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The program is available for any student willing to track their sleep for a week and meet at least twice with one of four trained Student Wellness Advocates (SWAs). The program provides one-on-one support, as well as access to various tools to track and improve sleep. For example, students can borrow fitness trackers to complete the initial sleep log as well as light boxes to help regulate sleep and wake cycles.

Janet Lewis Muth, Director of Health Promotion, says, “Our ultimate goal is to help as many Carls as possible learn how to sleep for better physical, mental and academic health.”

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  9:30 pm — 1:00 am, Sayles Hill Campus Center and Severance Hall

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- **Pie Blanket Making for Ruth’s House of Hope — Wednesday, February 13th**
  4:30 pm — 6:30 pm, Great Hall
  Sponsored by Res Life and the CCE

- **Internship Reflection Poster Session — Wednesday, February 20th**
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  Join our funded summer interns (who studied off campus during fall term) as they highlight what they learned through their experience and how Carleton’s support enabled these experiences (including significant funding from alums). This event is open to the public.

- **OiLL Talk — Tuesday, February 26th**
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- **Meditation Sessions — Tuesdays and Fridays throughout the term**
  Tuesday, 12:10 pm — 1:10 pm, main floor of the Chapel.
  If you are interested in attending the meditation sessions, you can register at Activities Fair.

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Division of Student Life Newsletter February 2019

PILOT SLEEP PROGRAM AIMED AT STUDENTS GETTING MORE ZZZs

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Winter Break at Dacie Moses was busy with hosting Sunday Brunches, a homemade pizza supper, and a movie/game night. Julia along with student Bia Furtado volunteered 3 hours for a community Thanksgiving Day dinner at the Laura Baker School. Student Onellis Cardona also hosted the Business Office with some great Puerto Rican food! Dacie’s co hosted with OIL. An international brunch both during winter break and also winter term. Both brunches were great fun! This brunch created a wonderful space for Brazilian students from Carleton and St. Olaf to meet and talk. Dacie’s also hosted the 19th Birthday Party with a wonderful turnout and visits from area alums along with a performance by the Knights and Gales.

This winter break on the snowiest day of the year when the power was off all over campus for maintenance, Dacie Moses acted as a warm retreat with an international themed brunch open to everyone. Around 30 students, international and domestic alike, enjoyed the traditional baked goods, a Japanese curry dish, Nepali rice and beans, and international finger foods. Attendees enjoyed food, Scrabble, and conversation.

On January 20th, Dacie Moses hosted a Brazilian Brunch which was conceptualized and prepared by Bia Furtado, a Sophomore student with the help of several of her friends and the Dacie Moses staff. There were 90 students and staff in attendance. The brunch dishes included Bobo de Camarao, Queijadinha, Bolo de cenoura com Chocolate, Bolo de Fuba, Pao de Queijo, Tutu de Feijo a Aroz, Canjica, and other traditional Dacie treats. Both international brunches were co-sponsored by the OIL office. If you are interested in cooking/hosting your own cultural brunch, please reach out to OIL and/or Dacie Mos- hes House staff.

Jez Bigornia Continued from page 1

ent theater company. While The Acting Company is an Off-Broadway theater company that focuses on touring, Westport Playhouse is a larger regional theater company with a bigger budget. It was interesting to note the similarities and differences of operations and meetings between the two companies.

I assisted with various projects here and there during my time with the Company, too. For example, I wrote a curriculum guide for Othello—essentially educating the teachers how to instruct students about Shakespeare plays. Referencing a previous Julius Caesar guide provided a blueprint for detailing in-depth themes and history of Othello. I go in depth on the themes and history.

The most memorable project I did, however, was research. A few years back, the Company produced X: Or, Betty Shabazz v. The Nation with great success and outreach among the lower income and nonwhite communities in New York City. This upcoming season, they will be producing an adaptation of Native Son; my job was to research any and all sum- mer events such as Harlem Week, Shakespeare in the Park, and African American Day parades. The information that I gathered would be used to promote Native Son where large groups of people would be gathering.

Post-Externship Reflection: How will this experience impact your time at Carleton/career exploration moving forward, helpful advice received, surprises, other takeaways, etc. Prior to this externship, I was solely focused on acting and directing. I had not considered any other jobs in theater to be of interest to me. After this experience, I really want to learn more about theater management and administration. I am in the process of applying for summer opportunities in these two areas. I am excited to develop additional professional skills that will pave the way for success in the theater world— not in the ‘star power’ sense, rather in making art possible and the shows produced accessible for everyone.

Dacie Moses Brunches with International Appeal

The Dacie Moses House could be described as one of the most treasured places on campus. Designed to be a “home away from home” for Carls, Dacie Moses (also famously known as the ‘cookie house’) is a place where one can always find free cookies, a welcoming environment, and lively conversation during their Sunday brunches. The house is open to all students not just for baking, but also to cook food, sing a capella, and allow student cultural groups to share their food and heritage. One of the lesser-known stories about Dacie Moses was her love of international students. Dacie worked at Carleton College for many years in the Treasurer’s Office and was an advocate for many of the international students, assisting them with delayed payments and helping to make sure that they found a home at Carleton College.
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Chris Dallager
Director Disability Services

Chris Dallager, Director of Disability Services and Forum co-chair at Carleton, was born in Chicago and grew up in Wheaton, Illinois. His family moved to Winona, Minnesota when he was 16. He now lives in the Twin Cities suburbs where he loves spending time with his wife, daughters, and “disobedient” (but lovable) dog.

Prior to working in Disability Services, Chris’s career included work as a psychotherapist, school psychologist, and program director for group homes working with adults with developmental disabilities and/or severe mental illnesses. These experiences, along with his time in the Disability Resource Center at the University of Minnesota-Morris, have informed his work in disability services in a college setting.

Under Chris’s leadership, Disability Services is actively increasing its capacity to support students. Chris is excited about new initiatives for this year, including regular support for students with learning disabilities and attention deficit hyperactivity disorders through its Disability Services Peer Leaders. Disability Services will also be offering PEERS@Carleton, a group teaching friendship, dating etiquette, and conflict-management skills. The program is an evidence-based model developed at UCLA aimed at assisting young adults with social challenges.

In his free time, Chris says, “I eat too much, exercise too little, and enjoy puns more than I should.... I eat too much, exercise too little, and enjoy puns more than I should....”

DEPARTMENT UPDATES

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Janet Laws Math, Director of Health Promotion says, “Our ultimate goal is to help as many Carls as possible learn how to sleep for the positive, only 6% of Carls reported getting enough sleep to feel rested.”

According to the Student Health Survey, nearly 62% of Carls reported getting enough sleep on 6 nights per week. That number is just not acceptable. Picture a way to help more Carls recognize that sleep coaching (especially done by week) is just not acceptable.

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All are welcome to drop in any time—students, staff and faculty. It’s informal with gentle guidance re: breathing, noticing, etc. Bring your curiosity and maybe a friend. Past participants report decreased anxiety, increased calmness and self-awareness, and feeling part of a community. Led by Proud Chanarat (Chaplain’s Associate), Nate Page and Betsy Lam-Getz (SHAC Clinicians).

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Externship Student Reflection
Jaz Bigomia ‘20 shares highlights from his Winter Break Externship experience.

Why did you apply to this specific externship? I applied to be a theater management extern for The Acting Company (also known as the Group / Acting Company) so I’d have the opportunity to experience theater outside of academia in a professional setting—no better place to experience and learn than in New York City! Also, prior to this externship, I had only been exposed to acting and directing, this particular experience would expose me to other theater-related career paths, expanding my awareness of occupations in theater.

Describe the type of activities that you observed/participated in throughout your externship. During my time as an extern, I accompanied the Associate Artistic Director when I observed auditions for our upcoming school tour of Of Mice and Men—the cast was condensed to five actors touring approximately 15 middle and high schools across four of the five boroughs. From this experience, I deepened my understanding regarding audition preparation from a director’s perspective and how to read and discern strong acting resumes.

Though I only observed four auditions, I was grateful that the Associate Artistic Director and I shared similar views and opinions. I also observed board meetings, namely financial and executive. While I found the experience to be challenging at times due to my unfamiliarity with the issues being discussed, I was able to experience the process of a nonprofit organization, specifically working with a board of directors on issues pertaining to budgets and fundraising plans.

On one particular day, I traveled to Westport, CT, to observe operations of a differ-

Continued on page 2