

Quick Calendar

3/21	HSC Dip Off
3/22	HVP Documentary Viewing
3/23	NCHC Application Deadline
3/24	Raising Cane's Percentage Night
3/25	The White Squirrel Deadline
3/29	Priority Registration

*More important dates and deadlines are listed throughout this newsletter. Please read carefully.

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March 9, 2016 / Vol. 15, Issue 13

ETSCORN SCHOLARSHIP APPLICATIONS

Applications for academic scholarships with a value of up to \$5,000 for the 2016-2017 academic year are now available. Out-of-state students are eligible to apply. The application and its criteria, along with instructions, may be accessed through the Scholarships page on our website: http://bit.ly/1Y1INnP These scholarships are funded through generous donations by the Etscorn Foundation. Completed online applications, including all letters of recommendation, are due by *Friday, April 15*, 2016 by 4:00 PM.

Eligibility

To be eligible for this scholarship, a student must:

- have completed 24 credit hours at UofL
- be enrolled full-time or part-time at UofL be planning to enroll full-time for at least Fall semester of the 2016-2017 academic year
- be pursuing his/her first undergraduate degree
- have a minimum cumulative GPA of 3.35 (including UofL courses, transfer work, and repeat grades)
- not hold another full-tuition scholarship

Requirements

Scholarship awards will be based on the strength of the student's:

- Transcript
- Personal Statement*
- Honors Curricular and Extracurricular Record
- Two Letters of Recommendation

*More information about the personal statement is available on the Honors website through the link above.

APPLY FOR HONORS STUDENT COUNCIL

Honors Student Council is now accepting applications for 2016-2017 executive board positions! If you are interested in getting involved in the Honors student community and developing leadership skills, this is an outstanding opportunity. You can nominate yourself for either an elected or appointed position (see below for a full list). Council members develop events and projects focused on enriching the overall Honors student experience. If you are interested in pursuing a position on HSC, the deadline to submit your application is Monday, March 21 at Noon. Applications are available under the Honors Student Council web-page (http://bit.ly/1OZXLCx). If you are applying for a position, please review the HSC Constitution, also available on the listed website.

Have questions? Contact the President of Honors Student Council, Secretary Emily Benken (eebenk01@louisville. edu).



Elected positions include:

President

Executive Vice President

Treasurer

Vice President for Academics

Vice President for Diversity & Inclusion

Vice President for Service

Vice President for Social Events

Vice President for Special Events

Appointed positions include:

Academic Chair

Diversity & Inclusion Chair

Graphic Designer

Service Chair

Social Chair

Special Events Chair

Honors News

KHR: BRINGING HONORS TOGETHER

This past weekend, February 26 & 27, the University of Louisville Honors Program hosted the Kentucky Honors Roundtable Conference (KHR) in the University Club and Ekstrom Library. Over 120 students, faculty, and staff from Honors programs accross the state joined us for two days filled with social opportunities and phenomenal presentations. Friday night's trivia event gave students the chance to meet other Kentucky Honors Students before the jam-packed day of presentations Saturday. All of the presentations were well done and covered diverse, interesting topics. Thank you to all of the participants for their great contributions!

Our Honors team worked hard to coordinate this conference, and we would like to thank everyone for representing

our program so well:
Dr. Joy Hart
Kirsten Armstrong
Luke Buckman
Sarah Springer
Katherine Rucker
Sarah Exner
Olivia Sailor
Pam Drake
Alex O'Keefe
Katherine Armstrong
Emily Benken
Jazmen Conner
Adaline Heitz

Mariah Moore









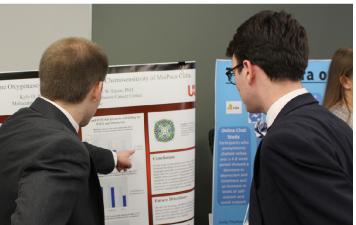
KHR: BRINGING HONORS TOGETHER - PHOTOS













Page 3: (Top):Team playing trivia Friday night. (Middle): Left, KHR cookies from Nord's Bakery. Right, Trivia group discussing possible answers. (Bottom): A table of UofL students at the dinner Friday night.

Page 4: (Top): Left, Jamitra Fulleord presenting. Middle, Mariana Juarez presenting. Right, Danyal Bhutto presenting. (Middle): Left, Alice Darling presenting. Right Kyle Bilyeu listening to a question about his research. (Bottom): A group of UofL participants on Saturday.

NCHC PROPOSAL DEADLINE EXTENDED!

The internal deadline to submit a proposal for the upcom- NCHC is seeking student proposals in the following ing National Collegiate Honors Council (NCHC) is March areas: 23, 2016. This year's conference will take place in Seattle, WA from October 12-16, 2016. To submit a proposal, you must be presenting at or have presented at either the Kentucky Honors Roundtable (KHR) or the Southern Regional Honors Council (SRHC) during this current academic year. The national conference is an outstanding opportunity to present your research, ideas, or work as part of a student group in front of a national audience of honors faculty & staff members, as well as your peers at other honors programs and colleges.

If you'd like to submit a conference proposal for one of the categories listed to the right, please follow the guidelines available on the NCHC website and send your proposal to Kirsten Armstrong (kirsten.armstrong@louisville.edu). Kirsten will review and provide any feedback. To review proposal guidelines, please visit http://nchchonors.org/annual-conference/proposal-guidelines/. For more general information on the conference, please check the conference website or consult your academic advisor.

- Idea Exchange
- Roundtable Discussions
- Student Poster Sessions
- Student Interdisciplinary Research Panels
- Forum on Diversity Issues
- Master Classes

To find out more about any of these areas, you are strongly encouraged to visit the NCHC website and click on the "conference" tab: http://nchchonors.org/

Proposal Deadline:

March 23 sent to kirsten.armstrong@louisville.edu

Conference Dates:

October 12-16 Location:

Seattle, WA



WANT TO LIVE ON CAMPUS NEXT YEAR?

The Honors Program is offering several Living Learning Communities (LLCs) in Kurz Hall, a suite-style residence hall, for the 2016-2017 academic year. Honors students may choose from two options for next year:

The 2nd-Year Science LLC

This LLC is for students pursuing careers in healthcare, or with majors in Biology, Chemistry, or Bio-Engineering. The course cluster for this LLC includes Honors Organic Chemistry I & II.

The General Honors LLC

This LLC is open to all current Honors students who wish to live in Kurz Hall next year. The Honors LLC does not specify a cluster of Honors courses, but students must enroll in Honors courses to live in Kurz Hall.

For more information on the Honors LLCs and how to apply, please visit: http://louisville.edu/housing/options/llc/honors.

To qualify, you must complete the Honors LLC application and be selected for the Honors LLC by the Honors Pro**gram.** To apply visit: http://louisville.edu/housing/forms/llc-themed-housing/honors-llc-application. Once the application is submitted, an Honors advisor will contact you directly with more information. If you have any questions regarding Campus Housing for Fall 2016 – Spring 2017, contact Campus Housing via email at oncampus@louisville.edu or by calling (502)-854-9011 or (502)-852-6636.

STAY CONNECTED WITH HONORS!

You don't have to wait for the next issue of The Current to keep up with Honors. Follow us on Facebook, Twitter, or Instagram for regular updates. Announcements, event information, photos, and more! Don't miss anything by following our social media!





Like Us! facebook.com/ LouisvilleHonors



Tag Us! @UL Honors



National and International Scholarship Opportunities

GOODBYE & GOOD LUCK, HEATHER!

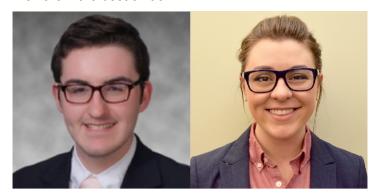


Saying goodbye is never easy, and it's even harder when it's to one of our phenomenal staff! Heather Turner has accepted a job at the Delphi Center on campus, and we couldn't be more excited for her. We would like to thank Heather for all of her hard work, and wish her the best of luck in her new position!

Heather wanted to say the following before leaving: "I have valued my time working with Honors and the Office of National and International Scholarships for so many reasons, but the thing that I will miss the most is working with such incredible students. Over the past year and a half, you guys have constantly impressed me with your talent, maturity, and motivation. I'm looking forward to keeping track of the Office's continued success while in my new position as an Enrollment Counselor in the Delphi Center. And since I'm staying at UofL, my email will be the same, so please keep in touch!"

HARRY S. TRUMAN SCHOLARHIP FINALISTS

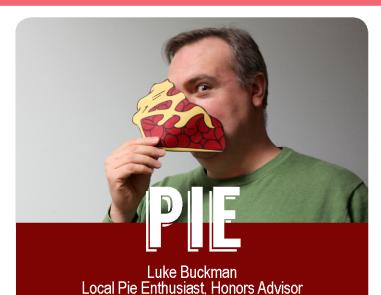
We are very excited to announce that we have TWO students interviewing as Regional Finalists for the 20156Harry S. Truman Scholarship: Juniors Hannah Wilson and Kyle Schroader! This highly competitive federal award recognizes exceptional U.S. College and University juniors who demonstrate academic excellence in combination with a record of leadership and community service. Each Truman Scholar receives up to \$30,000 for graduate study from the Truman Foundation and scholars also receive priority admission and supplemental financial aid at premier graduate institutions. Kyle and Hannah will be interviewing at Vanderbilt University on Tuesday, March 29th. Let's all wish them the best of luck!



Kyle Schroader is a Harlan Scholar and a Cardinal Covenant Scholar and he has dual majors in Political Science and History. Kyle is interested in issues of intimate partner violence and his policy proposal deals with the creation of Safe Places within local businesses that would help victims of abuse escape their abusers. He plans on pursuing a JD at the New York School of Law, where he will specialize in Family, Gender, and Sexuality Law.

Hannah Wilson is a McConnell scholar and has three majors: Political Science, Philosophy, and Women's and Gender Studies. Her areas of interest include LGBTQ rights and women's equality in politics. Building off the work she has done with Kentucky's Fairness Campaign, Hannah's policy proposal focuses on adoption rights of LBGTQ individuals. She hopes to continue her studies at the University of California Berkeley in the joint JD/PhD program.

at Deba



It's no secret that I love food. One of my favorite food discussion topics is "Pie or Cake?" If you've been around me longer than a couple of hours, I likely know your preferred position on this vital question. And, in fairness to Marianna and all defenders of cake, I enjoy a good cake. However, I adore pie. My assigned task is to make you see the world as I do - through pie glasses. So why is pie better? There's a good chance **nothing** I say will sway you to pie side, because you've either already cast your mental (or physical-don't forget the ballot box in Etscorn) vote for one or the other. Nevertheless, here are some things I know and feel about pie.

Why is your chosen dessert better?

I spent an hour or so looking through photos I've taken over the last three years. After photos of my partner, and our animals, there were more photos of pie than anything else. I counted more than 20 photos of pie.

Pie is very photogenic, let me assure you. The camera loves pie. This is some of what I saw:

- pies in variation stages of preparation—from making the dough through rolling it out and then filling it with fruit or pecans or any other filling
- two different versions of pumpkin pie that I made in late November (more on that particular week later)
- tiny homemade peach and blueberry hand pies that were so cute and pretty until I mangled them in my excitement to eat them
- a counter filled with muffin-shaped pies (which I also crushed with my mighty pie-consuming hands!)
- several photos of homemade blueberry and cherry pie
- (my favorite, for those keeping track) and an enormous slab of pie I bought from Fergbaker's in Queenstown, New Zealand



Though it is hard to believe. I have been embroiled in one of the most intellectually challenging debates for the past five years. Yes, the debate is none other than cake versus pie. Though there is a clear winner, Mr. Luke Buckman is delusional in thinking that the winner is pie. I will not demean your intelligence by attempting to spin complex arguments. You see, the truth is, this argument is simple. Cake wins life. Just remember, cake is a baked good. Pie is a baked bad.

Why is your chosen dessert better?

Cake cares and takes your lifestyle into account. It comforts you and offers you a sweet treat after a long day's work. Cakes do not discriminate. They come in all shapes and sizes. Cake is portable and sturdy; it will never fail you. Though it can be delicate and delectable, it can also be heavy and filling. From tortes to pound cake, you can have whatever you like.

According to an unconfirmed and unreleased Pew Research poll, cake is the dessert of choice for the majority of the world. One only has to look to popular culture to see just how influential the stock dessert is. From Rhianna to Joe Jonas, cake has inspired multiple artists to write record breaking and career making hits. Our great city of Louisville is an obvious and avid cake supporter. Around Louisville you have many cake shops, your options are great and wide. Just this past weekend I frequented the Homemade Pie and Ice Cream Kitchen, but low and behold the only place in Louisville seemingly dedicated to pie sold cake. The presence of pie's antithesis at its only stronghold is further proof of cake's superior nature.

How does your dessert handle holidays? Though people generally think of pie when they think of the

The Great Debate

PIE

And that's only a few of them! Pies are extraordinarily versatile with many shapes, sizes, and flavors.

Here are some questions I don't hear too often: When is a good time to eat pie? What's a good day to eat pie? That's because all time is pie time. All days are suitable for pie consumption. Have you ever eaten pie for breakfast? Yes, I thought so. Me too.

How does your dessert handle holidays?

Holidays, as with all other days of the year, are pie-friendly. Here are some examples of pie it's acceptable to eat on holidays:

All Pies

How does your dessert handle special occasions?

By special occasion, I suppose that means "a day on which you eat pie?" But, in case I'm mistaken, and this means weddings, this is what I've observed at weddings. Couples have such disdain for cake that they shove it in each other's mouths. This would never happen with pie. But, if such a thing were to occur, it would not be nearly as messy because pies are perfectly mouth-sized little wedges of bliss.

Still, I admit cake has its place. At weddings and birthdays, but I've also been to numerous parties where pie has been served. These are truly special occasions. If you happen to attend such an event, I urge you to look around and I bet you'll see an extra little gleam in everyone's eyes. Is it because they are celebrating two individuals' love for each other? Or sharing in the happiness of someone's birthday? Maybe, but most likely it's because they know they'll be eating pie very soon.

How has your dessert made an impact on our society?

Both pie and cake have been designated with an annual day of celebration. Most people know when Pi(e) Day is, but just in case, it's 3/14. Cake, too, has its own national day of celebration. In 2015, National Cake Day was on Thursday, November 26th. What did people on National Cake Day? Pumpkin Pie. About fifty million of them. I think this is where I drop the mic and walk away.

Why shouldn't people eat cake?

Eating cake is okay if you're fine with perpetual sadness.

CAKE

holidays, it's only because that is the only time when people remember its existence. Apart from the winter months, pies become scarce and almost non-existent. Some may say that pie is the chosen dessert because it has its own day, but that's only because every day is cake day.

Cake, on the other hand, never abandons you. Every day is a holiday and cake is there to celebrate it with you from the moment you wake up. Cake is like that lifelong best friend that never leaves you and shows up to every accolade and ceremony. You never miss that friend because, though you take her for granted, she is always there.

How does your dessert handle special occasions?

A special occasion cannot be celebrated without a cake. People wait for cakes. Our very own Honors Program routinely orders Nord's cake for the majority of the events they hold throughout the year. Who can say no to the chocolate, strawberry, lemon, or vanilla cake offered by our local bakery?

Can an occasion be deemed special if there is no cake involved? I think not. Without cake, there would be no means of celebrating special occasions or making announcements. How will the world know that a person has graduated, received a promotion, or is just absolutely amazing? Cakes are not only delectable, they send messages of love and support. Pies do not make such proclamations.

How has your dessert made an impact on our society?

I think the better question is, how has cake not impacted our society? Historically, one of the most oft quoted lines is Marie Antoinette's, "Let them eat cake." Yes, it is posited that she did not actually say that, but we are certain she did not tell the people to eat pie.

Why shouldn't people eat pie?

Pies are aggressive. People pie their enemies in the face with this food item that cannot even be called a dessert. You never hear about people getting hit in the face with cake. Maybe, when push comes to shove, a couple in wedded bliss will dab some cake on their significant others' face, but other than that, cake is a pacifist.

Where is your favorite place to get pie in Louisville?

The best place locally to get a pie is at my house. Failing that, I would recommend the J&T Bakery (formerly Thornberry's), a third-generation pie shop that's been serving Louisville for more than 60 years.

Do you have any closing remarks?

This is a celebration of two individual's passion for pie and cake. This is about debating one of life's eternal questions. I just happen to consider myself a champion of pie. Many of my greatest memories involve pie and the wonderful people in my life, past and present. For others, those same memories might me filled with images of cake. My vision is happily through pie-shaped lenses.

When I was asked to write about pie, I kept thinking of a song that basically sums up how I feel about it. So, I'll leave you with these lines from XTC's "Senses Working Overtime":

> And I can see, hear, smell, touch, taste And I've got one, two, three, four, five Senses working overtime Trying to take this all in

Edited by Katherine Armstrong, Student Writer

Where is your favorite place to get cake in Louisville?

Everywhere, but more specifically Plehn's Bakery - get the white cake with buttercream icing. I get that cake every year for my birthday.

Do you have any closing remarks?
Cakes are like people. They have many layers and each layer can be a different flavor. No other dessert has been able to recreate the complexity of the human race in so delicate a form. And so I appeal to your humanity and superior taste, remember your first piece of cake. With every forkful, you fell in love. The smell of freshly baked cakes reminds you of all that is good with the world: baking with your loved ones, creating a baked good for that special someone's special day, or indulging yourself after a trying day. Then you got older and learned about all of the other forms your favorite dessert takes. And so I urge you, let us rise like a phoenix from the easily-burned, dry pie crust, and once and for all end this debate. Cake rules. Pie drools. Thank you my fellow cake compatriots and have a wonderful, cake-filled life.

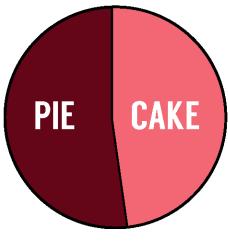
CAST YOUR BALLOT FOR PIE OR CAKE TODAY!





Did this article get you fired up for your preferred dessert? The polls are open for the Great Pie vs. Cake Debate raging in Honors! Polls close next Friday, March 11 - don't miss your chance to let your voice be heard. Need more incentive? Filling out a ballot in Etscorn also enters you into a raffle for great Pi(e) Day prizes! The winner will be announced when we are back from Spring Break. Can't make it to Etscorn? The poll is also on twitter today! Check it out on the @UL Honors account page.

IT'S A CLOSE RACE



Ple is in the lead, but only by 4 votes! Pie voters, come to Etscorn and keep your dessert in the lead -Cake voters, bring your fellow cake-lovers and try swinging the vote. Polls close next Friday!



Student Organizations

Honors Student Council

EVENT REVIEW: TRIVIA NIGHT

On February 29th Honors Student Council hosted Trivia Night in the Red Barn. This well-attended event featured Leap Day questions written by Luke Buckman, including a reference to Leap Day William. Participants competed for prize packs valued at over \$400 with items like Insomnia Cookie cakes, movies, and gift cards to Cardinal Towne businesses. Dr. John Hale, volunteer emcee, kept things lively and spurred the competition throughout the evening. By the end of the night HSC raised \$205 for Camp Quality Kentuckiana, making the night a huge success! Thank you to everyone who volunteered at this event as well as those who participated in trivia teams.



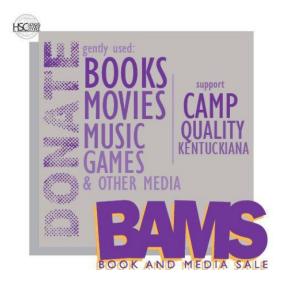








CALL FOR BAMS DONATIONS



This academic year, Honors Student Council is proud to announce the bi-annual Book and Media Sale (BAMS). All profits from this massive sale will go directly to Camp Quality Kentuckiana to help give children living with cancer a chance to just be kids. Honors Student Council wants to make this year's event even bigger and better than the last, and we can't do that without donations from you. If you wish to donate, drop off any acceptable items at one of our BAMS boxes (locations listed on right.) Thank you for your generosity in advance!

If you have any questions, feel free to email HonorsBAMS@gmail.com or visit our website, www.uoflhsc.com.

Donation Deadline

Friday, March 25th, 2016

Sale Dates

The week of April 2nd, 2016

What We Need

Books DVDs CDs Records Video Games

Where to Donate

BAMS boxes are located in:

The Etscorn Honors Center
Bingham Humanities Building
Shumaker Research Building
Student Activities Center
Life Sciences Building
The Interfaith Center
College of Business
Chemistry Building
School of Music
Duthie Center
Davidson Hall
Strickler Hall
Lutz Hall

Student Organizations

Honors Volunteer Program

BAMS SORTING EVENT

Have you been looking for an opportunity to get involved in this year's Book and Media Sale? Do you love pizza? If you answered yes to either of those, join us this Saturday for our second BAMS book sorting event! Come out to learn more about BAMS and Camp Quality Kentuckiana, and search for hidden treasures while enjoying free pizza for volunteering!

Saturday, March 5 12:00 PM Etscorn Honors Center

DOCUMENTARY VIEWING

Film- FLOW: For the Love of Water

We are excited to announce the next installment in the Honors Volunteer Program Documentary Series! Together, we will be watching FLOW: For the Love of Water, a documentary that discusses the growing water crisis faced by many around the globe, and the way that the privatization of water has impacted this crisis. Join us at 4:30 pm for snacks, and the film will begin at 5:00 pm, followed by a discussion! If you have any questions, contact Danielle Deal at dndeal01@louisville.edu.

Tuesday, March 22 5:00 - 7:00 PM Chao Auditorium, Ekstrom Library

The White Squirrel NOW ACCEPTING SUBMISSIONS



The White Squirrel Literary Magazine is seeking poetry, prose, and art submissions for Volume XIII. Submissions are free and open to the public. 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. Full submission guidelines are available here:

http://bit.ly/24r9IN5

ART CONTEST

See your work on the cover of UofL's student-run literary magazine!



- Image quality: 300 DPI or higher
- · Limit 3 submissions per person



From Our Friends

EVENTS

Hunger Banquet

Wednesday, March 9 • 6:00-8:00 PM Red Barn

The Engage.Lead.Serve Board's Global Initiatives hosts this special event to educate students about how the rest of the world eats & how we can all make a difference. Participants will be split into groups that resemble the division of wealth globally. Food will be served differently between each group of countries and will simulate the typical meals each experiences in a normal day. Students will also be presented with information of things that could work towards solving this problem in the world. Co-sponsored by UofL's Peace, Justice & Conflict Transformation Program & Sustainability Council. Free Registration at http://events.attend.com/f/1383773048

University-wide Undergraduate Research and Community Engagement Symposium

Event: April 12, 2016 • 12:30-4:00 PM Schumaker Research Bldg. Rm. 139 Abstract Deadline: April 7, 2016

The Office of the Executive Vice President for Research and Innovation is sponsoring the annual Undergraduate Research Symposium. Students, faculty and the community can discuss cutting-edge research topics, examine the connection between research and education and explore the broad range of research at UofL. Deadline for electronic abstract submission is April 7. For more information, visit http://louisville.edu/research/students/students/undergradsymposiums/symposium or contact Dr. Feldhoff at pwfeld01@exchange.louis-ville.edu

SCHOLARSHIPS

Red Barn Scholarships

Deadline: April 20 by 5:00 PM

Could you use one of at least two \$1,700 and three \$500 scholarships to be awarded for the 2016 Fall Semester through the Red Barn? You can apply for these scholarships online at http://bit.ly/10gWVRr or hard copy applications can picked up at the Red Barn, SAC W310 or the lobby of the Financial Aid office. Deadline for applications is Monday, April 20 at 5pm at the Red Barn Programs office (in the Red Barn) or email to George Howe at the Red Barn gjhowe01@louisville.edu Questions? Phone (502) 852-7467

EVENTS - CONTINUED

Take Back the Night March & Rally 2016

Wednesday, March 30 • 5:00 PM Red Barn Patio

Once again this year The PEACC Center is proud to present The Take Back the Night March and Rally with this year's theme, RISE UP! Join us as we rise as a community committed to the belief that violence toward anyone is unacceptable. This inspiring event includes special speakers, a speak out, performances, as well as a candlelight vigil and march and will be the kick off to Sexual Assault Awareness Month in April. The Resource Fair begins at 5:00pm with the program beginning at 6:00pm. Contact us at peacc@louisville.edu for more information.

Featured panel on the day of the event: Rising for Change Panel Discussion: A Look At Current Sexual Assault Legislation In Kentucky Wednesday, March 30th at 3:30pm in the Red Barn



REACH MCAT Workshops

Dates Vary Wednesdays, 5:00-7:00 • SK111

Interested in Medical School? The Learning Resource Center is offering Free MCAT review Sessions for UofL students only! NO NEED TO PRE-REGISTER! All sessions are on Wednesdays from 5:00-7:00pm Strickler Hall, Room 111, on the following dates:

- --Introduction to the MCAT: March 23rd
- --Biological & Biochemical Foundations of Living Systems: March 30th
- --Chemical and Physical Foundations of Biological Systems: April 6th
- --Critical Analysis and Reasoning Skills: April 13th
- --Psychological, Social, and Biological Foundations of Behavior: April 20th

Call us at 852-8114 or email us at lrctutor@louisville.gedu if you have any questions.

Join Quiz Bowl

Any students interested in joining the quiz bowl team are encouraged to email Matt Church for more information: mschur01@louisville.edu

From Our Friends

ANNOUNCEMENTS

A&S Study Abroad Photo Contest

Deadline: Friday, March 11

If you have an A&S major or minor and you studied abroad in 2015, submit your photos for the 9th Annual A&S Study Abroad Photo Contest, co-sponsored by Murphy's Camera! Details for this contest can be found here: http://tinyurl.com/ASabroad



The 9th Annual A&S Study Abroad Photo Contest Sponsored by:





New Treadmill Desks available for use in the Health Promotion Office

Health Promotion Office - Student Services Annex

Take a stand and walk while you work! Health Promotion Wellbeing Central brings you Tread Desks! Reserve time on one of our two Tread Desks today. This is ideal for meetings, studying, e-mail, and more! Research shows that



sitting all day can be just as damaging as smoking. We want to reduce sedentary time and increase movement to support wellbeing. Time slots are offered in half hour increments, but you can book as many as you would like. Be sure to bring your laptop or books with you! Visit louisville.edu/healthpromotion to reserve time today!

Win an Amazing Prize in Less than 10 Minutes!

Deadline: Monday, March 14

If you were one of the lucky students to receive the 2016 UofL Wellbeing Survey, complete and submit it by March 14th to be eligible to win a prize!

- 10 minutes or less to complete
- Guaranteed Confidential
- WIN AMAZING PRIZE Prizes include a \$400 bicycle voucher, a Fitbit, Free 1-Hour Chair Massage, Grocery



Vouchers, and more! Questions? Email Karen Newton: karen.newton@louisville.edu

Cardinal Host Applications

Deadline: March 31, 5:00 PM

The Office of the President is now accepting Cardinal Host applications for the 2016-2017 academic year. The Cardinal Host Program is a select organization of undergraduate students who assist at various Presidential events — receptions, athletic events, and numerous other functions. Cardinal Hosts help make an event run smoothly, but more importantly, they represent President Ramsey and the University of Louisville and its mission. Online applications must be submitted by March 31 at 5 p.m. http://president-events.louisville.edu/oop/Cardinal%20Host%20App/cardHostStart.php

BikeShare Expands to 11 Locations!

Spring is here! Time to ditch the car & discover the joys of 2-wheeled transport. No pollution, no cost, all fun. Through UofL BikeShare, anyone with valid UofL ID may check out a bike & lock free for the day year-round

from 11 locations: HSC Medical-Dental Apts; GHN Wellness Center, SRC, Bettie Johnson, Community Park, Kurz, Miller, Louisville, Threlkeld, Unitas & UTA. http://louisville.edu/sustainability/operations/bikeshare.html



REACH is hiring!

REACH is hiring tutors for all subject areas for the Fall 2016 semester! This on-campus job will provide you with the opportunity to help others while building your own knowledge and skills--both in your areas of study and professionally! You can even choose your own hours! All applicants must have a grade of B or higher in the courses they wish to tutor, a cumulative GPA of 3.0 or higher, and two letters of recommendation from faculty in the subjects they wish to tutor. For more information contact Maureen McCoy: mrmcco03@louisville.edu





THE CURRENT STUDENT WRITER

Katherine Armstrong is a junior Biology major, hoping to go to veterinary school after graduation. She enjoys reading, playing video games, and being snarky. **Read her articles on pages 6 and 9!**