

The NEWSLINE

JANUARY

2013

OKLAHOMA STATE UNIVERSITY • WWW.RESLIFE.OKSTATE.EDU/FGSH/

A History of New Year's Resolutions

by Jackson Alexander, FRC Communications & Marketing Assistant

At the beginning of each year, many people create a New Year's resolution in hopes of living a better life over the upcoming year. This tradition began with the ancient Babylonians and has transcended throughout many years and cultures.

The Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts. The Romans began each year by making promises to the god Janus, for whom the month of January is named. In the Medieval era, the knights took the "peacock vow" at the end of the Christmas season each year to reaffirm their commitment to chivalry.

Early Christians would prepare for the year ahead by praying and making these resolutions. Similarly, during the Christian fasting period of Lent, though the motive behind this holiday is more of sacrifice than of responsibility, the practice of New Year's resolutions partially came from the Lenten sacrifices. The concept, regardless of creed, is to reflect upon self-improvement annually.

In the United States, New Year's resolutions began increasing in popularity toward the end of the Great Depression. During that time period, about one quarter of American adults formed resolutions. The nature of New Year's resolutions has changed over the past few decades, with many resolutions being more superficial and appearance-oriented than in previous times.

At the end of the 19th century, a typical New Year's resolution was focused on good works. People resolved to become less self-centered, more helpful, more diligent workers, and to improve internal character. Body image, health, diet, and desired possessions were rarely mentioned. At the end of the 20th century, a typical resolution focused on good looks. People wanted to improve their physique, hairstyle, makeup, and even clothing. At the start of the 21st century, about 40 percent of Americans created more superficial resolutions to follow.

There is skepticism among people about whether or not New Year's resolutions are actually effective. A 2007 study conducted by Richard Wiseman from the University of Bristol involving 3,000 people revealed that 88 percent of those who set New Year's resolutions fail, despite the fact that 52 percent of the study's participants were confident of success at the beginning. Men achieved their goal 22 percent more often when they engaged in goal setting (a system where small measurable goals are being set; such as, a pound a week, instead of saying "lose weight") while women succeeded 10 percent more when they made their goals public and received support from family and friends.

To quote Frank Ra, author of the New Year's resolution book *A Course in Happiness*, "Resolutions are more sustainable when shared, both in terms of with whom you share the benefits of your resolution, and with whom you share the path of maintaining your resolution. Peer-support makes a difference in success rate with new year's resolutions."

A few popular New Year's resolutions include: drinking less alcohol, eating healthier foods, bettering one's education, reducing one's carbon footprint by recycling, volunteering to help others, becoming more fiscally responsible, securing a better job, or managing stress more efficiently.

For more information and interesting facts about New Year's resolutions, please visit the U.S. Government's official web portal: <http://www.usa.gov/Citizen/Topics/New-Years-Resolutions.shtml>.

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Family and Graduate Student Housing Office


A note from the FGSH Assistant Director

I hope everyone had a nice holiday break and is settling in for another semester. If you are new to FGSH, I am excited to welcome you to our community! The 2013 spring semester offers a fresh start, and I wish you all the best with your academic pursuits, personal goals, and family life.

Did you know that OSU is one of the only universities in the Big XII that offers Family and Graduate Student Housing? Additionally, our Family Resource Center is a one-of-a-kind facility that is second to none in the US! As we start off this new semester, I would like to strongly encourage you to participate actively in the FGSH community.

There are many ways that you can be involved: participate in or help your AA's plan neighborhood gatherings, volunteer at the FRC, or attend and provide feedback on FRC and neighborhood programs. We are here to help make your time at OSU easier and more enjoyable, and I hope you will take advantage of the great resources available to you in FGSH and at the FRC.

Also, if you have a question, concern, or need, please let us know; our goal is to constantly improve our services and help residents in whatever way we can.



Sarah Wilkey
FRC & FGSH Assistant Director



Family & Graduate Student Housing

Sarah Wilkey, FGSH & FRC Assistant Director, may be reached by phone at 405-744-6539 or by e-mail at sarah.wilkey@okstate.edu

Family and Graduate Student Housing
100 Iba
Stillwater, OK 74078
405-744-5353

Family Resource Center
719 N. Walnut
Stillwater, OK 74078
405-744-6539



Keep up with the FRC on Facebook! Search "OSU Family Resource Center" and like our page. Make sure to check daily to find

important FGSH information and for chances to win prizes!

Newsline Online

Interested in receiving your newsletter electronically? Send an email to sarah.wilkey@okstate.edu with your name and email address.

You will still receive a paper version.

New to FGSH?

The Family Resource Center is the center of activity for the Family and Graduate Student Housing residents and student families. The FRC staff answers many questions concerning our programs, the university and Stillwater.

Below are important phone numbers for other questions.

Apartment Maintenance Issues(Facilities):

405.744.8510

Apartment Contracts/Billing(FGSH office):

405.744.5353

Staff Spotlight

Each month, we will highlight staff members from the Family Resource Center.

This month, we are featuring Mumbe Kithakye, the interim Youth & Family Programs Coordinator for the FRC. Please help us make her feel welcome as she joins the FGSB community! Here is more information about Mumbe:

Name: Mumbe Kithakye

Hometown: Nairobi, Kenya

Education: Bachelor of Science in Biology, Master of Public Health in International Health & Development, Doctor of Philosophy in Human Development & Family Science

Role at the FRC: Interim Youth and Family Programs Coordinator

Favorite Food: Chapati and matumbo

Favorite Activities: “Spending time with my husband, son and daughter and reading.”

Future Plans: To work with families

Favorite book: Book - *The Bible*, Movie - *Gattaca*

Favorite thing about the FRC: “I used to bring my son to the Family Story Hour when I was a student and I have always valued the efforts the FRC programs and staff make to welcome families from all over the world regardless of the families ages, languages, shapes, or sizes. I am looking forward to contributing to that positive and welcoming attitude. I am also very excited to work with parents who, like me, are bringing up their children in a culture and environment that is different from their home.”

Interesting Fact: “My husband is from Papua New Guinea.”

Favorite Quote: “You must become the change you wish to see in the world.”
– Mahatma Ghandi

The Newline, a FGSB publication, is produced and published monthly by Jessica Agnew, Communications & Marketing Residence Director. She may be reached by phone at 405-744-6539 or by e-mail at frcmktg@okstate.edu

If you enjoy learning more about current FGSB staff members, be on the lookout for more spotlights and interesting facts in the upcoming *Newline* editions!

Apartment Assistant News

Brumley
Neighborhood

Sara Cheriki
Bldg. 124, Apt. 1
744-1876
chahard@okstate.edu

120, 121, 122, 123, 124, 125

Demaree
Neighborhood

Andrea Moore
Bldg. 41 , Apt. 5
744-3452
landrea@okstate.edu

S36, S37, S38, S39, S40, S41,
S42

Morrison
Neighborhood

Mitch & Tiffany Tillison
Bldg. 246, Apt. 111
744-3776
mitch.tillison@okstate.edu

245, 246, 247, 248

Prosser
Neighborhood

Bruce DuVall
bruce.duvall@okstate.edu

N16, N17, N18, N19, N20,
N21, N22, N23, N24, N25,
N26, N27, N28

Stevens
Neighborhood

**Samar Abid &
Ahmed Moneeb**
Bldg. 73, Apt. 11
744-8039
samaraa@okstate.edu

S70, S71, S72, S73, S74, S75,
S76, S90, S91, S92

West
Neighborhood

Ky Le & Vinh Nguyen
Bldg. 89, Apt. 5
744-3145
ky.le@okstate.edu

S80, S81, S82, S83, S84, S85,
S86, S87, S88, S89

Williams
Neighborhood

**Farag Mewafy &
Mona Nafea**
Bldg. 101, Apt. 1
744-1875
farag.mewafy@okstate.edu

N12, N13, N14, N15, N101,
N102, N103, N104, N105

Neighborhood Gatherings

WEST

Sunday, January 6 • 6pm at the FRC
Gate prize bingo / Asian food, chips, vegetables & soda

BRUMLEY

Saturday, January 12 • 4pm at the Brumley Community Center
Board games / Cake, fruit & hot and cold drinks

STEVENS

Saturday, January 12 • 5pm at the FRC
Q&A: Facts about the USA / Pizza, salad, cookies & soda

MORRISON

Sunday, January 13 • 4pm at the FRC
Make your own pizza / Pizza

DEMAREE

Sunday, January 20 • 5pm at the FRC
“Around the world” / Pitas, hummus, veggies, buffalo wings
& teas

PROSSER

Sunday, January 20 • 6pm at the FRC
Board games / Subs & salad

WILLIAMS

Saturday, January 26 • 5pm at the FRC
Board games / Pizza, chips & drinks

New Prosser Neighborhood Apartment Assistant

Help us welcome the newest Apartment Assistant,
Bruce DuVall, to the FGSH community! Bruce
is the new Apartment Assistant for the Prosser
neighborhood. Welcome, Bruce!

FGSH News

Apartment Maintenance

The Facilities Management Office (FMO) is the office that handles maintenance issues. If your apartment requires maintenance you should contact the FMO at 744-8510. The FMO is open 8am-5pm. In case of a maintenance emergency after 5pm or on weekends, contact the Physical Plant Action Desk at 744-7154.

The BUS--Campus and Community Transit

The BUS is the campus and community transit service operated by the Department of Parking and Transit Services at OSU. The BUS provides fixed-route transit services throughout Stillwater and the OSU campus. Two routes provide service on the main campus every 7 minutes from 6am to 7pm and every 15 minutes after 7pm. The BUS also provides public transportation in Stillwater to all citizens from 6:30am to 10:30pm Monday through Friday. The BUS fares are as follows:

OSU Students, Faculty, and Staff Free with ID
General Public 75 cents (\$0.75)
Child Under 5 Free when accompanied by paying passenger
Child/Young Adult age 5-18; Seniors age 60+ 35 cents (\$0.35)
Persons with ADA Disability Card & Persons with Medicare Card 35 cents (\$0.35)
Exact fare required; fares are for one-way trips. Return trips require additional payment.
For route information, visit www.transit.okstate.edu.

Shopping Shuttle (free for all FGSH residents)

Sign up for the shuttle at the Laundry Mart 30 minutes prior to the shuttle's departure.

Monday & Wednesday Schedule

5:30pm (Pick Up @ Laundry) To Sultan International & Crepe Myrtle Asian Food
6:30pm (Pick Up @ Laundry) To Walmart & Food Pyramid
7pm (Pick Up @ Brumley Office) To Walmart & Food Pyramid
7:10pm (Pick Up @ Walmart/Food Pyramid) Return to FGSH Apartments
7:30pm (Pick Up @ Laundry) To Walmart & Food Pyramid
7:40pm (Pick Up @ Walmart/Food Pyramid) Return to FGSH Apartments
8:10pm (Pick Up @ Walmart/Food Pyramid) Return to FGSH Apartments
8:40pm (Final Pick Up @ Walmart/Food Pyramid) Return to FGSH Apartments

Saturday Schedule

9am (Pick Up @ Laundry) To Walmart & Food Pyramid
9:30am (Pick Up @ Brumley Office) To Walmart & Food Pyramid
9:40am (Pick Up @ Walmart/Food Pyramid) Return to FGSH Apartments
10am (Pick Up @ Laundry) To Walmart & Food Pyramid
10:10am & 11am (Pick Up @ Walmart/Food Pyramid) Return to FGSH Apartments
11:40am (Final Pick Up @ Walmart/Food Pyramid) Return to FGSH Apartments

*All times listed above are approximate. Due to varying traffic flow, these times may be delayed.

Enrique Sanchez,
Community Relations
Coordinator, may be
reached by phone at
405-744-6539 or by
e-mail at
enriqjs@okstate.edu

FGSH Resident's
Advisory Council

Md Alam:
mdma@okstate.edu

James Bowen:
james.bowen@okstate.edu

Talat Khan:
talat.88@gmail.com

Ardi Yatim:
ardiyansyah.yatim@okstate.edu

The FGSH Resident's Council is a group of FGSH residents who serve as representatives of the individuals, families, students, staff, faculty, & other residents who live in FGSH at OSU. The Council helps give suggestions & input to FGSH & ResLife staff.

Youth & Family Programs

Youth and Family Programs Schedule Spring 2013

After School Adventures	Monday-Friday, 4 – 6pm
Kindergarten Kids Club	Monday-Friday, 4 – 6pm
Book Club	Monday, 6:30 – 7:30pm
Toddler Time	Tuesday & Thursday, 9:30 – 11:30am
Teen Club	Tuesday & Thursday, 6:30 – 8pm
Cowboys & Cowgirls 4-H Club	Wednesday, 4:30 – 6pm
Family Story Hour	Friday, 10 – 11am

* The 4-H Club is currently accepting new enrollees for children ages 9 and up. Please e-mail Amie to set up an enrollment appointment.

Special Programming Note – Please do not send your children to the FRC until a program is scheduled to begin. Our staff utilizes the time before programs to gather supplies and to prepare for the children to arrive, therefore, we cannot supervise children until a particular program begins at its specified time. If children do arrive early to the FRC for a scheduled program, they will be asked to wait outside until the program begins.

Toys and Belongings from Home – Since our programs provide a wide variety of toys, games, etc., we discourage children from bringing personal belongings. If items from home are brought to the FRC, staff are not be responsible for their safe return.

Clothing – Activities planned are sometimes messy so please dress your children in play clothes. Please mark all clothing, jackets and bags. Lost and found items will be kept one month and then discarded.

Programming Enrollment – Enrollment for spring programming is limited to children whose parent(s) are registered with the FGSB office as a resident. The parent must be a student or a faculty or staff member of OSU. All registration for programming will be on a “first come, first serve” basis with limited enrollment for each of our programs. Each child must have all forms completed and on file with Children’s Programming. If all necessary forms are not completed and on file by this date the child will not be allowed to participate in spring programming.

Spring 2013 Programs

All programs are currently full, so please send Mumbe an e-mail to place your child on the waiting list.

Family Dinner & Game Night for January 2013

Please join the YFP Staff as they host Family Dinner & Game Night on Tuesday, January 29, 2013, from 7pm to 8:30pm. Children of all ages and their families are invited to enjoy a free meal and participate in games for the whole family. Due to the nature of this program, children must be accompanied by a parent or guardian. Teen Club will be cancelled due to this event.

Youth & Family Programs Holidays for January 2013

There will be no Youth & Family Programs on Monday, January 21, 2013 in observance of the Martin Luther King, Jr. Holiday. Regular programs will resume on Tuesday, January 22, 2013.

*All programs (except 4-H) begin the first week of school,
January 7 – January 11.*

Mumbe Kithakye,
Interim Youth & Family
Programs Coordinator,
may be reached by
phone at 405-744-6539
or by e-mail at mumbe.
kithakye@okstate.edu.

Community Development

Community Development Programs Schedule for Spring 2013

Beginning Pronunciation Skills with Leslie**	Monday, 9:30 – 10:30am
English Conversation with Leslie**	Monday, 10:30 – 11:45am
Basic English with Kadie**	Monday, 12:30 – 1:30pm
Craft Class with Kadie and Megan**	Monday, 1:30 – 2:30pm
Intermediate English with Megan	Monday, 2:30 – 3:30pm
Pronunciation Skills with Leslie	Monday, 8 – 9pm
Professional Development with Alejandro	Tuesday, 9:30 – 10:30am
Basic Spanish with Alejandro**	Tuesday, 10:30 – 11:30am
Reading Skills with Aaron**	Tuesday, 12:30 – 1:30pm
Current Events with Alejandro**	Tuesday, 1:30 – 2:30pm
American Idioms and Phrasal Verbs with Megan & Leslie	Tuesday, 8 – 9pm
Writing Skills with Aaron**	Wednesday, 9:30 – 10:30am
English Grammar with Aaron**	Wednesday, 10:30 – 11:30am
American Idioms & Phrasal Verbs with Megan & Leslie**	Wednesday, 12:30 – 1:30pm
Advanced English with Megan	Wednesday, 1:30 – 2:30pm
Listening and Speaking Skills with Aaron	Thursday, 9:30 – 10:45am
Cultural Conversation Group w/ Alejandro & Megan**	Thursday, 11am – 12pm
Everyday English with Kadie**	Thursday, 1 – 2pm
Book Club with Kadie**	Thursday, 2 – 3pm
American History with Adran**	Friday, 9:30 – 10:45am
Cooking Demo with Leslie, Megan and Alejandro**	Friday, 11am – 12:30pm
English in the Media & Situational English w/ Alejandro & Leslie	Friday, 1 – 2pm
Pronunciation Skills with Leslie	Friday, 2 – 3pm
Survival English with Ron	Saturday, 6 – 7:30pm
Intermediate English with Ron	Saturday, 7:30 – 9pm

**Child care is provided

Cooking Demo with Cass Ring

Interested in learning more ways to cook healthy for yourself or your family? The FRC will be having a cooking demonstration where a chef from OSU Dining Services will be showing us to cook healthier and feel better. The event will be on January 24th at 6pm in the FRC Kitchen. Childcare will be provided.

Sustainability Awareness Workshops

Are you interested in knowing what you can do for our environment? The BAEGSA will be partnering with the FRC to show us ways on how to save energy, save water, protect our environment and what products may be harmful for you. The event will be on January 31st at 8pm in the FRC Great Room.

Community Development Holidays for January 2013

There will be no Community Development Programs on Monday, January 21, 2013 in observance of the Martin Luther King, Jr. Holiday. Regular programs will resume on Tuesday, January 22, 2013.

Catherine Molleno,
Community
Development Residence
Director, may be
reached by phone at
405-744-6539 or by
e-mail at
frccommunity
development@okstate.
edu

Programs made
possible by funding and
services provided by
Family and Graduate
Student Housing, OSU
Student Activity Board
Fee, the Stillwater
Literacy Council, and
the Biosystems and
Agricultural Engineering
Graduate Student
Association.

January 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 FRC Closed New Year's Day	2 <i>No FRC Programs. FRC & Laundry Mart open regular hours. 5:30pm SS</i>	3 <i>No FRC Programs. FRC & Laundry Mart open regular hours.</i>	4 <i>No FRC Programs. FRC & Laundry Mart open regular hours.</i>	5 <i>9am SS No FRC Programs. FRC & Laundry Mart open regular hours.</i>
Winter Break						
6 6pm West	7 9:30am Pronun. Skills 10:30am Eng. Conv. 12:30pm Basic English 1:30pm Craft Class 2:30pm Int. English 4pm KKC, ASA 5:30pm SS 6:30pm BC 8pm Pronun. Skills	8 9:30am TT, Prof. Devel. 10:30am Basic Spanish 12:30pm Reading Skills 1:30pm Current Events 4pm KKC, ASA 6:30pm TC 8pm Idioms and Verbs	9 9:30am Writing Skills 10:30am Eng. Grammer 12:30pm Idioms & Verbs 1:30pm Adv. English 4pm KKC, ASA 4:30pm 4-H Club 5:30pm SS	10 9:30am TT, Listening & Speaking Skills 11am Cultural Conversation 1pm Everyday English 2pm Book Club 4pm KKC, ASA 6:30pm TC	11 9:30am American History 10am FSH 11am Cooking Demo 1pm Eng. Media & Sit. English 2pm Pronun. Skills 4pm KKC, ASA	12 9am SS 6pm Survival English 7:30pm Inter. English 4pm Brumley 5pm Stevens
13 4pm Morrison	14 9:30am Pronun. Skills 10:30am Eng. Conv. 12:30pm Basic English 1:30pm Craft Class 2:30pm Int. English 4pm KKC, ASA 5:30pm SS 6:30pm BC 8pm Pronun. Skills	15 9:30am TT, Prof. Devel. 10:30am Basic Spanish 12:30pm Reading Skills 1:30pm Current Events 4pm KKC, ASA 6:30pm TC 8pm Idioms and Verbs	16 9:30am Writing Skills 10:30am Eng. Grammer 12:30pm Idioms & Verbs 1:30pm Adv. English 4pm KKC, ASA 4:30pm 4-H Club 5:30pm SS	17 9:30am TT, Listening & Speaking Skills 11am Cultural Conversation 1pm Everyday English 2pm Book Club 4pm KKC, ASA 6:30pm TC	18 9:30am American History 10am FSH 11am Cooking Demo 1pm Eng. Media & Sit. English 2pm Pronun. Skills 4pm KKC, ASA	19 9am SS 6pm Survival English 7:30pm Inter. English
20 5pm Demaree 6pm Prosser	21 FRC Closed Martin Luther King, Jr. Day	22 9:30am TT, Prof. Devel. 10:30am Basic Spanish 12:30pm Reading Skills 1:30pm Current Events 4pm KKC, ASA 6:30pm TC 8pm Idioms and Verbs	23 9:30am Writing Skills 10:30am Eng. Grammer 12:30pm Idioms & Verbs 1:30pm Adv. English 4pm KKC, ASA 4:30pm 4-H Club 5:30pm SS	24 9:30am TT, Listening & Speaking Skills 11am Cultural Conversation 1pm Everyday English 2pm Book Club 4pm KKC, ASA 6pm Cooking Demo 6:30pm TC	25 9:30am American History 10am FSH 11am Cooking Demo 1pm Eng. Media & Sit. English 2pm Pronun. Skills 4pm KKC, ASA	26 9am SS 5pm Williams 6pm Survival English 7:30pm Inter. English
27	28 9:30am Pronun. Skills 10:30am Eng. Conv. 12:30pm Basic English 1:30pm Craft Class 2:30pm Int. English 4pm KKC, ASA 5:30pm SS 6:30pm BC 8pm Pronun. Skills	29 9:30am TT, Prof. Devel. 10:30am Basic Spanish 12:30pm Reading Skills 1:30pm Current Events 4pm KKC, ASA 6:30pm TC 8pm Idioms and Verbs 7pm Family Dinner & Game Night	30 9:30am Writing Skills 10:30am Eng. Grammer 12:30pm Idioms & Verbs 1:30pm Adv. English 4pm KKC, ASA 4:30pm 4-H Club 5:30pm SS	31 9:30am TT, Listening & Speaking Skills 11am Cultural Conversation 1pm Everyday English 2pm Book Club 4pm KKC, ASA 6:30pm TC 8pm Sustainability Workshop		

FSH-Family Story Hour

SS-Shopping Shuttle

KKC-Kindergarten Kids Club

TC-Teen Club

TT-Toddler Time

4-H Club

ASA-After School Adventures