

# MC & THE HAMMER TIMES

"If we had no winter, the spring would not be so pleasant."

- Anne Bradstreet



## ICF Hearings

**A**ccording to State regulations, the Incidental Fee pays for the student activities provided by three main areas: Intercollegiate Athletics, Educational Activities and the Student Union. Twelve areas on campus are funded by incidental fees: Abby's House, Access, ASWOU, Athletics, Campus Recreation, Child Care, Creative Arts, Service Learning & Career Development, Student Media, the Vice President for Student Affairs' office, Student Leadership & Activities and the Werner University Center. All of the funded areas are asked to submit budget requests by the beginning of January. Each area presents their budget to the Committee for questions and clarifications. After all areas are heard from, the Committee sets a proposed fee amount and a proposed allocation of the revenue from those fees to fund each area. Open hearings are held and the Committee may incorporate information gathered at the open hearings into their proposal. Once the IFC proposal is complete, it is sent to the ASWOU Senate for confirmation, and then to the Institutional President for final approval.

Open Hearings:

Monday:

Thursday:



## The Hall Governments Say Hello!

For the past few months, the Hall Governments has been responsible for a large portion of the programs in your hall. Arbor Park in particular has had a variety of programs and would like to thank all who attended and give an update of what was did last month:

*"For the month of January, Arbor Park put on three programs; Welcome Back Dragon, Masters of Music, and Board Game Night. Our Welcome Back Dragon was put on the first week and we had food and showed "How To Train your Dragon 2". This was a program meant to welcome all of our lovely residents back from break! Our second program, Masters of Music, featured 'Music themed get-to-know-people!' Participants were matched based on their musical interests and had a chance to share their favorite music and bands! This program also featured fresher, healthier food, such as a veggie tray, cheese, and hummus! Our final program was Board Game Night! We had a variety of board games, including Life, Risk, Monopoly, and more! There was large game of Apples to Apples played, as well as Disney Monopoly! Again, we continued the trend with fresher foods!"*

-Anthony Ceglie, Arbor Park Secretary



If you want to see any programs for your hall specifically, contact them! They're all friendly and

## Allison's Corner

**Wellness** and self-care is something we college students typically like to put on the back burner. Everything in life becomes a balancing act; sleeping enough, eating right, making sure to stay active, homework, work, family and still having time for a social life. Soon, sleep becomes last priority and food is whatever you can get your hands on before your next class. For this next term, I challenge everyone to make their health a priority. Use your time wisely so there is no cramming session before bed, make healthy choices, and don't spread yourself too thin. It's great to be involved; however, you should make sure it's something you can handle before adding it to your schedule. For those of you who feel like they aren't doing enough and have too much time on your hands, get involved. Hall government is always a fun way to meet new people and there are many

positions so finding something you're passionate about isn't too difficult. If Hall government doesn't sound like something you would be interested in, there are many fun groups and organizations here on campus to get involved with. You are in charge of your own happiness and self-care. It's better to start picking up these good habits now because they will benefit you in the future.



Have any questions or concerns? Email me! amyers14@wou.edu.

## NRHH Update

Hello Everyone!

My name is Andy Daniels and I am the Vice President of Administration for NRHH. For those of you who don't know, NRHH stands for National Residence Hall Honorary, and is comprised of successful student role models that implement programs around scholastics and service. NRHH is now a leadership based honorary that values recognition and service. Be sure to look out for programs brought to you by NRHH! If you have any questions about what we do as an organization, or about how you can get involved, feel free to send us an email at nrhh@mail.wou.edu

Have a great Winter term!



## February 2015

Black History Month	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.	1	2	3	4	5 Black & Red Ball	6 .Midnight Movies Fundraiser! .Karaoke night at 7:00pm in Sequoia	7 Salem Wolf Ride Trip 7:00pm-10:00pm Sign up in WUC 203
	8	9 IFC Hearings	10	11 The Knights of Valsetz 5:30pm The Vagina Monologues 7:00pm Pacific Rm	12 IFC Hearings	13 Spike out Hunger! → 5:30pm Old PE	14 Check out your Hall Governments for activities!!!
	15	16 	17 Mardi Gras Ackerman Seated Volleyball in HWC 12pm-	18	19 The Vagina Monologues 7:00pm Pacific Rm	20 The Vagina Monologues 7:00pm Pacific Rm	21 No Frills Conference
Did we miss anything? Contact MC & the Hammer to add to next month's calendar! RHA@wou.edu (503)838-8561	22	23	24	25	26	27 End of GCFD	28