

The NEWSLINE

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

Keep Stress in Check

The start of a new school year can bring added stress, use these tips to help keep your stress under control throughout the school year.

We use “stressed out” as a euphemism to describe feeling overwhelmed with life and work or when things just aren’t going the way we expected them. The stress response is part of the physiological makeup of every animal species’ brain, including humans, and it stems from a change in our brain and body chemistry. Chemicals, blood, oxygen and toxins are “stolen” from the brain and sent to the rest of the body to give us extra strength to “protect” ourselves-which is why we feel the way we feel when we are stressed. Thousands of years ago, physical threats and survival were the main triggers of stress. Today, threats are commonly about emotional survival, protecting our egos, preserving our well-being and achieving a high quality of life. There are a variety of choices for dealing with stress based on lifestyle, personality and levels of stress. Using different options to cope with stress properly can dramatically improve your professional and personal life.

Under-Promise and Over-Deliver:

Part of feeling stressed is fear that we are going to disappoint someone or disappoint ourselves for not following through with a commitment or expectation. When we disappoint ourselves or someone else, our brain views this disappointment as a “threat” to our self-image and reputation. Learning to manage your commitments will greatly reduce your feeling of having too much to do and not enough time. Balance is key-if you say “yes” to one thing, you must say “no” to another thing.

Move Your Body Daily:

Keeping your body active is a great way to deal with stress. Try to do some kind of physical activity on a daily basis. Strong cardio is the best type of movement, but there are other options as well. Take a walk, dance to your favorite music, jump rope, ride your bike or go to a batting cage. Find something you enjoy doing and add it to your daily routine.

Manage Your HALTed States:

HALT stands for hungry, angry, lonely and tired. Any one of combination of these four states will trigger your primitive brain and increase feelings of threat, making you feel edgy and stressed if they are not managed on a proactive basis. **Hungry:** Since the body needs regular food as fuel to stay alive, any absence of food when we are hungry signals primitive part of our brains that we might not survive. This puts our body on high alert, turning off our thinking brain and making us feel threatened. Feed your body five to six times daily with small amounts of food. **Angry:** When we become angry or disappointed and we don’t share our strong emotions with someone else, we end up swallowing those feelings of anger. This can be toxic. Anger not dealt with can rear its head at another time when it is inappropriate. To avoid this, talk out your anger with the person who created it, talk to a counselor or write down your feelings on paper.

Table of Contents

- Stress in Check..... 1
- FGSH Office..... 2
- Stress Cont. 3
- AA News 4
- FGSH News..... 5
- YFP News 6
- CD News 7
- Calendar 8

(see Stress on page 3)

Family and Graduate Student Housing Office

A note from the FGSH Coordinator Suddenlink Cable Box

Greetings! I hope that your semester is off to a great start! The hustle and bustle of working toward your degree can be a rewarding yet challenging experience. I encourage you and your family to take advantage of the unique resources at your fingertips in FGSH. Did you know that OSU is one of only a few universities in the United States that has a Family Resource Center (FRC)? The mission of the FRC is to help create a "Family Friendly Environment" by providing information and resources to families, with particular emphasis on families living in FGSH. We assist individuals, couples, and families in their adjustment to academic life and promote our resident's success and personal fulfillment. The FRC is not just for families, but for ALL residents in FGSH. I hope that you will take a moment to come to the FRC and check out the many programs and resources we have to offer:

- Programs for Children and Adults
- Resource Referral
- Community Outreach
- Lending Programs
- 24-hour Computer Lab
- Pool, Ping Pong, Foosball Tables

Sincerely,



Sarah Wilkey
FRC & FGSH Coordinator

FGSH is no longer handling the Suddenlink cable boxes. Below is some information about cable TV and converter boxes from Suddenlink. If a resident needs a converter box for their TV to work with the digital cable system, they will need to go the local Suddenlink office (802 E. 6th Ave.). Below are a few details on converter boxes and extra cable services should any resident be interested: DTA (converter box) requires a \$40 Deposit, with no monthly fee (NOTE: you can buy converter boxes at retail stores such as Best Buy, but the Suddenlink staff has indicated that these do not work with the Suddenlink system because retail boxes are designed for picking up signals over the air).

- HD DCT (HD tuner only) = \$4.99/ month
- HD/DVR (HD tuner + DVR) = \$15.99/ month

A few other items to note:

- Suddenlink office hours are Monday-Friday 8am – 5:30pm
- DTA (converter box) deposit will be refunded when the equipment is returned using our normal refund process (4-6 weeks)
- Students cannot call in, they will be directed to the local office
- There is a bus stop right in front of the Suddenlink office for students using the bus
- If a resident needs to turn in a converter box, they must take it to the Suddenlink office (even if it was originally given to them at Iba Hall).

Sarah Wilkey, FGSH & FRC Coordinator, 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



(from *Stress on page 1*) . . . Lonely: As human beings, we all have spirits that need to connect and have a sense of belonging. We need to love others and we need to feel loved by others. Keeping strong connections with friends, family and coworkers is vital to our survival. Create and be active in social networks and feel the connection of other human beings. Tired: Brains need sleep to process everything learned and experienced throughout the day. Our brains are actually more active at night than they are during the day. When we don't give our bodies and brains seven to eight hours of sleep each night, we put the "fight or flight" survival response on high alert and can become more sensitive and edgy.

Put Pen to Paper: In this age of technology, we have lost the importance of putting pen to paper. It's one of the most effective things you can do manage your stress and keep your sanity and peace of mind-not to mention getting more out of your day. Put pen to paper and start making lists.

List One-Dreams and Goals: When we aren't connecting to what we want-our motives and desires in life-we tend to live someone else's life, making us feel as though we are not being true to ourselves. Living an unauthentic life feels threatening to us, which causes the stress response in our brain. Know what you want; know what is important to you. Write it down and put it in a place you can see the list each day.

List Two-Daily To Do List: Many of us go through our days trying to respond to the every whim of constant e-mail alerts and cell phone vibrations. Instead, start each day with a premade list of things you need to do and want to accomplish. Prioritize them and stick to the list as much as you can. Make the list the night before or first thing in the morning when your head is clear.

List Three-Your Thoughts: Whether you call it journaling, morning pages, ranting, raving, or thinking on paper, or the important thing is to get the overwhelming thoughts, worries and feelings down on paper. Another powerful activity is to write down all the things you are grateful for in your life and your work. Sit down, start writing and fill the entire page top to bottom with whatever is on your mind. When you are finished, you can throw it away. Like an artist's blank canvas, your mind is now clear for skillful and creative thinking.

Paradoxically, stress is not the enemy. We need stress to stretch ourselves beyond our current capacity to grow and develop as human beings. It's when we don't take the time to recover from the stretching or when we attempt to do too much that we feel overwhelmed. Balancing commitments, keeping your body active and managing your HALTed states will help you cope with stress, allowing you to feel more positive, productive and peaceful about your life and your work.

Family Entertainment at the Tulsa State Fair

The Tulsa State Fair is one of Oklahoma's premier family events. It is the Tulsa State Fair's mission to preserve Oklahoma's heritage and continue tradition by creating an enriching educational experience, while providing fun family entertainment. Attractions include the Oklahoma State Sugar Arts Show featuring the Grand National Wedding Cake Competition, a petting zoo, Sea Lion Splash, Shenanigun's Wild West Show, Artisan Village, livestock exhibits, carnival rides, good food and so much more. General admission is required to attend the Tulsa State Fair; \$10 for adults and \$6 for children ages 5-12. Carnival rides and a few attractions such as the Butterfly Exhibit require an additional admission fee.

Newsline, a FGSH publication, is produced and published monthly by Amanda Lanning, Communications & Marketing Residence Director. She may be reached by phone at 405-744-6539 or by e-mail at amanda.lanning@okstate.edu

Apartment Assistant News

Neighborhood Gatherings

Brumley
Neighborhood

Eric Reed
Bldg. 125, Apt. 6
744-2776
eric.reed@okstate.edu
120, 121, 122, 123, 124, 125,
126

BRUMLEY
Friday the 9th
5:30-7:30pm
Open House and Games
Brumley playground
Baked chicken, mac and cheese
and salad greens

6:30-7:30pm
Williams Neighborhood
Basketball and outdoor games
cake, fruit and drinks

Demaree
Neighborhood

Andrea Moore
Bldg. 41 , Apt. 5
744-3452
landrea@okstate.edu
S36, S37, S38, S39, S40, S41,
S42

MORRISON
Saturday the 10th

DEMAREE
Sunday the 11th
5-6pm
Demaree Picnic tables
Indonesian Cuisine

Morrison
Neighborhood

Cody Hunter
Bldg. 248, Apt. 102
744-4550
cody.hunter@okstate.edu
Mitch & Tiffany Tillison
Bldg. 247, Apt. 204
744-3776
mitch.tillison@okstate.edu
245, 246, 247, 248

5pm
Morrison Gazebo/Playground
Backyard Football, burgers,
brats, and hotdogs

WEST
Sunday the 11th
7pm
West playground
Board games and Fruits and ice
cream

Prosser
Neighborhood

Samy Shehata & Fatma Moustafa
Bldg. 25, Apt. 3
744-2051
samy.shehata@okstate.edu
N16, N17, N18, N19, N20,
N21, N22, N23, N24, N25,
N26, N27, N28

PROSSER
Saturday the 10th
7pm
Prosser playground
Board games
sub sandwiches and fruit

STEVENS
Saturday the 17th
7-8:30pm
Stevens Playground
Frisbee, Outdoor games and
Mexican Food

Stevens
Neighborhood

Pia Guyman & Foad Mahdavi
Bldg. 75, Apt. 1
744-2783
pia.guyman@okstate.edu
mahdavi@okstate.edu
S70, S71, S72, S73, S74, S75,
S76, S90, S91, S92

WILLIAMS
Saturday the 10th

West
Neighborhood

Ahmed Abd-Elmagid & Mai Ahmed
Bldg. 80, Apt. 12
744-1561
ahmed.abd-elmagid@okstate.edu
S80, S81, S82, S83, S84, S85,
S86, S87, S88, S89

Career Fair Opportunities

CEAT Career Fair- OSU Career Services will host the College of Engineering, Architecture and Technology Career Fair in Gallagher-Iba Arena, on September 20 in Gallagher-Iba Arena. Check-in is 7:30 am to 8:30 am, the Career Fair is 9am to 3pm. Registration is being handled through the HIRE System. Visit www.hireosugrads.com for more information.

Agricultural, Food Environmental & Natural Sciences Career Fair- OSU Career Services will host the Agricultural, Food, Environmental & Natural Sciences Career Fair on September 21 in the Wes Watkins Center. Check-in is 8am to 12pm, the Career Fair is 12:30pm to 4:30pm. For more information, contact Amy Gazaway at amy.gazaway@okstate.edu or 405-744-9464.

Business Career Fair- OSU Career Services will host the Business Career Fair on September 22 in Gallagher-Iba Arena. Registration for interested businesses is being handled through the HIRE System. Visit www.hireosugrads.com for more information. You may also contact Mindy Walthall at mindy.walthall@okstate.edu or 405-744-9644.

Williams
Neighborhood

Mahmoud & Wafa Mistarihi
Bldg. 103, Apt. 3
744-4931
mistari@okstate.edu
wafam@okstate.edu
N12, N13, N14, N15, N101,
N102, N103, N104, N105

FGSH News

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 6 am to 7pm and every 15 minutes after 7pm. The BUS also provides public transportation in Stillwater to all citizens from 6:30am to 7pm Monday through Friday. The BUS fares are as follows:

OSU Students, Faculty, and Staff Free with ID
General Public 50 cents (\$0.50)
Child Under 5 Free when accompanied by paying passenger
Child/Young Adult age 5-18; Seniors age 60+ 25 cents (\$0.25)
Persons with ADA Disability Card & Persons with Medicare Card 25 cents (\$0.25)
Exact fare required; fares are for one-way trips. Return trips require additional payment.
For route information, visit www.transit.okstate.edu.



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 *Newsline* electronically?

Send an e-mail to sarah.wilkey@okstate.edu with your name and the e-mail address you want to use. You will still receive a paper version.

Shopping Shuttle (free for all FGSH residents)

Monday & Wednesday Schedule

5:30pm (Pick Up @ Laundry) To International Stores
(Sultan International Market, Overseas Market, Boomer International Plaza, and El Jacal)
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
10:00am (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

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

Youth & Family Programs

Youth and Family Programs Schedule Fall 2011

All programs begin on Monday, August 22

Kindergarten Kids Club (age 4-5)	Monday-Friday, 4 - 6pm
After School Adventures (ages 6-11)	Monday-Friday, 4 - 6pm Soccer Tuesdays (during ASA)
Book Club (ages 9-12)	Monday, 6:30 - 7:30pm
Toddler Time (ages 2-3)	Tuesday & Thursday, 9:30 - 11:30am
Teen Club (ages 12-17)	Tuesday & Thursday, 6:30 - 8pm
Cowboys & Cowgirls 4-H Club (ages 9-17)*	Wednesdays, 4:30 - 6pm
Family Story Hour (ages 0-4):	Friday, 10 - 11am
Practical Parenting.....	Friday, 11:30am-12:30pm

**At this time, the 4-H Club is accepting no new enrollees. Only those children enrolled in 4-H during the Spring 2011 semester are currently enrolled in the 4-H Club.*

Family Craft Night

The Youth & Family Programs staff is hosting a Family Craft Night at the FRC from 7:00pm-8:00pm on Tuesday, September 20th. The Family Craft Night event will be a fun-filled evening of arts and crafts. Families must sign up for this event, so that the staff can determine the amount of supplies needed. To sign up, e-mail Amie noting how many members in your family will be attending the event. Teen Club will be cancelled in lieu of this event.

Sugar Arts Show Trip to the Tulsa State Fair

The FRC will be taking residents to see the Oklahoma State Sugar Arts Show at the Tulsa State Fair on Sunday, October 2, from 1-8pm in Tulsa. The Sugar Arts Show features the Grand National Wedding Cake Competition in which sugar artists around the United States compete to win the prestigious competition. In addition to visiting the Sugar Arts Show, residents will have time to view other fair exhibits. The FRC is covering the transportation fee and half of the general admission fee. Residents will be required to bring \$5 for adults and \$3 for children ages 8-12 on the day of the trip. Only children 8 years old and older accompanied by a parent or guardian will be allowed to attend. Residents must bring their own snacks or money to purchase food at the concession stands. The sign-up sheet along with additional information will be available at the FRC Front Desk on Thursday, September 1. Space is limited, so reserve your spot as soon as possible.

Youth & Family Programs Holiday

There will be no Youth & Family Programs on Monday, September 5, 2011 in observance of the Labor Day Holiday. Regular programs will resume on Tuesday, September 6, 2011.

Amie Allen, Youth & Family Programs Residence Director, may be reached by phone at 405-744-6539 or by e-mail at amie.allen@okstate.edu

Community Development

Community Development Programs Schedule for Fall 2011

Intermediate English with Soha**	Monday, 9:30 – 10:45am
English Grammar with Soha**	Monday, 11am – 12pm
English Conversation with Jake	Monday, 1 – 2:15pm
Reading Skills with Mitch	Monday, 2:30 – 3:30pm
Beginning English with Jake**	Tuesday, 10 – 11:15am
Book Club with Courtney**	Tuesday, 11:30am – 12:30pm
Craft Class with Courtney & Carmen**	Tuesday, 1:30 – 3:15pm
English Grammar with Zhanna**	Wednesday, 9:30 – 10:45am
Everyday English with Soha**	Wednesday, 11am – 12pm
Basic Spanish with Carmen	Wednesday, 3 – 4pm
English Basics with Courtney**	Thursday, 9:30 – 10:45am
Current Events Conversation with Adran**	Thursday, 11am – 12:30pm
Cooking Demo with Courtney & Carmen**	Thursday, 1 – 2:30pm
English in the Cinema with Jake	Thursday, 2:30 – 4:30pm
Writing Skills with Zhanna**	Friday, 9:30 – 10:30am
Listening and Speaking Skills with Zhanna**	Friday, 10:30 – 11:30am
Tricks of the English Language with Jake	Friday, 1 – 2pm
Pronunciation Skills with Justin	Friday, 2 – 3pm
Experience Korea (Beg. & Interm.) with Helen Hyeyoung Park	Friday, 5:30 – 7pm
Survival English with Ron Avants	Saturday, 6 – 7:30pm
Intermediate English with Ron Avants	Saturday, 7:30 – 9pm

**Child care is provided.

Women's Night

Diamonds are a girl's best friend! Join us on Sunday, September 18 from 6 to 8pm as we celebrate the national costume and jewelry night. Snacks, refreshments, and child care will be provided at the FRC.

Oklahoma Focus Night

Enjoy some down-home Oklahoma cooking on Friday, September 23, from 6:30 to 8pm as we explore the history and heritage of Oklahoma. A free dinner and child care will be provided at the FRC.

Sugar Arts Show Trip to the Tulsa State Fair

The FRC will be taking residents to see the Oklahoma State Sugar Arts Show at the Tulsa State Fair on Sunday, October 2 from 1-8pm in Tulsa. The Sugar Arts Show features the Grand National Wedding Cake Competition. The sign-up sheet along with additional information will be available at the FRC Front Desk on Thursday, September 1. Space is limited, so reserve your spot as soon as possible.

Recycled Crafts Competition

Combine your recycling and craft skills at our Recycled Crafts Competition on Tuesday, September 13 from 1:30 to 3pm at the FRC. Please e-mail jennine.terrell@okstate.edu or Whitney at the FRC for more details about the competition and how to enter. Winning crafts will be the subject of a recycled craft class at the FRC. Join in the competition for a chance to win some of our awesome prizes!

Whitney Jameson,
Community
Development Residence
Director, may be
reached by phone at
405-744-6539 or by
e-mail at whitney.jameson@okstate.edu

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

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30am English Basics 9:30am TT 11am Current Events 1pm Cooking Demo 2:30 English in the Cinema 4pm KKC 4pm ASA 6:30pm TC	2 9:30am Writing Skills 10am FSH 10:30am Listening 11:30am PP 1pm TOEL 2pm Pronunciation 4pm KKC 4pm ASA	3 9am SS 6pm Survival English 7:30pm Intern. English
4	5 <i>University Holiday</i> <i>No Programs</i>	6 9:30am TT 10am Beg. English 11:30am Book Club 1:30pm Craft Class 4pm KKC 4pm ASA 6:30pm TC	7 9:30am Grammar 11am Everyday English 3pm Basic Spanish 4pm KKC 4pm ASA 4:30pm 4-H 5:30pm SS	8 9:30am English Basics 9:30am TT 11am Current Events 1pm Cooking Demo 2:30 English in the Cinema 4pm KKC 4pm ASA 6:30pm TC	9 9:30am Writing Skills 10am FSH 10:30am Listening 11:30am PP 1pm TOEL 2pm Pronunciation 4pm KKC 4pm ASA <i>5pm Brunley</i>	10 9am SS <i>5pm Morrison</i> 6pm Survival English <i>6:30 Williams</i> <i>7pm Prosser</i> 7:30pm Intern. English
11 <i>5pm Demarree</i> <i>7pm West</i>	12 9:30am Intern. English 11am Grammar 1pm Conversation 2:30pm Reading Skills 4pm KKC 4pm ASA 5:30pm SS 6:30pm BC#	13 9:30am TT 10am Beg. English 11:30am Book Club 1:30pm Recycled Crafts Competition 4pm KKC 4pm ASA 6:30pm TC	14 9:30am Grammar 11am Everyday English 3pm Basic Spanish 4pm KKC 4pm ASA 4:30pm 4-H 5:30pm SS	15 9:30am English Basics 9:30am TT 11am Current Events 1pm Cooking Demo 2:30 English in the Cinema 4pm KKC 4pm ASA 6:30pm TC	16 9:30am Writing Skills 10am FSH 10:30am Listening 11:30am PP 1pm TOEL 2pm Pronunciation 4pm KKC 4pm ASA	17 9am SS 6pm Survival English <i>7pm Stevens</i> 7:30pm Intern. English
18 6pm Women's Night	19 9:30am Intern. English 11am Grammar 1pm Conversation 2:30pm Reading Skills 4pm KKC 4pm ASA 5:30pm SS 6:30pm BC#	20 9:30am TT 10am Beg. English 11:30am Book Club 1:30pm Craft Class 4pm KKC 4pm ASA 7pm Family Craft Night	21 9:30am Grammar 11am Everyday English 3pm Basic Spanish 4pm KKC 4pm ASA 4:30pm 4-H 5:30pm SS	22 9:30am English Basics 9:30am TT 11am Current Events 1pm Cooking Demo 2:30 English in the Cinema 4pm KKC 4pm ASA 6:30pm TC	23 9:30am Writing Skills 10am FSH 10:30am Listening 11:30am PP 1pm TOEL 2pm Pronunciation 4pm KKC 4pm ASA 6:30pm Oklahoma Focus Night	24 9am SS 6pm Survival English 7:30pm Intern. English
25	26 9:30am Intern. English 11am Grammar 1pm Conversation 2:30pm Reading Skills 4pm KKC 4pm ASA 5:30pm SS 6:30pm BC#	27 9:30am TT 10am Beg. English 11:30am Book Club 1:30pm Craft Class 4pm KKC 4pm ASA 6:30pm TC	28 9:30am Grammar 11am Everyday English 3pm Basic Spanish 4pm KKC 4pm ASA 4:30pm 4-H 5:30pm SS	29 9:30am English Basics 9:30am TT 11am Current Events 1pm Cooking Demo 2:30 English in the Cinema 4pm KKC 4pm ASA 6:30pm TC	30 9:30am Writing Skills 10am FSH 10:30am Listening 11:30am PP 1pm TOEL 2pm Pronunciation 4pm KKC 4pm ASA	

FSH-Family Story Hour

KKC-Kindergarten Kids Club

TT-Toddler Time

ASA-After School Adventure

SS-Shopping Shuttle

TC-Teen Club

PP-Practical Parenting

BC#-Book Club for Youth & Family

TOEL-Tricks of the English Language