Continuing through December 22 - Amy Falstrom, painting, drawing, and printmaking, New Harmony Gallery of Contemporary Art, 506 Main St., New Harmony, Indiana. Gallery hours: 9 a.m. to 5 p.m. Tuesday through Saturday.

Saturday, December 1

- Women’s and men’s basketball host University of Wisconsin-Parkside – 1 and 3:15 p.m., Physical Activities Center. A luncheon is at 5 to 6:30 p.m.
- “12 Ways of Fitness” – incentive program, Recreation and Fitness Center, continues through December 14.
- Holiday in Harmony Candlelight Tour – 3 to 8 p.m., a nostalgic trip through festively decorated historic sites, New Harmony, Indiana. Information: 800/231-2168 or 812/682-4474.

Sunday, December 2

- Lighting A Tradition – 4 p.m., Orr Center lobby: Holiday tree-lighting ceremony hosted by the Student Alumni Association featuring the USI Choral Ensemble, Santa photos with children, and refreshments. Admission: One non-perishable food item.

Tuesday, December 4

- International Fun Night – hosted by The Global Community, 7:30 p.m., Governors Hall lounge.

Wednesday, December 5

- “Encountering Nature” – lecture series featuring Dr. Paul Doss, chair of the Geology and Physics Department, 7:30 p.m., Mitchell Auditorium. Program topic: “Encountering Yellowstone: Managing Natural Resources (or Visitors?) in the World’s First National Park.”
- Louis Schewe book giveaway for USI students - 10:30 a.m. to noon, University Center, first level.

Thursday, December 6

- Holiday Reception – 11 a.m. to 1 p.m., University Center, conference rooms 201-204.
- RopeWalk Reading Series – featuring author Matthew Graham, associate professor of English, 7 p.m., Kleymeyer Auditorium, Liberal Arts Center.
- Women’s and men’s basketball at University of Indianapolis - 4:15 and 6:30 p.m., with annual alumni pizza party.

Friday, November 30

- Friday Night in the Forum – Requiem for a Dream (U.S., 2000), 7:30 p.m., Forum I.
- Liberal Arts Colloquium – with Dr. Stephen Zehr, chair of the Sociology Department, 3:30 p.m., University Center, rooms 203-204. Topic: “Environmental Protection and Economic Growth? Ecological Modernization Discourse in U.S. Policy Deliberations on Global Climate Change.”
- Madrigal Feast – 7:30 p.m., Carter Hall: Featuring the USI Chamber Choir. Additional performance: 6:30 p.m. December 1; 6 p.m. December 2. Information: Ext. 5237.

Sunday, December 1

- Women’s and men’s basketball host University of Wisconsin-Parkside – 1 and 3:15 p.m., Physical Activities Center. A luncheon is at 5 to 6:30 p.m.
- Madrigal Feast – 7:30 p.m., Carter Hall: Featuring the USI Chamber Choir. Additional performance: 6:30 p.m. December 1; 6 p.m. December 2. Information: Ext. 5237.

Monday, December 10

- Fall 2001 schedule revision and withdrawal from the semester period ends.
- PRSSA Toy Drive Collection - 10 a.m. to 2 p.m., University Center, Room 205.

Saturday, December 8

- Women’s and men’s basketball at Northern Kentucky University – 4:30 and 6:45 p.m., Highland Heights.
- Southern Hospitality Day – USI hosts campus tours and provides information to prospective students and their families.

Monday, December 10

- Final exams.
- Secondary Brown Bag Luncheon – noon to 1 p.m., University Center, Room 205.

Tuesday, December 11

- Final exams.

Wednesday, December 12

- Final exams.
- Stress Relief Series – aromatherapy sessions, 11 a.m. to 2 p.m., Recreation and Fitness Center. Information: Ext. 5268.

Thursday, December 13

- Final exams.

Friday, December 14

- Final exams.
Calendar, continued from Page 7

Saturday, December 15
- Fall 2001 semester ends.
- Final exams.
- Women's basketball hosts Grace College - 5:15 p.m., Physical Activities Center.
- Men's basketball hosts Oakland City - 7:30 p.m., Physical Activities Center.

Tuesday, December 18
- Men's basketball hosts Abilene Christian - 7:30 p.m., Physical Activities Center.

Monday, December 24
- Winter Recess - University closed.

Tuesday, December 25
- Winter Recess - University closed.

Wednesday, December 26
- Winter Recess - University closed.

Thursday, December 27
- Winter Recess - University closed.

Friday, December 28
- Winter Recess - University closed.
- Women's basketball hosts Illinois-Springfield - 6 p.m., Physical Activities Center.

Saturday, December 29
- Winter Recess - University closed.
- Men's basketball hosts Brescia - 7:30 p.m., Physical Activities Center.

Sunday, December 30
- Winter Recess - University closed.
- Women's basketball at Ferris State University - 2 p.m., Big Rapids, Michigan.

Monday, December 31
- Winter Recess - University closed.

Tuesday, January 1
- Winter Recess - University closed.

Program targets stress relief

The Recreation and Fitness Center will sponsor “12 Ways of Fitness,” a program of creative physical and mental tests for students and faculty, Saturday, December 1, through Friday, December 14.

To participate, interested persons should pick up program cards at the Recreation and Fitness Center desk. Each card lists 18 activities designed to help relieve the tension and stress of finals.

Participants who complete 12 of the 18 activities will receive a Recreation and Fitness mug. Anyone completing all 18 activities will be entered in a drawing to win a Recreation and Fitness Center duffel bag filled with school supplies.

Activity options include:
1. Listen to Christmas music during a workout
2. Tell your professor or student “Merry Christmas” or “Happy Holidays”
3. Wear a Santa Claus hat during a workout
4. Make a snowman if it is snowing, if not, do 10 pushups
5. Park as far away as possible and walk to class
6. Wear red and green during a workout
7. Donate food to Archibald Eagle's Food Closet
8. Go to a party and do not drink any alcohol
9. Sing a Christmas song to a center staff member
10. Go sledding and walk back up the hill
11. Go ice-skating
12. Watch the movie, A Christmas Story
13. Clean a room in your home
14. Attend a group exercise program
15. Take a nice jog/walk
16. Play your favorite sport for 15 minutes
17. Go caroling (in USI Housing if possible)
18. Check the nutritional value of all food you consumed in a day

For more information, contact Ms. Glenna Bower, Recreation and Fitness Center coordinator, at extension 5269.

Giving Tree provides holiday help

Staff Council is sponsoring “The Giving Tree,” which provides extra holiday help to members of the USI community.

To participate, visit one of four campus Christmas tree locations, select an ornament tag, and register it with the Staff Council representative for that tree.

Gifts should be wrapped, with tags securely affixed, and returned to the tree by Friday, December 7.

Trees are located on the third floor of the Liberal Arts Center, second floor of the Health Professions Center, in the Office of Admission, and in the David L. Rice Library.

For more information call extension 1038 or 1930.

Web tips

The University adopted a Web Publishing Policy for use by all Web pages that represent USI (under the domain www.usi.edu/...). The policy also applies to USI entities that maintain servers and publish pages under domains other than www.usi.edu/...


Refer to the Editor’s Manual for the proper names of campus buildings, questions concerning time references, dates, grammar, capitalization, and other writing topics. The USI Editor’s Manual can be found at www.usi.edu/newsinfo/manual.asp.

All pages also should include the following meta tag just below the <head> tag:

```html
<META HTTP-EQUIV="pragma" CONTENT="nocache">  
```

This code ensures that each time the page is visited, the most updated page will appear in the browser, not one that was cached by the browser in the past.

For more information about policies regarding USI Web pages, visit the Web Services site at www.usi.edu/webservices/policy.asp.