Fall 2011 Housing Options to Include University-Owned Houses

Valentine, Schmalentine... Bah Humbug!

February is Dental Health Month/How to Keep Your Teeth Healthy

An Evening with Greg Mortenson

Apply to be a Resident Assistant
Which houses will be utilized for Aurora University residents for the Fall 2011 semester?
- 435 S. Gladstone-6 students (3 doubles)
- 439 S. Gladstone-6 students (3 doubles)
- 443 S. Gladstone-6 students (3 doubles)
- 447 S. Gladstone-7 students (2 doubles and 1 triple)
- 1321 Prairie-10 students (3 doubles and 1 quad)
- 431 Calumet-7 students (1 double, 2 large singles, and 3 small singles)

What are the requirements to be eligible for an assignment in a University-owned house?
- Students must currently live in the residence halls;
- Students must be a Junior or Senior at the start of the Fall 2011 semester (i.e., at least 45 credits completed as of January 2011 and at least 60 credits completed by August 2011);
- Students must have a zero balance on their student account by February 21, 2011;
- Students must have a minimum cumulative GPA of 2.50; and
- Students must be in good disciplinary standing, defined as having:
  - no more than one violation of the alcohol policy;
  - no violations of the alcohol policy in the current (Spring 2011) or past (Fall 2010) semester;
  - no violations of the controlled substance policy; and
  - currently not on disciplinary probation.

What is the process for applying for an assignment in a University-owned house?
- Submit an application (available on the Residence Life home page, via student email, and in the Office of Residence Life) by 4:00 p.m. on Monday, February 21, 2011.
- Students who have been selected for University-owned housing will be notified on Friday, February 25, 2011.
- To confirm your assignment, you will need to complete a returning resident housing contract and submit a $150 returning resident deposit.
- You will not officially have a housing assignment in University-owned housing until you confirm with Residence Life by submitting your housing contract and deposit by 4:00 PM on Thursday, March 3, 2011.

What can I expect as a resident in University-owned housing?
- You will be assigned to your room by Residence Life based on the roommate requests indicated on your application.
- Since the houses do not have kitchens, you will be required to select a meal plan.
- You will be required to park in your house’s driveway or in University parking lots (parking permit provided at no cost).
- The University will only provide furnishings for bedrooms (bed, desk, chair, dresser).
- The Code of Conduct and residence hall policies will apply in the houses. Resident Assistants will be living in and overseeing the houses.

Please note! Students who apply to live in a house and are not selected will not automatically be a part of the selection process for single rooms/deluxe suites or standard rooms. In order to take part in the single rooms/deluxe suites or standard room processes, you would need to complete a housing contract with Residence Life, according to the publicized procedures (www.aurora.edu/student-life/residence/documents.html will be updated soon with further information).
You know Valentine’s Day is coming when we’re showered with advertising for perfume, jewelry, flowers and chocolate, all sprinkled with red and pink hearts. The commercialism and marketing of the “love holiday” is difficult to escape.

While some couples may refer to Valentine’s Day as a “Hallmark holiday” because of the pressure to express affection via consumerism, how is it for single folks? Singles sometimes resent the holiday and all of the fuss associated with it because it serves as a reminder for singles that they don’t have anyone special with whom to celebrate.

Being single on Valentine’s Day can evoke feelings of loneliness and self-doubt. Feeling miserable may find singles eating their way through a box of chocolates, bringing them awfully close to looking like that chubby cherub Cupid! Don’t wallow in sadness or isolate yourself on February 14th! Redefine Valentine’s Day and celebrate the day with a different outlook.

Embrace all the types of love that you have in your life. Romantic love is not the only variety worth honoring. We share love with friends and family that is invaluable. Share a special card or activity with a friend or other loved one.

Don’t forget to lavish some love on yourself. Buy yourself something special. The best part is you don’t have to worry if you will get yourself something that you like. Buying yourself a gift and treating yourself well can serve as a reminder that at some point, even when you’re in a relationship you shouldn’t neglect your own desires.

Some singles are single by choice, which means that they embrace the advantages of not dating.

When others pressure you, affirm your choice and remind them that people who never marry or partner have close, loving, emotionally intimate relationships and lives worth living. Don’t let our couples-driven society define singlehood as wrong.

If you are single and wish that you weren’t, you may want to use Valentine’s Day as a time to invest in yourself and to prepare yourself to meet the person of your dreams. Your preparation may mean using therapy to get to know yourself better or let go of old hurts, or it could mean picking up a new activity like yoga or an art class. When you are fulfilled and satisfied in your own life, you are more likely to find another person to share it with. Whether single or dating, our relationship status does not define who we are. Our identity is made up of all the ways we make meaning in our lives.

Finally, don’t let the commercialism of Valentine’s Day set the tone for your emotions. Love is not about cards, flowers and chocolate. Learn to appreciate your life just as it is and reject the illusion that everyone is in love (or should be), and that everyone in a relationship is happy.

And if all else fails, just smile when you think of all the money you’ve saved by not handing it over to Hallmark, Godiva or the florist.

Happy Valentine’s Day!
CHANGE YOUR BREATH FROM BAD TO GOOD
Bad breath is embarrassing, unpleasant, and all too common. We have all talked to someone whose breath could knock us over! Bad breath often strikes when people aren’t properly taking care of their oral health. Here are some simple tips to fix the problem:

BRUSH YOUR TONGUE
Bad breath odor is usually caused by decaying food particles & bacteria in your mouth. That is why brushing and flossing your teeth is so important, but don’t forget to brush your tongue. A dentist in New York City says “Your tongue microscopically is like a shaggy carpet”. There are a million filaments on your tongue that trap tiny food particles & bacteria. Get in the habit of brushing your tongue or using a tongue scraper to keep it clean. Make sure you clean your mouth guards, retainers, etc before putting those back in your mouth too.

CHEW GUM
Saliva is our best weapon against bad breath – it washes away food particles & bacteria, and helps eliminate odor. Wonder why your breath stinks in the morning? It’s mainly because saliva production slows down while you are sleeping, allowing particles & odor to linger. So, chew gum. Chewing gum makes you salivate, and the more saliva in your mouth, the fewer bacteria you have. Gum sweetened with xylitol, a sugar substitute, is your best option. It increases saliva production & keeps bacteria from growing in your mouth.

DRINK MORE WATER
Water will help keep the bacteria to a minimum in your mouth, so keep drinking water!

TRY CINNAMON
A recent study of the cinnamon-flavored gum Big Red showed that cinnamon might have breath odor fighting abilities. An ingredient in the flavoring may actually decrease the bacteria in your mouth. Just chew sugarless gum.

ADJUST YOUR DIET
Decrease alcohol and coffee intake and avoid other food and beverages that can precipitate bad breath. Eating fibrous foods can help.

SEE A DENTIST OR DOCTOR
In some rare instances, a medical or dental problem can cause bad breath. If there is a persistent odor in your mouth, make an appointment with your dentist. If he doesn’t find a cause, see a doctor.
HOW TO KEEP YOUR TEETH HEALTHY

1. Teeth are for chewing and to form words for talking. Do not use your teeth as a tool or for:
   - pliers
   - fork tine straightener
   - coat hangers
   - chomping frozen candy bars like snickers
   - chewing ice
   - knot loosener
   - potato chip bag opener

2. Floss your teeth on a daily basis – this prevents bacteria and plaque buildup. If these are not removed, it develops into tartar, which only your dentist can remove. Tartar buildup leads to gingivitis, which are inflamed gums, and can lead to problems in the bones & surrounding structures of your teeth. There have been studies to suggest gum disease is related to heart disease.

3. If you eat candy or drink soda/sport drinks – brush your teeth afterwards or chew gum to remove the sugars in your mouth.

4. Change your toothbrush regularly - your toothbrush is loaded with germs! Researchers say that one uncovered toothbrush can harbor more than 100 million bacteria. The best way to limit the bacteria is to change your toothbrush at least every 3 months or sooner if it is frayed or you’ve been sick. That means if you are still using the same toothbrush you started this school year with – throw it out and get a new one.

5. Speaking of bacteria – don’t store your toothbrush where you flush. Every toilet flush sends bacteria into the air – you really don’t want that landing on your toothbrush! Rinse your toothbrush after use; store it upright and somewhere it can dry out. This will help in keeping it as germ free as possible.

6. Be aware of health related risks associated with tongue, lip & cheek piercings. Besides the chance of infection from the wound, the bacteria could enter your bloodstream and lead to the development of endocarditis, an inflammation of the heart or its valves. You could have numbness at the site of the piercing, or problems moving your tongue if nerves have been damaged. Barbell tongue jewelry can chip your teeth and cause gum disease from coming in contact with gum tissue. Choking & swallowing the jewelry can lead to injury in the digestive track or lungs.
Seating is limited. Please RSVP to artsandideass@aurora.edu if you are interested in attending.

**Applications Due**: Wednesday, Feb. 16, 2011, 4:30pm
(Applications found online through Residence Life Webpage)

**Group Process Night**: Sunday, Feb. 20, 6pm

**Interviews**: Tuesday, Feb. 22–Thursday, Feb. 24
Office of Residence Life, 423 S. Gladstone

**Contact Person**: Imani Burks (iburks@aurora.edu)

Bonds that lead to brighter futures –

Become a Resident Assistant!