

CU BOULDER

Feb
20

HONORS RAP



CALLING ALL CLIMBERS!

Dr. Paul Strom is putting together an evening symposium that features Dr. Sibylle Hechtel, one of the influential pioneers in women's climbing and mountaineering, responsible for pushing women's climbing standards beyond the 5.10 range. If you are a climber or are interested in meeting Sibylle and participating in this event (April 5th, after Spring Break), please let Dr. Strom know: paul.strom@colorado.edu.

Flock Events This Week



**Been to The Taj? If not (or if you love it already)
meet Anisah in the lobby this Tuesday (2/21)
at 5:30 pm to walk there together!**

Need a break from the C4C? Meet Max and Camille in the lobby at
7:30 pm this Tuesday
(2/21) for a trip to Noodles and Company!





Join Laney and Kyla in the Great Room this Tuesday (2/21) at 7:30 pm to watch Finding Dory and enjoy some pizza!



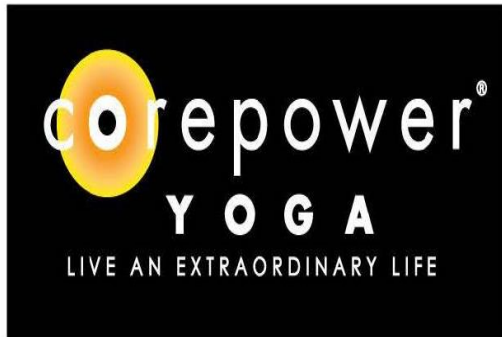
weather permitting, head out to the volleyball court with Laney wednesday (2/22) at 4:30 pm for a fun game!



Want a study break? Head to the lobby at 6 pm this Thursday (2/23) for a trip to Starbucks with Serene!



Upcoming Events



FREE YOGA—ALL LEVELS!

FRIDAY
February 24

Meet in Smith at 2:00pm
Walk to Corepower
Return to Smith c. 3:30pm

Sign-up sheet posted Mondays: 20 slots available

Bring your own mat and towel or get them there.
Great way to start your weekend.

Give yoga a chance!

Attendance Tracker Punch: YES

Sponsored by the Honors RAP

Honors RAP Sponsored

Eve Ensler's *The Vagina Monologues* Produced by the CU V Day Warriors



Featuring NATANIA BLOCH, RA East First.

Join Professor Zach Owens, and flock leader Lexie Schrader

Friday, 24 February
Meet 7pm Smith for walk to Old Main

Show starts at 7:30pm

Sign Ups Monday: 15 slots

Attendance Tracker: Yes

What is the Best Advice You Have Ever Received?

By Chelsea Magyar

This semester, the *Smithsonian* is asking life's big questions. We asked freshman Jason Haw, an integrated physiology major who is also considering math, to share the best advice he has ever received.

"Just be yourself, not conform." This advice resonates with Jason.

He admitted it can come off "very corny" and "overused," but he sees a deeper meaning in it. "If society wants you to be very normalized, and that's not you, then don't conform to that. . . within that message is also sort of just following your heart as well. Not just taking the easy route because it's the path most well worn."

While making the journey on the path of life, Jason received this advice multiple times from his 22-year-old brother who currently lives in England "getting by on a shoestring." The two Skype every couple days.

Implementing his brother's advice reminds Jason to leave his comfort zone. "It's very easy to be sedentary in your ways, and just get stuck in a routine that you're not too keen about. It's good to just remind yourself to get out and do exciting stuff."

And in doing exciting stuff, Jason thinks people should try to enjoy themselves.

"Whatever you're doing, even if it's college, which is not particularly enjoyable most of the time, still try to enjoy yourself."