



Pioneer Link

First-Year Experience

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February 15, 2007

2/23 Colorado Ballet: Where the Wild Things Are, 7:30-9:30PM, \$10, Ellie Caulkins Opera House, Visit www.du.edu/studentlife/passport for more info

2/24 VSA's Vietnamese Tet Festival, 6:30-11PM, Food/dance/entertainment and MORE. Contact vho@du.edu for more info

2/26- 3/2 Eating Disorder Week, FREE workshops with the DU Health and Counseling Center, Contact hcc@du.edu for more info

2/26 Denver Nuggets tickets, Sign Up @ 8PM www.du.edu/orgs/dupb

2/27 Human Institute Salon Series, "The Rise and Appeal of Islamic Fundamentalism" by Liyakat Takim. Sign up at www.du.edu/humaninst/salon.html

3/1 DUPB Movie, Casino Royale, 8PM, FREE, Davis Auditorium

FREE GROCERIES!

**Play Bingo and win FREE GROCERIES
2/27, JMAC Classroom,
8-10PM
Contact DUIT@du.edu
for more info**

Did You Know?

Tired of hearing about all of the events going on campus? Well the DUIT Team will be creating a blog in each Pioneer Link with something to think about. Topics will vary from week to week.

Did you know that on average children laugh 400 times a day, while adults average 15 times per day? According to experts, laughing increases your blood flow and can strengthen your immune system. Or that research has shown that laughing is our body's natural counter balance to tension.

"Smiling and laughing produce happy chemicals called endorphins which work in the brain to give an overall well-being," said psychiatrist Robert Holden.

With all of the research shown about the positive affects of smiling and laughing, here are some tips on how to get your dose of stress relief, boost your immune system and balance tension.

- ◆ Take time to watch your favorite

- ◆ Visit a local comedy club or a comedian on campus to get your laugh on with friends

- ◆ Keep photos of those close to you including pets, friends, family or vacation spots



- ◆ Using your senses can also spark a smile; buy flowers, watch a movie or go for a walk

- ◆ Spending time with friends, family or others will usually bring a smile or laugh

For more information visit <http://www.9news.com/news/article.aspx?storyid=64723> for more information.

And don't forget to smile or laugh each day. Many believe that it is our body's natural defense mechanism against countless medical problems.

URDU

Data Taken from a survey administered in 04/06 to 1000 DU undergraduate students via email.

**MOST DU STUDENTS SURVEYED
ARE ALWAYS BOTHERED
WHEN THEY HEAR A DEROGATORY
COMMENT ABOUT A WOMAN**

www.du.edu/studentlife/URDU

Academic Deadlines

- 2/19- 2/23: Spring Registration
- 2/27: Last Day to Drop Class with Approval from Instructor
- 3/13: Last Day of Class
- 3/13- 3/15: Finals
- 3/17- 3/24: Spring Break
- 3/26: Classes Begin

Have a Question?
We have the answer!
Email DUIT@du.edu
We will respond within 24 hours
Monday- Friday

Alpine Club

Important Dates

February 21

Jackson Hole Sign-up, Snowshoe Sign-up, Silverton Pre-trip

February 28

Snowshoe Pre-trip

March 14

Jackson Hole Pre-trip

Winter Trip List

Ouray/ Telluride

February 16-18th: \$140/ \$160

Silverton and Wolf Creek

February 23-25th: \$150/ \$180

Full Moon Snowshoe

March 1st: \$10/ \$20

Jackson Hole Spring Break

March 17-25th: \$400/ \$430

Contact du-alpine-club@du.edu for more info



DU African Extravaganza:

A celebration of African Culture

Friday, Feb. 23rd

6-9pm

Driscoll Ballroom

DUPB will provide food for the first 100 People!!!

- ◆ **Dancing to African Music**
- ◆ **West African Drumming**
- ◆ **African Food and Fashion Show**

Athletic Events

◆ **Men's Ice Hockey:**

2/23 vs. North Dakota @7:37PM

2/24 vs. North Dakota @7:07PM

DU vs CC Hockey Game

Help support the DU Hockey team defeat CC!

FREE tickets from DUPB and student tickets are on sale Monday, 2/26 at the Ritchie Center Box office.

Tickets go fast so plan ahead!!

HPV & Vaccination

Have you seen the recent commercials about the HPV (Human Papillomavirus)? According to the Center for Disease Control and Prevention, nearly 1 out of 4 of all 15 to 24 year olds in the country are infected with HPV. Many of the people infected with HPV may not even show symptoms thus making it easier to transmit without even knowing you have it.

Recently, a vaccine has been developed that targets the strains of HPV that cause Cervical Cancer, it is called Gardasil. The Health and Counseling Center offers it to DU students. It is administered in three (3) doses. Contact the DU Health and Counseling Center for more info at <http://www.du.edu/duhealth/news/hpv.html>.

CELEBRATE THE VIETNAMESE NEW YEAR!

The Vietnamese Student Association (VSA) is hosting a big event on:

Saturday, February 24th

Driscoll Ballroom

6:30 pm - 11:00 pm.

The event will be FREE to DU members who come with their ID cards. The featuring guest at this event will be Bao Han, a famous Vietnamse singer here in the US. There will also be performances such as traditional dances, lion dance, shaolin kung fu, candle dance, hip-hop, a fashion show and much more! Please come support the VSA on campus! This will be your chance to attend a cultural/fun event to see what the VSA has been up to and experience something new from a typical day at the DU campus.