FEBRUARY 2019
NEWSLETTER

ASIAN AMERICAN PACIFIC ISLANDER STUDENT CENTER
FEBRUARY SPORTS EVENTS

BY: ANISSA GUILLERMO

02/02
WSU VS. USC
4PM @ BEASLEY COLISEUM

02/07
WSU VS. ARIZONA STATE
7PM @ BEASLEY COLISEUM

02/09
WSU VS. U OF A
12PM @ BEASLEY COLISEUM

02/15
WSU VS. UW
7PM @ BEASLEY COLISEUM

02/16
WSU VS. UW
5PM @ BEASLEY COLISEUM

02/20
WSU VS. UNIVERSITY OF COLORADO
7PM @ BEASLEY COLISEUM

02/22
WSU VS. BRIGHAM YOUNG
12PM @ OUTDOOR TENNIS COURT

02/22
WSU VS. SEATTLE UNIVERSITY
5PM @ OUTDOOR TENNIS COURT

02/23
WSU VS. UNIVERSITY OF UTAH
5PM @ BEASLEY COLISEUM

02/28
WSU VS. NEVADA
4PM @ BAILEY-BRAYTON FIELD
02/02
"BIG BAND BASH"
6PM-10PM @ ENSMINGER PAVILLION

02/05
SPRING CAREER EXPO
10AM @ BEASELEY COLISEUM

02/08
VALENTINE'S WINE TASTING
5PM-8PM @ BRELSFORD WSU VISITOR CENTER

02/12
CENTER FOR ENTREPRENEURIAL STUDIES RESOURCE NIGHT
6PM-8PM @ TODD HAL 268

02/15
WSUCON
6PM @ CUB SENIOR BALLROOM

02/16
PULLMAN WINTER MARKET
10AM @ BRELSFORD WSU VISITOR CENTER
Valentine's Day

By Aelizah Espiritu

You can still have fun, whether or not you have a significant other . . . .

Have Valentine’s Day white elephant or Secret Valentine

Movie Marathon

Treat yourself with your favorite things

Have a Self Care Day

Host a party or dinner with your friends

Be extra and dress up for a photo shoot

Bake or cook a fancy dinner

Go on a “date” with your best friend

Have a sleepover

Play your favorite games

Tell the people you care about that you love & appreciate them
Cheesy Pick Up Lines

By: Kristine Horita

1. Do you believe in love at first sight or should I walk by again?

2. Are you Australian? Because you meet all of my koalifications

3. I know this sounds cheesy, but you’re the gratest

4. Are you a banana? Cuz you are a-peeling

5. I must be in a museum because you are truly a work of art

6. My love for you is like diarrhea. I just can’t hold it in.

7. Are you cake? Cuz I want a piece of that

8. Have you been to the doctor’s lately? I think you’re lacking vitamin me

9. Forget hydrogen, you’re my number one element

10. I need some answers for my math homework. Quick. What’s your number?
AFFIRMATIONS OF 
Self Love

BY: ULA PELE

IMPROVING YOUR INNER VOICE

1. Overcome negative beliefs about yourself
2. Avoid perfection, aim for progress
   - Don't think about the final product, focus on how much effort you need to accomplish something
3. Discard your negative filter
   - Have an open mind and an optimistic view towards situations
   - Don't assume that only the worst can happen
4. Never call yourself names/blame yourself
   - Separate yourself from the issue, and work towards fixing the issue

STEPS TOWARDS EXERCISING SELF LOVE

1. Reflect on your positive attributes daily
   - Reminds yourself that you are worthy of respect and love
2. Give yourself the gift of time
   - Don't feel guilty for spending time on yourself
3. Celebrate and reward yourself
   - Go see a movie, eat at a fancy restaurant, buy something on Amazon
4. Develop a plan for setbacks
   - Realize that you cannot control the words and actions of others, but you can change how you respond
5. Support yourself with positive affirmations daily
PULLMAN APARTMENT GUIDE

(ON CAMPUS)

Chief Joseph Village

Chinook Village

Columbia Village

Nez Perce Village

Valley Crest Village

(OFF CAMPUS)

DABCO.

The Ruckus

Hills on Grand

Cougar Ridge

The Grove

Northwood Manor

For more info visit the links below:
https://www.housing.wsu.edu/apartments/apartment-guide/
https://www.apartments.com/pullman-wa/
Whoa whoa whoa, what if I’m not looking to spend money but still wanting to enjoy the snow? No worries, there’s plenty of places around WSU to go sledding for free!

Every once in a while, a brave young soul will take on the challenge of creating an awesome snow fort. Unleash your inner-architect!

* If you’re looking for a great spot, the lawn in front of Gannon is great real-estate and pedestrians and cars alike will admire your work!

SKIING/ SNOWBOARDING
Do you miss Skiing or Snowboarding but don’t have your equipment? Well, look no further! aWSU Outdoor Rec Center is the perfect place for students to rent their snow sport equipment at a relatively low cost compared to ski resort prices. They also sell lift tickets!

https://urec.wsu.edu/outdoor-recreation/rental-shop/

SLEDDING
Whoa whoa whoa, what if I’m not looking to spend money but still wanting to enjoy the snow? No worries, there’s plenty of places around WSU to go sledding for free!

- Thompson Flats
- Hill by Scott Coman, going down to Lake St. (North of Soccer Field)
- Pullman High school

BUILD A SNOWMAN
Every once in a while, a brave young soul will take on the challenge of creating an awesome snow fort. Unleash your inner-architect!

* If you’re looking for a great spot, the lawn in front of Gannon is great real-estate and pedestrians and cars alike will admire your work!
1. Go to www.hbogo.com
2. Scroll down to select “Washington State University” from the ‘Sign In’ menu
3. Follow the login instructions to start watching

If you prefer enjoying the warmth of the great indoors, consider staying inside and watching a movie! Village Centre Cinemas is relatively close distance to campus, a great option to watch the latest releases! Tickets are around $12 for adults, making it a great activity to enjoy with friends!

SEB MOVIE NIGHTS
SEB hosts their own movie nights in the CUB that are completely free for WSU students! Movies are featured range from new releases to classics and genres across the board. Keep an eye out on their website calendar to stay updated on what’s playing next!

MOVIES @ HOME
If you are a student that resides in a Residence Hall or WSU Apartments, you get a free HBO GO subscription! To access your subscription, just follow these steps:

1. Go to www.hbogo.com
2. Scroll down to select “Washington State University” from the ‘Sign In’ menu
3. Follow the login instructions to start watching

HBO GO features a wide variety of award-winning movies, and tv shows and much more. If it’s too cold outside, sit back, relax, and binge-watch some of your favorite shows!
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IF YOU'RE INTERESTED IN VOLUNTEERING, FOLLOW THE QR CODE