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 Wisemen 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.
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

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

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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.
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 FGSH 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

If you enjoy learning more about current FGSH staff members, be on the lookout for more spotlights and interesting facts in the upcoming Newsline editions!
<table>
<thead>
<tr>
<th>Neighborhood</th>
<th>Name</th>
<th>Address</th>
<th>Contact Email</th>
<th>Details</th>
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<tbody>
<tr>
<td>Brumley</td>
<td>Sara Cheriki</td>
<td>Bldg. 124, Apt. 1</td>
<td><a href="mailto:chahrfd@okstate.edu">chahrfd@okstate.edu</a></td>
<td>Gate prize bingo / Asian food, chips, vegetables &amp; soda</td>
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<tr>
<td></td>
<td>Andrea Moore</td>
<td>Bldg. 41, Apt. 5</td>
<td><a href="mailto:landrea@okstate.edu">landrea@okstate.edu</a></td>
<td>Board games / Cake, fruit &amp; hot and cold drinks</td>
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<td></td>
<td>Mitch &amp; Tiffany Tillison</td>
<td>Bldg. 246, Apt. 11</td>
<td><a href="mailto:mitch.tillison@okstate.edu">mitch.tillison@okstate.edu</a></td>
<td>Q&amp;A: Facts about the USA / Pizza, salad, cookies &amp; soda</td>
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<td>Bruce DuVall</td>
<td><a href="mailto:bruce.duvall@okstate.edu">bruce.duvall@okstate.edu</a></td>
<td></td>
<td>Make your own pizza / Pizza</td>
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<td>Samar Abid &amp; Ahmed Moneeb</td>
<td>Bldg. 73, Apt. 11</td>
<td><a href="mailto:samaraa@okstate.edu">samaraa@okstate.edu</a></td>
<td>Board games / Subs &amp; salad</td>
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<tr>
<td></td>
<td>Ky Le &amp; Vinh Nguyen</td>
<td>Bldg. 89, Apt. 5</td>
<td><a href="mailto:ky.le@okstate.edu">ky.le@okstate.edu</a></td>
<td>“Around the world” / Pitas, hummus, veggies, buffalo wings &amp; teas</td>
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<td>Farag Mewafy &amp; Mona Nafea</td>
<td>Bldg. 101, Apt. 1</td>
<td><a href="mailto:farag.mewafy@okstate.edu">farag.mewafy@okstate.edu</a></td>
<td>Board games / Pizza, chips &amp; drinks</td>
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**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

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**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.

The Facilities Management Office (FMO) is the office that handles maintenance issues.

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.
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 FGSH 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.
Community Development Program 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.
January 2013

Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday
---|---|---|---|---|---|---
 | | 1 | 2 | 3 | 4 | 5
- FRC Closed New Year's Day
- Winter Break

6 | 7 | 8 | 9 | 10 | 11 | 12
- 9:30am Pronun. Skills
- 10:30am Eng. Conv.
- 12:30pm Basic Spanish
- 1:30pm Craft Class
- 2:30pm Int. English
- 4pm KKC, ASA
- 5:30pm SS
- 6:30pm BC
- 8pm Pronun. Skills
- 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
- 9:30am TT, Prof. Devel.
- 10:30am Basic Spanish
- 12:30pm Reading Skills
- 1:30pm Current Events
- 4pm KKC, ASA
- 6:30pm TC
- 8pm Pronun. Skills

13 | 14 | 15 | 16 | 17 | 18 | 19
- 9:30am Pronun. Skills
- 10:30am Eng. Conv.
- 12:30pm Basic Spanish
- 1:30pm Craft Class
- 2:30pm Int. English
- 4pm KKC, ASA
- 5:30pm SS
- 6:30pm BC
- 8pm Pronun. Skills
- 9:30am TT, Prof. Devel.
- 10:30am Basic Spanish
- 12:30pm Reading Skills
- 1:30pm Current Events
- 4pm KKC, ASA
- 6:30pm TC
- 8pm Pronun. Skills

20 | 21 | 22 | 23 | 24 | 25 | 26
- FRC Closed Martin Luther King, Jr. Day
- 5pm Demaree 6pm Prosser
- 5pm Demaree 6pm Prosser
- 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
- 9:30am TT, Prof. Devel.
- 10:30am Basic Spanish
- 12:30pm Reading Skills
- 1:30pm Current Events
- 4pm KKC, ASA
- 6:30pm TC
- 8pm Pronun. Skills

27 | 28 | 29 | 30 | 31 | No FRC Programs. FRC & Laundry Mart open regular hours.
- 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
- 9:30am TT, Prof. Devel.
- 10:30am Basic Spanish
- 12:30pm Reading Skills
- 1:30pm Current Events
- 4pm KKC, ASA
- 6:30pm TC
- 8pm Pronun. Skills