

The Barker

ETC.

The ALL NEW 2002 Western North Carolina Weather Calendar has been published by the Department of Atmospheric Sciences at UNCA!



This unique standard 12-month wall calendar features Asheville climatological data such as monthly temperature and precipitation normals, monthly heating and cooling degree days, plus daily normals for maximum and minimum temperatures. Also included are phases of the moon, daily sunrise and sunset times, plus a climatological data table of normals, means, and extremes for Asheville updated to 2000.

The cost of the calendar is \$6 postage included. Please send a check payable to Weather Calendar to:

Dr. Alex Huang, ATMS, CPO 2450,
UNCA, Asheville, NC 28804-8511

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Stress Management

Fri. 12/7

12:15pm-1:30pm

Laurel Forum



Asst. Director of the Career Center, Megan Long, and Asst. Director of the Counseling Center, Cathy Foister, work together to lead participants through a progressive relaxation exercise directed at reducing stress. They also offer general education information about stress management and a way to assess one's current stress level.