Welcome!
To the March 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! There is no theme for this contest, only two rules—you MUST use cotton balls, and you can NOT use any printers when making your board!
Prize: Your choice of a bulletin board or program done for you by the PAs, OR a personal assistant PA for a day at the PRC to do everything for you while you sit at the PA computer!
To enter: Upload a picture of your board to the PRC Facebook page by March 15 or e-mail to resprc@wm.edu

New Stencils in the PRC!
### March Inspiration & Ideas:

<table>
<thead>
<tr>
<th>Monthly</th>
<th>Programming Ideas!</th>
<th>Daily</th>
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<tbody>
<tr>
<td>American Red Cross Month</td>
<td>— Bring your hall into the PRC for a craft bonanza!</td>
<td>2: Dr. Seuss Day</td>
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<tr>
<td>Credit Education Month</td>
<td>— Ask someone from the CARES to give your hall a</td>
<td>4: Nat’l Grammar Day</td>
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<td>Nat’l Craft Month</td>
<td>presentation on healthy eating</td>
<td>8: Int’l Women’s Day</td>
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<tr>
<td>Nat’l Nutrition Month</td>
<td>— Leave chocolate</td>
<td>9: Ash Wednesday</td>
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<tr>
<td>Nat’l Women’s History Month</td>
<td>goodies out during Chocolate Week</td>
<td>12: Girl Scout Day</td>
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<tr>
<td>Weekly</td>
<td>— Bake a pie for Pi Day!</td>
<td>14: Pi Day</td>
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<td>7-13: Nat’l Sleep Awareness Week</td>
<td>— Volunteer with the Heritage Humane Society</td>
<td>15: Ides of March</td>
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<tr>
<td>14-19: Int’l Brain Awareness Week</td>
<td></td>
<td>17: St. Patrick’s Day</td>
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<td>20-26: World Chocolate Week</td>
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<td>18: Quilting Day</td>
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### BBBs and Posters for March

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:
- Ireland
- Women at William and Mary
- It’s All About Chocolate
- How to Eat Healthy
- Food Pyramid Power
- While You Were Sleeping: A Look at Dreams

#### Posters:
- Dr. Seuss
- For Chocolate Lovers Only
- Green Thumb
- Sleep Awareness
- William and Mary History
- Women of Interest
- Wine 101

### 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 James!

**Year:** Sophomore  
**Major:** Religious Studies and Government  
**Hometown:** Chesapeake, VA  
**Favorite Song Right This Second:** “Fast Car” by Tracy Chapman  
**Favorite Color:** PURPLE  
**Why You Became a PA:** The adhesive machine... it was love at first sight because YOU CAN MAKE YOUR OWN STICKERS!!!  
**Favorite Board You’ve Made:** Narwhals—Unicorns of the Sea