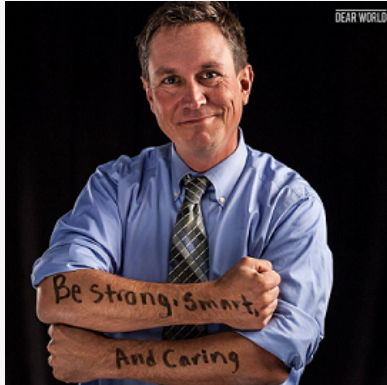




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## MARCH UPDATES (AND THANK YOU) FROM YOUR REGION IV-W RD

I hope the month of March is treating each of you well and that your spring break is right around the corner—hopefully bringing a chance to catch your breath and prepare for the final push towards finals and graduation. I am always struck by the fact that spring is just a great time for renewal, new life, refreshing the old, etc. I think it is a part of who we are as spiritual beings, being human. I honestly love the cycle of the seasons—each and every one of them—and I think that cycle also speaks to the process students walk through on our campuses. [For rest of Blog, click here.](#)



## LOSING AN ORIGINAL

Beautiful soul. Authentic human. Independent thinker. Perfectly imperfect. The light and energy in the room. Smiles from ear to ear. Fabulous. These are words shared by family, friends, colleagues and former students of Christopher M. Sowa, Interim Associate Director for Residence Life at the University of Kansas (KU) who died unexpectedly on January 29, 2016. [For rest of Blog, click here.](#)

## GRADUATE STUDENT SPOTLIGHT: STEPHANIE BENES University of Nebraska-Lincoln

I was looking to stay close to family and the University of Nebraska-Lincoln offered me a great opportunity for professional growth. I wanted to further my career in student affairs and graduate school was an opportunity for me to develop the skills that I will need as a professional. [For rest of Blog, click here.](#)



## LITANY OF CONTRADICTIONARY THINGS

Although the Litany of Contributory Things was published over 20 years ago in *A Grateful Heart: Daily Blessings for the Evening Meal* from Buddha to the Beatles (1994), I still find many of the pairings, as well as many additional ones, true today. [For rest of Blog, click here.](#)

## KC SPOTLIGHT - WELLNESS AND HEALTH PROMOTIONS

Wellness and Health Promotion are celebrations of life, health and student affairs. We are all engaged in building a stronger student that can meet the challenges of life while achieving academically and socially. [For rest of Blog, click here.](#)

## KC SPOTLIGHT - AFRICAN AMERICAN KNOWLEDGE COMMUNITY

Greetings from the Region IV West African American Knowledge Community. We hope your semester is going well. This article will serve as an update on happenings within the knowledge community specific to the upcoming national conference. [For rest of Blog, click here.](#)

## KC SPOTLIGHT - DISABILITY

The Disability Knowledge Community is NASPA's member driven resource for information about disability issues in higher education and student affairs. [For rest of Blog, click here.](#)

## NASPA IV-W PROFESSIONAL STANDARDS MARCH UPDATES

The Professional Standards, Professional Competencies Session at the National Conference will be Tuesday March 15th, 10:00 to 10:50 in Meeting Room 127 of the convention center. [For rest of Blog, click here.](#)

## 2016 JOINT REGIONAL CONFERENCE - CALL FOR PROGRAM REVIEWERS

Interested in serving as a program reviewer? [For rest of Blog, click here.](#)

## NASPA IV-W BACCHUS - STATE COORDINATORS NEEDED

The BACCHUS Initiatives of NASPA State Coordinator Position [For rest of Blog, click here.](#)



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