Upcoming Program Pursuit: Fatal Vision

We’ve all heard of “beer goggles,” but how often do you get a chance to see how crazy your vision can get without ever touching a drink? The PRC has a great Program at Your Fingertips that will help you and your residents do just that!

This program features goggles that replicate the line of vision for several levels of intoxication. It will help you see the effects of alcohol in a whole new way! Think you can win a game of Twister after you’ve had a few? Probably not, but it’s still worth a few laughs.

On the more serious side, this program is an extremely useful tool that teaches you and your residents just how much alcohol always a HUGE no-no.

Want to learn more about all the fun ways you can teach your residents alcohol safety and awareness? [Yes, Twister was just of many fun beer goggle activities the PRC offers.] Stop by the PRC for the first Program Pursuit of the month, Wednesday October 9 at 8pm sharp. Brittany will show you the ropes, and how you can check out this program for your hall!

What’s so special about October?

Halloween is a great holiday, but there are so many other great things to celebrate in October too! For starters, it is Hispanic Heritage Month. Here are a few ways to celebrate:

• Have a fiesta for your residents!
• Make a bulletin board with all of the different flags for various Spanish-speaking countries, then have your residents guess which countries they are!

• Check out the Hispanic Heritage Month speaker being brought here by the Office of Multicultural affairs on Wednesday October 11 at 7pm in the UC Common-wealth room.

October is also Breast Cancer Awareness month! There are lots of ways to participate:

• Create a bulletin board about the breast cancer statistics and warning signs.
• Have your hall start a “loose change jar” and donate the proceeds to the Susan G. Komen Breast Cancer Foundation: http://www.komen.org
• Attend the Breast Cancer Awareness program at the Delta Sigma Theta apartment for a time of reflection on Sunday October 22 at 7pm.
New at the PRC...

So much is happening here at the PRC! At the end of September the new copying machine we
ordered finally came in! It is still located in the same place & has all the same features but is much more streamlined and user-friendly. Plus, no more jams! If you have trouble learning how to use the new machine, ask a PA for help!

Also exciting is the addition of many new stencils for the stencil machine! Come try out the new shapes:
- Sailboat
- Pail & Shovel
- Baseball hat
- Flames (border)
- Backpack

Also ordered by popular demand: MORE Tools of the Trade! We will have five more kits available for check out by the end of the month.

“Make time during the day to meditate—even if it’s just for five minutes.”

Staying Stress-free during Midterms

With midterms coming up, the tension level is steadily rising here on campus. As freshmen deal with their first college tests and upperclassmen strive to get everything done on time & still keep up with other commitments, it can be hard to keep your cool. Here are a few tips for keeping your stress level to a minimum:

- Make time during the day to meditate—even if just for 5 minutes
- Keep your work organized by setting priorities.
- Develop a support network you can turn to during busier times.
- Optimize your health with good nutrition.
- Avoid people who are stress-carriers and “negaholics.”
- Give yourself praise, you deserve it!
- Take lots of deep breaths when you think things can’t get any worse.
- Treat yourself to new and good things.
- Be assertive. Learn to express your needs and differences, to make requests, and to say “no” constructively.

The PRC offers many fun Programs at Your Fingertips & Bulletin Boards in a bag that address this subject. Check them out—your residents will appreciate it!

Tips for Halloween Fun

Halloween is almost here! Such a fun holiday makes it the perfect time for resident programming. Try out a few of these fun activities with your residents:

**Build A Scarecrow**
Form groups and have a variety of old clothes, pillowcases for heads, markers and newspaper. Groups have 20 minutes to create. Give prizes to the scariest or funniest, then place outside.

**Halloween Candy Hunt**
Like an Easter egg hunt: Buy plastic eggs and paint them in Halloween colors, put candy in them, then hide them. The prize can be the candy inside or some of the eggs can contain notification of winning a small prize or party favor.

**Pumpkin Carving**
Self explanatory! For a less messy version, decorate the pumpkins

**Mummy Wrap**
Divide guests into pairs Give each pair a roll of toilet paper. One person wraps the other with the paper, first one to empty their roll wins. Older kids and adults get two rolls, once the first person is wrapped they wrap their partner. Prizes to the first team who empty both rolls.

Don’t forget your bulletin boards—check out the Bulletin Board in a bag from the PRC!

Happy Halloween from the PRC!