

# Cowell College Handout

The Pursuit of Truth in the Company of Friends

## January 2016

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

## We Love our Animals College Night

Wednesday, January 20

6 - 7:30 pm

Cowell Dining Hall



Come learn about Santa Cruz's local wildlife found in our own backyard and how YOU can help in local conservation efforts. We will have speakers from UCSC's Norris Center for Natural History, Natural Bridges State Park, Native Animal Rescue, and UCSC's Banana Slugs for Animals. Enjoy the sights and sounds of Santa Cruz while indulging in a delectable vegetarian meal.

Menu: mushroom & pea risotto, sweet potato black bean tacos, moussaka, field roast sausage, BBQ tempeh sliders, roasted squash with nuts, chickpea roasted cauliflower & spinach salad, rosemary foccacia with oil & vinegar, cinnamon rolls, flour-less chocolate pecan torte, sparkling juice, hot chocolate.

**Admission 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 for tickets: [cwprvsta@ucsc.edu](mailto:cwprvsta@ucsc.edu), 459-2251. Arrive on time, doors open at 5:45 pm.

## Commencement 2016!

June, 11, 1:30 pm, East Field  
Start registering for Commencement on January 30

### Senior Planning Committee

Seniors are needed to help plan and make Commencement a success. Areas for involvement include student speaker selection, senior celebration/party planning, printed program design, and senior mementos. Planning begins in winter quarter. To express interest, email Kara Snider, College Programs Coordinator: [klea@ucsc.edu](mailto:klea@ucsc.edu).

## Friends & Family Day

Saturday, January 30; 12-4 pm  
For more info: [cwprvsta@ucsc.edu](mailto:cwprvsta@ucsc.edu)



Register online! We hope you'll invite your family to join us for Family Day. Events will include a student panel, alumni speaker, and student performances followed by receptions at the Cowell and Stevenson Provost Houses. For more info and to register, go to:

<http://cowell.ucsc.edu> - (link at bottom, center)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>03</b> <b>Location Key</b> ACR = Apartment Community Room CDH = Cowell Dining Hall FSL = Mary Holmes Fireside Lounge SEC = Stevenson Event Center	<b>04</b> <i>Instruction Begins</i> 12:30-1:30p: Meditation, FSL 6-8p: Entertainment Co-op Open!, Room 135 7-8:30p: Yoga Class, FSL	<b>05</b> 11-12:30p: Cowell SUA Representative Office Hours, Room 135	<b>06</b> 6-8p: Entertainment Co-op Open!, Room 135 7-8p: Provost Search Student Open Forum, Conference Room 132 8-10:30p: Poetry Slam, FSL	<b>07</b> 7-8p: Provost Search Student Open Forum, Conference Room 132 8-9:30p: Senate Meeting, Conference Room 132	<b>08</b> 2:30-3:30p: Meditation, FSL 2p: RA Recruitment Info Session, ACR 6-8p: Entertainment Co-op Open, Room 135	<b>09</b>
<b>10</b>	<b>11</b> 12:30-1:30p: Meditation, FSL 6-8p: Entertainment Co-op Open, Room 135 7-8:30p: Yoga Class, FSL	<b>12</b> 11-12:30p: Cowell SUA Representative Office Hours, Room 135 7-9p: Video Game Night, FSL 8-9:30p: Photo Club, Conference Room 132 9p: RA Recruitment Info Session, Stevenson FSL	<b>13</b> 6-8p: Entertainment Co-op Open!, Room 135 7-8:30p: Balloon Art Brigade, ACR 8-10:30p: Poetry Slam, FSL	<b>14</b> 7-8p: Crafter's Club Meeting, ACR 8-9:30p: Senate Meeting, Conference Room 132	<b>15</b> 2:30-3:30p: Meditation, FSL 5-6p: Hula Hoop Club, Founders' Glen 6-8p: Entertainment Co-op Open, Room 135 8-10p: Movie: <i>The Perks of Being a Wallflower</i> , FSL	<b>16</b>
<b>17</b>	<b>18</b> <i>Martin Luther King Jr. Holiday</i>	<b>19</b> 11-12:30p: Cowell SUA Representative Office Hours, Room 135	<b>20</b> 6-8p: Entertainment Co-op Open!, Room 135 6-7:30p: College Night: We Love Our Animals, CDH 7-8:30p: Balloon Art Brigade, ACR	<b>21</b> 7-9p: <i>My Childhood in Hiding</i> , Music Recital Hall 8-9:30p: Senate Meeting, Conference Room 132	<b>22</b> 2:30-3:30p: Meditation 5-6p: Hula Hoop Club, Founders' Glen 5-7p: <i>Pressing On</i> Opening Reception, Pickard Smith Gallery 6-8p: Entertainment Co-op Open, Room 135 9-10p: SAD Improv, FSL	<b>23</b> 10-11:30a: History of Cowell Press, Page Smith Library
<b>24</b>	<b>25</b> <i>Deadline to Add/Drop/Swap a class and change grading options</i>	<b>26</b> 11-12:30p: Cowell SUA Representative Office Hours, Room 135	<b>27</b> <i>Stevenson College Night, Dining Hall closes at 2 pm</i>	<b>28</b>	<b>29</b> 2:30-3:30p: Meditation, FSL 5-6p: Hula Hoop Club, Founders' Glen 6-8p: Entertainment Co-op Open, Room 135	<b>30</b> <i>Friends &amp; Family Day!</i>
<b>31</b>	12:30-1:30p: Meditation, FSL 6-8p: Entertainment Co-op Open, Room 135 7-8:30p: Yoga Class, FSL	8-9:30p: Photo Club, Conference Room 132	6-8p: Entertainment Co-op Open, Room 135 7-8:30p: Balloon Art Brigade, ACR 8:30-10p: Open Mic, FSL	8-9:30p: Senate Meeting, Conference Room 132	6-8p: Entertainment Co-op Open, Room 135	<b>30</b> 7-9p: Movie: <i>Inside Out</i> , Humanities Lecture Hall

Next Handout: published February-1!

# Weekly at Cowell

**Meditation Class for All**, First meeting 1/4  
Mondays, 12:30-1:30 pm & Fridays, 2:30-3:30 pm; Fireside Lounge  
For more info: [telessar@ucsc.edu](mailto:telessar@ucsc.edu)

Drop in to Meditation Class for All where you can learn basic meditation techniques to relax the body and mind. All levels of experience welcome.

**Yoga Class**, First meeting 1/4  
Mondays, 7-8:30 pm; Mary Holmes Fireside Lounge  
For more info: [klea@ucsc.com](mailto:klea@ucsc.com)

Free yoga classes right here at Cowell! Mats provided.

**Cowell Entertainment Co-Op**  
Mondays, Wednesdays, & Friday; 6-8 pm; Room 135  
For more info: [cowellcoop@gmail.com](mailto:cowellcoop@gmail.com)

Bored and have nothing to do? Stop by the Co-Op it's a FREE rental service for all Cowell students! Video games, PS4, Xbox, DVD movies, glow in the dark frisbee's and much more!

**SUA Representative's Office Hours**  
Tuesdays, 11 am - 12:30 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 any concerns or ideas you want brought back to the Assembly.

**Balloon Art Brigade**, First meeting 1/13  
Wednesdays, 7-8:30 pm; Apartment Community Room  
For more info: [slugballoons@gmail.com](mailto:slugballoons@gmail.com)

Discover the unique skill of balloon art while making friends and serving your community! We entertain and volunteer at a variety of events. New members always welcome!

**Cowell Senate**, First meeting 1/7  
Thursdays; 8-9:30 pm; Cowell Conference Rm. 132  
For more info: [Tori\\_vvotino@ucsc.edu](mailto:Tori_vvotino@ucsc.edu)

Do you want to meet awesome people while having a say in how your money is spent? Come check out Cowell Senate and all the leadership opportunities it provides.

**Hula Hoop Club** First meeting 1/15  
Fridays; 5-6pm; Founders' Glen  
For more info: [mchayash@ucsc.edu](mailto:mchayash@ucsc.edu)

Come learn how to hoop dance and form your own flow! Bring a hoop or use the ones provided. All hoopers welcome, from beginner to advanced. This is the perfect place to learn or expand on hoop dance skills.

## Important Academic Deadlines

Date	Event/Deadline
Jan. 4	Instruction Begins
Jan. 13	Class permission numbers now required for enrollment
Jan. 25	Deadline for Add/Drop/Swap, Last day to change grading option, Deadline to apply for Part Time Program

## Join the Event Crew!



Interested in getting involved at Cowell? Would you like to help out at future College Nights, Study Breaks, special events, and more? If so, join the Cowell Event Crew! To get involved, sign up at [tinyurl.com/CowellHelp15](http://tinyurl.com/CowellHelp15) or email Briana at [volunteercowell@gmail.com](mailto:volunteercowell@gmail.com). Volunteers receive a custom "Cowell Volunteer" button to wear around campus!

**Provost Candidate Student Open Forums**  
Wednesday, Jan. 6 & 7; 7-8 pm; Cowell Conference Room 132  
For more info: [cgolz@ucsc.edu](mailto:cgolz@ucsc.edu)

It's sad but true, Faye Crosby will be ending her 6 year term as Cowell Provost in June 2016. We need student input on selecting the next Provost! Come meet the candidates, learn about their experience, and give feedback to the search committee. 1/6 candidate is Lora Bartlett, 1/7 candidate is Alan Christy.

**Kinetic Poetics Project Poetry Slams**  
Wednesday, Jan. 6 & 13; 8-10:30pm; Mary Holmes Fireside Lounge  
For more info: [kineticpoeticsemail@gmail.com](mailto:kineticpoeticsemail@gmail.com)

Are you hungry for words? Come through with your poems to share, or just attend as an audience member. The top two poets of the night will win a spot in the KPP festival this quarter to have a chance to represent UCSC at a national slam. This show is completely free. Sign-ups at 7:30 pm.

**Entertainment Co-Op Video Game Night!**  
Tuesday, Jan. 12; 7-9pm; Mary Holmes Fireside Lounge  
Contact info: [cowellcoop@gmail.com](mailto:cowellcoop@gmail.com)

Want to play video games but don't have a console? Have some fun playing the latest games on the Xbox and PS4! Bring your friends for some friendly competition and snacks!

**Cowell Photography Club**  
Tuesday, Jan. 12 & 26; 8-9:30 pm; Cowell Conference Rm. 132  
For more info: [CowellPhotoClub@gmail.com](mailto:CowellPhotoClub@gmail.com)

Cowell Photo Club is a group of photographers of all skill levels who love and appreciate the art of photography! We have workshops, contests, showcases and more!

**Crafters Club Meeting**  
Thursday, Jan. 14; 7-8 pm; Apartment Community Room  
Contact info: [Stephanie, shcarril@ucsc.edu](mailto:Stephanie_shcarril@ucsc.edu)

Take advantage of the cold weather and get crafty indoors! Assume leadership and co-plan future arts and crafts events at Cowell. Have an idea for a craft night? Pitch it at the meeting and we can try to make it happen!

**Movie: The Perks of Being a Wallflower**  
Friday, Jan. 15; 8-10 pm, Mary Holmes Fireside Lounge  
Contact info: [Beverly, biniguez@ucsc.edu](mailto:Beverly_biniguez@ucsc.edu)

Wanting to go watch a movie without paying for it? Come and watch The Perks of Being A Wallflower, bring friends, blankets, but wait there's more...snacks will be provided.



**Pressing On: Selected Works from the Cowell Press Opening Reception**  
Friday, Jan. 22; 5-7 pm, Eloise Pickard Smith Gallery  
Contact info: [blackmer@ucsc.edu](mailto:blackmer@ucsc.edu)

The winter exhibit at the Gallery opens January 22! Come see what this quarter's exhibit has to offer!

**History of the Cowell Press**  
Saturday, Jan. 23; 10-11:30 am; Page Smith Library  
More Info: [cwprvsta@ucsc.edu](mailto:cwprvsta@ucsc.edu)

Come one, come all, to learn about the history of letterpress printing and book arts at UCSC! Guests and panelists will gather in the Page Smith Library to discuss the history, current classes available to students, and the importance of continuing the Cowell Press into the future.

**Someone Always Dies Improv**  
Friday, Jan. 22; 9-10 pm; Mary Holmes Fireside Lounge  
More Info: [hilker@ucsc.edu](mailto:hilker@ucsc.edu)

Laugh until you bust a gut at this free, student comedy show.

**Open Mic**  
Wednesday, Jan. 27; 8:30-10 pm; Mary Holmes Fireside Lounge  
For more info: [jvanover@ucsc.edu](mailto:jvanover@ucsc.edu)

Are you a comedian? A slam poet? Do you own a guitar? Then come to the Cowell Fireside and share your talent with us! Sign-ups start at 8:15pm!



**Movie: Inside Out**  
Saturday, Jan. 30, 7pm; Humanities Lecture Hall  
Stephanie Carrillo [shcarril@ucsc.edu](mailto:shcarril@ucsc.edu)

Silly Cowell, Disney is not just for kids! Come out and enjoy a great movie with friends. Laugh, cry and reminisce about your tween years. If you missed the movie on the big screen, come watch it on another one (or re watch it)! Popcorn will be served.



**Dizikes Art Displays**  
For more info: [kineticpoeticsemail@gmail.com](mailto:kineticpoeticsemail@gmail.com)

The Dizikes Art Cases display student artwork throughout the quarter. If you are interested in displaying your visual creations, send an email! All types of art are welcome.

## Around Campus....

**Culture Appropriation or Culture Appreciation?: Exploring the Fine Line**

Wednesday, Jan. 20; 7-8:45 pm; College 9/10 Multi-Purpose Room  
For more info: [coco@ucsc.edu](mailto:coco@ucsc.edu)

Join us for a presentation by Dr Adrienne Keene (Cherokee Nation scholar, writer, blogger and activist) and discussion about this important issue, especially in regard to Native people. We'll explore how "fascination with" and "longing to emulate" spring from an interest in indigenous cultures but often negatively impact our understanding of contemporary Native lives. This event is for anyone wishing to understand the issue more deeply, and find tools for change.

**My Childhood in Hiding: Amsterdam 1942 - 1945**  
Thursday, Jan. 21; 7-9 pm; Music Recital Hall  
Contact info: [jgcadena@ucsc.edu](mailto:jgcadena@ucsc.edu)

Join us for a talk with Holocaust survivor, Hedy Rose, as she shares her experiences growing up amidst persecution. Attendance is free, but please RSVP. Contact Beverly for RSVP link.

## Become an RA in 2016-2017

### Information Sessions:

Friday, Jan. 8; 2pm; Cowell Apartment Community Room  
Tuesday, Jan. 12; 9pm; Stevenson Fireside Lounge  
Wednesday, Jan. 13; 9pm; Cowell Apartment Community Room  
Thursday, Jan. 14; 10 am; Stevenson Fireside Lounge  
For more information email Josh Cline: [jocline@ucsc.edu](mailto:jocline@ucsc.edu)

Being an Resident Assistant (RA) is much more than enforcing campus and housing policies. Its great leadership opportunity that provides many transferable skills. Think you've got what it takes? Come to one of the info sessions All of the application materials will be available on the Cowell College website.

**Applications due: Thursday, January 21, 5:00 pm**