



Dear John:

For a good time call 4468!
The Student Events Daily Hotline!
Updated daily w/ complete info on events & activities

Dear John:

I just started at MBC this semester, and I'm having a hard time being away from my family and friends from home. I try to go home every weekend, but I live 2 ½ hours away, and my mom says gas is too expensive for me to come home all the time. How can I ease my homesickness?

Answer: Most people experience some homesickness when they go to school, which is perfectly acceptable. In time, you'll adjust to being away & may even find you'd rather stay on campus than go home. To make the transition easier:

- Don't go home every weekend! It's OK to go home if you really need to be around your family or there's a special event. Realize, it's more difficult to adjust though. The weekend is a very social time on campus: everyone's more relaxed & ready to make new friends!
- Get involved in social groups around campus. It's a great way to meet new people & make friends. You already have a common interest with them! Be sure to check the Announcement Digest in your email for new events & activities around campus.
- Partake in your favorite hobby, sport, or pastime. If you don't already have one, now is the time to discover what you like to do. Add a PE course to your schedule; go to the library & get a book on a new subject. Ask your professors about fun things to do in the area. Record your feelings & thoughts in a diary to help organize your thoughts & better understand your obstacles for feeling comfortable here.
- Instead of going home to see friends, invite them here. Having your friends visit will give you positive feelings & memories on campus.
- Remember your goals. If homesickness makes you feel like quitting & going home, just look at all the upper-classmen who love being on campus. They felt like you do when they moved here. Give it a little time, and you'll fall in love with campus life, too.

If your homesickness gets to where you can't function socially or academically, please call the Health Center at x7281.

For more info on adjusting to college life: <http://uhaweb.hartford.edu/caps/selfhelp.htm>

Upcoming October & November Events:

- Oct 24 BPB Murder Mystery, 5:30pm in Hunt West with dessert!
- Oct 25 Community Service Speakers Valley Mission & the Child Advocacy Associate from 1pm-1:50pm in Miller Chapel
- Oct 25 SGA Workshop at 7pm in Academic 210: Everyone is invited to attend
- Oct 26 Take Back the Night about sexual & domestic violence victims will be held at Gypsy Hill Park's gazebo from 6-8pm
- Oct 27 Grand Cavern Trip* leaves from the SAC lot at 2pm
- Oct 28 BPB Concert: Florez will be performing in the SAC ballroom at 8pm
- Oct 30 Senior Transitions: Grad School Financial Aid at 3:30pm, SAC Club
- Nov 1 Community Service Speakers Riverfest & Center for American Places in Miller Chapel at 1pm
- Nov 8 Flu Shot Clinic in the Health Center for \$25

*Outdoor Activities

This is a one mile, 70 minute tour of Grand Cavern: the 2nd best cavern in the nation, according to Parade Magazine! The group will leave from the SAC lot @ 2pm, Friday, Oct. 27th & will return @ 5pm. It only costs \$3, but there are only 12 spaces. RSVP with Velma at vbryant@mbc.edu

**Torry Ridge Hiking Trip is a 7.6 mile loop from Sherando Lake on Nov. 11th with views of the Valley on one side & the Lakes on the other. It will leave at 9am & is free. Contact Wilderness Adventure for more info or to RSVP: 885-3200 or robert@amaty.com

Having Roommate Issues?

It can sometimes be difficult to have a roommate. It takes work on both sides to have a pleasant living arrangement, no matter how long you've known your roommate. Here are some tips to help make your living environment fun:

1. The most important thing is to talk to your roomie about issues. Ask her questions & listen to her responses.
2. If something is bothering you, tell her. She can't read your mind. Don't ignore issues until they become a huge controversy. Let her know how you react in certain situations; if you always get moody when you're stressed, go ahead & tell her before it happens so she can expect it.
3. Discuss housekeeping. It isn't fair for one roommate to always clean the room & do the dishes. Decide what works for both of you since some people don't mind a mess & others can't stand it.
4. Respect your roommate's privacy & be considerate when you have visitors. The biggest arguments can emerge not from what you do in the room, but what your visitors do.
5. Give your roommate alone time, & take time for yourself, too. Even if you two are close, too much time together can cause conflict.

If you've done everything you can to make your living situation comfortable, & you still can't resolve your problems, discuss it with your RA

Be a Smart Lady—with Academic Etiquette!

Academic etiquette is the proper behavior for a student in an academic setting. If you present yourself in a manner showing respect for yourself & others, you will stand out as a woman of character! There are important etiquette guidelines you should follow as a MBC student. No matter how tired you are, do NOT sleep in class! Even if they don't say anything about it, professors really don't like for you to wear your pajamas to class. You shouldn't use your cell phone in class or talk to other students during lecture, it's very rude. Have Squirrel Pride & respect school property! All staff members' jobs are designed to benefit you in some form or other, so please be respectful, & polite. Observe residence hall regulations & quiet hours—no one wants to be the Party Police, but many students really do study. And remember: professors do leave the classrooms, so behave appropriately!

The recycling of one ton of paper saves 17 trees and 7000 gallons of water (EPA).

<http://www.earth911.org>

Wellness Tip # 12: Water Conservation

Water is the most valuable resource on Earth. Without it, we can't survive & disease will spread quickly, so it's vital for everyone to conserve water whenever possible. Here are a few tips to help you save water in everyday college life.

- Wash fruits & veggies in a pan, not under running tap water.
- Cook food in correct size pan & use as little water as possible.
- When washing your hands, don't run the water while you lather.
- Try keeping showers under 5 minutes long.
- Turn the water off while you shampoo & condition your hair.
- Turn off the water while brushing your teeth.
- Only wash full loads of laundry.
- When washing dishes, fill one sink with wash water & use the other to rinse instead of running water the entire time.

Compiled by MBC Health Center Nurse: Holly Karicofe, RN, BSN