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 implant programs around leadership 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!

- Andy Daniels

NRHH Update

February 2015

Black History Month

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.

Did we miss anything?

Contact MC & the Hammer to add to next month’s calendar!

RHA@wou.edu
(503)838-8561

The Hall Governments Say Hello!

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. Use your time wisely so there is no cramming session before bed, make healthy choices, and don’t spread yourself too thin. It’s important to make sure it’s something you can handle and make sure you 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.

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

Spice Out Hunger

Spike Out Hunger

Winning team gets t-shirt

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 done 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 your musical interests and had a chance to share your 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 a large game of Apples to Apples played, as well as Disney Monopoly! Again, we continued the trend with fresher foods!

Anthony Eagles, Arbor Park Secretary

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

ICEC- The Hammer Times

If we had no varieties, the spring would not be so pleasant.
- Anne Bradstreet

Check out our Homepage!

February 2015

Black History Month

February 1

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February 2

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February 3

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