



HOG Bytes

Quick Bits of Information

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

Día de los Muertos Ofrenda Workshop



Join the campus community in celebrating [Día de los Muertos by participating in an ofrenda workshop](#) TODAY, Mon., Oct. 28, at 6 p.m. in the School of Law Atrium. Sponsored by the Art Education program, the Mexican American Student Association, and the Multicultural Center, the workshop will offer participants the opportunity to make a personal ofrenda, or altar, honoring a loved one who has passed away. This evening of reflection will also feature a prayer and special remarks from María Cristina Moroles, the director of the Arco Iris Earth Care Project, an Indigenous-led conservation organization.



Sustainability Insight Forum with the City of Fayetteville

[The Arkansas Union Sustainability Team invites you to join us for our Insight Forum](#) Oct. 29 from 2 to 3 p.m. in Arkansas Union room 310. Learn about our city's environmental projects, composting, and recycling plans! The City of Fayetteville will be presenting at our October meeting. Free food will be provided, and those who attend will receive one service hour.



Ghouls Gala!

Join University Programs (UP) for a [night of Crafts and Costumes at the Ghouls Gala!](#) In addition to Halloween activities, such as pumpkin bedazzling and crystal box painting, there will be spooky treats and sweets available for free. Come dressed in costume and have the chance to win a mystery book set and boo basket. We'll end the night with the annual showing of Rocky Horror Picture Show with fun interactive elements. This event is on Wed., Oct. 30 from 6 to 10 p.m. in the Arkansas Union's Verizon Ballroom.



Creep It Real: Consent is No Trick!

Join the Sexual & Relationship Violence Center (SRVC) and the Campus Collaborative Oct. 28 on the Union Mall from 11 a.m. to 2 p.m. for our [Halloween Creep It Real event](#). Learn about consent, boundaries, communication, and healthy relationships while playing games and winning prizes!



Stick and Treat: Flu Vaccine Clinic

Medical Services at Pat Walker Health Center has partnered with the Eleanor Mann School of Nursing to offer a [“Stick and Treat” flu vaccine clinic](#) from Noon to 3:30 p.m. on Thur., Oct. 31, on the first floor near the Primary Care Clinic waiting area inside the health center. The clinic is open to U of A students, faculty and staff. Hogs for Health, the liaison RSO to Pat Walker Health Center, will be passing out candy outside of the south entrance to those that receive their flu vaccine at the clinic. The flu vaccine clinic will be a first come, first serve clinic and is drop in only.

Mini-Bytes

No Excuse November starts Fri. Nov. 1! Complete University Recreation + Wellness’ fitness challenge by attending 12 group fitness classes of your choosing and win a free pair of UREC performance socks! The fitness challenge ends Thur., Dec. 5. Register for a group fitness class on the [UREC Member Portal](#).

[Come help the Food Pantry help ensure our digital inventory](#) numbers match the real number of items on shelves! Volunteers are needed Oct. 29 from 12:30 to 1:30 p.m. (and every Tuesday the remainder of the semester) in the Jane B. Gearhart Full Circle Food Pantry. Please register to volunteer at the link above.

For Halloween, [UARK Gaming will be hosting Scare Fair!](#) The event, on Tue. Oct. 29, starting at 6 p.m. in the Student Technology Center in the Arkansas Union, will feature spooky games, horror-based trivia, free food, and a costume competition!

[Come celebrate fall at the UP Fall Fest!](#) Enjoy bull riding, bird feeder and floral making, caricature artists, pumpkins, and free food! This event is on the Arkansas Union Mall Wed., Oct. 30, from 11 a.m. to 2 p.m.

NWA Tech Summit on Oct. 28-29 at the Rogers Convention Center is FREE for students, faculty and staff. The conference, sponsored by the College of Engineering and the U of A Collaborative, will feature tech leaders making Northwest Arkansas a center of innovation. [You must register for the event and will find a link in Arkansas News.](#)

[Come to the Counseling and Psychological Services \(CAPS\) Halloween Evening Open House!](#) Get a behind the scenes look at CAPS, meet the staff, participate in games and activities, and get free candy and swag! Bring your friends and a costume to the health center from 3 to 5 p.m. on Oct. 31 and start your Halloween evening.

Join University Recreation + Wellness for a free Olympic lifting training session! USAW Level 1 and CSCS certified coach, Emily Guimond will be coaching participants on proper techniques when Olympic lifting. Located in HPER Gym 1 (second floor) on Nov. 5 and Dec. 3 from 2 to 4 p.m. No registration needed.
