



UNIVERSITY
of HAWAII
HILO

STUDENT HOUSING

16 January 2009

Volume 20, Issue 1

Around da House

Weekend Trips

For more information and a complete listing of trips for the semester, visit our website at <http://www.uhh.hawaii.edu/studentaffairs/housing/reslife/Activities.php>

Upcoming Events:

Ho'olaule'a	1/17
	Sat
Hapuna Beach Trip	1/18
	Sun
Green Sands Hike	1/24
	Sat
H-Games Round 2	1/25
	Sun
VIS on Mauna Kea	1/25
	Sun

Spring 2009...

Congratulations on living through the winter holiday! You have now made it back to the Spring Semester of 2009, sure to be the most modern semester yet! So good luck, study hard, and to you seniors out there... pay attention to deadlines!



Happy
New
Years!

Motivation is what gets you started. Habit is what keeps you going.

-Jim Rohn

Saturday January 17th Plans?

...let me help you make some!

-8:00 am: Break Thru Adventures Rummage Sale (UCB 127)

-14th Annual Ho'olaulea! Campus Center Plaza and the Performing Arts Center. Theme: Pukupahi I holumua (unite to move forward). Featuring food booths, craft vendors, community information, live entertainment, and cultural awareness displays in the Campus Center Dining Hall. There will be a new car show on the Library Lanai and motorcycles in the parking lot. Special feature is Keikiland with games, crafts, water slide, and a rock climbing wall in the Campus Center's lower yard...all Keikiland activities are free! Adults can enjoy the water slide and rock climbing wall too. Bring your ohana and friends—join us in kicking off the spring semester with a day of music, fun and food!

The Academic calendar for the Spring 2009 semester may be found at:

<http://www.uhh.hawaii.edu/studentaffairs/records/Spring2009Calendar.php>

Registration for Spring '09 officially ends on Friday, Jan 16, 2009. With permission of the instructor, late adds may be added over MyUH portal until Friday, January 23rd. Multiple registration overrides may be necessary.

If you're planning on graduating in May, 2009, the deadline to apply for graduation is January 30, 2009. Sorry, but we cannot accommodate exceptions.

Please refer to the academic calendars for future graduation application deadlines.

DO NOT FORGET

Applications for On Campus Housing are now being accepted at the UHH Student Housing Office.

Applications can be downloaded from the Student Housing website (<http://www.uhh.hawaii.edu/studentaffairs/housing/>) or can be picked up at the Student Housing Office in PB-11.

The deadline for priority consideration is April 1, 2009.




UMADD sponsored Wii night!



Riddle Me This...
What's so fragile even
saying its name can
break it?

(Answer on back)

★★★★★★★★★★★★★★★★★★
 ★ **Congratulations Recyclers!** ★
 ★ While recycling your bottles ★
 ★ and cans in various locations ★
 ★ you are not only helping to ★
 ★ save the planet, you are also ★
 ★ helping to fund our weekly ★
 ★ movie nights. With a free ★
 ★ drive down to Kress Theater ★
 ★ on Wednesday nights, along ★
 ★ with a free dollar for admis- ★
 ★ sion, what more could you ★
 ★ ask for to have a truly great ★
 ★ night out? So don't forget to ★
 ★ recycle,  ★
 ★ come ★
 ★ check ★
 ★ out our ★
 ★ movie ★
 ★ posters ★
 ★ to see what's playing, and ★
 ★ bring a friend!
 ★★★★★★★★★★★★★★★★★★

Top 10 New Years Resolutions

(in no particular order)

- make more time for family and friends (good idea!)
- quit smoking (your breath will be better)
- start exercising (ahh ha... go check out the **SLC!**)
- take a class (check!)
- get out of debt
- make more money (I wish!)
- be more community involved (**blood drive** anyone?)
- quit drinking (join **UMADD**, realize that most of the halls on campus are dry)
- lose weight (again with the **SLC**)
- find true love (ahh! Sign me up!)

What's in a Name?



Would a rose by any other name smell as sweet?

Did you know what your hall name means?

Ikena: house of knowledge

... hey, you guys living up to that?

Kani-lehua: the mist-like rain that Hilo is famous for, giving water to the lehua blossom

... so all you freshman should learn to appreciate the rain, or at least the poetic name for it!

Kehau: Gentle land breeze

... now stand on the balcony and see if you can feel it!

Kauanoë: not a clue... look it up and tell me what you find!

TV Signal Changing - Analog to Digital

On January 15 TV transmission signal changed from analog to digital, which means if you have an old TV set with rabbit ears you won't be getting reception anymore. Instead you need to get a signal converter so your TV can read the new digitally formatted signal. Converters should be available at Sears, Wal-Mart, or RadioShack. A converter is going to cost you roughly \$50, but in the Resident Life Office we have a limited number of coupons that were donated that give you \$40 off-which means you only have to pay about \$10, depending on the model you choose! Coupons are available from the Resident Life Office in Ikena (inside the lounge, not the front Ikena office), while supplies last!

Want to have an adventure on another Hawaiian island during Spring Break ?

Checkout BTA in the Campus Center Room 316
(808)974-7381

WAKE UP WITH YOGA

Mondays and Wednesdays
6:45am – 7:45am
Student Life Center
Begins January 19, 2009

All Levels Welcome
This class incorporates dynamic movement with emphasis on breath and alignment. Yoga is a fabulous way to develop both strength and flexibility, restore muscular imbalances caused by repetitive movements and develop a calm abiding center. *Modifications will be provided for both the beginner and advanced student.* Instructor Liz Heffernan, RYT E, has been teaching and practicing yoga for over 10 years. Her style encourages students to listen to their bodies with a compassionate and joyful heart. Please note all UH Hilo employees must be a member of the student life center. For information on rates please visit: http://www.uhh.hawaii.edu/studentlife/center/member_ship.php. Please email cheffern@hawaii.edu if you have any questions.

Silence

(ans. to riddle on page 1)

About the Editor:

Maddie is originally from Alaska and now in the Pharmacy program here at UH Hilo. To contact her, email: madelina@hawaii.edu