celebrate the release of Volume XI with us on **Thursday, November 20th at 7:00 pm** in the Honors Overseers House. The event will feature readings and art exhibitions from recent contributors, as well as an open mic. Copies of the magazine will be on sale for \$5 each (we now accept all major cards!), and will be subsequently available in the Etscorn Honors Center and Carmichael's Bookstores.



HONORS STUDENT COUNCIL PRESENTS



Yule Ball

FOR UNIVERSITY OF LOUISVILLE STUDENTS
AND THEIR GUESTS

FRIDAY, NOVEMBER 21

IN THE RED BARN

7:00 TO 11:00 PM

ALTHOUGH DRESS ROBES WOULD BE FUN,
THEY ARE NOT REQUIRED

ADMISSION: \$5

PROCEEDS BENEFITTING
CAMP QUALITY KENTUCKIANA

FEATURING

DJ PERSH

*UNIVERSITY OF LOUISVILLE STUDENTS MUST SHOW THEIR STUDENT IDs;
EACH STUDENT MAY BRING UP TO 2 GUESTS FROM OUTSIDE THE
UNIVERSITY OF LOUISVILLE.



HONORS NEWS

Honors Advising

Congratulations, Honors students, on the completion of another successful priority registration period! We had a couple of days of busy walk-in advising, and we appreciated everyone's patience with the process as we worked hard to address your questions and concerns. Big thanks are in order as well to the Honors Advising Team as well as the Honors front desk and support staff for all of your diligence, excellent communication, and positive attitudes during a very busy time of year!

As of this week, we have embarked on the Honors class waitlist updating process. **Please remember that Honors waitlists are different from the automated system for non-Honors courses that you can monitor on ULink and the Online Schedule of Classes.** Here are some reminders about the Honors waitlist process and registering for Honors classes that may help if you receive an e-mail notice between now and January 13 (last day to drop/add for Spring 2015):

- **Honors class lists are maintained internally by Honors Program staff**, and we will be notifying you via your UofL e-mail accounts over the course of the next several weeks if you were waitlisted for an Honors course and you have now been granted permission to add the course.
- **Please note that these e-mail notices are time-sensitive** (they will include an expiration date for your permission to add the course on ULink), so if you are currently waitlisted for an Honors course, please keep a close watch on your UofL e-mail account between now and January 13 for any potential updates to your status.
- If you receive one of these e-mail notices, it means that we have granted you permission to enroll in the course on the system, but it's still up to you to use this permission through the registration process on ULink. Please note that this permission is only good until the deadline included in the e-mail notice from Honors.
- Finally, please remember that permission to enroll in Honors courses is specific to that particular section of the course. Please ensure that, if you receive permission to register for an Honors course, that you are attempting to add the correct section of that course on ULink.

As you make adjustments to your Spring 2015 schedule over the next few weeks, please rest assured that you are welcome to contact your Honors advisor with any questions or concerns that you may have regarding this process. If you would like to make an Honors advising appointment, please feel free to call the front desk of the Etscorn Honors Center at 502-852-6293 for assistance.



**KEEP
CALM
AND
WATCH
YOUR
E-MAIL**

Provost's Awards for Exemplary Advising

If you feel that your Honors, Departmental, or any other advisor that you have worked with would be a good candidate for this year's exemplary advising award, please consider nominating! Information on the award and the nomination process can be found at <https://louisville.edu/advising/awards/>

There will be two categories for nominations:

- Full-Time Faculty Member, whose primary advising responsibility is advising undergraduate students
- Full-Time Professional Staff Academic Advisor, whose current and primary job responsibilities must be assigned to the academic advisement of undergraduate students AND who hold the University of Louisville Master Advisor Certificate (MAC).

*Past recipients of the award may be nominated, but they will not be considered for selection if they have received the award in the past five years.



Previous Honors Advisors Dr. John Richardson and Tony Robinson were presented with the Provost Award this past year.

2014-2015 Nomination Procedure & Letters of Support

- All nominations must include a letter of support from the nominator and 3-5 additional letters of support from faculty, staff, or students.
 - The nomination/support letter form must be completed online.
 - The deadline for submitting the nomination/support letter form is **Friday, November 21, 2014**.
 - Three to five online nomination/letters of support must be submitted by **Friday, November 21, 2014**.
- The online letters of support should provide clear examples of the nominee's exemplary performance. The letters of support should be from faculty, staff and students (letters from students are strongly encouraged).

NOTE: It is the responsibility of the nominator to solicit 3-5 letters of support and ensure they are submitted by the deadline published.

Recognition

The names of the award recipients will be announced during the spring semester. These individuals will receive a paid trip to the 2015 National Academic Advising Association (NACADA) annual meeting. In addition, a gift to recognize the nominees and the award recipients will be presented at a reception held by Provost Willihnganz to honor the award recipients. The reception is being planned for April 2015. Specific details will be posted as they become available.

Honors Peer Advisor Positions



The lovely Katherine Rucker wants you to apply to be an Honors Peer Advisor!

Additionally, if you are planning a summer travel abroad experience, you will want to check with Honors to determine if potential conflicts will prevent you from participating as a peer advisor. Applications are due at 4:00 PM on **January 16, 2015**. In order to apply you must have completed at least 30 hours (by the end of the spring 2015 semester) and have a 3.35 or higher cumulative GPA. To apply, please visit <http://louisville.edu/honors/Enrichment-opportunities/honors-peer-advising-1>

Are you interested in working for Honors next summer as an orientation peer advisor? Do you want to help mentor next year's incoming freshmen class and help them create an academic plan for fall 2015? Peer advisors will be trained to help next year's incoming Honors freshmen class as they develop an academic plan and schedule courses during summer orientation. This is an outstanding opportunity for Honors students to learn more about the University, discuss their experiences in the University Honors Program with interested new students and parents, and earn some money along the way. Students will be expected to work approximately 15-20 hours each week from mid-May through the end of June 2015. **IMPORTANT NOTE:** Both the Summer Research Opportunity Program (SROP) and Summer Term II classes may conflict with the required work schedule for a Peer Advisor. Please take this into consideration when applying for the Peer Advisor position.

NATIONAL AND INTERNATIONAL SCHOLARSHIPS



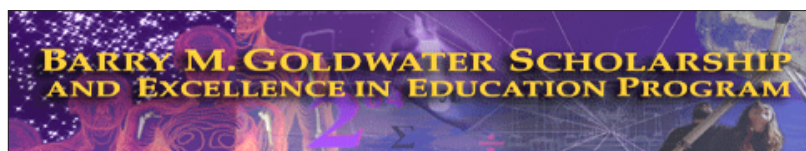
Attention all undergrads! [All disciplines, all levels]

Fulbright Canada's Killam Fellowships Program allows undergraduate students from the United States to participate in a program of binational residential exchange. Killam Fellows spend either one semester or a full academic year as an exchange student in Canada.

Application deadline: **February 2nd, 2015**

For more information see: www.killamfellowships.com

Students interested in any of the scholarships above should make an appointment with to meet with Dr. Condon. To do so, contact Heather Turner at 852-1515 or heather.turner@louisville.edu.



Calling All Sophomore and Junior STEM Students!

Consider the **Barry M. Goldwater Scholarship**

[For Research-focused students in the STEM disciplines]

The Barry M. Goldwater Scholarship funds the undergraduate study of college students who intend to pursue careers as high-level scientists, researchers, mathematicians, and engineers. This prestigious award opens many doors for its winners. Sophomores and juniors with an established record or research in their field and a high GPA should consider applying.

For more information see: <http://www.act.org/goldwater/index.html>

National deadline: **January 23, 2015.**



Attention ALL Undergraduates! [All Disciplines/All Levels]

The **Boren Undergraduate Scholarship** provides up to \$20,000 to U.S. undergraduate students to study abroad in areas of the world that are critical to U.S. interests and underrepresented in study abroad. Boren Scholars represent a variety of academic backgrounds—from Global Health, to Economics, to STEM disciplines—but all are interested in studying less commonly taught languages and building regional expertise in parts of the world of U.S. national security interest.

For more information see: http://www.borenawards.org/boren_scholarship

National Deadline: **February 4th, 2015**



Attention Juniors Committed to Careers in Public Service!

This **Harry S. Truman Scholarship** provides leadership training, a professional internship in Washington D.C. and \$30,000 toward graduate study to college juniors interested in careers in government, education, the nonprofit sector, or the public interest/advocacy sector. Public service includes government, uniformed services, public interest organizations, non-governmental research or educational organizations, public and private schools and other public service –oriented non-profit organizations.

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

National Deadline: **February 3rd, 2015**



Seeking Environmentally-Minded Sophomores and Juniors!

The **Udall Foundation** is looking for sophomores and juniors who demonstrate a strong record of leadership, public service, and a commitment to a career in environmental studies and policy. The Udall Scholarship provides winners with up to \$5,000 and unlimited networking possibilities with former Udall Scholars in your future career field.

No matter your major, as long as you can demonstrate a commitment to the environment, you are eligible to apply!

For more information: <http://udall.gov/OurPrograms/Scholarship/Scholarship.aspx>

National Deadline: **March 4th, 2015**

These scholarships were advertised and fully described in the last edition of *The Current*, and their deadlines are fast approaching. If you are interested in applying for either, set up an appointment to meet with Dr. Condon **TODAY!**

If you are interested in applying for any of these scholarships, please contact Heather Turner to set up a meeting with Dr. Condon. You can reach Heather at heather.turner@louisville.edu or at 502.852.1515.



HONORS STUDENT COUNCIL

Last Lecture: Dr. Jennifer Gregg

All About that Base

In her farewell tour, Dr. Jennifer Gregg will be offering a lecture entitled “All About That Base: Network Base, That Is.” Come out and learn how to establish connections that will help you in your future career. The lecture will be on **Monday, November 24** at 5:30 in the Chao Auditorium.



Honors Volunteer Program

Don't forget: HVP Community Meeting, (LAST OF THE SEMESTER!) on **Thursday, December 4th** at 12:15 in the Etscorn Classroom, we'll be having a cookie decoration contest, talking about some events coming up, and kicking off the holiday season the right way! Hope to see you all there, and keep an eye out for HVP photos on the Honors Student Council Facebook in the next couple of days.



Thanks so much for everyone who helped out in our last Honors Volunteer Event, the tree planting with Louisville Grows!

HSConversation

Join Honors Student Council for an open forum discussion on **Wednesday November 19** at 6:00 in the Threlkeld Lobby. Come out to hear from the Council members about upcoming events and provide feedback to both Council members and representatives from the Honors Program about your student experience. This is an opportunity to share your ideas with Honors and Honors Student Council, and let us know how we're doing. Food will be provided!

HONORS STUDENT COUNCIL- THANK YOU

“Writing The Dirty Version” Lecture



Dr. Mickey Hess gave a fantastic lecture on the recent publication of his biography of rap legend, Ol' Dirty Bastard, co-written with Buddha Monk. Thank you to everyone who came out to this wonderful event!

Leadership and Team Building Event



Thank you to everyone who helped with HSC's Leadership and Team Building event! Lots of people came out to build their leadership skills and hang out with other honors students.

FROM OUR FRIENDS

REACH Events

LSAT Review Sessions

The Learning Resource Center in Strickler Hall, Room 107, is offering FREE LSAT review sessions for UofL students only! Review LSAT test taking strategies in a series of sessions. Get advice and a head start with tutors who have scored well in the past.

5:30– 7:30 PM, Strickler 111

Wednesday, November 19: Reading Comprehension & Analytical Reasoning

Preparing For Finals

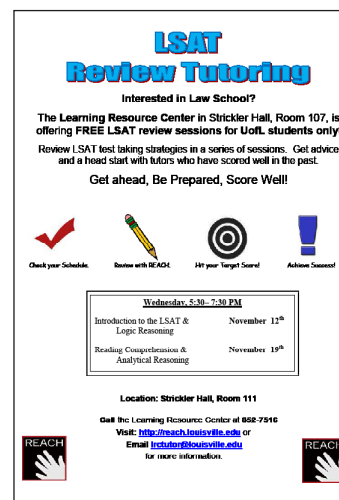
Managing your time near the end of the semester can be tough. Learn tips and tricks to make managing your time and studying for finals easier. 50 minutes. Free. Located in Strickler 111 on **November 21** at 11 a.m., 12, p.m., and 1 p.m.

Kick-Off To Finals Blitz

It's your last chance to boost your grades—have some fun in the process! Join REACH, University Libraries, FYI, and many other campus organizations for free food, test-review sessions, and a host of other fun events to get you ready for finals.

December 2, 10:30 a.m. - 2 p.m. in Strickler Lobby

December 2, 4-6 p.m. in Ekstrom Library



LSAT Review Tutoring
Interested in Law School?
The Learning Resource Center in Strickler Hall, Room 107, is offering FREE LSAT review sessions for UofL students only! Review LSAT test taking strategies in a series of sessions. Get advice and a head start with tutors who have scored well in the past.
Get ahead, Be Prepared, Score Well!

Check your Schedule: Done with REACH: Hit your Target Score! Achieve Success!

Wednesday, 5:30 - 7:30 PM	
Introduction to the LSAT & Logic Reasoning	November 12 th
Reading Comprehension & Analytical Reasoning	November 19 th

Location: Strickler Hall, Room 111
Call the Learning Resource Center at 602-7916
Visit: <http://reach.lrc.uofl.edu> or
Email: lrc@uofl.edu
for more information.

Stepping Out For Safe Water

The Engage Lead Serve Board (ELSB), Student Activities Board (SAB), along with Student Athletes Taking Action (SATA) are proud to present Stepping Out for Safe Water, on **Wednesday November 19th** at 6 p.m. in the Red Barn. Every year millions of people are affected by unsafe water- find out what University of Louisville students, faculty, and community members are doing to help while enjoying a FREE, locally-sourced dinner.

Make sure to bring your used shoes of ANY condition to donate to WaterStep of Louisville!



Doctor of Dental Medicine (DMD) Program Information Sessions

The DMD program offers monthly information sessions for students who are interested in our DMD Program for dentistry. The ULSD Dental School has been newly renovated, and for our DMD Program, they admit 120 students each year of which 76 spaces are for non-residents. Students interested in attending one of these sessions can view our website for upcoming dates: <http://louisville.edu/dental/students/future-students>

First Year Initiatives

Book-in-Common Essay Contest

Attention students: the deadline to submit an entry to the BinC Critical Thinking Essay Contest is this coming **Wednesday, December 3!** One first year student winner will be selected, and given a **\$350 award**. Up to three first year students will be chosen to receive Honorable Mention, and will each be given a \$100 award. One upper-class winner will be selected and be given a \$150 award. All winners will be notified, and the awards given, in the Spring 2015 semester. Each award will be processed through the Financial Aid Office per University of Louisville policy. Go to <http://louisville.edu/firstyear/book-in-common/2014-2015/2013-14-essay-contest.html> to read the essay prompt and get instructions on how to submit. Good luck to all entrants!

Red Barn Scholarship

Could you use a Scholarship for the 2015 Spring semester? If so, please visit <http://louisville.edu/student-activities/facilities/scholarships> for information on requirements and deadlines. Applications are due on or before **Monday, December 1, 2014**, at 5pm.

To be eligible for these scholarships, you must have a completed application and at least two letters of recommendation turned in by **Monday, December 1, 2014**, at 5pm. PLEASE NOTE THAT THE DEADLINE WILL NOT BE EXTENDED AND APPLICATIONS MUST BE TURNED IN BY 5PM AS INDICATED.

There are at least 2 / \$1,700 and 3 / \$500 scholarships to be awarded for the 2015 Spring Semester.

The awards are as follows:

From the Red Barn Torchbearer program you can apply for:

- \$500 Bridgette Pregliasco Torchbearer Scholarships for Adult Learners (BPTB)
- \$500 Dennis C. Golden Torchbearer Scholarship (DCG)
- \$500 Essie Jenkins Torchbearer Scholarship for African-American Students in the College of Arts & Sciences (Essie J.TB)
- From the Florence M. Strickler Red Barn Alumni Association (RBAA) you can apply for:


One of two \$1,700 scholarships (FMSE).

If you need more information, please contact George Howe, director of the Red Barn, by e-mail at gjhowe01@louisville.edu, or by phone at (502)852-7467.

Health Promotions

WANT TO AVOID FEELING MORE STUFFED THAN THE TURKEY ON THANKSGIVING?

Keep these health tips in mind during the holidays to prevent the dreaded food-coma!



- ✦ Be mindful of serving sizes
- ✦ Eat on a smaller plate so you put less on your plate
- ✦ Eat more vegetables than meat and starch
- ✦ Limit vegetables smothered in cheese and butter
- ✦ A little bit of gravy goes a long way
- ✦ Challenge yourself to have only one serving of dessert
- ✦ Go for a walk before and after dinner

For more tips on making healthy food choices over the holidays book an appointment with a Nutrition Navigator at: louisville.edu/healthpromotion

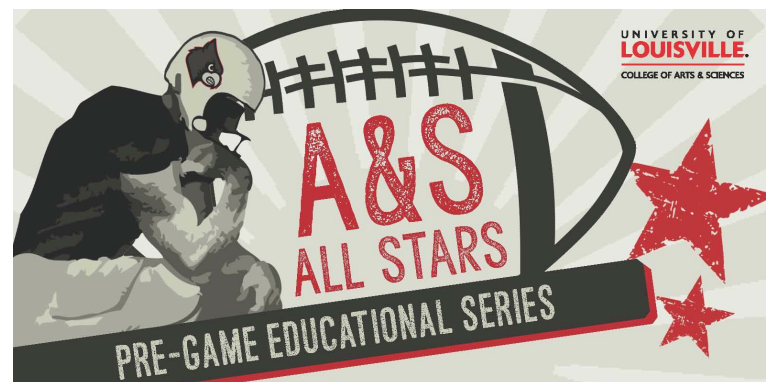


HEALTH PROMOTION
Learn More. Live Well.

P: 502.852.5429 Between the SAC & Houchens
louisville.edu/healthpromotion
@HealthyCards UofL Health Promotion

A&S All Stars Pre-Game Educational Series

Start off home football games the right way! Every Saturday home football game starting this fall, some of the best and brightest A&S faculty and alumni will give interesting lectures and discussions before the crazy tailgates begin. The lectures will be inspired by athletic and university themes, some of which include “Game Theory: The Politics of Race and Sport” by Ricky Jones, and “The Evolution of Goodness: Why Are Animals and Humans Ever Nice?” by Professor Lee Dugatkin. The next lecture will be **Saturday November 29** in the Planetarium on campus, with the discussion “Game Theory: The Politics of Race and Sports”. See you on game day!



Dr. Who Christmas

Enjoy a Dr. Who Christmas!

Dec, 6, 9 p.m., Gheens Science Hall and Rauch Planetarium

Free for UofL staff, faculty and students

UofL Dr. Who fans can kick off the holiday season with a British invasion at the planetarium. The Dr. Who Christmas Specials “The Christmas Invasion,” “The Runaway Bride” and “Voyage of the Damned” are the evening’s show lineup. Open to UofL staff, faculty and students. Doors open at 8:45 p.m. No advance reservations.

Additional Information: check out planet@louisville.edu, or call 852-6665.

“Freedom Days” Performance

Freedom Days dramatizes a series of events that marked (and marred) the Civil Rights Movement fifty years ago. Vivid moments of this historic period of struggle, loss, and triumph too are being staged with spirituals and civil rights songs of the period performed under the music direction of Ron Jones. Russell Vandembroucke has written a new prologue, epilogue, and directs the performances at the Thrust Theatre **Nov. 19-23**, evenings at 8 and a matinee Nov. 23.

Freedom Days and its infectious songs transport the audience to the New Orleans home of Ruby Bridges, the fearless six-year-old who first integrated elementary schools in the South. It resurrects the determined march of a postman determined to deliver the message “Freedom or Bust” to Mississippi’s governor. And it conjures up the seemingly meek wife of a rabid racist who stew in jail years after his heinous act because of his wife’s bravery. The heroes of Freedom Days are common folk: the men and white, whites and blacks, who resisted segregation, registered disenfranchised folk to vote, and resolutely shifted the status quo through the strength of their will and convictions.

Produced by the Theatre Arts Department with additional sponsorship by the Department of Communication, Freedom Days is also part of “Project Progress,” a five-year series celebrating the Civil Rights Movement and exploring the aftermath of the “heroic period” from the Montgomery bus boycotts of 1963 through the assassination of Martin Luther King Jr. in 1968. The Department of Pan-African Studies and the Office of the Vice Provost for Diversity and International Affairs sponsor “Project Progress.” For further information, contact the box office at 502-852-6814.