

# Handout

Cowell College

The Pursuit of Truth in the Company of Friends

## February 2015

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

### Cowell & Stevenson Friends & Family Day

Saturday, February 7; 12-4:30 pm; (Check in at 11:45am at Humanities Lecture Hall)  
Full info and to register: <http://cowell.ucsc.edu/family-day/>

This will be a chance to explore UCSC and Santa Cruz with your family and friends. Including: student panel, talent show, a talk by the Provosts, and reception with Sammy the Slug. All students are welcome to attend and enjoy the day, even if your family will not be attending. See website for full details.



### Talent Show!

Saturday, February 7; 1:15-2:15 pm;  
Stevenson Event Center

For more info: [klea@ucsc.edu](mailto:klea@ucsc.edu)

Come check out all the student talent at Cowell and Stevenson! 10 acts performing a cappella, dance, music, and more. All are welcome, whether you are participating with your family or not.



## Lunar New Year College Night

Wednesday, February 11

6 - 7:30 pm (doors at 5:45 pm)

Cowell Dining Hall




X n Nián Kuài Lè! Chùc M ng N m M i!  
Saehae Bog Manh-i Bad-euseyo! Happy New Year!  
Wait, what's that you said? I'm a month late in celebrating the new year? What we're talking about is the Lunar New Year, an important time of the year celebrated by many Asian cultures such as Chinese, Vietnamese, and Korean.

Learn more about the significance of this day as we celebrate the Year of the Goat through delectable Asian foods and captivating lion dance performances! Menu includes foods from the aforementioned cultures like; Tteokguk, Banh Chung, Longevity Noodles, Japchae, & Jiaozi.

\*\*2015 Lunar New Year will occur on February 19th. Since this is an important time, we'll be hosting our College Night a week early on February 11th as to not intrude upon any potential family gatherings.\*\*

**College Night Ticket Info:** Cowell students with a meal plan: swipe your card at the door. Off-campus students without a meal plan: pay \$2 in advance at the Programs Office room 133. Faculty & staff contact Provost Assistant: [cwprvstasst@ucsc.edu](mailto:cwprvstasst@ucsc.edu), 459-2251. Arrive on time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
		11a-2p: Chill Out with Chili, Provost House 4-5p: Meditation, FSL 9:30-10:30p: Hula Hoop Club, CDH		6-7p: SUA Representative Office Hours, Room 135 8-9:30p: Cowell Senate, Conference Room 132	<i>Deadline: Declare/Change Major</i> 11a-1p: Condom Co-Op, Outside CDH 5-6p: Meditation, FSL	12-5p: Family Day, various locations 12-5p: Talent Show!, SEC 12-3p: Santa Cruz Biking 101 Ride, Departs from UCSC Recreation Office porch
2-5p: Cupcake Wars, Cowell Provost's House 8-9p: Balloon Art Brigade, Senior Commons Rm 225						
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10-11:30a: Coffee & Conversation, Cowell Provost's House 8-9p: Balloon Art Brigade, Senior Commons Rm 225		<i>Deadline: Change Mealplan</i> 11a-2p: Chill Out with Chili, Provost House 4-5p: Meditation, FSL 8-10p: i love you s'more, FSL 9:30-10:30p: Hula Hoop Club, CDH	Dining Hall closes at 2pm 6-7:30p: Lunar New Year College Night, CDH	<i>Deadline: CUIP Internship</i> 5-6:30p: Entrepreneur Lecture, Cervantes and Velazques Room 6-7p: SUA Representative Office Hours, Room 135 8-9:30p: Cowell Senate, Conference Room 132	11a-1p: Condom Co-Op, Outside CDH 5-6p: Meditation, FSL	Valentine's Day ❤️
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	 <b>Presidents' Day: No Classes</b>	<i>Deadlines: withdraw from a class, credit by petition</i> 11a-2p: Chill Out with Chili, Provost House 4-5p: Meditation, FSL 9:30-10:30p: Hula Hoop Club, CDH		9-10:30p: Open Mic, FSL	11a-1p: Condom Co-Op, Outside CDH 12-2p: Dine-In Advising, CDH 5-6p: Meditation, FSL 10p-12a: Cowell Game Night, CDH	
8-9p: Balloon Art Brigade, Senior Commons Rm 225						
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
		<i>Stevenson College Night: Dining Hall closes at 2pm</i> 11a-2p: Chill Out with Chili, Provost House 12-2p: Dine-In Advising, CDH 4-5p: Meditation, FSL 7-9p: Know Your Rights Workshop, Conference Room 132 9:30-10:30p: Hula Hoop, CDH	8-10:30p: Poetry Slam, FSL	1:30-3:15p: Express Grad Checks, Senior Commons Rm 225 6-7p: SUA Representative Office Hours, Room 135 8-9:30p: Cowell Senate, Conference Room 132	11a-1p: Condom Co-Op, Outside CDH 5-6p: Meditation, FSL	<b>Location Key</b> ACR: Apartment Community Room FSL: Cowell Fireside Lounge CDH: Cowell Dining Hall SEC: Stevenson Event Center
8-9p: Balloon Art Brigade, Senior Commons Rm 225						

Next-Handout-published-March-1!

# Weekly at Cowell

## Balloon Art Brigade

Sundays; 8-9 pm; Senior Commons Room 225  
For more info: slugballoons@gmail.com

Want to learn a fun new skill and make people smile? Join us! New members welcome!

## Chill Out with Chili

Tuesdays; 11 am-2 pm; Cowell Provost's House  
For more info: Veronica, vhamilto@ucsc.edu

Don't have a meal plan? Come by the provost house for free chili every Tuesday! Students are welcome to come and bring their friends!

## Meditation Class for All

Tuesdays, 4-5 pm and Fridays, 5-6 pm; Cowell Fireside Lounge  
For more info: tlesser@ucsc.edu

Come learn to relax body, mind, and spirit. Find peace and get in touch with your self. Meditation classes are drop in style, open to all. Zen on Tuesdays and Yoga-Meditation on Fridays.

## Hula Hoop Club

Tuesdays; 9:30-10:30 pm; Cowell/Stevenson Dining Hall  
For more info: csswenso@ucsc.edu

Ever wanted to learn how to hoop dance? Do you ever see people at festivals hooping? Or even just around on the beach? That could be you! Come hangout, hoop, and find your own flow.

## SUA Representative's Office Hours

Thursdays; 6-7 pm; Room 135

SUA stands for Student Union Assembly and is the official student government of UCSC. Our Cowell representatives are here to talk to you about concerns you may have about fees, the university, and more!

## Cowell Senate

Thursday; 8-9 pm; Cowell Conference Room 132  
For more info: ajmccut@ucsc.edu

Questions, concerns, or want to get more involved with Cowell? Come to Senate on Thursday nights to voice your opinion and hear others regarding pressing issues in the community.

## Condom Co-Op

Fridays; 11 am-1 pm; Outside Cowell/Steveson Dining Hall  
For more info: shop@ucsc.edu

The best prices in town! Buy 8 condoms for \$1 and other safer sex supplies for great prices! Also learn more about SHOP and the amazing resources we offer!

# DVD Library

Mon. 10:30-11:30am • Tues. 1-2pm • Wed. 2:30-3:30pm  
Thurs. 3-4pm • Fri. 1-2pm, 3:30-4:30pm  
Cowell Senate Office, Room 135

For more info: CowellDVD@gmail.com

Come by Cowell College's DVD Library to access a plethora of movies (of every genre) completely free of charge for Cowell students!

## Important Housing & Academic Deadlines

Date	Event/Deadline
Feb 6	Deadline/ Change of Major
Feb 10	Deadline for meal plan change for spring quarter
Feb 17	Deadline to withdraw from a class, deadline to credit by petition, deadline to add petition, deadline to fully withdraw from the University during the quarter
Feb 27	Deadline to petition for change of college

## Volunteer Love



Our great volunteers stepped up once again to help with January events: Event Crew helped at College Night, and Photographers snapped that plus Poetry Slam, Open Mic and all-day Smiths Celebration. Thank you Alex, Alice, Camara, Christine, Hannah, Imari, Jasmine, Jessie, Rilee, Rosie, and Teale! You can join the fun -- sign up for alerts: cowell.ucsc.edu/activities/volunteer.

## Cupcake Wars

Sunday, February 1; 2-5 pm; Cowell Provost's House  
For more info: Kailli, kealexan@ucsc.edu



Come by the Provost House, behind and to the right of Parrington, to decorate delicious, freshly baked cupcakes. Bring your friends and discover your culinary creativity! So many cupcakes, so little time!

## i love you s'more - Film Screening, Air Bud

Tuesday, February 10, 8-10 pm; Mary Holmes Fireside Lounge  
For more info: jrizo@ucsc.edu

Take a break from midterms to make s'mores, friendship bracelets, Valentine's crafts, decorate cookies, & watch *Air Bud*. Tea & hot chocolate served, BYO mug.

## "Custodians of Cowell" Exhibit

Feb 17 through early March; Dizikes Art Cases  
For more info: DizikesArt@gmail.com



Get to know our custodians through photos and interviews during the "Custodians of Cowell" exhibit, across from the Fireside Lounge. Brought to you by Cowellians Alice Malmberg and Jose Cadenas.

## Open Mic

Wednesday, Feb 18; 9-10:30 pm; Mary Holmes Fireside Lounge  
For more info: jespindo@ucsc.edu



Calling all musicians, comedians, actors, poets and all talented people to share their gift with us! Sign ups begin at 8:45pm!

## Dine-In Advising

Fri, Feb. 20 & Tues, Feb. 24; 12-2 pm; Cowell/Stevenson Dining Hall  
For more info: cowell@ucsc.edu or (831) 459-2253

Prepare for Spring 2015 enrollment BEFORE priority enrollment. Cowell and Stevenson Advisers will be in the Dining Hall to advise you of course selection.



## Cowell Game Night

Friday, February 20; 10pm-12midnight; Cowell/Stevenson Dining Hall  
For more info: jadehoyo@ucsc.edu

No plans on Friday night? Tired of playing video games on your tiny dorm room tv? Then come out to play some Wii U, PS4, & Wii games on the big screen or enjoy some board games. Snacks and beverages will be provided. See flier for more details.

## Know Your Rights Workshop

Tuesday, February 24; 7-9 pm; Cowell Conference Room 132  
For more info: Colleen, crmarcus@ucsc.edu

From one student to another, come learn and ask questions about YOUR rights in situations of arrest, detainment, and civil disobedience. An interactive presentation and PIZZA will be provided, so bring your questions and your curiosity!

## Kinetic Poetics Project Slam

Wednesday, February 25; 8-10:30 pm; Mary Holmes Fireside Lounge  
For more info: kineticpoeticsemail@gmail.com

Got some words on the tip of your tongue? Come share your poetry with us or hear poetry from your fellow community members. Sign-ups: 7:30pm.



## Express Grad Checks

Thursday, February 26; 1:30-3:15 pm; Senior Commons Room 225  
For more info: cowell@ucsc.edu or (831) 459-2253

Turning your tassel ought not be a hassle! Come check that all of your graduation requirements have been met!

## Around Campus...

## Santa Cruz Biking 101 Ride

Saturday, Feb. 7; 12-3 pm; Departs from UCSC Recreation Office porch  
For more info or to pre-register: www.ucsc recreation.com

Learn how to bike like a pro as we explore the best bike routes on campus and around Santa Cruz. Cyclists of all skill levels are welcome on this easy 7 -10 mile ride. We'll cover everything you need to know, including rules of the road, carrying stuff, riding in the rain, and more. Free bike lights! Bring a helmet!

## Willard Ford, Being an Entrepreneur: Making Decisions, Making Money

Thursday, Feb 12; 5-6:30 pm; Cervantes and Velazques Room  
For more info: Veronica, vhamilto@ucsc.edu



Come to hear an alumnus speak about his accomplishments and how to be a successful entrepreneur! Dinner will be served following the event at the Cowell Provost House.

## Apply to the Chancellor's Undergraduate Internship Program (CUIP) for 2015-2016!

Deadline: February 12th  
For more info: intern.ucsc.edu/cuiip

CUIP provides on-campus internships in programs and departments throughout the campus. Interns work with a mentor to develop personal and professional skills, and take a leading role in producing project in their internship. Interns take part in a 2 unit leadership seminar class for fall, winter, and spring quarters. A stipend of 8,200 dollars is paid towards the intern's registration fees for the academic year!

# Commencement Countdown!

19 Weeks Left

## cowell.ucsc.edu/commencement

Register to participate! If you're a Cowell student who plans to graduate between now and winter quarter 2016 then you're eligible to be in Cowell's Commencement on Saturday, 6/13/15. Read the comprehensive "Info for Cowell Grads" pages today... NOW is the time to register to be in the ceremony, nominate student speakers, or get involved in event planning.

Cowell Commencement: **Sat., June 13, 1:30pm, East Field**