



INTERLINK

University of Illinois Counseling Center

INTERLINK Newsletter

February 2008



INTERLINK kicked off another semester with an orientation at the Asian American Cultural Center on Feb. 5. For those of you who were unable to attend the orientation, you will receive the contact information for your mentor/mentee by email. The next step is to arrange a first meeting with your mentor/mentee. Sipping hot chocolate or coffee at Espresso Royale would be an easy way to start. After that, we encourage you to be creative with ways to get to know each other, to help your mentee adjust, and generally have fun. We will feature free or low-cost activities in our monthly newsletter; back issues are on our website. Stay tuned for announcements of upcoming group activities.

Because most INTERLINK participants have busy schedules, we encourage you to find a regular meeting time. We have found that weekly meetings work best. That way, if you need to cancel a meeting due to another commitment, you won't go long periods without seeing each other. We encourage you to look at the **Resource Guide** and **Frequently Asked Questions (FAQ)** on our website. Finally, if you have any questions or concerns about your mentor/mentee (e.g., they won't return your phone calls or emails; the match doesn't seem to be working), please contact us. We will do our best to help you solve whatever concerns you are having.

Ways to Spend Time With Your Mentee/Mentor

General Activities

- **Make and exchange homemade Valentines.** Discuss the history of this holiday (February 14) and your personal experiences of and reactions to this day. Use this website as a guide: <http://www.history.com/minisites/valentine/>
- **Let It Snow!** On a day with snow, challenge your mentee or mentor to a snowball fight or build a snowman together. End with a cup of hot chocolate and discussion of your favorite and least favorite seasons.
- **Family Tree.** Make and share your family tree, noting important people in your life and your family's cultural traditions.
- **Ride the MTD.** Take a bus ride to someplace new. See www.cumtd.com for routes. It's free with a valid I-Card.
- **Visit a Library.** Check out the newly completed renovations at the Champaign Public Library or explore the Urbana Free Library or one of the many libraries on campus. Thousands of books, cd's, and dvd's are available for check-out at no cost.

Cultural Events

- **S.P.E.A.K. Café.** Thursday, Feb 14, 7-9pm. – Krannert Art Museum - Cost: Free. S.P.E.A.K. (Song, Poetry, Expression, Art, and Knowledge) is an open mic public space for socially conscious expression about Race, Roots, and Resistance. S.P.E.A.K. Cafe is a collaborative university and community project supported in part by the African American Studies and Research Program, Krannert Art Museum, 40 North/88 West Arts Council, and the UC Hip Hop Congress.
- **Tours of Japan House.** Tours are offered Thursdays from 1-4pm. Tea ceremonies are offered on the 2nd and 4th Thursday of the month at 2pm & 3pm. Call for reservations, dates, and fees (217-244-9934). <http://japanhouse.art.uiuc.edu/>
- **International Coffee House.** Fridays 4-6pm. Etc. Coffee House (Corner of Green St. and Goodwin Ave.). Cost: Free. All are welcome to meet new people, practice speaking and hearing English, enjoy free beverages and snacks, and learn about other cultures.

Music & Dance

- **Illinois Brass Quintet.** Sunday, Feb 10, 3pm – Krannert Center – Cost: \$4-10.
- **Wind Symphony & Symphonic Band I.** Tuesday, Feb 12 – Krannert Center - Cost: \$4-10. This evening's concert honors U of I School of Music alumnus John James Haynie. Featured on both the Symphonic Band and Wind Symphony will be U of I Trumpet Professors Ronald Romm and Michael Ewald performing special works in honor of Mr. Haynie. Other selections on the program include the Vienna Philharmonic Fanfare by Richard Strauss and Trumpet Gloria by Donald Grantham.
- **Traffic Jam: U of I Latin Jazz Band.** Friday, Feb 15, 5pm – Krannert Center, lobby – Cost: Free. Chicago jazz trumpet legend Tito Carillo joins Ricardo Flores in leading one of the School of Music's youngest and freshest ensembles in another standout performance. Join Tito, Ricardo and the U of I Latin Jazz Band as they ignite the weekend with a dash of salsa, a hint of sizzling samba, and just enough bossa nova to bring you to your feet.
- **Thursdays at 12:20 Concert Series.** Thursdays 12:20-12:50 pm. Beckman Institute Atrium. Cost: Free. Eat lunch at the Beckman Café (or bring your own lunch) and listen to a performance by a member of the UI School of Music. <http://www.beckman.uiuc.edu/events/thursdays.html>

Theatre & Film

- **Shakespeare's R & J.** Feb 7-9, Feb 13-16, Krannert Center. Cost: \$9-15. Joe Calarco's fascinating adaptation of Romeo and Juliet, as performed by students in a strict boarding school, has become an international hit. The sense of danger in this tale of star-crossed love acquires new meaning when all the roles are portrayed by four adolescent boys. <http://www.krannertcenter.com/performances/details.asp?elementID=22092>
- **Rent a Movie.** Check out a movie from *That's Rentertainment* or *Blockbuster*, perhaps one nominated for a 2008 Academy Award.
- **AEMS Film Screening: *The Blood of Yingzhou District*.** Tuesday, Feb 19, 7pm – Armory, Room 431. Cost: Free. *The Blood of Yingzhou District* (In Chinese with English subtitles, 40min) 2006 Academy Award Winning Documentary by Ruby Yang. A year in the life of children in the remote villages of Anhui Province, China, who have lost their parents to AIDS. Traditional obligations to family and village collide with terror of the disease.
- **Henry IV: Part I.** Feb 28-March 1. 7:30—Krannert Center. Cost: \$6-15. Shakespeare's history of King Henry Bolingbroke, his son Hal, rival Hotspur, and the amoral John Falstaff is one of the playwright's most masculine plays. The troubled relationship of father and son, the rivalry of soldiers, and the camaraderie of mates are at the heart of this history play. In this brave production, by guest director Norma Saldívar, a talented cast of young women warriors explores those themes from a female perspective.

Art

- **Krannert Art Museum.** Cost: Free. See one of the current exhibits at this U of I museum, including *Blown Away*, *Children of Arcadia*, and *Jay Ryan: Animals and Objects In and Out of Water*.
<http://www.kam.uiuc.edu/index.cfm>
- **Ancient Egypt: The Origins.** Through Feb 28. The Spurlock Museum. Cost: Free. Some of the most fundamental and fascinating aspects of the ancient Egyptian civilization can be understood only by looking deep into its past. All the hallmarks of Egyptian culture, from pyramids and hieroglyphic writing to the belief in the afterlife and fervent nationalism, can be traced in an unbroken line back to its earliest periods. This exhibition explores the prehistoric Nile Valley and illustrates the origins of ancient Egypt through its material culture. Ancient Egypt: The Origins features artifacts on loan by the Brooklyn Museum.

Sports

{ for details see: <http://fightingillini.cstv.com/>; many events are free }

- **Ice Skating – Cheap Skates.** UI Ice Arena - — UI students/campus rec members always have free admission & \$1 skate rental – First Wed. of every month: \$1 admission, \$1 rental for general public.
<http://www.campusrec.uiuc.edu/skating/publicskate.html>
- **Fighting Illini Wheelchair Basketball.** Intercollegiate Division Tournament. Feb 15-16. IMPE.
<http://www.disability.uiuc.edu/athletics/team.php?sport=1>
- **Women’s Basketball – UI vs. Indiana.** Sunday, Feb 17, 1pm. Assembly Hall.
vs. Penn State. Thursday, Feb 21, 7pm. Assembly Hall.
vs. Michigan. Sunday, Feb 24, 7pm. Assembly Hall.
- **Men’s Basketball – UI vs. Indiana.** Thursday, Feb 7 8pm, Assembly Hall.
vs. Wisconsin. Wednesday, Feb 20, 8pm, Assembly Hall.
- **Women’s Gymnastics – UI vs. Michigan State.** Feb 16, 7pm, Huff Hall. Cost: Free with student ID.
- **Men’s Gymnastics – UI vs. Penn State.** Feb 16, 7pm, Huff Hall. Cost: Free with student ID.

“We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color.”

~ Maya Angelou, American Author and Poet

“The ornament of a house is the friends who frequent it.”

~ Ralph Waldo Emerson, American Essayist and Poet

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<http://www.couns.uiuc.edu/Interlink/interlink.htm>

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