April 2006 - Vol 1 Issue 6

Contents
1 Coordinator’s Letter
2 Academic Calendar
3 Programming Info
4 Apartment Council
5 Spotlight
6 Healthy Eating Tips
7 Inserts: Successful Interviewing
8 Spirituality

Block Party and Other Opportunities
This will be the last full edition of the Coaster for the 2005-2006 school year. My hope is that you have found it enjoyable and informative.

Some highlights from the month of March include a great potluck dinner in which many residents brought food to be shared by all, and a canned food drive. April has some great things going on. The Apartment Council has been working hard on a Block Party for residents to be held in Lot Q (17th and Wells) on Saturday, April 29 from 4-6pm. In addition to the music and entertainment, they are working on games for entertainment. It should be a great program so please come out and enjoy yourself.

Finally, the Apartment Programmers are hosting a Post Graduate Opportunities evening on Wednesday April 19 from 5:30-7:30pm. Speakers will provide insights on different opportunities... and for juniors who want to get a head start on your plans for the future.

Thanks for a great year! Dan Bergen
Area Coordinator for the University Apartments

Healthy Eating Tips for the Busy College Student

The average college student is often pressed for time, under a lot of stress and eating on the go. You may find it difficult to avoid bad habits like skipping meals or frequenting fast food restaurants. But eating a healthy diet can help you feel better, cope with stress and perform better in the classroom. It really isn’t that hard to get started.

1. Eat a good breakfast. Studies show that skipping breakfast detracts from scholastic achievement. When there isn’t time to sit down and enjoy your morning meal, grab a bagel, piece of fruit, and some juice.

2. If you must eat fast foods, choose wisely. Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato, or green salad with reduced calorie dressing. Limit high fat offerings like french fries, fried chicken or fish sandwiches and watch out for salad dressing.

3. Keep healthful snacks on hand so if hunger strikes during a late night study session, you won’t be tempted by vending machine candy, chips, or ice cream. Possibilities include fresh or dried fruit, pretzels, unbuttered popcorn, rice cakes or whole wheat crackers.

News to Note

Lease Signings
All intent forms must be turned in to the University Apartment Offices no later than April 14, 2006. Residents who turn the intent form in by this date have the chance to win a $25 MU Gift Card.

FYI
As we are approaching the end of the school year, please be aware that the cost of any damages that have occurred within your apartment over the year will be split between you and your roommates. Holes in walls, ripped or missing screens, and stained carpeting are just a few of the things we will be looking for upon check-out. Please take care to clean and fix things appropriately.

Gabrielle Misfeldt
Open minds, different languages, and themed parties; What’s not to love about Global Village? My name is Gabrielle Misfeldt, and I am a senior journalism major from Green Bay. After studying in Cape Town, South Africa my junior year at Marquette, I wanted to continue my growth process, and I thought living in a community like Global Village would be a great idea. I love the community atmosphere and the fact that I have learned so much about other cultures and worldviews, which is an obvious plus in today’s ever-globalizing world. From dating games to the nightlife to just chatting in the hallway, my memories of the fabulous international and American students in Global Village will last a lifetime.

Spotlight

Submission Guidelines
All submissions will be due by the 15th of the month prior to future publishing and must be sent via email to daniel.bergen@mu.edu. “The Coaster” is the property of Marquette University and we reserve the right to edit pieces or deny their ability to be published at any time for any reason.
University Apartment Events

Lobby Series
The Lobby Series is a monthly series that allows residents to guess the number of items in a container at the security desks. March’s item can be found at your desk. Voting ends on the 20th of every month.

Post Grad Opportunities
Wednesday, April 19, 2006
5:30-7:30pm in the Campus Town East Lounge
Come and learn about the many options available after graduation. Representatives from career services, Teach for America, volunteer services, and the graduate school will be coming in and giving a short presentation about their opportunity. Watch for more information in addition to a schedule of speakers.

University Apartment Council

Block Party
Saturday, April 29, 2006
4-6pm in Lot Q (17th and Wells)
Free hot dogs, burgers, cotton candy, sno cones, popcorn, and games. Great music! Lots of fun! All provided by your University Apartment Council. Get outside and enjoy the weather!

Resident enjoying food at the Potluck!

April 13-17 Easter holiday; Sessions 1 and 3
April 18 Final day for withdrawal with grade of W for Session 1
April 20 Interim registration for Fall term 2006-2007 begins
April 28 Final day for withdrawal with grade of W for Session 3

University Wide Events

Colores
April 8

Lil’ Sibs Weekend
April 21-23

Hunger Clean-up
April 22
8am -1 pm

Liturgical Choir Spring Concert
April 22
7:30pm in Gesu

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Interested in taking an active leadership role in the University Apartments?
Interested in providing programs for apartments residents?
Interested in having your voice heard?
Run for University Apartments Council Executive Board 2006-2007!

Monday, April 10: Info packets available at front desks and UAOCSS
Wednesday, April 19, 7:30: Informational Session, Campus Town East Lounge
Friday April 21: Election packet due
Monday April 24 7:30 PM: Meet the Candidates Night
Wednesday April 26 5:00-8:00 PM: Vote at Campus Town East, West, Humphrey, and AMU