**On the 16th of November, the Co-Rec finals were held on the Hinman Co-Rec field.**

In a close battle between Cleveland and Roosevelt, Roosevelt came out with the win. The following Sunday, the 23rd, on the Dickinson Co-Rec field, the Co-Rec Superbowl took place between Dickinson, CIW, Newing, and Hinman. Newing and Dickinson were the first game and Dickinson came out victorious while Hinman won the second game against CIW. The final game was between Hinman and Dickinson. Hinman came equip with an all-star team that consisted of people from each hall, and an agglomeration of spirit and cheerleaders. Although we are the smallest residential community at Binghamton, we showed up as the strongest. We outnumbered Dickinson by a good margin with the number of people who showed up to cheer on our team. Dickinson won by a very small margin and some very close calls. However, Tiki still says he is proud to live in Hinman because we have so much spirit! There is no place like Hinman, no place like home!

Written by Jared Fiacco

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**Hinman Adds Partnership with Social Work**

For Spring 2015 there’s a new course with a special relationship to Hinman’s ALIVE program: SW 250, Public and Social Service Practice. It’s another course in the roster of service-learning courses designed especially for Hinman students who want to explore the range of possibilities within public service. The course offers opportunities to apply the principles of human service practice to a range of clients and policies in a variety of settings.

This course is a first—the first Social Work course for undergraduates; it’s a kind of harbinger of the future. In about two years, the SW department within CCPA, which now offers only an MSW, intends to offer a BSW degree as well. Thus, the chair of the SW department has eagerly embraced Hinman and its Public Service Learning Community as a potential recruiting partner.

This new partnership mirrors Hinman’s existing partnership with the Department of Public Administration within CCPA. Thus, it’s as though Hinman’s partnership with CCPA has grown a second limb. If all goes well, I hope that PAFF 225, Foundations of Civic Engagement, will be offered every fall, and SW 250, Public and Social Service Practice, will be offered every spring.

With these specially designed service-learning courses, Hinman takes another step in creating a rich living-learning community, in which academic, credit-bearing courses complement our life together as a close and supportive community that feels like family.

Written by Al Vos
Phoebe Brings Joy and Happiness to Hinman!

Have you seen an adorable furry little nugget trotting throughout Hinman? That adorable little nugget is none other than my dog Phoebe, Hinman’s unofficial mascot! Phoebe loves being able to visit Hinman! She considers all of you her “people” and she likes to be around you as much as she possibly can! While there’s no denying that people enjoy her cuteness, visits from Phoebe are beneficial in other ways! According to an article in USA Today, research shows that interaction with pets decreases the level of cortisol — or stress hormone — in people and increases endorphins, known as the happiness hormone. Phoebe is glad she can help decrease your stress and increase your happiness! Here are some testimonials from some of Phoebe’s favorite Hinmanites!

“No matter what kind of mood I’m in, Phoebe always reminds me to appreciate the little things.” — Clare Gilroy

“Before meeting Phoebe, I was deathly scared of dogs. I probably still am to a certain extent. However, Phoebe rehabilitated me to face my fears. It took 2 years but I can finally say I love Phoebe. Every time I see her, I run to her. She taught me to face my fears, no matter how small and any obstacle can be overcome.” — Sameera Mayat

“My relationship with Phoebe is probably best described as BFFs. From the moment I met that little bundle of joy, it was clear that we were meant to journey through this life together as partners in crime. To quote the great Ron Burgundy, Phoebe, is, ‘like a miniature Buddha covered in hair.’ She’s a Hinman legend and if you haven’t met her, don’t miss out on your next opportunity!” — TJ Carney

Rap Comes to Roos

On Thursday, November 13th, Roosevelt RA Melissa Luong and Roosevelt Academic Vice President Nicholas Pulakos hosted "The Rhetoric of Rap". The event invited Hinmanites to dig a little deeper into a sometimes controversial and misunderstood form of music. Nicholas gave the audience a walk through the history of rap using music videos of early forms of hip-hop and rap music to understand where the roots of the art emerged from. Melissa then asked Hinmanites to listen to three songs to identify the way the songs used rhetoric to send a deeper message and play with the conventions of the English language.

After delicious refreshments of pizza and chicken wings, Hinmanites experienced a performance by Resident Director Josué Quiñones also known as JQ. His rap was both enthralling and enlightening. JQ spoke about his creative process, the meaning behind his songs and opened the floor to a question and answer period. The event closed with the audience vividly engaged with JQ, many Hinmanites remain after the event to speak with him.

Written by Mel Luong
Beat the Stress of Finals!

As you’re all well aware, Finals Week is next week and I’m sure many of you have had some sort of final exam or class project already due! Finals Week can be one of the most anxious times of the year, but only if you make it that way. Follow some of these helpful tips to avoid stressing yourself out!

1. Start early, especially if the final is cumulative. You want to give yourself enough time to make sure you know all of the information necessary. Studies show that cramming the night before hurts more than it helps! And remember: NO ALL-NIGHTERS!

2. Take breaks!! Nobody expects you to be studying 24/7 and your brain needs time to relax since it can only remember so much at once. So step away from the books and come to one of the many RA and Hall Gov events that will help you de-stress!

3. Find what method of studying works best for you. Do you do best with flash cards? How about with groups? Have you ever tried using a white-board to get all of your ideas down? Try some new ways of studying and you may just find it is a lot easier!

4. Treat Finals Week like any other week or exam. In many cases, a final is just the last exam in a course and even if it is a cumulative exam, view it as just another test. Students often stress out purely because of the perceived magnitude of finals but if you view it as just another exam, then you can significantly decrease your stress!

I hope these tips help you next week and don’t forget that you can always come to your RA or RD if you need to talk anything out! Good luck!

Written by TJ Carney

Fall Events in Hinman

**Past**

- The Broken Lens—Wednesday, Oct. 22
- Major Dilemma—Monday, Oct. 27th
- Wilderness Survival—Thursday, Nov. 6th
- Student-Faculty Connect Dinner—Sunday, Nov. 9th
- How Modern Is Your Family?—Wednesday, Nov. 12th
- Pandemic Preparedness—Monday, Nov. 17th

**Future**

- Take Beyonce To The Movies—Thursday, Nov. 13th
- Sleep Out—Friday, Nov. 21st
- Write Your Paper, Don’t Stare At It—Thursday, Nov. 20th
- Build A Blanket Fort!—Monday, Nov. 24th
- Intern Down For What!—Monday, Nov. 24th
- Stairway to Crepe Heaven—Friday, Dec. 5th

- What is Racism?—Monday, Nov. 8th @ 8pm in LH 10
- Advance Your Education...With Education—Tuesday, Nov. 9th @ 8pm in Hughes
- There’s Always Time For Some Monkey Business—Thursday, Dec. 11th @ 6pm in Smith
- How To Structure A Perfect LinkedIn Profile—Friday, Dec. 12th @ 5pm in Roosevelt

For more events, ask your RA or RD!