Welcome!

To the January 2011 issue of the PRC’s newsletter! The Post brings you helpful hints and ideas for activities and events you can hold for your residents, as well as news from the PRC!

Bulletin Board Contest!

The PAs are hosting another bulletin board contest!
Theme: Health
Prize: A bulletin board by the Pas AND your board will be featured in the Programming Post!
To enter: Upload a picture of your board to the PRC Facebook page by February 1st
Judging criteria: Creativity, Tribe Pride, aesthetics, and relevance to the theme; 50% PA vote and 50% popular vote on the Facebook page!

Last Month’s Winner: Laura Andrew

Last month’s bulletin board contest’s theme was “Acceptance”. The entries were all very impressive, but Laura won over the PAs’ and Facebook’s vote with her inspiring board. The quote reads: “It is not our differences that divide us. It is our inability to recognize, accept and celebrate these differences.” - Audre Lorde
Laura won a bulletin board and a program created for her by the PAs—congratulations, Laura!
January Inspiration & Ideas:

**Monthly**
- Celebration of Life Month
- Financial Wellness Month
- Int’l Creativity Month
- Int’l Wayfinding Month
- Nat’l Get Organized Month
- Nat’l Skating Month
- Self-Help Group Awareness Month

**Weekly**
- 16-22: Hunt for Happiness Week
- 20-30: Sundance Film Festival
- 23-29: World Leprosy Week
- 24-28: No Name Calling Week

**Programming Ideas!**
- Bring your hall into the PRC to get creative!
- Check out the Program @ Your Fingertips about Budgeting
- Host a fancy Golden Globes viewing party
- Do handwriting analysis for your residents
- Leave a puzzle out in your lounge!
- Take a trip to the Muscarelle

**Daily**
- 16: Golden Globe Awards, Nothing Day, World Religion Day
- 17: Martin Luther King Day
- 18: Thesaurus Day
- 21: Nat’l Hugging Day
- 23: Nat’l Handwriting Day
- 25: Nat’l Speak Up and Succeed Day
- 27: Holocaust Memorial Day
- 29: Nat’l Puzzle Day
- 31: Bubble Wrap Appreciation Day, Inspire Your Heart with Art Day

**BBBs and Posters for January**
The PRC has some great pre-made bulletin boards for you. Check out these, which are perfect for this month!

**Bulletin Boards in a Bag:**
- Money Doesn’t Grow on Trees
- Getting Your Life Together (Organization)
- Awkward Hugs
- 19 Weird Jobs
- Maxim’s Things All Guys Should Know
- FAQs About Alcohol

**Posters:**
- 101 Ways to Wellness
- College Budget
- About the Flu
- Ink Blot Test
- Sleep Awareness
- Exercise Tips
- Women of Interest

**Meet the PAs!**
The PAs are always here to help you with anything you might need! We’ll feature a different PA in each issue of the Post. This month—meet Kiara!

- **Year:** Sophomore
- **Major:** Linguistics and Psychology
- **Hometown:** Fairfax, VA
- **Favorite Song:** “Invisible” by Jennifer Hudson
- **Favorite Color:** Red

- **Why You’re a PA:** The PRC is a magical world that makes me smile :) My job is doing arts and crafts! How cool is that!
- **Motto:** “It is not worth it to work for happiness in the future if you are not happy in the present”
- **Favorite board:** Self Determination airplane board