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Reminders

• Last day to drop a Session B class 11/12
• Last meal before Thanksgiving recess Lunch 11/26
• Thanksgiving Break (no classes) 11/27-11/29
• Last day of fall classes 12/13
• Fall commencement 12/15
• Final exams 12/16-12/19
• Last Meal Plan of fall semester Lunch 12/19

Important contact information can be found here!

Upcoming Events: Nov. Get Connected.
Honoring Our Veterans

Every year we take the time to honor those who have served or are serving in the military. Veterans Day is Monday, Nov. 11. Events are scheduled on campus to recognize the contributions of those men and women who have or are currently serving in the military. We welcome you to attend a ceremony at North Hall on Monday, Nov. 11 at 11 a.m. This very moment marks the signing of the armistice of World War I: “the war to end all wars”. The date was originally marked by Congress to be held with “appropriate ceremonies of friendly relations with all other peoples” (Office of Public and Intergovernmental Affairs, 2013). The day was declared a national holiday in 1938 as Armistice Day, and it is still called that in many Allied countries. After World War II, the 83rd Congress amended legislation to change the focus from peaceful relations among nations to American Veterans of all wars.

The Veteran Services office will be recognizing Veterans among our campus community. We will be sharing the service dates and job titles of participating faculty and staff members. You may be surprised who have served.

Finally, if you have a parent who served, you may be entitled to educational benefits through federal or state programs. Stop by the Veterans’ Services Office and we will help you determine if you qualify. Our office is located in room 220 South Hall. You may also call us at 425-3529.

We continue to thank and serve those who served.
Thanksgiving Break Delusional Thinking

As Thanksgiving Break approaches, you may think this is the perfect opportunity to get caught up on school work... wrong! All that free time you thought you would have can fill up quickly when catching up with family and friends.

Below are some tips to organize your schedule the week of Thanksgiving so you can make the most out of your break.

- **Determine what is most important to you**
  Do you really need to study? If so, handle visitors well. If you’re studying at home or in the residence halls, close the door. If you’re studying on campus try to stay in the library so you’ll be less likely to be bothered compared to in the University Center.

- **Control your distractions**
  What is your first priority? What can be dropped? Write an ordered list of what you need to get done and when it needs to be done.

- **Eat a good breakfast**
  A good breakfast gives your body carbohydrates and sugars to keep you energized and going all day long.

- **Get the most out of class**
  Go to class and be on time. Be well-prepared and ready for discussion. The more you do in class, the more you understand and take notes, the easier it will be in the long run.

- **Learning how to say “no” is one of the best things you can do to manage your time.**
  Say “no” to people asking you to play pool when you should study or when someone wants help with something at an inconvenient time for you. Suggest a time that is more convenient for you to help them.

- **Remember that there is a time for everything.**
  Sure, studying for a long time is good, but you should take breaks. Take power naps when your brain starts frying. If the weather is nice, getting outdoors or getting some exercise will refresh your tired mind.
The UWRF Wellness Challenge is a FREE opportunity for ALL students, faculty, and staff. It encourages healthier living through physical activity, nutrition, mental health, relationships, and overall wellness categories. This four-week program is designed with incentives to develop a commitment to healthy lifestyle choices. The 2014 Wellness Challenge is from Feb. 10 through March 9, 2014. Mark your calendars now!
Colorado Ski Trip

Awaken your sixth sense this winter on the slopes of Breckenridge Ski Resort!
Let UWRF Campus Recreation get you there.

Pre-registration with a deposit is required. Final payment will be made prior to pre-trip meeting. The pre-trip meeting is Wednesday, Dec. 4 at 6 pm in the Chippewa room, UC.
Are you ready for an adventure this winter? You can spend four days experiencing everything that Breckenridge, Colorado has to offer. Explore the mountain on your own or stick around for ski or snowboard lessons from UWRF trip leaders. The trip will depart by coach bus for Breckenridge on the evening of Sunday, Jan. 5. The bus will arrive in Breckenridge on Monday around lunchtime. Attendees will stay in The Village at Breckenridge condos located at the base of the mountain and will have the ability to ski or snowboard for 3 of the 4 days in Colorado. The bus will depart Breckenridge on Friday at Lunchtime and arrive back to River Falls the morning of Saturday, Jan. 11. Participants can bring their own skis and snowboards on the bus or rent from the outfitters at Breckenridge Sports. UW-Stevens Point students/community will be joining us on the trip. This trip is a great way to take advantage of group rates, affordable lodging, and transportation. The trip fee will include transportation, lodging, and lift tickets. Participants will have to provide clothing suitable for skiing/boarding, all meals/snacks, and skis/snowboard (personal or rental).
Lodging
• Located at the base of Peak 9, Ski In, Ski Out
• Two Bedroom Condos
• Full bathrooms
• Full kitchen
• Dining area
• Fireplace
• Sleeper sofa
• Balcony
• Mixed gender room assignments (6 persons per condo)

Other Amenities
• 24-hour guest service
• Concierge and activities desk
• Shuttle service
• Fitness center
• Indoor/outdoor pool
• Outdoor hot tubs
• Heated, underground parking
• Skier services and Breckenridge Ski & Ride School (winter)
• Village Childcare Center (winter)
• Sports shop w/equipment rental
• Breckenridge Medical Center

Breckenridge Quick Facts:
• Base elevation: 9,600 feet
• Summit elevation: 12,998 feet
• Vertical rise: 3,398 feet
• Lifts: 31
• 2 high-speed 6-passenger SuperChairs
• 7 high-speed quad lifts
• 1 triple lift
• 6 double lifts
• 1 8-passenger gondola
• 5 surface lifts
• 9 carpet lifts
• Number of Trails: 15
• Longest Trail: Four O’Clock (3.5 miles)

Helpful links
• Breckenridge website
• Register for the trip
• Equipment rental information

Check this video out!

Questions? Contact: CampusRec@uwrf.edu
715-425-4289