

The Newsline

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

Unwind and Reboot

By Samantha Stanbery, Communications & Marketing Assistant

Walking into the Oklahoma State University Reboot Center immediately provides a calming effect. Visitors are greeted by a water fountain, peaceful atmosphere and tranquil photographs hanging on the walls. The center looks and feels more like a spa than a part of a university.

Veronica Sutton and Joni Hays noticed stress was a major factor in students' lives when they worked in the OSU Academic and Career Development office. The pair conducted research and wrote a proposal for a center to assist in student stress management.

"We learned Texas Tech, Oregon and Florida State had similar centers to the Reboot Center," said Hays, Reboot Center supervisor.

Lee Bird, vice president for Student Affairs, provided funding for the Reboot Center to open in August 2012.

"We saw 500 students last year," said Sutton, Reboot Center outreach specialist. "The most someone came in was 17 or 18 times."

Nearly every student reported a decrease in stress or anxiety, Sutton said.

To visit the Reboot Center, there is no paperwork to fill out and no appointments needed.

We wanted the opposite of a doctor's office because it could be perceived as stressful, Sutton said.

They also invite students to express ideas for improvements, Hays said.

"The feedback has been really positive," Hays said. "The student comments are really interesting."

One commenter wrote "college is stressful – go the Reboot Center. It will change your life."

Other commenters raved about the relaxed environment, positive environment and computer games used to teach stress management techniques.

The Reboot Center utilizes computer programs and heart rate monitors to help students learn to identify their "fight or flight" response.

"The program explains the idea of stress," Sutton said. "You go through breathing practice and orientation and try different paces and techniques. You will get feedback on how your heart rate is slowing down."

The program used at the Reboot Center gives students visual and audio feedback, Sutton said.

The program includes games such as auto racing which can be set to multi-player to tap into a student's competitive need to win. The more relaxed a student becomes, the more speed and tricks they can perform in the program, Sutton said.

"We have worked with students taking speech, nervous students and students in music, engineering and nutrition classes," Hays said.

A student benefits greatly from visiting the Reboot Center when performance has been impaired by nervousness, she added.

"We have seen a lot of interest in the past semester," Sutton said. "We were on the Welcome Week schedule and students were pouring in."

Sutton said she believes awareness of the

Reboot Center is increasing and the number of students visiting the center will increase as the first round of exams approach.

If you are interested in visiting the Reboot Center, it is located in room 320W in the Student Union. For more information, visit ucs.okstate.edu/reboot or facebook.com/osureboot or call 405-744-6434.

Stress Facts

In a survey conducted by the Associated Press and MTV, 17 out of every 20 college students said they felt stressed on a daily basis.

Approximately 60 percent of the students felt enough stress to affect their ability to get work done.

Source: <http://www.collegeparents.org/members/resources/articles/your-college-student-stressed-probably>

Below: A student tries one of the computer programs used to teach stress management.

Photo provided by the OSU Reboot Center



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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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Now that the semester is well on its way, I hope everyone has settled into their routines and schedules. I hope you will be able to take a moment from your busy schedules to enjoy OSU's Homecoming festivities – it is, after all, "America's Greatest Homecoming Celebration!"

We want your experience in FGSH to be a great one! If you have any issues or concerns with your apartment, here are a few handy tips and numbers to know:

Apartment Living & General Feedback

- Your neighborhood apartment assistant is responsible for handling a variety of concerns, such as helping residents negotiate loud neighbors or giving simple directions to the grocery store. If you have any questions about the FGSH policies or need assistance while living in the FGSH neighborhoods, do not hesitate to contact them. Your AA's contact information is on page four of this newsletter.

Maintenance Concerns

- Quality maintenance of facilities is of the highest interest to both FGSH and Physical Plant. We change, replace or update facilities and equipment based on input from staff and residents.

- We will replace any of your burned-out light bulbs with energy efficient designs upon request. Bring your burned-out light bulb to the FRC front desk, and we will give you a new one free of charge.

- Maintenance workers always carry identification and should leave a card in your apartment for work done while you were out. If you have any questions about the identity of workers or work being done, please call the ResLife Facilities Management Office at 405-744-8510 for confirmation.

- To request maintenance in your apartment, please call the FMO at 405-744-8510. The FMO is open from 8am - 5pm Monday through Friday.

- If you have an emergency maintenance issue after regular office hours or on weekends, please call 405-744-7154; a recording will guide you through reporting your maintenance issue.

Cable TV Issues

- To report problems with your cable TV, go to www.reslife.okstate.edu/cable and fill out the form. When you submit the form, it is sent to Suddenlink (your cable provider).

Additional Occupants in Your Apartment

- For safety and security reasons, it is important you let us know who is living in your apartment. This is for your convenience and protection! Please register your roommate and/or ALL family members living in your apartment! You can do this at the Iba office.

Your comments and input is always welcome! Please feel free to talk with me, your AA, the FGSH staff or the FRC staff to let us know what we can do to better serve you!



Sarah Wilkey, Ph.D.
FRC & FGSH Assistant Director



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

Pardeep Kumar
Stevens Apartment Assistant



Our October staff member is Pardeep Kumar. Kumar is one of our newest staff members and currently serves Family & Graduate Student Housing as the Stevens apartment assistant.

Kumar is from Karnal, India. He is majoring in aerospace engineering

for his bachelor's degree.

He said he enjoys reading, playing volleyball, traveling and talking to people from different cultures and countries.

His favorite foods are chicken-fried rice and chicken curry.

He said his favorite book is "The Alchemist."

Kumar's favorite quote is by William W. Purkey and reads "You've gotta dance like there's nobody watching. Love like you'll never be hurt. Sing like there's nobody listening. And live like it's heaven on Earth."

Kumar said an interesting fact is he is a very talkative person.

In the future, Kumar would like

to work on a manned mission to Mars with NASA.

If you see him around the FRC or in one of the neighborhoods, be sure to welcome him to the FGSH community!

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

Moises Herrera Medrano
Morrison Neighborhood Resident



Moises Herrera Medrano is the featured resident of the month. Oaxaca, Mexico is his hometown. He is currently a student in the international studies master's program.

He said his favorite food is Mexican food and his favorite book

or movie is "The Lord of the Rings."

He said he enjoys going to the cinema, listening to any genre of music and playing tennis and volleyball.

His favorite thing about the FRC is the computers and the DVD lending program.

He said his favorite quote is, "Life won't always go your way and that will never change. But you'll find blessings in the clouds and you'll find mercy in the rain."

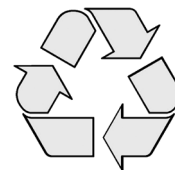
In the future, he plans to finish his master's dual-degree program and work in the U.S.

If you happen to see him around the FRC or in your neighborhood, be sure to say "Hello!"



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!



Look for recycling bins and more information on recycling coming soon!

AA & FGSH News

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

Breezeways

Breezeways must be kept clear at all times. For your safety, no item that in any way blocks the path of egress may be stored in breezeways. No trash, furniture, household items, toys, plants, flower pots, garden tools or any other personal item may be stored in breezeways for any length of time. Any item left in a breezeway will be considered trash and will be disposed of immediately, and the Primary will be charged a \$50 disposal fee.

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.

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.

Apartment Assistants	Brumley Neighborhood	Demaree Neighborhood	Morrison Neighborhood
	Samantha Whiteshield Bldg. 120, Apt. 2 brumleyAA@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	James Bowen Bldg. 246, Apt. 205 405-744-3231 morrisonAA@okstate.edu 245, 246, 247, 248
Prosser Neighborhood	Stevens Neighborhood	West Neighborhood	Williams Neighborhood
Temesgen 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 S70, S71, S72, S73, S74, S75, S76, S90, S91, S92	Skyler & Luciana McCrary Bldg. 87, Apt. 5 405-744-3103 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 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

Walkaround

“Many Cowboys describe ‘America’s Greatest Homecoming Celebration’ with one word: Walkaround. Don’t miss Homecoming’s biggest and best tradition on Friday, October 18. Students from the Greek community volunteer hundreds of hours to build magnificent house decorations for the OSU family to enjoy. The streets of the Greek neighborhood will be closed off at 5:30pm and will overflow with excitement! Bring your family and friends to celebrate ‘America’s Greatest Homecoming’ tradition!”

Source: <http://orangeconnection.org/s/860/homecominginterior.aspx?sid=860&gid=1&pgid=426>

Grider Farm Pumpkin Patch Trip

Please join us on October 26 for a field trip to the Grider Pumpkin Patch and celebrate a great American tradition. There will be limited seating for this trip and the sign-up sheet will be on the FRC front desk. We will leave around 9am and we will return at 12:30pm. Lunch and additional activities for children will not be provided for this trip.

Pumpkin Carving

We will be carving pumpkins for Halloween on October 29 from 6 to 7:30pm in the FRC Great Room. If you went on the pumpkin patch trip, please bring your pumpkin. We will be teaching residents how to carve pumpkins to celebrate the Halloween holiday in America. Additional activities for children will be provided and we request residents not bring their children to the carving for safety reasons.

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

Beginning Tuesday, October 1, the 4-H Club is accepting new enrollees for children ages 9 and up. Please e-mail Amie to set up an enrollment appointment.

Youth & Family Programs Holidays/Cancellations

There will be no Youth & Family Programs on Friday, October 11 in observance of OSU's Fall Break. Regular programs will resume on Monday, October 14.

There will be no afternoon programs (Kindergarten Kids Club and After School Adventures) on Thursday, October 24 due to the Halloween Costume Workshop.

Halloween Costume Workshop

Are you tired of spending money on expensive costumes for Halloween? Sign up your family for this event taking place on Thursday, October 24 from 6 to 7:30pm, and we will do our best to help you and your children create fun and unique costumes. Sign up is available Tuesday, October 1 at the FRC front desk. We have limited spaces available, so please sign up as soon as possible. Parents are required to attend this event with their children. After-school programs are cancelled as the YFP staff will be preparing for the event.

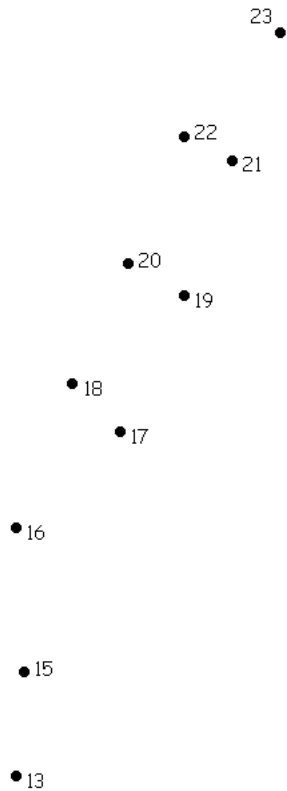
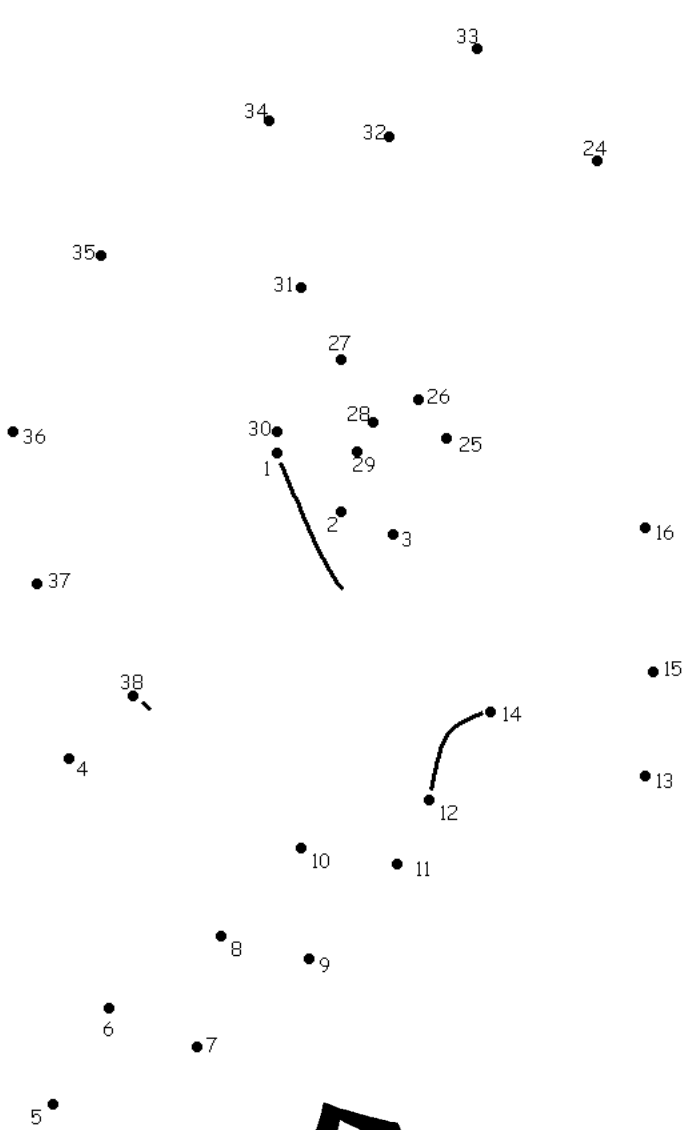
Halloween Carnival (During After-School Programs)

On Thursday, October 31, the FRC staff will host a carnival during our after-school programs from 3 to 5pm open to children enrolled in After School Adventures and Kindergarten Kids Club. Festivities include carnival games and a costume contest!

Kid's Page

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

Source: www.coloring.ws



Trick
or
Treat!



Upcoming events

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

Tuesday, October 1

Cowboys & Cowgirls 4-H Club Sign-Ups
Contact Amie for an appointment

Tuesday, October 1 – 11:30am

Outdoor Warning Sirens
City of Stillwater

Tuesday, October 1 – 6 to 7:30pm

The Buzz
Stillwater Public Library

Thursday, October 3 – 9am to 1pm

Farmers Market
Student Union Plaza

Thursday, October 3 – 8pm

Miss OSU
Seretean Center Concert Hall

Friday, October 4 – 12pm

Seretean Memorial Wellness Walk for United Way
Library Lawn • Contact 405-744-9355 or wellness@okstate.edu to register

Saturday, October 5 – 8:30am to 4pm

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

Tuesday, October 8 – 6:30 to 8:30pm

Dewey Decimal Theater
Stillwater Public Library - Story Time Room

Thursday, October 10 – 9am to 1pm

Farmers Market
Student Union Plaza

Friday, October 11

No Youth & Family Programs – OSU Fall Break

Saturday, October 12 – 6 to 7:30pm

Stevens Neighborhood Gathering
Stevens playground • Frisbee • Burgers, hot dogs and drinks

Sunday, Oct. 13 – Saturday, Oct. 19

Homecoming Week
For a complete list of activities, visit orangeconnection.org/homecoming

Tuesday, October 15 – 6:30 to 8:30pm

Native American Writers of the Plains
Stillwater Public Library • “The Bingo Place” by Louise Erdrich

Thursday, October 17 – 6 to 7:30pm

Brumley Neighborhood Gathering
Brumley Community Center • Board games • Pizza, salad and drinks

Friday, October 18 – 5:30pm

Walkaround
In the Greek community • Family and friends welcome • No pets allowed

Friday, October 18 – 6:30 to 8:30pm

West Neighborhood Gathering
West playground • Brazilian dance • Brazilian food

Saturday, October 19

Sea of Orange Parade
Parade route includes 12th & Main to Main & Hall of Fame

Saturday, October 19

Homecoming Game
Boone Pickens Stadium • Texas Christian versus OSU

Saturday, October 19 – 4:30 to 5:30pm

Demaree Neighborhood Gathering
Picnic tables near Demaree grill • Board games • Grilled food

Saturday, October 19 – 6 to 7pm

Morrison Neighborhood Gathering
Morrison playground • Board games • Pizza, chips and drinks

Sunday, October 20 – 6:30 to 7:30pm

Williams Neighborhood Gathering
Williams playground • Pumpkin painting • Spaghetti, salad and cakes

Monday, October 21 – 6:30 to 8:30pm

Sewing Circle Reading Club
Stillwater Public Library

Thursday, October 24 – 6 to 7:30pm

Halloween Costume Workshop
Sign-up available October 1 at FRC front desk • Afternoon YFP programs cancelled

Saturday, October 26 – 9am to 12:30pm

Grider Farm Pumpkin Patch Trip
Sign-up at FRC front desk • No additional activities for children

Monday, October 28 – 6 to 7pm

Bucket Books Series - Best Horror Titles
Stillwater Public Library

Tuesday, October 29 – 6 to 7:30pm

Pumpkin Carving
FRC Great Room • Additional activities for children provided

Thursday, October 31 – 3 to 5pm

Halloween Carnival
Open to children enrolled in After School Adventures and Kindergarten Kids Club • Activities include carnival games and costume contest

Thursday, October 31 – 6:30 to 7:30pm

Prosser Neighborhood Gathering
At the FRC • Card games • Pizza, chips and fruit

Event Guide:

FRC/FGSH Events

OSU Events

Stillwater Events

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.