Discuss Mindfulness We Will

Sometimes I feel like a young Luke Skywalker. All my life, I’ve been looking away— to the future, to the horizon. Never my mind on where I was, what I was doing. Well, okay. I may not have Yoda to guide me on the importance of being in the present moment*, but I DO have the next best thing: UWF Faculty!

Join us for an interdisciplinary panel discussion on mindfulness, followed by a brief meditation session. We may all learn to be a little bit more Yoda-esque.

All Eyes on Mindfulness
Monday, October 10th 4:00-5:00pm
in our new “Idea Space” on the 2nd floor.
*Or on how to kick butt with a light saber

Library Orientation for Transfer Students!*

Are you a transfer student who wishes you knew more about how the library operates and how to find articles and books and what’s up with all those little rooms on the 3rd and 4th floors or why the library gives away free cookies once a month? Do you feel like you blew in from Kansas and don’t know which way to go to meet the Wizard? Well, friends, don’t click your heels together and go home. Instead, follow the yellow brick road** to the library classroom and the kind librarians will tell you all about it. None of us are even missing a heart! And there may be candy!***

When? October 13th
When again? 12:00 noon
Where? The Library Classroom, Rm. 123

*Think of it as Library 101. Or, Library 2001, a Book Odyssey
**or the moss-green carpet, as it were
***and Winged Monkeys!****
**** Too far on the Wizard of Oz metaphor?******
*****My footnotes have footnotes. Footnotes!

Daily Life in Ancient Rome (but in the Great Good Place!)

Meet Cicero, Julius Caesar, Vestal Virgins, and Centurions! Taste authentic Roman food! Imagine yourself as a gladiator or in a toga or as a student of UWF who wants to see Ancient Rome in living color (see what I did there? But you do, don’t you?!). This event takes place all day, so come join the faculty and students from multiple departments (History! Anthro! Theatre!) and see what Ancient Rome was really like (take that Russell Crowe!*).

October 27th, 9:00am-5pm (Drop-in)
5pm: Lecture, From Simplicity to Sumptuous: The Dinner Party in Ancient Rome, by Dr. Kara K. Burns

*if anyone remembers that movie thesedays!
**thesedays is one word. Look it up.
***Nevermind, don’t.

Send questions, comments, and R2-D2
Britt McGowan at bmcgowan@uwf.edu

University of West Florida Libraries
Library Homecoming Corner

October 17th 10am-1pm:
Window Graffiti
Come get your artist on by drawing on the outside of the library’s north side windows!

October 18th 8am-2pm:
The UWF’s Libraries Book Sale
Because what’s better than a cat dressed as a shark riding a Roomba and chasing a duck? The Book Sale, that’s what! Prices are cheap and the company (and popcorn!) are free. The book sale will take place outside on the library corner of the Cannon Green.

7pm: Cookie Night – Free cookies while supplies last!

October 19th 10am-1pm:
Homecoming Photo Booth…with props!
Come get your photo taken by the library mural in the copy room!