

The Barker

SATURDAY MAR 1

Evolution of the Army of Northern Virginia, lecture with Robert K. Krick Sr. and Robert E. L. Krick, meet the speakers at 6:30pm for a book signing, lecture begins at 7:30pm, Robinson 125

"Undisputed," Free Movie and Popcorn from the Office of Student Life, Humanities Lecture Hall, 9pm

Intramurals: Innertube Water Polo, call 232-5650 to register

SUNDAY MAR 2

Men's Tennis vs. Radford University, UNCA Tennis Courts, 1pm

United Methodist Campus Ministry Meeting, free dinner and program on "What it Means to be a Wealthy Christian in a World of Poverty," CCM House, 5:30pm, email umcm@bulldog.unca.edu for more information!

Intramurals: Innertube Water Polo, call 232-5650 to register

MONDAY MAR 3

SGA Spring Elections Begin

Clear Window on the Arts Series, Glasshouse, 12:15pm

Great Decisions Lecture Series, sponsored by WNC World Affairs Council, Free for students, Owen Conference Center 302, 7:30pm

TUESDAY MAR 4

SGA Spring Elections End

Women's Tennis vs. Bethune Cookman College, UNCA Tennis Courts, 4pm

Underdog Productions: Mardi Gras Party! Come Celebrate! Free with ID, Dining Hall, 9pm

WEDNESDAY MAR 5

Women's Tennis vs. Carson-Newman, UNCA Tennis Courts, 2pm

Men's Tennis vs. Carson-Newman, UNCA Tennis Courts, 2pm

ASH Wednesday Service, hosted by Cooperative Campus Ministries, All Welcome! Laurel Forum, 3pm

Bookstore Student Advisory Committee Meeting, Dining Hall 242, All Welcome, 3:30pm

College Success Workshop Series: Exam Preparation and

Test Taking, Part I - talk informally with UNCA sophomores, juniors, and seniors about their test studying experiences, Laurel Forum, 4pm

THURSDAY MAR 6

Clear Window on the Arts Series, Glasshouse, 12:15pm

Wellness Week

February 24-28

Monday - Safe Sex

Tuesday - Stress Management

Wednesday - Healthy Eating

Thursday - Alcohol & Drug Awareness

Friday - Safe & Effective Exercise

Look for our info table at lunch-time in the Dining Hall!!

Events

Stress Management

Tuesday 5:15pm HFC 203
We'll give you some tips on how to deal with your stress.

Working Out at Home

Tuesday 12:15pm HFC 203
Wednesday 5:15pm HFC 203
Not ready for the gym? UNCA's Dr. Keith Ray will show you how to get a great workout in your own home.

Circuit Training

Thursday 5:15pm HFC Weight Room
Learn how to combine cardiovascular exercise with strength training to create an extra-special workout.

Do I Really Need to Stretch?

Friday 12:15pm HFC 203
Friday 5:15pm HFC 203
We'll explain the benefits of increasing your flexibility and show you how to incorporate stretching into your workout.

Yoga

Tuesday 8:00pm HFC Dance Studio
Come see what yoga is all about with the Renaissance Universal Club!!

Snacking Healthy

Wed. 12:15pm Dining Hall 242
Do you regularly get hungry between meals? Come in and learn how to satisfy that hunger without eating tons of junk food.

Mocktail Social

Thur. 9:00pm Dining Hall - PDR 100
Do you make a great tasting non-alcoholic drink? We'll be the judge. Prizes for 1st, 2nd and 3rd place. Bring your own supplies.