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## Greetings from the New Student Health Services Director



Hello! My name is Katrin Wesner, and I am the new director of Student Health Services. I am so excited to be here working with the team that helps keep your students healthy and educated about their health care.

I come to UNCW from Rensselaer Polytechnic Institute in Troy, New York, where I was the Associate Director of the Student Health Center. I received my bachelors in Psychology at Carnegie Mellon, my masters in psychology at Rensselaer and then went back to get a certificate in Health Systems Administration from Union College. I have enjoyed the past 18 years working in the field of Student Affairs, helping students to navigate college and watching them grow into wonderful capable adults. I look forward to continuing that at UNCW.

I look forward to working with you and your students as we strive to provide student-centered, affordable, quality health and preventive services. If you have any questions, please feel free to contact me at 910-962-4126 or via email at wesnerk@uncw.edu.

## Tips for Students to Stay Healthy During the Flu Season

As February winds down we are seeing a few cases of flu on campus. The single best way to prevent getting the flu is to get an annual flu shot, but there are other easy things one can do to prevent the spread of the flu and other illnesses. Most important is washing our hands, especially before and after eating, after coughing and sneezing, and after using the rest room. Other things we can do include avoiding close contact with those that are sick and taking good care of oneself, including eating a balanced diet, drinking plenty of fluids, getting a good night's sleep and remaining active. For more information, the CDC website is a good resource, [www.cdc.gov/flu](http://www.cdc.gov/flu).

Remember that if your student is not feeling well they can come to the Student Health Center located in Westside Hall between 8am and 5pm (Thursdays from 9am to 5pm). As the health center gets busier as the day goes on, we encourage students to come early as the wait may be shorter.

There are still a small number of flu shots available. The cost is \$18 and can be paid with cash, credit card or the UNC One Card. Students can walk in to receive the shot, but again morning is preferred, and no shots are given after 4pm. Students are required to remain in the Health Center for 20 minutes following a shot.

Health Promotion Services is UNCW's central resource for health education, and educational programs and services. March is National Nutrition month and there are a lot of activities planned. The campus nutritionist will be leading a healthy cooking demonstration as well as a campus dining tour designed to teach students about the healthy choices that are available in the various dining locations on campus. March also brings the annual Sound Mind Sound Body Fair, where student groups create displays that showcase ways to take care of the physical, psychological and emotional self. A complete calendar of events can be found at [www.uncw.edu/stuaff/healthservices/promotion.htm](http://www.uncw.edu/stuaff/healthservices/promotion.htm). Be sure to check back often.



## Cultural Arts Building Provides New Avenues of Access to the Arts

In the two months since the Cultural Arts Building grand opening, faculty and students from the visual and performing arts have hosted recitals, productions, and performances creating extraordinary opportunities for teaching, learning and performance for the university community and local audiences.



Cultural Arts Building UNCW/Jamie Moncrief

The first exhibit in the Cultural Arts Building Gallery, Nov. 30, 2006, launched a new era in the celebration of visual arts at UNCW. Jessica Phillips '06 showcased her artistic achievement and exceptional promise in ceramic arts. Phillips is the 2006 recipient of the Ann Flack Boseman Art Scholarship. The merit-based scholarship, named for Ann Flack Boseman, whose support and encouragement over the years to the department has been an inspiration to faculty, students and patrons of the visual arts, was made possible through the generosity of Mark Griffis and David Robertson. For the Grand Opening Jan. 25 and 28, the gallery featured a retrospective of works by nationally-renowned Wilmington artist Claude Howell in addition to the university's works of Howell, loaned works from the Cameron Art Museum and from patron and UNCW Foundation Board member Ed Alexander of Wilmington made the exhibit a community event.



CAB Recital Hall UNCW/Jamie Moncrief

Since the Grand Opening, the Department of Music has hosted more than 20 events ranging from student and guest artist recitals to chamber ensembles and jazz and choral performances that have thrilled audiences and provided students with extraordinary learning experiences. "The hall is certainly living up to our expectations as both a spectacular performance venue and a specialized classroom, or laboratory, for our students," says Chair of the Music Department Frank Bongiorno. The Cultural Arts Building has facilitated the development of UNCW's Theatre Program in a way that has surpassed all ex-



CAB Art Gallery UNCW/Jamie Moncrief

pectations. Director of the Theatre Program Paul Castagno brings to UNCW Wilmington an impressive list of accomplishments from Ohio University where he served as Director of the School of Theatre. The state-of-the-art 295-seat Mainstage Theatre is equipped with the latest technology permitting theatre students hands-on training and experience using the most advanced equipment and systems for spectacular performances. Recent performances of the classically funny production of Tom Stoppard's *15 Minute Hamlet*, played to a packed crowd for the Grand Opening as this very short version of Shakespeare's tale of life, death and love revealed its hilarious juxtapositions. Noel Coward's play *Fallen Angels* directed by award-winning director for film and stage Dr. Renée Vincent is running this month and on March 22-26 UNCW Chair of Film Studies Lou Buttino's original play *In the Womb of the Moon* premieres on Mainstage. The play explores an immigrant Italian family as it adjusts to shifting cultural mores and expectations in a heartfelt journey through three generations. On April 26-29 the production of *Fuddy Meers*, David Lindsay-Abaire's prize-winning contemporary comedy will close the first season.



CAB Proscenium Theatre UNCW/Jamie Moncrief

"For years," Chancellor Rosemary said, "our students and faculty had to find creative ways to produce great art, music and theatre without adequate classrooms, studios and practice rooms. We now have much more than adequate faculties. We have the finest spaces for arts instruction, exhibitions and performances." To celebrate this extraordinary event in the history of UNC Wilmington, the university has declared academic year 2006-2007 the Year of the Arts, inviting the entire university community to come to the Cultural Arts Building attend a music performance, a play or visit our art exhibitions. This gorgeous building offers students incredible spaces to learn, perform and exhibit their work. The art gallery, theatres and recital hall are inviting new relationships with outside presenters and professional artists. Come and see! For a schedule of events, visit the Cultural Arts Web site at <http://www.uncw.edu/arts>.



UNCW/Jamie Moncrief

## Students Making a Difference: Spring Break Service Trips

Each year, an increasing number of college students nationwide choose to spend their spring break making a difference on service trips. Sometimes called Alternative Spring Break Trips, these trips afford students the opportunity to perform direct community service projects for an entire week. The impact of these trips on both the communities where students serve and on the students themselves is tremendous. After one week of service, students see the impact of their work through a tangible product and in the faces of community members.

The UNCW Center for Leadership Education and Service (CLES) coordinates spring break service trips for UNCW students every year. While the trip locations change each year, the central goals of these trips remain the same. Spring break service trips provide students the opportunity to make a difference outside of the Wilmington area, develop new friendships with other students committed to helping people in need, learn about social problems facing different communities, and explore new places. Rather than spending the week lying on the beach, students who participate in service break trips truly make a difference and help communities in need. Trip sites are selected by the student trip leaders each year, often taking current social needs into consideration. Last year, a group of students traveled to New Orleans, Louisiana to aid in the Hurricane Katrina relief efforts.

From March 3-11, 2007, 22 UNCW students will spend their spring break week on a service trip. Two student trip leaders coordinate each trip under the auspices of CLES. One group of students will travel to Mobile, Alabama and work with Volunteers of America.

These students will work to finish houses for people affected by Hurricanes Katrina and Rita in 2005. A second group will travel to Vero Beach, Florida and work with Habitat for Humanity. In addition to the direct service work on both trips, students spend time getting to know each other and explore the region and culture of their trip's location.

In addition to spring break service trips, CLES coordinates a service trip during fall break each October. CLES is also planning an international service trip to Guatemala to work with The Full Belly project this May.

For more information on fall, spring, or summer break service trips, contact the Center for Leadership Education and Service at 910.962.3877, [cles@uncw.edu](mailto:cles@uncw.edu), or visit our website at <http://www.uncw.edu/stuaff/leadserv>.



## Greek Affairs Update

This has been one of the best years ever for Fraternities and Sororities on campus at UNCW. This past year has been full of growth, philanthropy, leadership and fun! We have added a new sorority to our campus (Alpha Phi) and a new fraternity (Alpha Tau Omega). We are also working on a new Latino fraternity for our community. All fraternities and sororities have increased their membership, which shows the popularity and benefit of our organizations. A few major programs to highlight are housing, scholarship and leadership.

This fall, Greek Affairs is partnering with the Office of Housing and Residential Life to bring Greek housing to UNCW. Our fraternities will have the opportunity to live in the University Apartments and our sororities will have the opportunity to live in our University Suites. The apartments will be noticeable as fraternity letters will adorn the side of the building. The suites will be decorated in their formal living rooms with sorority colors and furniture of their choice. This opportunity is a great step in the right direction for housing our chapters and creating a sense of community on campus.

Scholarship is always an important part of the fraternal experience. Greek Affairs brought a new honor society to honor Greek juniors and seniors with a 3.5 GPA. Gamma Sigma Alpha recognizes these students each semester with an induction ceremony and

honor cords to wear at graduation. The Order of Omega is the largest it has been since its induction at UNCW. This honor society within the Greek community provides service to the UNCW community, hosts Greek Week every year and provides leadership workshops for students. This year again, our Greeks have a higher GPA than students who are not Greek. This is an accomplishment these students should be proud of.

Leadership is eminent within the Greek community. This past summer, Colt Wilde, Tau Kappa Epsilon president traveled to Africa to work with youth in need. This semester, Sarah Woodard, Delta Zeta president won a national Order of Omega scholarship. Delta Chi traveled to their regional leadership academy, while Sigma Sigma participated in their national leadership conference. Three students traveled all over the country to participate in the Undergraduate Interfraternity Institute: Krystle Macenka, Phi Mu; Jessica Buchanan, Alpha Gamma Delta; and Stephen Layman, Delta Tau Delta. This shows you how dedicated to leadership our students are and the opportunities that are before them.

I hope you will take a moment to share these accomplishments with your student. Maybe you have a positive experience to share. Encouraging your student to get involved at UNCW can only improve their success level. Greek organizations are one way that your student can become successful and involved at UNCW.

For more information contact, Tracey Massey, Coordinator of Greek Affairs at [masseytm@uncw.edu](mailto:masseytm@uncw.edu).

## Great Relationships-We all want them. And we want them for our Children too!

While at UNCW, your students are learning more about how to relate to others in healthy ways, in many kinds of new and diverse situations. The *UNCW CARE* office can help when relationships become problematic.

*CARE: Collaboration for Assault Response & Education* is staffed by professionals with experience in relationship education and violence prevention. We can meet with students confidentially to clarify options when there are problems in relationships or when students are concerned about friends or family. In addition, a CARE responder is available by cell phone at (910) 512-4821 when there is a crisis. Our staff works closely with University Police and other offices on campus to help those who have been assaulted or abused.

In 2006, the UNCW CARE office received a 2-year grant from the U.S. Department of Education, to educate, respond and train others in the relationship and violence prevention issues students may encounter. As a result, we are able to provide more special events, films about relationship issues, media promotions against sexual assault and relationship abuse, as well as specific outreach programs for men, as well as for women. CARE employs an Assistant Director for Violence Prevention and a Coordinator for Men's Programs. These professionals direct a dedicated group of female and male peer educators, who are also student leaders. Our office is under the direction of the Director of Substance Abuse and Violence Prevention.

### *CARE's message to UNCW students is:*

"All relationships have some rough spots and learning to communicate well and handle conflict is worth the time and trouble it takes. But what can you do if the relationship you're in is in trouble? And how can you support or assist a friend if something's just not right? The CARE office is here to help you get answers. We are ready to talk to you about concerns related to unhealthy or abusive relationships, as well as other issues, such as sexual assault, stalking or harassment.



We are UNCW's *Collaboration for Assault Response & Education*, located on the 2nd floor of Westside Hall. CARE works with many other offices on campus to make connections that will make a difference for students. Call us at (910) 962-CARE. In a crisis with assault or abuse involving you or someone you care about, call our cell, (910) 512-4821.

You'll also see us in Residence Life, classes and other campus areas, leading programs about relationships, as well as how to help a friend. Look for our relationship issues film series this semester in Lumina Theatre, including *Hitch*, March 30, and *Volver*, April 16. **FREE!** Also, watch for our campus/community *Take Back the Night* event on April 10. Call 910-962-CARE (2273) or go to [www.uncw.edu/care](http://www.uncw.edu/care) to get involved."

If you, as a UNCW parent, have questions or concerns, please feel free to call us or email [caseyd@uncw.edu](mailto:caseyd@uncw.edu).



## Family Weekend 2007

Parents, siblings, guardians, grandparents, and families of UNCW students are invited to the university for a weekend of games, food, entertainment and friendship. We realize the special role you play in both the life of your student(s) and the UNCW community. Please join the staff, faculty, and students of UNCW to celebrate your special place within the Seahawk family for Family Weekend 2007!

In order to develop a weekend that meets your needs and interest, please take a minute to complete the Family Weekend survey by clicking on the following link [Family Weekend Survey](http://www.uncw.edu/stuaff/transitions/parentprograms.htm) or going to [www.uncw.edu/stuaff/transitions/parentprograms.htm](http://www.uncw.edu/stuaff/transitions/parentprograms.htm).

We hope that you will participate in this unique opportunity to experience life on campus, and familiarize yourself with the place your student(s) now calls 'home'. Back by popular demand, we are proud to partner with UNCW Athletics to celebrate the kick-off of the basketball season with *Midnite Madness*. A schedule of events will be posted by late May.

While we are not currently accepting reservations, feel free to make your hotel reservations with one of our [Family Weekend Hotel Sponsors](#) that are giving discounted rates for Family Weekend.

# University of North Carolina Wilmington

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The Office of Transition Programs is responsible for providing a comprehensive program that will assist all students and their families in their transitions to and from the University. This program exposes new students to the educational opportunities within UNCW, orients them to the academic and co-curricular life of the institution, and assists them in their on-going transition to the university beyond orientation. The Office of Transition Programs also assists parents in their transition and understanding of the UNCW environment, services and changes within the university. The office is also responsible for a comprehensive senior transition program designed to help seniors make meaning of their college experience, celebrate their achievements and prepare them for life after college. In addition, the Office of Transition Programs is responsible for the coordination of Commencement.

## March

- 3 Spring vacation begins / On-campus housing closes at 10 a.m.
- 11 On-campus housing opens at 10 a.m.
- 12 Spring vacation ends / Classes resume

## April

- 5 State Holiday Begins / No Classes
- 9 State Holiday Ends / Classes Resume
- 16 Graduation Application Due for Summer 2007/Fall 2007
- 30 Last Day of Classes

## May

- 2-9 Final Exams
- 10 On-campus housing closes at 10 a.m.
- 12 Commencement



## Spring Commencement Update



**Saturday, May 12, 2007**  
**Trask Coliseum**

**Graduate School and Professional Schools\*    College of Arts and Sciences Undergraduates**

9:30 a.m.

2 p.m.

4 tickets per graduate

4 tickets per graduate

*\* All Graduate Students, Cameron School of Business, School of Nursing, and Watson School of Education*

For detailed information regarding Spring commencement please visit [www.uncw.edu/commencement](http://www.uncw.edu/commencement). This web site provides updated information regarding departmental receptions, parking suggestions, discounted hotels, how to get extra tickets (if available), ordering graduation announcements, and many other frequently asked questions regarding commencement.

Visit our website  
at  
[www.uncw.edu/  
transitions](http://www.uncw.edu/transitions)

