



BEAR FACTS

A weekly newsletter for the students, faculty, and staff at the University of Pikeville

University of Pikeville begins search for Miss Mountain Laurel representative

It's that time of year again to select a new Mountain Laurel representative. The Kentucky Mountain Laurel Festival (KMLF) is one of the oldest festivals, in its 84th year of rich tradition. The festival will be May 22-25, 2014, on Memorial Day weekend. The festival takes us back in time to place of Southern hospitality with Southern belles venturing through the foothills of Pineville, Ky. It is based upon the blooming of the mountain laurel flower and the winning queen is crowned with a garland of mountain laurel. Everyone in the small town of Pineville works together to make the festival memorable for all involved.

The queen candidates are treated like Southern royalty throughout their stay in Pineville. The main events of the festival take place on Saturday. The candidates participate in the annual KMLF parade in which they wear beautiful derby hats and show their true Southern style. Following the parade, the candidates go to the breath-



lected first runner-up at the festival. UPIKE has not had a representative rank this high since 1983 when Ann Victoria Phillips won the KMLF title.

UPIKE will be crowning a new queen on Feb. 15, 2014.

taking Laurel Cove for the Queen coronation. The queens are spotlighted one by one and curtsy to Gov. Breshear in elegant white ball gowns and white gloves.

In 2013, UPIKE selected senior Britany Rowe to represent the university at the 83rd annual KMLF. Rowe competed against 16 other ladies from universities and colleges throughout the state. She was se-

The university will host several events to prepare the candidates for the actual festival. The ladies will attend a tea party, take part in a community service activity, attend a soiree with former Miss UPIKE Mountain Laurel queens, as well as many other events during the spring semester.

If any female student is interested in signing up to take part in these prestigious events, please go to Student Services and talk to Jocelyn McCown, Miss UPIKE Mountain Laurel 2011. The deadline for applications is Dec. 11, the last day of finals.

UPIKE to honor December Grads

The University of Pikeville congratulates 26 graduating seniors at the conclusion of the fall semester. The students will be honored Tuesday, Dec. 10 at a special reception at the home of Dr. James and First Lady Tina Hurley from 4-6 p.m.

The 26 graduates include one student receiving an associate's degree in business, three bachelor of art students, 15 bachelor of science degree seeking students, and seven students receiving a bachelor of business administration.

The students will be able to return in May 2014 to walk during the commencement exercises.

Celebrate songs of Christmas at UPIKE



Join the University of Pikeville for the 2013 Winter Concert: "Lessons and Carols" performed by University of Pikeville

Concert Choir, the UPIKE Community Choir and various soloists and instrumentalists from across the region. The program will feature readings and poetry framed by songs of the season.

The Winter Concert is Tuesday, December 3, at 7:30 p.m. The performance is free to the community and will be held in Chrisman Auditorium, Armington Learning Center, on the campus of the University of Pikeville. For more information call Janean M. Freeman, assistant professor of music, at (606) 218-5770.

You are invited ...

Join U.S. Senate Republican Leader Mitch McConnell for a pro-coal "Listening Session" on Friday, December 6, 2013, at 10 a.m. in the Coal Building on the University of Pikeville campus.

The event will include conversations with Eastern Kentucky community leaders, small business owners and coal families.

Everyone Welcome.

U.S. Senator Mitch McConnell
Pro-Coal "Listening Session"
Friday, December 6 at 10 a.m.
University of Pikeville - Coal Building

2013

UNIVERSITY OF PIKEVILLE
UPIKE



Devotional: Proverbs 3:5-6

By Beth Epling



“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways, submit to Him, and He will make your paths straight.” Proverbs 3:5-6

These verses are an important reminder for everyone, but especially helpful for college students. We’re all a little stubborn and don’t like relying on others for things we think we can do on our own. With finals week coming up, we need to realize that we can do all we can, but ultimately God has the upper hand. There are three important points you can take from these verses.

First, don’t rely on yourself for everything. We try to do everything on our own, but so many times, things would be a lot better if we took a little bit of help from God.

Second, He will direct your paths. If you stop and think about this verse, it really shows you a side of who God is and who He wants to be in your life. God doesn’t just want to be someone you call on when you are in trouble or dealing with a problem. God wants to be the one that you call on all the time, just to make sure you are doing what is right.

Third, don’t be too proud. We all do it. We think we know what is best, and we get wise in our own eyes. But, once again, we need to be reminded that God knows what is best. We should rely on Him to direct us and keep us away from evil.

Overall, we should be more reliant on God and trust in Him to help us with whatever we’re facing.

Fellowship of Christian Athletes holds final meeting

By Leon Carsby

Thursday, Nov. 21 was FCA’s last meeting of the semester, and Rod Stapleton and Rob Staggs held it. Stapleton started the group off by asking if anyone in attendance had any prayer requests. He asked those who were there to pray for a project he is working on called “Phase 2.” He also prayed for the campus as well.

Stapleton started the discussion by breaking down the history of FCA, and how about six years ago he was asked to go to FCA, but he was unsure. At first, he was



going to say no, but Staggs insisted that he not think about it and just do it because it’s important for the students have somewhere to go to talk about their problems and religion.

Staggs then took over the discussion and asked the group what they were thankful for and how he was thankful for Stapleton because they are an inspiration to one another. He also read the group Bible verses, particularly Philippians 4:13. He broke it down for the group saying that Christ strengthens us, and we can do anything has long as we believe in

Him, including the athletes that were in attendance and the students that are stressing over their grades and upcoming finals.

Mission trip in spring?

By Kayla Day



Students met in the chapel on Tuesday, Nov. 19, to discuss possible plans for a mission trip during spring break

next semester.

The top two places that students decided they would like to go is either New York City or Mexico. Areas of focus on the trip would be construction work and planning a “Vacation Bible School” for children.

Rob Musick, chaplain and instructor of religion, will be overseeing and accompanying the group during spring break as well as a mission trip for UPIKE students that are going to Haiti in January. Earlier this semester, students went to Detroit for mission work.

Sarah Smith, senior, is excited that she will be going on her first mission trip in January to Haiti.

“I’ve always worked with kids and that is what I’m looking forward to the most on this trip. I’ve always wanted to go on a mission trip but haven’t been in a position where I could go until this opportunity came up and I am very excited about it,” Smith said.

For more information, contact Musick at robertmusick@upike.edu.

Weekly Chapel held

By Jaimie Ward

Chaplain Rob Musick started Chapel with opening prayer Tuesday, Nov. 19. UPIKE’s student chaplain, Katherine Baker, sang two songs as everyone joined in with her, “Revelation Song,” and “Lead me to the Cross.”

Musick asked the question, “Have any of you all changed your major since you’ve been in school?” As different people raised their hands, he explained about his journey through college and that he changed his mind, but it doesn’t matter because it’s always God’s will. We seem to think God’s will is narrow, but it’s not.

Luke 21:5 says that all will be torn down, not just one block, and that we all experience “hell on earth.” Musick read this, then explained that God’s will was one thing, to make his name known. God’s leading is what we do. Most people live in fear of giving everything to God. But only God knows our future, and He is never outdone by our future. So, we don’t need to worry, just give all of our worries to him.

Musick challenged us to the question, “What is keeping you from living for the Lord?”

A reading from Acts 20:24 was given, and then the service finished with the closing prayer from Musick.



Senior art showcases student's talent

By *Scottie Whitaker*



Senior Lucas Oliveira has great way of expressing his beliefs and personality through his artwork. Oliveira is having his works featured at the Weber Art Gallery during his senior show through Dec. 2.

“My family and my religion are what inspired my works that are in the Weber Art Gallery,” Oliveira said. “My mother, when I was being raised, is what influenced me the most, though. She made a trip to Europe and fell in love with the pieces there and came back and showed me. Ever since then, art, in general, has always been a passion of mine.”

Senior Chaz Contreras stopped by the gallery to examine his friend's work.

“The Spoon Lotus was the most intriguing piece. I thought it was very creative considering it was made of just plastic spoons.”

Fortunately Oliveira explained the meaning behind this work of art.

“The Lotus was inspired by Buddhism. In Buddhism, they believe in repetition, and that repetition is a form of meditation that can ease someone. So, the use of the same material (plastic spoons) over and over displays this very well,” he said.

The artist used the same idea in another piece. “Another one of my favorite pieces was the Paper Peacock. I used the same idea behind this as I did the Lotus. Repetition with the feathers serves the same

purpose, and in Buddhism, the peacock represents purity,” Oliveira said.

After being asked if he would pursue art after college he responded immediately, saying, “I hope so. It'd be nice to have other people have the same interest in my art work as I do.”

“Lucas is extremely creative and blends traditional and creative approaches in his work. He is fluid in his creative process so his work is constantly changing. His pieces may take many different turns in terms of scale, appearance and approach before it is complete,” said Petra Carroll, assistant professor of art. “Lucas is a generous student and often spends extra time in the studio to assist other student artists and critique their work.”

The senior art show meets part of the exit requirement for a graduating art major and is a reflection of the student's development and interests. For Oliveira, an artist's reception was held Friday, Nov. 15.

The University of Pikeville Weber Art Gallery is located on the second floor of the Record Memorial Building. Gallery hours are: Monday 9 a.m.-noon, 1-3 p.m.; Tuesday 9:30 a.m.-1 p.m.; Wednesday 9 a.m.-1 p.m.; Thursday 9:30 a.m.-2 p.m., 3-4 p.m.; and Friday 9-10 a.m., 11 a.m.-2 p.m.

For more information contact Patricia Kowalok at 218-5758 or Petra Carroll at 218-5759.

Student Services sponsors career planning seminar

By *Felecia Proctor*

On Thursday, Nov. 21, Big Sandy Area Community Action Program came to the university to talk to students about resumes and job applications. This seminar on career planning was sponsored by Student Services.

Big Sandy Area Community Action Program first talked about how important it is to get a degree. Also, students should not wait too long to get a resume together and start job-hunting because you are not the only one graduating with that degree.

When looking for a job, it needs to be something that you are interested in and you think you will like. If you just go get a random job because the position is available, then you are most likely not going to be happy and will not do quality work. Another aspect to look for is its location to your home, or whether you will be okay with moving to a different area or commuting. You always need to look at both sides of the job before putting in an application.

Now that you have looked over these items, you have to submit a job application. When you are doing so, make sure you have the correct information you need and that it is legible to read. When you put down references, make sure that you contact those people and let them know. After you get your application in, you will want to get a resume together.

This is where Big Sandy Area Community Action Program can help. The program is there to help anyone with getting a good resume together. Miranda Gibson is a Career Advisor and is good with making resumes the best possible. The Big Sandy Community Action Program is there to help, and if you have any questions, you can get assistance. There is help in finding a job or anything you need. You can contact Gibson at her email, mgibson@bsacap.org.





Men's Basketball picks up two wins

By Dean Johnson

The University of Pikeville Men's Basketball team capped off a great week of travelling after beating Campbellsville on Saturday night, Nov. 23. Keala King led the game with 23 points, while Elisha Justice added 20 and Bruce Reed 17. The Bears improved to 7-1 for the season and ended up shooting 50 percent from the field. UPIKE ended the game strong out scoring Campbellsville 50-30 in the final 20 minutes. What looked like a close game throughout changed after that last stretch of points from the Bears enabled them to pull away and eventually win the game 79-61.

UPIKE also played St. Catherine College two days prior to the Campbellsville game, and it turned out to be a very entertaining fixture. With just under nine minutes



left on the clock UPIKE found themselves trailing by 16 points, but were able to go on an 18-3 run to bring the game back to within one point. Despite this comeback from UPIKE with 54 seconds left on the clock Taron Franklin's jumper gave St. Catharine a three-point lead at 93-90, then Bruce Reed went to the line cutting the advantage back down to one. Reed then blocked the next attempt by St. Catherine which then resulted in Elisha Justice being fouled and sent to the line with an opportunity to win the game. Justice made both free throws and the opposition was unable to respond before time was called on the game. Chris Cantino lead the Bears with rebounds coming up with 15 whilst also adding 19 points whilst Keala King and Reed contributed with 23 and 23 points respectively.

Pikeville won't return to action until 7 p.m. on Dec. 13 playing against Clearwater Christian at the East Ky. Expo Center.



Softball helps the needy in the community

Recently, the UPIKE softball team collected canned goods and other products to help the less fortunate for the holidays.

The players spent Monday, Nov. 18 dropping off bags on the front doors of Pikeville homes, with letters attached letting the homeowners know that the bags are for canned foods or any other helpful types of merchandise for the less fortunate. They then set out on Thursday, Nov. 20 to pick up all of the bags and sort the foods, which

they delivered to the Westcare homeless shelter on Friday, Nov. 21.

"It is really good to help out the less fortunate. It makes me feel better about myself," sophomore Lauren Barnes said.



UVa.-Wise tops UPIKE

By Dontevious Daniel

UVa.-Wise had an answer for everything on Monday night, Nov. 18, keeping its lead around 10 points throughout the second half to beat the University of Pikeville women's basketball team 79-71 at home.

After jumping out to a 4-0 lead to start the game, Pikeville stayed on top for the first 15 minutes until an UVa.-Wise layup tied it at 28-28 with 4:45 left in the first half. Prior to that, the Bears had led by as many as eight points at 24-16 on a put back by Courtney Haney.

A minute in the second half, UVa.-Wise buried a three to give them a 32-31 lead which they would keep the rest of the game. A Cavs free throw with 1:10 to play made it a 13-point game, although UPIKE



outscored UVa.-Wise 13-6 over the next minute to trail 77-71 with 10 seconds to go.

The Cavs made a pair of free throws to go back up by eight and UPIKE came up empty on its last three shots.

Callisha Johnson paced UPIKE with 23 points and four rebounds, while Cheyenne Madden and Patrice Tonge joined her in double figures with 13 and 10 points, respectively. Trailing by just five with under four minutes to play, the University of Pikeville women's basketball team couldn't stop the hot-shooting Angie Lawrence as her six 3-pointers helped No. 9 Campbellsville (Ky.) to a 76-62 win on Saturday at the Powell Athletic Center.

Callisha Johnson tallied a game-high 28 points for Pikeville and Patrice Tonge and Cheyenne Madden added 12 and 10 points, respectively. Madden finished with a double-double with 14 rebounds, while Jayme Jackson dished out a game-high nine assists.



War Wounded: Clark publishes book

By Danielle Smith

Associate Professor of Speech and Theatre Basil Clark wrote and self published a book titled *War Wounded: Let the Healing Begin*. The inspiration of his book is what's really happening inside when someone has a traumatic experience happen to them in life. The book explains other people's pathways to healing and that everyone has a story. It is for the people who have been battered by life's storms.

"Within our diversities, we find out just how much we have in common," said Clark.

The book includes endorsements from

Gov. Paul Patton, a pastor in the Netherlands, Clark's sons, and a former editor of Backpack Magazine. A portion of the proceeds from the book are going to be donated to the Wounded Warrior Mentor Program as well as the UPIKE Spiritual Life mission group.

Clark wrote the book while on sabbatical during the Spring 2013. He interviewed 20 people during the project.

War Wounded: Let the Healing Begin can be purchased from www.clarkscove.com or by contacting Professor Clark at BasilBClark@clarkscove.com.

Staff Spotlight: Nathan Varney emerges as Jack-of-all-trades

By Ashley Wolfe

A Jack-of-all-trades, Concert and Pep Band Director Nathan Varney is fun and lively. He's been a popular name among the University of Pikeville students for some time now. Band students and gamers alike love him.



He once worked for Belfry Middle School and as-

sisted band director Debbie Evans of Belfry High School. He also owns Page 3's Game Zone and is a regular in aiding WYRD with fundraising and events.

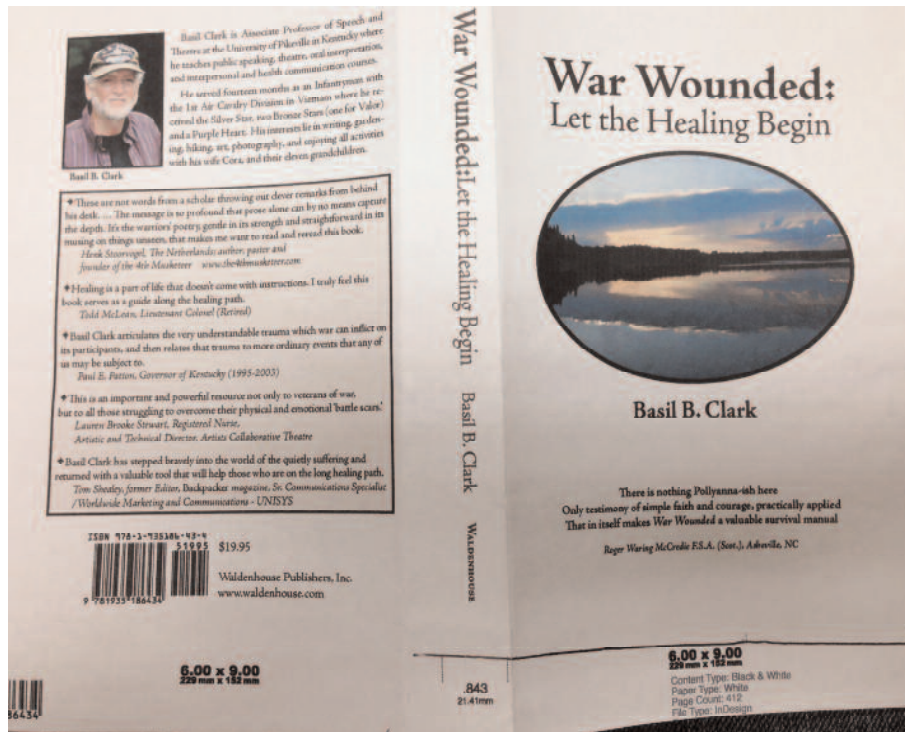
Often known for his costumes and fun-loving personality, he helps raise spirits and give students a reason to smile. He's often seen as a goofy character instead of a serious teacher, but in his line of work, it's seen as doing what you love and not a job.

Varney can play a myriad of musical instruments. The trumpet and the tuba are just a few.

He is also a favorite face to see at Belfry High School football games. He often brings his own instruments and not only directs the bands, but performs with them!

Pep Band member Belle Lemaster commented on Facebook that Nathan and the Pep Band "are always there for me and I honestly don't know what I would do without them! I love them!"

Varney's overall personality has created somewhat of a family for his band students.



ACE speaker prepares for work force

By Brianna Larson

On Thursday, Nov. 21, ACE held "That Thursday Thing" in Chrisman Auditorium. This workshop was presented by Judy Bradley. The speaker talked about helpful tips in finding a job, and applying for the job.

The workshop was designed to give students advantages over others applying for the same jobs in the same field.

Basically, any advantages will help get a job that you want whether it is close to home, or big city. Another helpful tip

learned in this workshop was to find a job that you will enjoy doing every day.

Pikeville resume career counselors Miranda Gibson and April Hall are willing to help students with their resumes and applications at no cost and also spoke.

This workshop provided helpful tips on how to properly fill out a resume, what to include and what not to include. They also talked about how to speak in an interview, how to dress, and how to prepare for certain types of questions.



COM Honor Society inducts students

By Makayla Colley

On Wednesday, Nov. 20, three students majoring in communication were inducted into the UPIKE Communication Honor Society, Chi Omicron Mu. Makayla Colley, Corey Gilligan, and Kaitlin Massie were installed in the Record Conference Room after completing the official requirements.

Those requirements for induction include: having an overall GPA of 2.0 or higher, a communication GPA of 3.0 or higher, have a sophomore standing, and having complete at least 12 hours of Communication courses.



The presentation included the advisor, Chandra Massner, leading the ceremony with president, Alexis Vescovo. The officers Hanna McIntosh, Christina Halen, and Ashley Copley also assisted in candle lighting ceremony.

Refreshments were served afterward.

The group will hold its final social of the semester on Thursday, Dec. 5.

"I'm always pleased to welcome new members to the group. The Communication department is like a family, and they make me feel proud," Massner said about the new inductees.

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Accounting speakers give needed information

By Brad Andrews

Many, if not the majority, of accounting students aspire to become young CPAs of a major corporation or business. However, it is sometimes challenging for these individuals to reach out and get their talents recognized for potential job opportunities. Professor of Accounting Lois Rogers wanted to change this trend for UPIKE accounting students, and the first step was taken recently in the Record Conference room.

Two guest speakers were invited to UPIKE's campus to present information on the CPA profession and what it takes to become one. The first presenter was Tricia Williams from Becker professional education, an online readiness company that specializes in CPA exam materials and preparing students. Williams gave information on what Becker is as a company and how their services can greatly serve aspiring accounting students in getting ready for the CPA exam. She included items such as educational materials, exam reviews, and the requirements that are needed to take and pass the exam.

The second speaker was Becky Ackerman from the Kentucky Society of CPA.

Ackerman presented information on the annual P.E.A.K. competition, which is an educational competition used to promote accounting in the state of Kentucky. This competition is held in April in Louisville, Ky., and is open to all colleges that offer an accounting degree.



The teams for this event consist of four accounting students with one alternate, and the members compete in a Jeopardy-format with categories that match the sections of the CPA exam, with the winning members receiving a \$1,000 scholarship each. Free study materials will also be provided by Becker in order to prepare the teams.

Rogers and a team of UPIKE accounting students plan to enter the P.E.A.K. competition this year, which will be their first year attending, and make them the thirteenth member in the competition.

While the team is still to be determined, Rogers said, "Many of my students are very excited about entering this competition, especially after the presenters showed them what it's all about. I think with the chance to win a scholarship and the free study materials provided; it grabbed their attention pretty well."



BUS alumnus speaks to campus

By Brad Andrews



"Don't fake who are; be true to yourself." This was only one of several powerful keys to success that was relayed to the audience by guest speaker Larry B. Forester, featured speaker in November for the Speakers and Leadership series, hosted by the Coleman College of Business.

Forester is the vice president for the Central Kentucky region of Community Trust Bank and is currently working out of Lexington with current retail sales goals in the multi-millions. He was a part of the Pikeville College class of 2005, was a member of the football team for five years, and is a recent inductee into the athletic hall of fame at UPIKE.

In front of an audience of more than 200, Forester delivered a personable speech about how he became successful after graduation, and he offered some encouraging words for young students to be successful as well.

"You must set both personal and professional goals and never stop working to achieve them," said Forester.

"You must also surround yourself with people who have similar goals and attitudes as yourself," he added.

He had important advice for students at UPIKE.

"Listen to all of your professors; they are all of high quality and all played a role in my success," he said.

Business professor Brenda Maynard was excited about his visit. "I've known Larry for quite some time, and for him to come to UPIKE and share his success story



with our faculty and students was fantastic. I think it gives our students some hope for the future," she said.



UPIKE prepares for Haiti mission trip

By *Christin Haney*

While most are planning for the Christmas holiday and a needed break, others on campus are preparing to share the true spirit of the season. Rob Musick, university chaplain, will be joined with 25 others in January and travel to Haiti for the second UPIKE mission trip.

Some of those include students Cheyenne Adkins, Alexandria Allen, Gabrielle Bailey, Emily Castle, Kara Crowe, Caitlyn Dixon, Michelle Fowler, Brandi Jo Howard, Sierra Kiser, Maleena Little, Collan McCoy, Stephanie McKinney, Leanna Mullins, Morganne Robinson, Amanda Sawyers, Sally Smith, Sarah Smith, Harold Taul, and Professor Linda Taylor.

"We will be working with our Haitian brothers and sisters to work in their community, planting fruit trees, leading a vacation bible school, sharing in a sports ministry, playing with children at an orphanage and possibly doing some construction work," said Musick.

In anticipation of their departure, they

have been running the peanut butter and flip flop campaigns here on campus. They collected over \$60, three tubes full of peanut butter, and about 50 pairs of flip-flops at the University.



Jars of peanut butter were collected to ease malnutrition in Haiti. Peanut butter has 30 essential vitamins and nutrients. Flip-flops are encouraged because it is very hot there, and the people do not have shoes.

Anna Kowalok, daughter of art professor Pat Kowalok, brought the campaign to the attention of the National Honor Society chapter at Pikeville High School. The students collected 177 pairs of flip-flops.

Each traveler will take two suitcases, one for personal belongings and one filled with supplies to give away.

"There is always room for more donations," said Musick.

If you're interested in helping the group, donations may be left at Rob Musick's office in Record Memorial.

Academic Teams place

By *Joshua Tyler Olinger*

On Nov. 16, the University of Pikeville hosted a Kentucky Collegiate Quick Recall League tournament. UPIKE competed in a showdown of knowledge alongside the University of the Cumberlands, Ohio Southern, and Murray State.

As the teams battled it out at the buzzer, it was the UPIKE Division 1-A team that pulled ahead of the rest winning all four matches against the Division 1 participants.

"Racking up the wins definitely makes you feel good, especially when your competing against teams like that," Thomas Browning, D1-A member said.

The day contest concluded by allowing the Division 2 team to compete against Big Sandy, and The University of the Cumberlands, holding its own and taking home a third place victory in Division 2.

"It's a good learning experience. I mean, you may not win, but at least you got to experience what it is like to compete against really good colleges," Steven Dotson, D2 member said.

The University of Louisville will host the next tournament on Dec. 7.

Singing Santa Gram

Looking for a unique way to wish someone a Merry Christmas? Send them a Singing SantaGram! UPIKE singers are set to deliver your holiday greetings with musical flair and flourish! Holiday musical messages will be delivered with your choice of chocolate or peppermint along with cards containing personal greetings from you. On campus delivery rates are \$10 for orders placed by UPIKE students and \$15 for UPIKE faculty and staff. Spread the holiday cheer by ordering your Singing SantaGram today!

For additional information and to inquire about off campus deliveries, contact Janean Freeman at 218-5770 or email JaneanFreeman@upike.edu. All proceeds will help fund the choir's 2014 international tour.

Book Buy Back

The bookstore is now buying back books from students. You must bring your student ID to sell books back. We do buy books year round but selling them now through finals week may get you more money! Rental books are due by Thursday, Dec. 12.

Lady Bears beat Union College on road win

Conley's dagger lifts women's basketball over Union 80-78

Down two with less than 10 seconds to play, Brogan Conley knocked down a deep 3-pointer to help the University of Pikeville women's basketball team beat Union (Ky.) 80-78 on the road on Saturday, Nov. 30.

Callisha Johnson led the Bears (2-4) with 13 points, Patrice Tonge and Kandice Porter added 12 and Kelah Eldridge chipped in with 10. Conley had nine points off the bench, finishing a perfect 3-for-3 from deep.

Courtney Haney was productive, scoring nine points and grabbing eight rebounds, while Cheyenne Madden had eight

points and 12 boards off the bench.

Union's Haley Perkins poured in a game-high 22 points and Amber Taylor finished with 18.



The Bears won the battle of the boards 41-36 and outshot Union from the field 47.6 to 41.5 percent.

Union (6-3) hit four early threes to jump out to a four-point lead at 18-14, but Porter took

over for the Bears.

The freshman finished with 10 first-half points, including a fade-away jumper that gave UPIKE its first lead at 28-27 with 6:14 to go. Courtney Haney picked up the energy as well, getting loose for a backdoor layup, swiping a steal and drawing a block to help the Bears keep their lead at 34-30.



FINAL EXAMINATION SCHEDULE

Monday/Wednesday/Friday

Class Meeting Time

- 8:00 a.m.
- 8:30 a.m.
- 9:00 a.m.
- 10:00 a.m.
- 11:00 a.m.
- 12:00 noon
- 1:00 p.m.
- 2:00 p.m.
- 3:00 p.m.
- 4:00 p.m.
- 4:30 p.m.

Final Exam Day

- Monday
- Monday
- Wednesday
- Friday
- Monday
- Wednesday
- Friday
- Monday
- Wednesday
- Friday
- Monday

Final Exam Time

- 8:00 a.m.
- 8:30 a.m.
- 9:00 a.m.
- 10:00 a.m.
- 11:00 a.m.
- 12:00 noon
- 1:00 p.m.
- 2:00 p.m.
- 3:00 p.m.
- 4:00 p.m.
- 4:30 p.m.

Tuesday/Thursday

Class Meeting Time

- 8:00 a.m.
- 8:30 a.m.
- 9:00 a.m.
- 9:30 a.m.
- 12:00 noon
- 1:00 p.m.
- 1:30 p.m.
- 3:00 p.m.
- 4:00 p.m.

Final Exam Day

- Tuesday
- Tuesday
- Thursday
- Thursday
- Tuesday
- Tuesday
- Thursday
- Tuesday
- Tuesday

Final Exam Time

- 8:00 a.m.
- 8:30 a.m.
- 9:00 a.m.
- 9:30 a.m.
- 12:00 noon
- 1:00 p.m.
- 1:30 p.m.
- 3:00 p.m.
- 4:00 p.m.

Seven ways to beat end-of-the-semester stress & anxiety

- 1.) Go for a 20-minute run to clear your head. This will raise endorphines.
- 2.) Bake a healthy treat to help soothe all your racing thoughts.
- 3.) Talk it out! Don't keep your anxiety bottled up inside. Have lunch with a friend.
- 4.) Clean your dorm room. Surprisingly, cleaning lowers stress levels and keeps your mind occupied.
- 5.) Take a social media break. Turn off all social media until you have studied for the exam. Too much social media can cause more stress.
- 6.) Listen to music. Listening to music while studying can actually help relax your brain and make you focus on what you're doing.
- 7.) Create a to-do list. Checking stuff off of a to-do list can help relieve stress by seeing the progress being made.

http://www.huffingtonpost.com/2012/11/30/final-exam-stress-10-ways_n_2212729.html

UPIKE to host annual student President's Midnight Breakfast

Take a study break for breakfast on Wednesday, Dec. 4. Doors open at 10 p.m. in the UPIKE cafeteria for the annual President's Midnight Breakfast.

All students are welcome to attend!

Library extends hours for Final Exams

Saturday, Dec. 7: 9 a.m. – 5 p.m.
Sunday, Dec. 8: 3 p.m. – 1 a.m.
Monday, Dec. 9 & Tuesday, Dec. 10: 7:30 a.m.-1 a.m.
Wednesday, Dec. 11: 7:30 a.m. – 9 p.m.
Thursday, Dec. 12 & Friday, Dec. 13: 8 a.m.-5 p.m.

Academic Assistance Available for:

Biology	Sociology
Chemistry	English
Algebra	Religion
Calculus	History
Trigonometry	Criminal Justice
Psychology	Writing

For more information, contact Libby Shockey at 606-218-5622 or email LibbyShockey@upike.edu.
Hours of operation: Monday - Thursday 1-9 p.m.
Allara Library 016