

The Newsline

Oklahoma State University • Residential Life • Family & Graduate Student Housing
November 2013

FGSH Goes Green With Blue Bins

By Samantha Stanbery

Residents may have noticed large, blue dumpsters which have recently made an appearance in the Family and Graduate Student Housing neighborhoods. These blue bins are part of a new recycling program and OSU's efforts to promote sustainability.

"It started with a conversation I had with Dr. Brown in the summer of 2012 where we discussed the fact students really want to recycle but did not have any place to take it," said Ilda Hershey, OSU sustainability coordinator.

According to the Oklahoma Recycling Association, every person generates approximately 4.4 pounds of waste per day. The ORA also said 40 percent of municipal garbage consists of kitchen and garden wastes.

"[The recycling program] will divert the amount of waste going to landfill and it will give these products new life as they go to be processed into new materials again," Hershey said. "It will make it easier for residents so they don't have to transport the materials off campus."

It was decided if students had a convenient place to drop off recyclables, they would participate in a recycling program, Hershey said.

She said she would like students to consider the effort needed to extract materials from the environment and how it impacts the environment and human health when deciding to recycle.

According to the Environmental Protection Agency, recycling creates jobs as well as reducing waste, conserving resources, preventing pollution and saving energy.

The FGSH recycling program complements other initiatives and programs OSU has implemented over the years.

Since January 2013, about 70 percent of OSU's electricity comes from wind power, Hershey said. University Dining Services has its Made In Oklahoma and Farm Fresh programs as well as providing farmers with food scraps for composting.

OSU Parking and Transit Services has the OrangeRide bike rental program and the buses are fueled by compressed natural gas, she added. OSU also is a Tree Campus USA school meaning dead trees are replaced with native trees. OSU landscapers also participate by composting landscape waste and using drip irrigation and integrated pest management.

"We also have an aggressive energy conservation program that has saved \$28 million since 2007," Hershey said.

The FGSH recycling program is a pilot program, Hershey said. They are interested in feedback so they can learn from the FGSH recycling experience before rolling the program out to single student housing.

"Recycling is not the best way to manage waste," Hershey said. "Reducing and reusing is the best way to manage waste."

Reusing materials already on the market saves resources and reduces pollution, Hershey said.

"The most important thing is don't put trash into the blue bins," Hershey said. Trash in the bins leads to the contamination of recyclables.

For more information on OSU sustainability, visit sustainability.okstate.edu.

Recycling Facts

- Each person generates an average of 4.4 pounds of waste per day.
- In 1994, 24 percent, or around 49 million tons of municipal solid waste was recovered through recycling and composting.
- Carbon dioxide emissions would be reduced by 850 pounds per year if you recycled all your home's waste newsprint, cardboard, glass and metal.
- Recycling one aluminum can saves enough energy to run a TV for three hours.
- An estimated 150 million computers will be thrown away in the U.S. alone. This is enough to fill a one-acre hole that is 3.5 miles deep.

Source: Oklahoma Recycling Association, <http://www.recycleok.org/okra/resources-tips/amazing-recycling-facts/>

Please only recycle clean, dry paper—junk mail, newspapers, magazines, phone books, flattened cardboard, plastic containers marked No. 1-5 and rinsed aluminum cans. Please do not place trash or glass in the containers.



Above: One of the blue recycling bins in an FGSH neighborhood.

Photo by Samantha Stanbery, Communications & Marketing Assistant

What's Inside

Pages 2-3

- FGSH Office
- Staff Spotlight
- Resident Spotlight

Pages 4-5

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

Pages 6-7

- Youth & Family News
- Kid's Page

Page 8

- Upcoming Events
- Resident's Advisory Council

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 frcmktg@okstate.edu.

FGSH Office

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Greetings! November is the month of the American Thanksgiving holiday. Thanksgiving is also the first holiday of a busy holiday 'season' in the United States and around the world. Let me be the first to wish everyone a Happy Thanksgiving! I hope you have a wonderful holiday! We have planned (free!) Thanksgiving dinners for each neighborhood in the coming weeks; please check page eight of this newsletter for the date/time of your neighborhood's dinner. You may also check your neighborhood newsletters and/or contact your Apartment Assistant for more information about this annual FGSH tradition. Please let your AA know if you can help with the festivities for your neighborhood dinner. If you are leaving for Thanksgiving Break, remember to adjust your thermostat to 68 degrees in order to help save energy. Also, if you are graduating next month and planning to vacate your apartment permanently, be sure to give written notice that you are vacating at the Housing Office in Iba Hall. I hope all is well in your endeavors as we approach the end of the semester. Please continue to let us know your feelings about any of our programs or services, especially if you wish to share an idea or opinion. Contact the FGSH office, your AA or the FRC with your comments, concerns or ideas. The information you provide us is always used to help us maintain quality service to you and/or to make adjustments or improvements to the FGSH community as needed.



Sarah Wilkey, Ph.D.
FRC & FGSH Assistant 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 sarah.wilkey@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

John Whiteaker
Community Development Assistant



John Whiteaker is a senior earning his bachelor's degree in English from San Antonio, Texas. He currently is a community development assistant at the Family Resource Center.

John is involved with classes at the FRC such as Intermediate

English, Writing Skills, English Conversation, Situational English and Cooking Demo.

He said his favorite food is Tonkatsu.

He enjoys futbol, running, swimming and rucking.

His favorite book is "A Fighter's Heart" by Sara Sheridan.

He said an interesting fact about him is he is a "Japexican."

His favorite quote is by Bruce Lee and states, "The round of summer and winter becomes a blessing the moment we give up the fantasy of eternal spring."

His favorite thing about the FRC is the opportunity to meet people from around the world.

He plans to become a member of a special operations team in the military.

If you see John around the FRC, be sure to say "Hello!"

If you enjoy learning more about current FGSH staff members and fellow residents, be on the lookout for more spotlights in the upcoming *Newsline* editions!

Resident

Jisung Jo
Williams Neighborhood Resident



Our resident of the month is Jisung Jo. Jisung was born on January 22 and is from Busan, Korea.

She is currently working toward a doctorate in agricultural economics. Jisung received an undergraduate degree from Busan National University in agricultural economics

and a master's degree from Seoul National University in agricultural economics.

Jisung lives with her mother, Kroown Tae-jin, and father, Jo heayun duck, who also are from Busan.

Her favorite food is raw fish, or sashimi. She enjoys yoga, swimming and riding horses.

Her favorite book or movie is "Why Do I Love You?"

She says she enjoys the English classes at the FRC.

Her favorite holiday is Christmas and she enjoys vacationing in Busan.

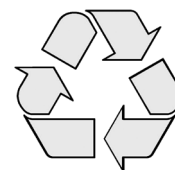
Her role model is her mother.

Her favorite quote is "Remember that moment."

An interesting fact about Jisung is she has a license to teach yoga.

Her future plans are to have a happy life and graduate as soon as possible.

If you see Jisung in your neighborhood or at the FRC, be sure to say "Hello!"



FGSH communities now have recycling! Put your recyclables in the blue recycling bin in you neighborhood!

AA & FGSH News

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

FRC Thanksgiving Dinner

It has become an annual event in the FGSH community for each neighborhood to celebrate the American Thanksgiving holiday. The FRC will provide a free traditional Thanksgiving dinner for each neighborhood. The classic menu features turkey, dressing, vegetables and dessert. A vegetarian option will also be available. Dates and times for each neighborhood's dinner are listed on page eight in the "Upcoming Events" section.

Attention:
The Family Resource Center will be closed on Wednesday, November 27 through Friday, November 29. Classes will resume on Monday, December 2.

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 & Aldi's
 7pm (Pick Up @ Brumley Office) To Walmart & Aldi's
 7:10pm (Pick Up @ Walmart/Aldi's) Return to FGSH Apartments
 7:30pm (Pick Up @ Laundry) To Walmart & Aldi's
 7:40pm (Pick Up @ Walmart/Aldi's) Return to FGSH Apartments
 8:10pm (Pick Up @ Walmart/Aldi's) Return to FGSH Apartments
 8:40pm (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.**

	Brumley Neighborhood	Demaree Neighborhood	Morrison Neighborhood
Apartment Assistants	Samantha Whiteshield Bldg. 120, Apt. 2 405-744-2311 brumleyAA@okstate.edu	Rais Shameer Bldg. 36, Apt. 7 405-744-0309 demareeAA@okstate.edu	James Bowen Bldg. 246, Apt. 205 405-744-3231 morrisonAA@okstate.edu
	120, 121, 122, 123, 124, 125	S36, S37, S38, S39, S40, S41, S42	245, 246, 247, 248
Prosser Neighborhood	Stevens Neighborhood	West Neighborhood	Williams Neighborhood
Temegen Helsabo Bldg. 17, Apt. 3 405-744-1737 prosserAA@okstate.edu N16, N17, N18, N19, N20, N21, N22, N23, N24, N25, N26, N27, N28	Pardeep Kumar Bldg. 92, Apt. 7 405-744-4927 stevensAA@okstate.edu	Skyler & Luciana McCrary Bldg. 87, Apt. 5 405-744-3103 westAA@okstate.edu	Sauyer Lay Bldg. 103, Apt. 3 405-744-3034 williamsAA@okstate.edu
	S70, S71, S72, S73, S74, S75, S76, S90, S91, S92	S80, S81, S82, S83, S84, S85, S86, S87, S88, S89	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 Fall 2013 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:40-10:30am Intermediate English with John**	9:30-10:30am Advanced English with Katelyn**	9:40-10:30am Situational English with John & Katie**	9:30-10:30am U.S. History with Caroline & Katie	9:30-10:30am Movers & Shakers with Adran	6-7:30pm Survival English with Ron
10:30-11:15am Writing Skills with John**	10:30-11:30am Learning English through Games with Caroline**	10:30-11:15am English Conversation with John**	10:30-11:30am Drawing with English with Caroline	10:30-11:30am English Grammar with Katie**	7:30-9pm Intermediate English with Ron
12:30-1:30pm Craft Class with Kadie & Catherine**	12:30-1:30pm Reading Skills with Katelyn**	12:30-1:30pm Everyday English with Kadie**	11:30-12:30pm Pronunciation with Katie	11:30-12:30pm Listening & Speaking Skills with Katie**	
1:30-2:30pm Basic English with Kadie**	1:30-2:30pm English around the World with Katelyn & Caroline**	1:30-2:30pm Book Club with Kadie**	1:30-2:30pm Idioms & Phrasal Verbs with Katelyn & Caroline**	1:30-2:30pm Cooking Demo with John & Katie**	
	2:30-3:30pm Survival English with Caroline	2:30-3:30pm Current Events with Caroline	2:30-3:30pm Cultural Conversation with Katelyn**		
5:30-6:30pm Idioms & Phrasal Verbs with Katelyn & Caroline	5:30-6:30pm English Conversation with John	5:30-6:30pm Situational English with Caroline		5-6pm Korean Language with Jin	

**Activities for children provided

Women's Night: "Mason Jar Gifts"

Join us on November 12 from 6 to 7pm in creating gift ideas for family members or friends. We will be in the FRC Great Room and additional activities for children will be provided for this event. We will be making mason jar gifts such as cookies in a jar or lotion in a jar for the holiday season. This event is open for women only.

Saving Energy Workshop with Jenny Gilliland

Are you interested in knowing what you can do to save energy? The BAEGSA and Jenny Gilliland, OSU energy manager, will be partnering with the FRC to show residents how to save energy. The event will be on November 23 at 5pm in the FRC Great Room. We will be serving food, but there will be no additional activities for children provided for this event.

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.

Youth & Family News

Amie Allen, Youth & Family Programs Coordinator • 405-744-6539 • amie.allen@okstate.edu

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

Youth and Family Programs Fall 2013 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	10-11:15am Toddler Time (ages 2-3)		10-11:15am Toddler Time (ages 2-3)	10-11am Family Story Hour (ages 0-4)
3-5pm Kindergarten Kids Club (ages 4-5)	3-5pm Kindergarten Kids Club (ages 4-5)	3-5pm Kindergarten Kids Club (ages 4-5)	3-5pm Kindergarten Kids Club (ages 4-5)	3-5pm Kindergarten Kids Club (ages 4-5)
3-5pm After School Adventures (ages 6-11)	3-5pm After School Adventures (ages 6-11)	3-5pm After School Adventures (ages 6-11)	3:30-5pm Soccer Thursdays (ages 6-11)	3-5pm After School Adventures (ages 6-11)
		4-5pm Cowboys & Cowgirls 4-H Club (ages 9-17)	6-7:30pm Teen Club (ages 12-17)	

Openings in Cowboys & Cowgirls 4-H Club

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

Openings in Cowboys & Cowgirls 4-H Club

On Friday, November 8, all children's programs will be cancelled.

There will be no Youth & Family Programs on Wednesday, November 27 through Sunday, December 1 due to Thanksgiving Break. Regular programs will resume on Monday, December 2.

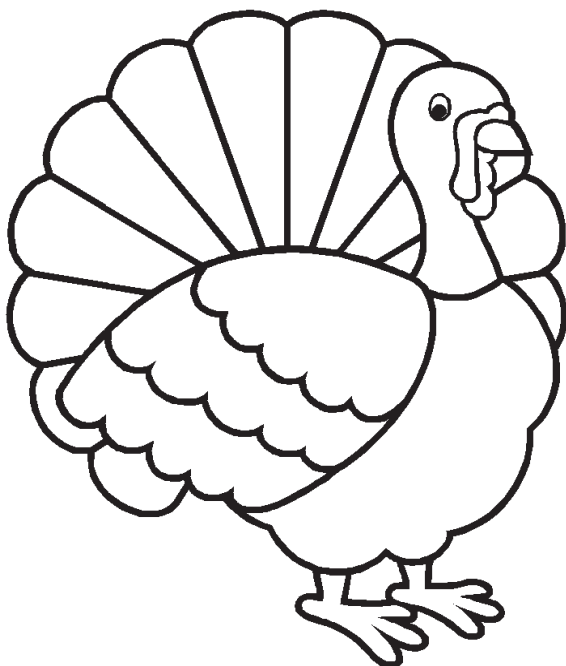
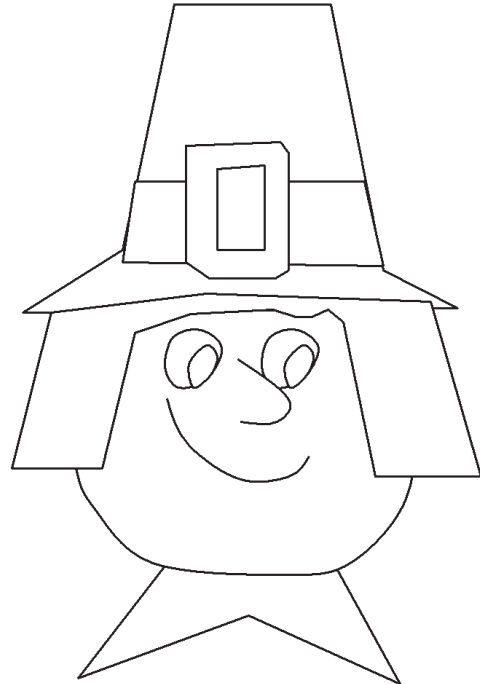
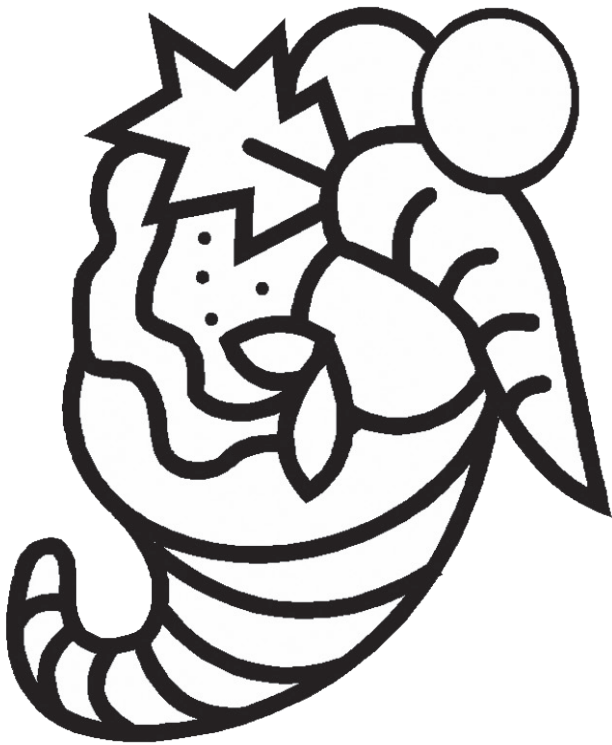
Recycling Craft Competition

The FRC and BAEGSA are pleased to announce the Recycling Craft Competition. On Friday, November 8 from 6 to 7pm, children and teens ages 6 to 17 will have the opportunity to participate in this fun and unique competition. Participants must sign up for the event by Friday, November 4 at the FRC Front Desk; the sign-up sheet will be available on Friday, October 25. Children and teens will compete within the following age ranges: 6 to 8 years of age, 9 to 11 years of age and 12 to 17 years of age. Additional information including judging criteria will be available along with the sign-up information at the FRC Front Desk. All children's programs will be cancelled on the day of the event.

Kids' Page

Find the words in the word search and color this Thanksgiving-themed page!

Source: www.coloring.ws and puzzlemaker.discovery.com



B R Z I P X C W I Y M J V F B
 R E B M E V O N C I X S U G O
 P U M P K I N N R H H I A I M
 G F H D A F U G O T L A V H X
 C N P A A H L H C U A S M J X
 A D I M R I A R K O L H R O A
 O A I F P V A O J M T C Z V Z
 A L A Q F N E J U Y U H M Y X
 Y R E J B U D S O L R Y F Q B
 Q T M E N Q T Y T P K L D P Y
 A Z R P N S E S Q X E L J A A
 M R T S A E F K P P Y J H O W
 Y D L D L X A Z G P U G Y B Y
 R O D I V D I A A A P W Z A E
 M B C D N S C N C Y Z N K I Z

CRANBERRY
 FAMILY
 FEAST
 HARVEST
 NOVEMBER

PILGRIM
 PLYMOUTH
 PUMPKIN
 STUFFING
 TURKEY

Upcoming events

Use this page as a quick guide to FRC, campus and Stillwater events going on this month!
November 2013

Friday, November 1 – 6pm

Immersion: A Peruvian International Experience
Ag North – Gallery North

Saturday, November 2

OSU vs. Texas Tech Football Game
Lubbock, Texas

Saturday, November 2 – 8:30am to 4pm

Free CPR classes
Stillwater Community Center • Call 405-707-0007 to register

Monday, November 4 – 11am to 12pm

Ambassador John Limbert
108 Wes Watkins Center • U.S.-Iranian relations

Tuesday, November 5 – 11:30am

Outdoor Warning Sirens
City of Stillwater

Tuesday, November 5 – 6 to 7:30pm

The Buzz
Stillwater Public Library

Tuesday, November 5 – 6:30 to 8:30pm

Native American Writers of the Plains
Stillwater Public Library • “Medicine River” by Thomas King

Tuesday, November 5 – 7 to 8pm

Resident Training Series - Training 2
Session 1 • FRC Great Room

Friday, November 8 – 6 to 7:30pm

Recycling Craft Competition
Youth & Family Programs cancelled • For children ages 6 to 17 • Sign-up at FRC Front Desk by Monday, November 4

Saturday, November 9

OSU vs. Kansas Football Game
Boone Pickens Stadium – Stillwater, Okla.

Saturday, November 9 – 11 am to 12pm

Resident Training Series - Training 2
Session 2 • FRC Great Room

Tuesday, November 12 – 6 to 7pm

Women’s Night – “Mason Jar Gifts”
FRC Great Room • Additional activities for children provided

Tuesday, November 12 – 6:30 to 8pm

Science Cafe
Edmon Low Library – Peggy V. Helmerich Browsing Room • Refreshments provided

Tuesday, November 12 – 6:30 to 8:30pm

Dewey Decimal Theater
Stillwater Public Library

Friday, November 15 – 6pm

Reel Film Festival
Student Union Theater

Friday, November 15 – 7pm

Brumley Thanksgiving Dinner
Brumley Community Center

Friday, November 15 – 7pm

West Thanksgiving Dinner
FRC Great Room

Saturday, November 16

OSU vs. Texas Football Game
Austin, Texas

Saturday, November 16 – 1pm

Stevens Thanksgiving Dinner
FRC Great Room

Saturday, November 16 – 7pm

Williams & Prosser Thanksgiving Dinner
FRC Great Room

Sunday, November 17 – 7pm

Demaree & Morrison Thanksgiving Dinner
FRC Great Room

Monday, November 18 – 6:30 to 8:30pm

Sewing Circle Reading Society
Stillwater Public Library

Saturday, November 23

OSU vs. Baylor Football Game
Boone Pickens Stadium – Stillwater, Okla.

Saturday, November 23 – 5pm

Saving Energy Workshop with Jenny Gilliland
FRC Great Room • No additional activities for children provided • Food provided

Monday, November 25 – 6 to 7pm

Bucket Books Series – The Best Books of the Century
Stillwater Public Library

Wednesday, Nov. 27 – Friday, Nov. 29

No FRC classes - Thanksgiving Break

Wednesday, Nov. 27 – Friday, Nov. 29

University Holiday – Thanksgiving Break

Event Guide:

FRC/FGSH Events

OSU Events

Stillwater Events

FGSH Resident’s Advisory Council

Mushfiq Alam:

mdma@okstate.edu

Talat Khan:

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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.