Today
Women’s Health and Safety Meeting
Leighton 304, 5-6PM.
Come learn how to stay safe and healthy as a women traveling abroad!
Sign up on the Carleton OCS website!

Understanding Self & Others
therapy group @SHAC. Wednesdays 3:30-5:00 through May 31, led by Nate Page/Sarah King. Registration required, contact npage to learn more. Info @ go.carleton.edu/shacgroups

SHAC Perfectionism & Procrastination
workshop series, Wednesdays 6:00-7:00 (Weeks 6, 7, 8), Willis 204. All are welcome, no sign-up needed! ?s-x4080

Evensong: Contemplative Christian
Song and Prayer, 8:30-9:00pm, Chapel.

Well-Being Wendesday: Hydration
Just Add Water. Hydrate the Healthy Way. Come to LDC & Burton @ lunch and sip in style with different flavors of spa waters!

Thursday, May 4
What’s Next for the Country:
Foreign Policy and Security: 6:30pm, Great Hall. Panelists: Greg Marfleet, Hicham Bou Nassif, and Jon Olson.
Sponsored by CEDI.

Weekly Buddhist Meditation
8:00 p.m., Chapel. Led by local Buddhist leaders or students. Cushions provided and no experience necessary.

Star Wars: May the 4th Be With You
Come to Burton & LDC for a special Star Wars-inspired meal. Wear your Star Wars costumes!

Friday, May 5
Shabbat Service and Dinner
6:15pm, Page House East.
Led by Rabbi Shosh Dworsky with student-cooked dinner following.

Sayles, Burton, and LDC will be featuring Mexican-inspired cuisine in honor of Cinco de Mayo.

Saturday, May 6
Come support Kaylee Shiao
in her senior piano recital! Her solo performance will include works by Chopin and Debussy. 2pm, Concert Hall.

Viva Italia! Enjoy the Voice Showcase
feat. Italian Art Songs and Arias. With Rick Penning, coordinator, and Thomas Bartsch, collaborative pianist.
7:30pm, Concert Hall.

Sunday, May 7
Gospel Brunch
11:00am, Chapel Lobby - Led by student Chaplain’s Associates. All are welcome for singing and brunch.

Mustard Seed Chapel Service
5:00 p.m., Chapel. Led by students in the Christian band, Mustard Seed. Dinner after the service.

Come support Molly Hildreth
in her senior flute recital! She will perform works by Prokofiev, Bach, and traditional Irish tunes.
2pm, Concert Hall.

Monday, May 8
Understanding Self & Others
therapy group @SHAC. Mondays, 3:30-5:00 through May 29, led by Drew Weis & Amie DeHarppornte. Registration required, contact npage to learn more. Info @ go.carleton.edu/shacgroups

Support your local Carls
at the Piano Student Recital!
8pm, Concert Hall.

Sayles Grill Out!
Join us for a Classic Grill out today on Sayles Patio from 11:30am-2:00pm. The menus includes Hot Dogs & Hamburgers.
**Thursday, May 11**

**Meditation Hour, Thursdays 12:10-12:50**
May 11 - June 8, Buddhist Meditation Room, Chapel basement. Guided meditation with Betsy Lane-Getaz APRN, CNP, MS and Nate Page PhD, LP.

**Reflections series continues with talk**
by Daniel Groll, Philosophy, on "The Music That Matters to me (and why)," 12:00pm, Library Athenaeum. Box lunches available.

**Weekly Buddhist Meditation**
8:00 p.m., Chapel. Led by Bhante Sathi of Triple Gem Meditation Center. Cushions provided and no experience necessary.

**How will my identities translate abroad?** Meeting is 5pm-6pm in Leighton 236. Come talk about how your personal identities will affect you while abroad! Highly recommended for off-campus studies participants but open to all students!

**Carleton Student Favorites!**
Burton and LDC will be featuring Carleton Student Favorites all day!

**Friday, May 12**

**Jewish Shabbat Service and Dinner**
6:15pm, Page House East. Led by students with dinner cooked by students after service.

**Come to the documentary screening**
of "Trapped" in the Weitz Cinema from 5-7pm to learn about TRAP laws and other threats to reproductive health!

**Help bid farewell to the Concert Hall,**
the Holtkamp organ, and our seniors in this Valedictory Concert.
7pm, Concert Hall.

**GENERAL**

**Carleton and St. Olaf Catholic Associations** are hosting a BBQ this Friday at 5PM. Please email donovane@, zaytounc@, chavezl@, or lopezg@ for RSVP/interest!

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**Sign up for the Carleton Triathlon!**
First Reading Day, Thursday, June 1. $20 for Carleton students—including a dope T-shirt! Register online at go.carleton.edu/triathlon by 7th Friday, May 12.

**Riddle of the Day**

Which other letter fits in the following series: BCDEIKOX?
~ Answer in Friday’s NNB ~

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**Monday's Riddle**

I am a rock group with four members, all of whom are dead, one of whom was assassinated. Who am I?

Answer: Mount Rushmore.

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**MAYDAY PARADE AND FESTIVAL**

**MAY 7**

Bus departs Willis at 11am
Return to Campus by 5pm
Sign up on the SAO website
Bring money for food

In the Heart of the Beast Puppet and Mask Theatre’s annual MayDay Parade, Ceremony, and Festival has been a vibrant example of art as community building in the Twin Cities area for 43 years. Enjoy live music, great art, and yummy food!
DJ Spring Concert
Shifts between artist performances, 2:30-10pm
Apply TODAY by 5pm on the SAO Website
Order a Spring Concert Tee!
$10 on the SAO Website
OR... Volunteer at Spring Concert and get a FREE T-Shirt!
ready for your summer?

Summer 2017 Student Internship Panel
Tuesday, May 9, 6:00 p.m. – 7:00 p.m., Leighton 305

If you are planning to embark on an internship of any kind this summer, this student internship panel will be a valuable resource for you.

Join us for a panel discussion with three current students who have completed successful summer internships in the past, and get advice on how to make the most of any internship this summer. Panelists will discuss what to expect, pitfalls (and how to avoid them), and tips on how to have a awesome summer. This will be an open discussion and we love to have questions!

Pizza will be provided, so please R.S.V.P. through the Tunnel to reserve your spot. If you have questions about the event, please contact Rachel at rleatham@carleton.edu.

Schedule your next appointment online!

Whether you’re working toward making plans for the coming summer, or you’re already hoping to talk about next year and beyond, come talk to a career counselor about whatever is on your mind. We are here to help you with everything from writing your first resume to navigating grad school applications to accepting a post-graduation job offer!

Career counselors also offer practice interviews and assessment inventories. Make your next career counseling appointment through the Tunnel. Log on any time – day or night – to schedule. Filter available appointments by day, time, or counselor, and decide what works best for you. Questions? Stop by the Career Center, e-mail us at careercenter@carleton.edu, or call us at 507-222-4293.

We look forward to seeing you soon!

Still Searching?
You’re not alone! There are hundreds of full-time job and summer job and internship postings live on the Tunnel and the Liberal Arts Career Network. SCAs and career counselors are available for walk-ins every day to help you with the job search from start to finish. You can also adjust your Tunnel profile to receive e-mails tailored to your career field and geographic preferences. Log in to the Tunnel or stop by to get started.

 carrera Center

Career Center Hours
Mon-Fri 8-5
(C507) 222-4293
go.carleton.edu/career

Career Counselor Walk-In Hours
Mon-Thurs 3-4:30pm, Fri 2-3:30pm
Sayles-Hill 050
Spring Term, Week 6