UPCOMING EVENTS

Wednesday, Jan 31: London Week lecture—Professor Bill Hixon of the Government department will give a lecture related to the class he taught at the London Centre last term, titled “Food Politics and Culture.” Main Hall 201 - 4:30pm-5:00pm.

Jan 24-31: RLA & CORE Leaders Tabling—Come learn more about being a leader on campus and get information about how to become an RLA or a CORE leader, how to apply online. Current RLAs and CORE leaders will be there to answer your questions. Warch Campus Center, outside the Mail Room. 11am-1pm & 5-7pm.

Jan 27-29: 52nd Annual Great Midwest Trivia Contest—play 50 consecutive hours of trivia. Tune in to WLFM Studios to participate or listen.

Thursday, Feb 1: Convocation “Gut Churn” - Jad Abumrad, creative writer, a named MacArthur Fellow, . Memorial Chapel. 11.10am, free& open to the public.

SAVE THE DATE: LUNAR NEW YEAR CELEBRATION

Come celebrate Lunar New Year with your peers! Learn more about Lunar New Year traditions from various Asian cultures—expo booths will be put up by the Chinese Students Association, Korean Culture Club, Pan-Asian Organization, Lawrence Asian Diaspora Alliance, Lawrence International, Vietnamese Students Group and Japanese Students Group. Each booth will have exciting games and activities, as well as snacks and many more surprises on display! The highlights will be performances from various professional groups around the area.

Saturday, February 17th @ Somerset Room 6pm
CONVOCATION SPEAKER: JAD ABUMRAD

Jad Abumrad, who studied creative writing and music composition in college, is the creator and host of “Radiolab,” one of public radio’s most popular programs. Broadcast on more than 520 stations nationally and downloaded more than nine million times a month as a podcast, “Radiolab” combines dialogue, music, interviews and sound effects to create documentaries that explore potentially intimidating topics ranging from the evolution of altruism to the legal foundation for the war on terror. “Radiolab” has been recognized twice—2010 and 2015—with the prestigious George Foster Peabody Award.

Date: Thursday, Feb 1. 11:10 am Memorial Chapel.

THRIVING IN WINTER

The weather in Wisconsin can be very unpredictable but it is definitely know for it harsh weather. So for most freshman this might be your first winter but do not worry below are some tips that I think might get you through your first winter.

**Lots of layers!** - it is essential that you layer up as mush as possible in order to not expose yourself to excessive cold: very dangerous for your health. So, one of the popular layer outfits are thermal wear. Thermal wear comes in tops and tights so you can easily wear them under your sweaters and jeans cause they are very comfortable. They are always available in any clothing stores in Appleton. We know that winter Jackets can get really expensive but there are many options available to you here in Appleton. You can go to thrift stores where you could get winter jackets for affordable prices. However winter jackets are long time investments so it is suggested you buy a new one with good quality so it can last you possibly your entire stay at Lawrence. **FLANNEL SHEETS** are brushed for inviting softness and are ideal for the cooler months or people who tend to get cold when they sleep. **Eat Right (fruits, veggies, breakfast!)** - Remember to eat healthy during the winter! It can be tempting to cozy up in bed with leftover holiday sweets or junk food, but winter is a time when many of us get stuck feeling slow and low on energy. Eating fruits and leafy greens can give you the vitamins you might be missing, and eating breakfast will help you stay awake and alert all day! **Keep Clean!** - this goes without saying, but wash your hands and shower regularly. In the midst of cold and flu season, these simple things go a long way, especially when the person next to you is probably coughing and sneezing at this moment. **Exercise**—Exercise is another thing many of us forget about in the winter. Cold weather and snow makes it inconvenient to get to the gym, but grab a buddy and push yourself off the couch. Hit the YMCA or Wellness Center, or check out fitness classes offered every day on campus, including yoga, TRX, and many more. A couple jumping jacks and squats would do, just get moving! **If you get SAD, it’s okay!** - Once in awhile everyone gets a little SAD (Seasonal Affective Disorder), when the lack of daylight and the cold make us all a bit more weary. Get your own fill of sunlight with the light therapy lamps in residence hall lounges or in the Wellness Center; they mimic natural sunlight, and are a great source of joy on dreary wintery day. Or, have a quick chat with one of the counselors! If some puppy therapy is what you need, there are plenty of puppies around campus whom belong to professors and staff members, and would gladly play and share some puppy love. **Keep yourself active**—Fill your calendar/planner with events! There are plenty this winter term, notably the annual Winter Carnival, a fun-filed week with broomball tournament, ice-sculpting competition, and the fancy President’s Ball. Keep yourself updated on all the talks and discussions Lawrence have to offer. Many job and internship opportunities will pop up around this time as well, so keep a look out! **Manage Your Stress**—Keeping your stress levels from shooting out of your head is a challenge no matter what the season, but you really want to keep them in check during the winter! Too much stress weakens the immune system and you’ll just end up becoming more stressed from the cold or flu putting you behind. Use a planner, exercise, eat right, get sleep, see a counselor, spend time with friends, call your mom, listen to music, read a book, and just remember that balance is key! **Wellness Center Perks**—If you ever need some Tylenol or Advil to deal with the winter’s maladies, go to the Wellness Center because they provide little packets of medicine, as well as tissues and hand sanitizer! Free condoms, STI testing, and a plethora of other health and wellness information and services are also available.

Article Credit: Anh M. Ta
**THE FRIENDSHIP FAMILY REVERSE POTLUCK**

Our annual reverse potluck event will be happening this weekend on the 14th of January. Where we all get the opportunity to cook meals from different parts of the world and have our friendship families come join in the fun and celebrate with us. Please check with your friendship family to confirm if they will be attending.

**Time:** 5pm 14th of January  
**Venue:** Esch Hurvis, Warch

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**CABARET 2018 APPLICATION AND AUDITIONS**

It is that time of the year again! Applications are now open for performers, volunteers for the 52nd Cabaret, the flagship event of Lawrence International—a beautiful showcase of cultures through dance, music, drama and many more. Contact LI for more information.

**Audition Dates:**  
Friday, January 26th  
Saturday, January 27th  
Sunday, January 28th  
Monday, January 29th

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**TAX WORKSHOPS**

ISS and Payroll office are supporting international students to file the U.S required tax forms. The ISS Office will be sending individual email to students about their tax appointments, some of you should have gotten the email by now. It is imperative that you attend the date appointed to you. You can also decide to file your taxes independently but please inform the ISS office ahead of time.

Please bring your passport, form I-94, form I-20 or DS-2019, and a list of the dates you entered and left the United States. **Please bring a copy of your 2016 tax return, user ID, and password if you filed taxes with the support of Lawrence using Glacier Tax Prep last year.**

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**HOW TO RETRIEVE YOUR 1-94**

All F-1/J-1 students should print new I-94 after re-entering the U.S. For example (after winter break). To obtain your Form I-94 record, go to [CBP's Form I-94](#) Web page and agree to the terms listed on the page. You will be directed to the Form I-94 information page. Enter your name, date of birth and passport information to retrieve your Form I-94. The Web page gives you the option to “Get Most Recent I-94” or “Get Travel History.”

If you select “Get Most Recent I-94,” the Web page will display your most recent Form I-94, which includes an I-94 number, most recent date of entry, class of admission and admit until date. You can print or save for your records.

If you have any more questions feel free to contact the ISS office.
Year? Junior
Major? Economics, Government
Country? Pakistan
Career aspirations? Entrepreneur, Teacher
Why did you choose Lawrence? A good Economics program along with a reasonable financial aid package.
How had your adjustments to the US and the university? It was definitely a big adjustment. To be honest, I am still adjusting. However, the student body and the staff here has always been welcoming which makes adjusting here easier.

What is one of the most memorable moments during your years here at Lawrence? It is hard to single out a moment so I will say the summer of 2017. I spent it at Lawrence and we had a great group of students staying here.
What are you involved with at Lawrence? LUCC, CFC, CAS, LI, Intramurals, LUMUN, Campus Life, Indoor Soccer Club.
Do you have any plans yet for life after Lawrence? Not yet, but I am working on it.
Do you have an advice for the underclassmen? Time goes by really fast, so make sure you enjoy every day and spend it with the right people. At the same time, don't lose sight of your goals. Spend everyday working towards them.