



# HOG Bytes

## Quick Bits of Information

*How do you eat the whole Hog? In little Bytes...Here are some things you need to know.*



### HerStory In Color!

HerStory In Color is an interactive art and community-building event celebrating the strength, creativity, and stories of women, and highlights the diverse experiences of women throughout history and today. Come create, learn, or simply enjoy meaningful conversations on Wed., March 19 from 6 to 8 p.m. in the Multicultural Center classroom in the Arkansas Union. [Please register for this event on HogSync.](#)



### Celebrate 25 Years of the RESPECT Peer Education Program

RESPECT is the University of Arkansas's longest-running topic-specific peer education program. This multi-award-winning program provides peer-based education about sexual assault, consent, and rape culture through outreach, which is a critical part of the [SRVC's mission](#) of providing education to address sexual and relationship violence. [Come help us celebrate 25 years and meet current and past peer educators](#) on Wed., March 19 from 11 a.m. to 1 p.m. at the Campus Sexual and Relationship Violence Center at 640 N Garland Ave. Suite 113.



### Hunter Woodhall and Tara Davis-Woodhall Distinguished Lecture

Join us at 7 p.m. on March 19 for an inspiring lecture featuring Olympians Hunter Woodhall and Tara Davis-Woodhall, as they share their experiences and insights on mental health in athletics and beyond. Hunter, a Paralympic medalist, and Tara, an elite sprinter, will discuss the pressures of competition, overcoming adversity, and maintaining mental well-being in high-performance sports. You need a ticket to attend in person. [Get yours on Hogsync.](#) If you can't attend in person, [catch the lecture live on the UA Productions YouTube Channel.](#)



## Confident Commuting Lunch and Learn!

Curious about riding a bike to work or school but don't know where to start? [This off-bike workshop is a comprehensive introduction to commuting by bike.](#) We'll discuss choosing the right bike and fit, clothing and gear, rules of the road, safety tips, bike laws, etiquette, and more on Wed., March 19 from 11:15 a.m. to 1 p.m. in Arkansas Union room 511.

---

### Mini-Bytes

[Join the Horticulture Club for a unique Herbarium Trip!](#) This come and go event is a great opportunity for plant lovers, nature enthusiasts, and anyone curious about the natural world. Stop by the Print Service Building at 1580 W. Mitchell St. in Fayetteville on March 17 between 1:30 and 3:30 p.m.

Explore the meaning of home and belonging through scrapbooking, bracelet making, and food (while supplies last) at the [University Programs Pieces of Home event](#) on Wed., March 19 from 11 a.m. to 1 p.m. in the Arkansas Union International Connections Lounge.

The Arkansas Union Sustainability Team invites you to the next [Insight Forum](#) on March 18 from 2 to 3 p.m. in Arkansas Union room 507. Come learn about various environmentally focused organizations and how to get involved in sustainability here on campus.

[Let's Talk CAPS outreach program](#) offers you convenient access to brief, free, informal consultations with a mental health clinician. No appointment is necessary. Come see us on Wed, Mar 19 from 1:15 to 2:45 p.m. in the Arkansas Union outside of Food Court.

University Recreation + Wellness is hiring a part time social media manager! Applications open TODAY, Mon. March 17 and close on March 31. [Apply through jobs.uark.edu](#) and search UREC to find the position.

The last Red Cross Adult and Pediatric CPR/First Aid/AED course of the semester is April 8. [Registration on the UREC member portal](#) closes April 1 at 4 p.m. and costs \$90 for students.

---