

# Cowell College Handout

The Pursuit of Truth in the Company of Friends

## January 2013

Cowell College Programs, Room 133, (831)459-2255  
also online at [cowell.ucsc.edu/activities](http://cowell.ucsc.edu/activities)



### CIRCUS COLLEGE NIGHT

Tuesday, January 29  
6-7:30 pm  
Cowell Dining Hall

Can't join the circus because you're in school? Not to worry, we're bringing the circus to you!

Aerialists, acrobats, hula hoops, jugglers, and more! Performers include the *Vespertine Circus* and *Flying Divina* with more to be announced. Get your face painted or a balloon animal made by the Balloon Art Brigade! If you're not entertained at this College Night, you can feed us to the lions!

The menu will include many circus and carnival favorites such as kettle corn, soft pretzel sticks, salt water taffy, cotton candy, chicken fingers, corn dogs and veggie dogs, corn on the cob, potato salad, caesar salad, seasoned curly fries, animal crackers, and more!



**College Night Ticket Info:** FREE with meal plan, \$2 for off-campus students (w/o meal plan). Cowell affiliates or residents: show your ID at the table outside the Dining Hall at the following times: Fri. 1/25, 12-2pm & 6:30-8pm • Mon. 1/28, 12-2pm • Mon. 1/28, 6:30-8pm • Tues. 1/29, 12-2pm & 5-6pm.

## Cowell & Stevenson Family Day!

Saturday, January 19; 12:30-5pm; Stevenson Event Center  
Reception: 5-6 pm, Cowell's Page Smith Library  
To RSVP: [klinder@ucsc.edu](mailto:klinder@ucsc.edu)

Please join us and invite your friends and families to do the same! Our day will include a Provost greeting, sample faculty lecture, student panel, resource fair, crafts, student performance and a reception from 5-6pm at the Page Smith Library. All are welcome, even if your family is not attending. If you are interested in volunteering, please contact Events and Outreach Coordinator Katie Linder at [klinder@ucsc.edu](mailto:klinder@ucsc.edu).



## Cowell T-shirts

\$13 cash or check  
Programs Office, Room 133

Pop into the Cowell Programs Office to purchase your very own Cowell T-shirt. They come in 2 different designs and there's even a women's style cut. Plus, Cowell lanyards for sale in many colors for \$2!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>06</p> <p>Scan this QR code for a digital copy of the Handout!</p> 	<p>07</p> <p><i>Instruction Begins</i></p>	<p>08</p> <p>10a: Jog Club, Fountain</p>	<p>09</p> <p>9:30a: Warrior Yoga, Fireside Lounge</p> <p>8-9:30p: Poetry Slam, Fireside Lounge</p>	<p>10</p> <p>7:30p: Games &amp; Government, Conference Room 132</p>	<p>11</p>	<p>12</p> <p>12p: Jog Club</p> <p>12-5p: Super Smash Bros Tournament, Fireside Lounge</p> <p>10p: SAD Improv Performance, Fireside Lounge</p>
<p>13</p>	<p>14</p>	<p>15</p> <p>10a: Jog Club, Fountain</p> <p>12p: RA Info Session #1 of 3, Fireside Lounge</p> <p>8-9p: Book Club, Sr. Commons Room</p> <p>9-10:30p: Tea Time, ACR</p>	<p>16</p> <p><i>Deadline: Student Project Funds</i></p> <p>9:30a: Warrior Yoga, FSL</p> <p>7p: RA Info Session #2 of 3, Fireside Lounge</p> <p>8p: Simple Meditation, ACR</p> <p>8p: Flash Mob Session, Conference Room 132</p>	<p>17</p> <p>7p: RA Info Session #3 of 3, Fireside Lounge</p> <p>7:30p: Senate Meeting, Conference Room 132</p>	<p>18</p>	<p>19</p> <p>12p: Jog Club, Fountain</p> <p>12:30-5p: Family Day, Stevenson Events Center</p> <p>5-6p: Family Day Reception, Page Smith Library</p>
<p>20</p> <p>10a: Breakfast in the ACR, Apartment Community Room</p>	<p>21</p> <p><i>Martin Luther King Jr. Holiday</i></p>	<p>22</p> <p>10a: Jog Club, Fountain</p> <p>6-7:30p: Resume Workshop, Cowell Conference Room 132</p> <p>8-9p: Book Club, Sr. Commons Room</p> <p>9-10:30p: Tea Time, ACR</p>	<p>23</p> <p>9:30a: Warrior Yoga, Fireside Lounge</p> <p>8-9:30p: Poetry Slam, Fireside Lounge</p>	<p>24</p> <p>7:30p: Senate Meeting, Conference Room 132</p> <p>8-10p: Open Mic, Fireside Lounge</p>	<p>25</p> <p>8:30-10p: Magic Workshop, Fireside Lounge</p>	<p>26</p> <p>12p: Jog Club, Fountain</p>
<p>27</p> <p>1:30-3:30p: Life Drawing, Eloise Pickard Smith Gallery</p>	<p>28</p>	<p>29</p> <p>10a: Jog Club</p> <p>6-7:30p: Circus College Night, Dining Hall</p> <p>8-10p: Alumni Postcard Drive, Provost's House</p> <p>8-9p: Book Club</p> <p>9-10:30p: Tea Time</p>	<p>30</p> <p>9:30a: Warrior Yoga, Fireside Lounge</p> <p>8-9p: Simple Meditation, ACR</p> <p>8-9:30p: Poetry Slam, Fireside Lounge</p>	<p>31</p> <p>7:30p: Senate Meeting, Conference Room 132</p>	<p>Lockers for Rent!</p> <p>\$5 for the whole year; Available in the Cowell Programs Office, Room 133</p> <p>Don't want to carry textbooks and other heavy items back and forth to Cowell? Want to keep your items safe in a Cowell locker while dining? For \$5, you get the convenience of a locker for a whole year! Comes with a lock.</p> 	

Next Handout published February 1!

# Holistic Health

## Wednesday Simple Meditation

Wednesdays, Jan. 16 & 30; 8-9 pm; Apartment Community Room  
For more info: vemartin@ucsc.edu



Meditate to rejuvenate during the hectic week every other Wednesday night for Simple Meditation! Lead by Cowell's own Victoria Martinez. Relax, renew and share tea and dark chocolate with friends. Bring your mug for tea.

## Warrior Yoga

Wednesdays, 9:30-10:30 am; Cowell Fireside Lounge  
For more info: hilker@ucsc.edu

Take advantage of free yoga classes, offered by Warrior Yoga instructor Kylie, right here in Cowell! Bring a yoga mat or large towel, water, and your warrior spirit. Please be on time. Beginners are welcome, come give it a try! Starts Jan 9.



## Jog Club

Tuesdays 10 am & Saturdays 12 pm; Meet at Cowell Fountain  
For more info: Ryan, ragottli@ucsc.edu

Tired of running on the track? Come learn the trails that Santa Cruz and UCSC have to offer; joggers of all levels are encouraged to come and enjoy jogging in a friendly group.

## Book Club

Tuesdays, 8-9 p.m (begins 1/15); Cowell Seniors Commons  
For more info: James, jlüksich@ucsc.edu

Come stop on by for books, snacks, and conversation! New members are always welcome and at our first meeting of the year we will be choosing our book for winter quarter.

## Tea Time

Tuesdays; 9-10:30 pm; Apartment Community Room  
For more info: Elly, ewestby@ucsc.edu

Baby, its cold outside. Want some hot tea? Stop by, we would love to meet you. You bring a mug, we got the tea.

## Need Funds for a Cool Project?

Deadline: Wednesday, January 16

For more info: Maria, mzimmer@ucsc.edu



Cowell College offers funds up to \$500 to support undergraduate student projects. Both individual and collective efforts are encouraged. Stop by the Provost Office in Cowell Room 117 near the College Office to pick up an application packet. Apply now!

## Poetry Slams

Wednesdays, Jan 9, 23, and 30; 8-9:30pm; Cowell Fireside Lounge  
For more info: Karen, hilker@ucsc.edu

Join Kinetic Poetics for evenings of entertaining and engaging poetry. All are welcome to watch or perform. Sign-ups begin at 7:30pm. Don't be shy about coming or performing for the first time!

## Games and Government

Thursday, January 10; 7:30pm; Cowell Conference Room 132  
For more info: Natalie at nfoote@ucsc.edu

Tired of the government's games? Maybe the games would be more fun if you played too! Join the Cowell Senate for a night of your favorite board games (and food of course).

## Super Smash Bros. Brawl Tournament

Saturday, January 12, 12-5pm; Cowell Fireside Lounge  
For more info: kgarnica@ucsc.edu

Come compete in our Super Smash Bros. Brawl Tournament! Show off your skills, have fun with friends, and make ones! Registration begins at 11 am.



## Someone Always Dies - Improv Performance

Saturday, Jan 12; 10 pm; Fireside Lounge  
For more info: Tabby, tgabraha@ucsc.edu

Someone Always Dies is an UCSC comedy group that will make you laugh till you think you'll die. Come join the fun!

## Become a 2012-2013 Resident Assistant (RA)

Info Sessions: Tuesday, January 15th 12pm; Wednesday, January 16th 7pm; Thursday, January 17th 7pm; all held in the Fireside Lounge

Interviews/Group Process: Saturday, February 23rd  
For more info contact: Josh Cline, joclinc@ucsc.edu

RAs make the residential living experience safe, informative, fun, and entertaining. This is a great leadership opportunity and work experience. If you think you've got what it takes, come to one of the **mandatory** info sessions listed above. Sessions are the **ONLY** place where you can pick up the supplemental application, so don't miss out!

\*Group Process Date: If you are selected to interview for the RA position, you will need to attend the RA Group Interview Process on Saturday, February 23, 2013 so save the date on your calendars! Also, candidates are highly encouraged to attend the resume writing workshop on January 22!

## Flash Mob - Info Session

Wednesday, Jan 16; 8 pm; Cowell Conference Room 132

For more info: Molly, msesa@ucsc.edu or Tabby, tgabraha@ucsc.edu

An info session for those who have ever wanted to be in a flash mob! Bring a friend, and come learn more.

## Breakfast at the ACR

Sunday, January 20, 10am; Apartment Community Room  
For more info: jlfergus@ucsc.edu

Come for a pancake breakfast and watch some of the great Audrey Hepburn moments to commemorate her life and legacy!



## Resume Writing Workshop

Tuesday, January 22; 6-7:30pm; Cowell Conference Room 132  
For more info: Sanam, stabata3@ucsc.edu

Applying for a job and need a resume? Learn the essentials of how to write a resume and cover letter that will get you noticed. These tips to resume writing will help you showcase your greatest strengths and experience to land that interview.

## Open Mic

Thursday, January 24; 8-10pm; Fireside Lounge  
For more info: Hannah, hshahriy@ucsc.edu

Come be a part of UCSC's talent. Interested in poetry, comedy, playing an instrument, or singing? Whether it is watching or participating, open mic is just the place for you! Sign-ups start at 7:45pm.

## Magic Workshop

Friday, Jan 25; 8:30-10 pm; Fireside Lounge  
For more info: Tabby, tgabraha@ucsc.edu

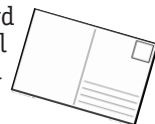
Ever wondered how magicians do it? Come learn the secrets to all the tricks and then make some magic with your friends! Taught by one of Cowell's own.



## Alumni Weekend Postcard Drive

Tuesday, January 29, 8pm-10pm; Cowell Provost House  
For more info: Katie, klinder@ucsc.edu

Help Cowell College by participating in a Postcard Drive to write to alumni, inviting them back to Cowell for Reunion Weekend in April. Meet at the Cowell Provost House, all supplies provided, as well as tea, hot chocolate, coffee, cookies, etc!



## In the Gallery: The Drawing Salon

January 20 - March 10; Eloise Pickard Smith Gallery

Life Drawing Sessions, Sundays 1:30-3:30 pm: 1/27, 2/3, 2/24, 3/3, 3/10

For more info: Joan Blackmer, blackmer@ucsc.edu

The public and the UCSC community are invited to attend free life drawing sessions with a model during the show, on five Sunday afternoons from 1:30 to 3:30 p.m. The drawing sessions will have clothed models. The Smith Gallery requests that only dry drawing media be used at the sessions.



## Dizikes Art Cases--New Display!

Monday, Jan 7th - Friday, Feb 1st; across from the Fireside Lounge  
For more info: Pam, pahong@ucsc.edu

The display will include Daniel Taylor's "burn" and "smoke" art and Webster Nguyen's pen and ink drawings.

Around Campus....

## DKMS Bone Marrow Registration Drive

Friday, Feb. 1; 10:30am-4:30pm; College 9 Namaste Lounge & College 8 Red Room

For more info: [http://crown.ucsc.edu/activities/bone\\_marrow\\_event.html](http://crown.ucsc.edu/activities/bone_marrow_event.html) or contact Serena; sdionysu@ucsc.edu, 831-459-2101

Come get swabbed and maybe save a life! Crown, Oakes, College 8, College 9 & College 10 are partnering with DKMS to add people to the National Marrow Donor Program. Students, staff, faculty and community members are invited to register. You can make a difference! The National Bone Marrow Registry is in desperate need for a diverse donor pool. Please consider taking a few moments to register. The testing process is extremely simple - swabbing the inside of the cheek with a q-tip.

# Commencement Countdown!

23 Weeks Left

[cowell.ucsc.edu/commencement](http://cowell.ucsc.edu/commencement)

Cowell's Commencement is Saturday, June 15, 1:30pm at the East Field. If you're a Cowell student who plans to graduate by next winter quarter (December 2013), then you're eligible to be in the ceremony. You can visit the page now to learn about your Keynote Speaker, historian Patty Limerick. A comprehensive "Info for Grads" page will be available at the link above no later than Friday, January 25. For now please hold the date on your calendar and share the above website with potential guests!

Cowell Commencement: **Sat., June 15, 1:30pm, East Field**