Tips on dealing with your emotions

• Learn to express your feelings in appropriate ways. It’s important to let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside takes extra energy and can cause problems in your relationships and at work or school.

• Think before you act. Emotions can be powerful. But before you get carried away by your emotions and say or do something you might regret, consider the possible positive and negative consequences.

• Strive for balance in your life. Don’t obsess about problems at work, at school or at home. Focus on positive things in your life. Make time for things you enjoy.

• Take care of your physical health. Your physical health can affect your emotional health. Take care of your body by exercising regularly, eating healthy meals and getting enough sleep. Don’t abuse drugs or alcohol.

Information taken from www.familydoctor.org

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.

Dan Voors
Please welcome our newest addition to the Apartment Manager Team: Dan Voors. Dan is our new Gilman/Frenn manager, and he is excited to be here. The University Apartments will definitely benefit from his extensive service to Residence Life, as Mashuda RA, RHA Representative, ORL student worker, and summer crew member. As well as managing the facilities of the Gilman and Frenn buildings, Dan will also help provide programming opportunities for the residents, as well as advise the University Apartments Council, and help with the publication of The Coaster. Welcome aboard, Dan!

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News to Note

Lease Signings
All leases must be signed for next year no later than March 10, 2006. Please read the lease ahead time as it will make the process go more quickly. Please call the University Apartments to set up a lease signing time.

Noise Violations
Please continue to be courteous of your neighbors when playing music or watching movies. Not everyone studies/sleeps at the same time. If a neighbor stops by to let you know that your music is too loud, respect their wishes and turn it down.

February holds many great opportunities for you to kick the blanket on the floor, get off the couch, and do something. With tuition costs rising, gas prices going through the roof, and James Frey’s popularity falling, now is the time to do something free of charge. The University is sponsoring Mission Week this month from February 5 to February 12. Events include a destination dinner in Campus Town East on February 6, a viewing of Hotel Rwanda, and a speech by the world-renowned humanist, Paul Rusesabagina.

The apartment programmers are sponsoring a Brains and Games evening on Tuesday, February 28, from 7-10pm, in which you may have the opportunity to take one of your favorite professors down in SCRABBLE, Catch Phrase, or another game you might want to bring along. Don’t worry, as always, there will be refreshments and some live entertainment.

The Apartment Council is planning on attending the Extreme Bingo to be held in the Union on Friday, February 10. Meet in the Campus Town East Lobby at 9pm to walk over.

Finally, for those of you living in Gilman, Frenn, Campus Town West, or Campus Town East, be safe. Wells Street has become a live game of Frogger. Bouncing forward, backward, left and right to avoid the automobiles. Be sure to look both ways. Have a great Valentine’s Day!

Dan Bergen
Area Coordinator for the University Apartments
University Apartment Events

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

Brains and Games
Tuesday, February 28, 2006
7:00 – 10:00 pm
Come play games and listen to live music in the Campus Town East Lounge. Possible appearances by some favorite faculty.

University Apartment Council

Destination Dinner
Monday, February 6, 2006
6:00 pm
Learn about International Service opportunities and speak with people who have done International Service in the Campus Town East Lounge. Soup will be provided.

Mission Week Late Night
Friday, February 10, 2006
9:00pm
Meet your council representatives in the Campus Town East lobby to head over to the Union and win some great prizes at the Extreme Bingo!

University Wide Events

Anxiety Screening Day
Thursday, February 2, 2006
Noon – 4:00 pm
Holthusen Hall #207
Free from the Counseling Center

Mission Week
www.marquette.edu/umi/week/
February 3-10

Academic Calendar
February 2006

17-18
Friday-Saturday
Make-up examinations; removal of incompletes for undergraduates from Fall 2005-2006

24
Friday
Final day for withdrawal with grade of W for Session 2

Valentine’s Day Fact
In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.

Brandon is the Vice President of the University Apartments Council, where he also serves as chair of the Programming Committee. Brandon was recently honored by our school’s chapter of the National Residence Hall Honorary as Executive Board Member of the Month for his work planning the trip to Chicago, “Drive for a Drive.” His dedication, enthusiasm, and great sense of humor are valuable assets to our community. Great job, Brandon!

A Note from the Advisor
I am amazed that the first semester of the first ever Marquette University Apartments Council is already behind us, and I could not imagine a better start to this organization. The total commitment of each and every member has set a very high bar, indeed. Whether planning social programs such as Grocery Store Bingo, providing day-trips to Chicago, or serving ice cream during Finals Week, this council has exceeded all of my expectations. Looking ahead, the Apartments Council will only stretch itself further, providing more quality programs and services to the residents of Marquette University Apartments. I look forward to the great things we have in store for the future. I hope you do too!

Andrew Estes
University Apartments Council Advisor

Apartment residents enjoying some Chicago eats!