

The Newsline

Oklahoma State University • Residential Life • Family & Graduate Student Housing
June 2014

Keeping Cool in Oklahoma

By Ashlee Jefferson, Communications & Marketing Assistant

With already recorded temperature highs it is important to keep cool to avoid heat-related illness including heat cramps, heat exhaustion and heat stroke. This is especially important for residents without their air conditioning turned on.

Here are some tips to help you stay cool:

1. Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can not change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.

2. Wear loose-fitting clothing, preferably of a light color.

3. Cotton clothing will keep you cooler than many synthetics.

4. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.

5. Fans can help circulate air and make you feel cooler even in an air-conditioned house.

6. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.

7. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.

8. Take frequent baths or showers

with cool or tepid water.

9. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.

10. Avoid caffeine and alcohol as these will promote dehydration.

11. Instead of hot foods, try lighter summer foods including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.

12. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool. Many cities have cooling centers that are open to the public on sweltering days.

13. Finally, if the heat is intolerable, stay indoors when you

can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses.

Another great way to stay cool is the pool. The Colvin Recreational Center's outdoor pool is open all summer to all students and faculty. Membership for families are available for a small fee.

There is also a stillwater public pool which is \$3 per person.

Also, you can stay cool by visiting the FRC!

To find out what is going on at the FRC check out each month's newsline and the FRC Facebook page.

Source: <http://www.medicinenet.com/script/main/art.asp?articlekey=52796>



Source: <http://www.carrothersconstruction.com/oklahomastate.html>

What's Inside

Pg. 2-3

- FGSH Office
- Staff Spotlight
- Resident Spotlight

Pg. 4-5

- AA & FGSH News
- Shopping Shuttle Schedule
- Community Development News

- Resident's Advisory Council

Pg. 6-7

- Youth & Family News
- Kid's Page

Pg. 8

- Upcoming Events

The Newsline, a FGSH publication is produced and published monthly by Bruce DuVall, Communications & Marketing Residence Director. He may be reached by phone at 405-744-6539 or by email at frcmarketing@okstate.edu.

FGSH Office

Bruce Duvall, Communications & Marketing Residence Director • 405-744-6539 • frcmarketing@okstate.edu

If you are new to OSU and the Family and Graduate Student Housing, welcome! There are few places around the world that offer the opportunity to learn about so many different cultures as we have here. Our community normally has around a 70 percent international population with about 90 countries represented at any given time. FGSH strives to provide quality, economical on-campus housing. We work very hard to provide resources that assist residents in community and academic adjustment and personal development.

As you know, the summers in Oklahoma are hot! We have changed our air conditioner policy in FGSH, and we have automatically turned on all air conditioners in every neighborhood except Morrison and Brumley as of last month. Please note non-FGSH air conditioners are not permitted in your apartment. Also know, that if you keep your Venetian Blinds tilted up during the day, the heat load will be lessened in your apartment; also, if you keep your windows closed while the air conditioner is running you will have less humidity and a cooler feeling apartment—and save energy at the same time.

Finally, I would like to remind you that many important programs and services are available at the Family Resource Center (FRC). All keys to FGSH apartments and storage units are at the FRC as well, so if you are locked out of your apartment, you should come to the FRC for assistance. Have a great summer—we hope to see you in summer FRC programs and FGSH activities!



Bruce DuVall
Communications & Marketing Residence Director



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 Frcmarketing@okstate.edu with your name and email address. You will still receive a paper version.



Follow the FRC on Pinterest! Search “OSU Family Resource Center” under Pinners. Make sure to look us up for interesting recipes, activities and other information!



Help OSU

Conserve Energy

**Contact
Us**

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

Family Resource Center
719 N. Walnut
Stillwater, OK 74075
405-744-6539

The mission of the Family Resource Center is to provide information and resources to individuals and families, with a particular emphasis on those living in FGSH. We assist residents in their adjustment to academic life and promote their success and personal fulfillment.

FGSH Spotlight

Staff Member

April Payne
Stevens Apartment Assistant



Our June staff member is April Payne. Payne is one of our newest staff members and currently serves Family & Graduate Student Housing as the Stevens apartment assistant.

Payne is from Enid, OK and is majoring in Agricultural Economics for her bachelors degree.

She said she enjoys hanging out with family and freinds and playing card games with her son, Landon.

Her favorite food is Mexican food.

Her favorite holiday is Christmas. Her favorite vacation spot is Seattle, Washington.

Her favorite movie is Radio, but she loves any movie about sports.

Though she does not have a favorite quote, she always tell friends and family to be "true and honest."

Her role models are all single parents.

An interesting fact about April is that she loves college football.

In the future, April plans to sell crop insurance when finished with

school.

Her favorite thing about the FRC is how helpful the FRC is to its residents and staff members.

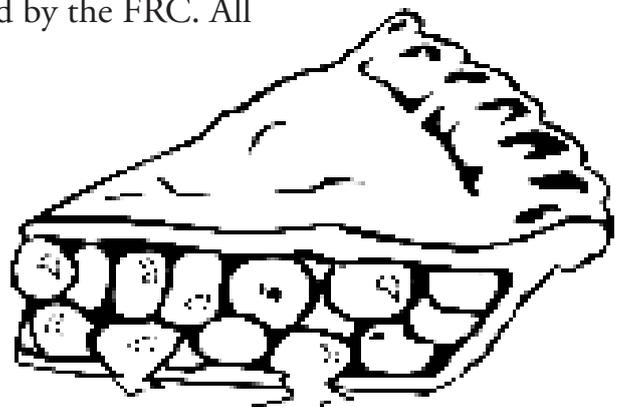
If you see April around the FRC or in one of the neighborhoods, be sure to hello!

If you have a neighbor or friend that you feel should be next month's Resident or Staff Member of the Month, email your nomination to frcmarketing@okstate.edu.

Community Development Event Spotlight

Dessert Competition

Do you have a favorite dessert that you know everyone will love? If so, consider entering it in the annual FRC dessert competition! Entries will be judged, and prizes will be awarded to the winners. Join us on Wednesday, June 18th at 2pm in the FRC Great Room. If you are interested in participating, sign-up at the FRC front desk by Friday, June 13th at 5pm. We are limiting the participants to 20 people. All ingredients will be provided by the FRC. All afternoon CD classes will be cancelled that day.



AA & FGSH News

Enrique Sanchez, Community Relations Coordinator • 405-744-6539 • enriqs@okstate.edu

Grill Reservations

To reserve a neighborhood grill, the FGSH resident must email his/her Apartment Assistant (AA) at least 24 hours prior to the time in which he/she would like to use the grill. All neighborhood grill reservations must be made in writing via email; the reservation email should include the proposed date of the event, proposed start and end times of the event, and the nature of the event. Requests received less than 24 hours in advance may not be honored.

Newsline Online

Interested in receiving your newsletter electronically? Send an email to Frcmarketing@okstate.edu with your name and email address. You will still receive a paper version.

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

5pm (Pick Up @ Laundry) To Sultan International & Crepe Myrtle Asian Food
 5:40pm Leave from International Stores To Laundry
 6:00pm (Pick Up @ Laundry) To Walmart & Aldi's
 6:30pm (Pick Up @ Brumley Office) To Walmart & Aldi's
 6:40pm (Pick Up @ Walmart/Aldi's) Return to FGSH Apartments
 7:15pm (Pick Up @ Laundry) To Walmart & Aldi's
 7:25pm (Pick Up @ Walmart/Aldi's) Return to FGSH Apartments
 7:55pm (Pick Up @ Walmart/Aldi's) Return to FGSH Apartments
 8:25pm (Final Pick Up @ Walmart/Aldi's) Return to FGSH Apartments

Saturday Schedule

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

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

Apartment Assistants	Brumley Neighborhood	Demaree Neighborhood	Morrison Neighborhood
	Jed Gibson frcard1@okstate.edu 120, 121, 122, 123, 124, 125	Rais Shameer Bldg. 36, Apt. 7 405-744-0309 demareeAA@okstate.edu S36, S37, S38, S39, S40, S41, S42	Skyler & Luciana McCrary Bldg. 248 Apt. 108 405-744-3103 morrisonAA@okstate.edu 245, 246, 247, 248
Prosser Neighborhood	Stevens Neighborhood	West Neighborhood	Williams Neighborhood
Shanice Gray Bldg. 25, Apt. 3 405-744-4106 prosserAA@okstate.edu N16, N17, N18, N19, N20, N21, N22, N23, N24, N25, N26, N27, N28	April Payne Bldg. 91, Apt. 5 405-744-4105 stevensAA@okstate.edu S70, S71, S72, S73, S74, S75, S76, S90, S91, S92	Lulu Ma Bldg. 87, Apt. 7 405-744-4101 westAA@okstate.edu S80, S81, S82, S83, S84, S85, S86, S87, S88, S89	Sauyer Lay Bldg. 103, Apt. 3 405-744-3034 williamsAA@okstate.edu N12, N13, N14, N15, N101, N102, N103, N104, N105

Community Development News

Catherine Molleno, Community Development Residence Director • 405-744-6539
 frccommunitydevelopment@okstate.edu

Community Development Programs Summer 2014 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30am Intermediate English with Ivory**	9:30-10:30am Pronunciation Skills with Abby**	9:30-10:30am Tricks of the English Language with Ivory**	9:30-10:30am Pronunciation Skills with Abby**	9:30-10:45am English in the Media with Cara**
10:30-11:30am Writing Skills with Cara**	10:35-11:35am Listening and Speaking Skills with Abby**	10:30-11:30am Everyday English with Cara**	10:35-11:35am Current Events with Abby**	11am-12:30pm Cooking Demo with Cara, Abby and Jordan**
11:30am-12:30pm Craft Class with Cara and Ivory**	11:40am-12:40pm Advanced English with Ivory**	11:35am-12:35pm Cultural Conversation with Ivory and Cara**	11:40am-12:40pm Basic English with Ivory**	
1:45-2:45pm English Grammar with Jordan	1:45-2:45pm Idioms and Phrasal Verbs with Jordan	1:45-2:45pm Book Club with Jordan	1:45-2:45pm Music in English with Jordan	1:30-3:00pm Situational English with Jordan

**Activities for children provided

Attention

Check out our new programming schedule for Summer 2014! All programs begin on Monday, June 9th, 2014 and end on Friday, August 1st, 2014.

Dessert Competition

Do you have a favorite dessert that you know everyone will love? If so, consider entering it in the annual FRC dessert competition! Entries will be judged, and prizes will be awarded to the winners. Join us on Wednesday, June 18th at 2pm in the FRC Great Room. If you are interested in participating, sign-up at the FRC front desk by Friday, June 13th at 5pm. We are limiting the participants to 20 people. All ingredients will be provided by the FRC. All afternoon CD classes will be cancelled that day.

FGSH Resident's Advisory Council

Mushfiq Alam:

mdma@okstate.edu

Talat Khan:

talat.88@gmail.com

Ardi Yatim:

ardiyansyah.yatim@okstate.edu

Fadhil Ali:

fadhilcad@gmail.com

Patrick Kanza:

patrick.kanza@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 and input to FGSH & ResLife staff. Please contact a council member if you have a question, concern or feedback.

Youth & Family News

Mumbe Kithakye, Youth & Family Programs Educational Administrator • mumbe.kithakye@okstate.edu

Youth and Family Programs Summer 2014 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10-11:15am Family Exploration & Playtime (ages 2-5)	10-11:15am Toddler Time (ages 2-3)	10-11:15am Family Exploration & Playtime (ages 2-5)	10-11:15am Toddler Time (ages 2-3)	10-11:15am Family Story Hour (ages 0-4)
1-3pm Kindergarten Kids Club (ages 4-5)	1-3pm Kindergarten Kids Club (ages 4-5)		1-3pm Kindergarten Kids Club (ages 4-5)	1-3pm Kindergarten Kids Club (ages 4-5)
1-3pm Summer Adventures (ages 6-11)	1-3pm Summer Adventures (ages 6-11)		1-3pm Summer Adventures (ages 6-11)	1-3pm Summer Adventures (ages 6-11)
1-3pm Teen Club Girls Only (ages 12-17)			1-3pm Teen Club Boys Only (ages 12-17)	
3-4pm Club Time (ages 4 & up)		3-5pm Water Day (ages 4-17)	3-4pm Club Time (ages 4 & up)	

Note: Please do not send your children to the FRC until a program is scheduled to begin. If children do arrive early to the FRC for a scheduled program, they will be asked to wait outside until the program begins.

Information Regarding Water Days

During the summer months, the Youth & Family Programs staff will host Water Days on Wednesdays from 3:00pm-5:00pm. At the FRC we will have a variety of fun water activities for all children enrolled in programs. Children should dress in clothes they do not mind getting wet and bring towels to the FRC on Water Days.

Parents may give permission for us to take children over the age of 6, who can swim without the assistance of a flotation device, to the Colvin Recreation Center's Outdoor Pool on Water Days. The cost of admission to the pool is \$4.00 per child each Water Day. Children must bring money (exactly \$4.00) to pay for admission if they plan to go to the pool. In addition, children must wear a bathing suit to the FRC and bring a towel with them. The FRC will provide children at the pool with a snack. Swimming lessons will not be provided for children during this time. Children must follow all pool regulations in order to participate in swim days.

Field Trip to the Oklahoma City Zoo

On Tuesday, June 24th, children ages 4 and older are invited to attend our Youth and Family Programming field trip to the Oklahoma City Zoo. The FRC will cover the cost of transportation and the admission fee. We will leave the FRC no later than 8:30am. We expect to return to the FRC around 2:00pm. Parents can sign up their children for this event at the FRC Front Desk beginning on Tuesday, June 10th. Space will be limited. Contact Mumbe with any questions.

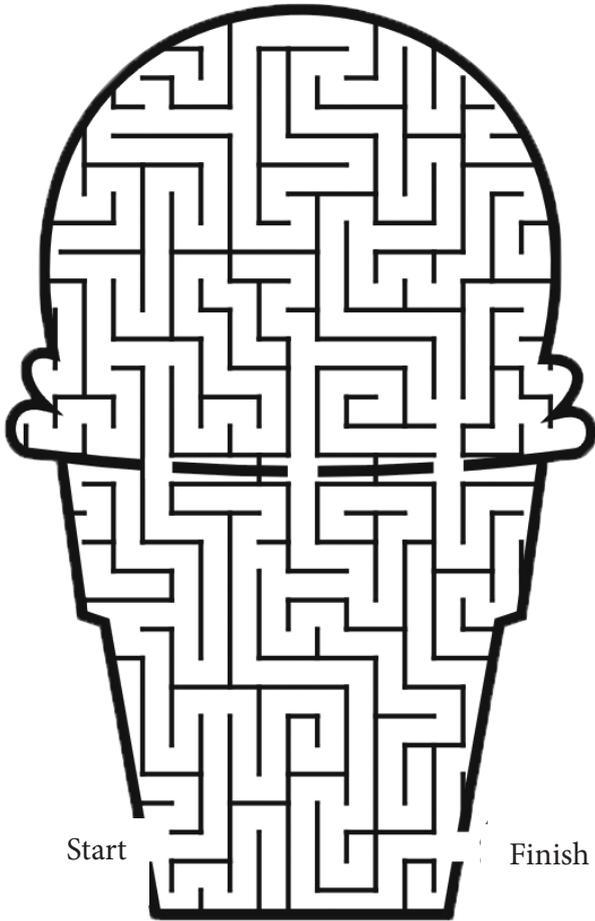
FRC Child Supervision Policy

Only children who are 13 years old and have an FRC-issued I.D. card may stay at the FRC by themselves. Additionally, children must have their issued I.D. with them while at the FRC and present it to the FRC Desk staff upon entering the building. Children under 13 must be supervised at all times by a parent or another adult who is at least 21 years old or older. Older brothers or sisters who are not at least 21 years old are not allowed to supervise children younger than 13. Children under 13 years of age must be with a parent or older adult at all times and cannot be left in one room while the parent or other adult is in another area of the FRC. Only adults 18 years old and older are allowed to use the computer lab without adult supervision. If you have any questions about the FRC's child supervision policy, please contact Mumbe.

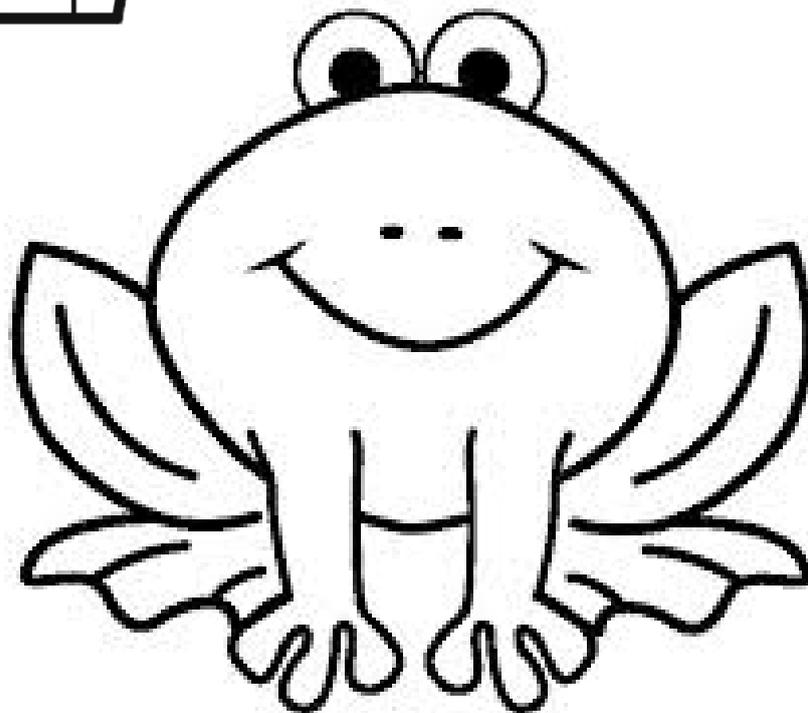
Kid's Page

Color and connect the dots on this Summer-themed page!

Source: www.printactivities.com



SUMMER
TIME



June 2014

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
						Open house at OSU <i>Botanical Garden</i> 9am to 3pm

8	9	10	11	12	13	14
	Evening Family Story Time <i>Stillwater Public Library</i> 7pm All FRC programs resume				Morrison Neighborhood Gathering 5:30pm	

15	16	17	18	19	20	21
	Evening Family Story Time <i>Stillwater Public Library</i> 7pm		Dessert Competition 2pm West and Stevens Neighborhood Gathering 6:30pm	Demaree, Williams and Prosser Neighborhood Gathering 6:30pm		Open house at OSU <i>Botanical Garden</i> 9am to 3pm

22	23	24	25	26	27	28
	YFP Club Time Canceled	YFP Oklahoma City Zoo Field Trip		YFP Club Time Canceled	YFP Kindergarten Kids Club and Summer Adventures canceled Brumley Neighborhood Gathering 6pm	

29	30					

Event Guide:



OSU Events



FRC/FGSH Events



Stillwater Events