

**Creighton
University**

Hello Neighbor

Volume 3, Issue 2

October 2010

Be Cool about Fire Safety

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The Facts

Cooking is the leading cause of fire injuries on college campuses, closely followed by careless smoking.

In more than 50% of adult fire fatalities, victims were under the influence of alcohol at the time of the fire.

(US Fire Administration)

What You Can Do

1. Don't overload electrical outlets.
2. Make sure extension cords are used properly.
3. Learn to properly use cooking appliances.
4. Dispose of all candles.
5. Uphold Creighton's no smoking policy
6. And Remember, only you can prevent apartment fires.

Safety Checks

The Department of Residence Life will be conducting safety checks October 11 through 15.

We will walk through each room to make sure it is following fire code. Please go through your apartment beforehand to make sure everything is up to Creighton's safety standards.

**OCTOBER IS...
FIRE SAFETY MONTH
AND NATIONAL
DOMESTIC
AWARENESS MONTH!!**



Upper Classmen Checklist

Whoa baby!! I can't believe it's already October. The year is flying by, so as upper classmen you should start working on this checklist to get you ready for your future.

Academics

- Run a degree evaluation through NEST. Select the detail evaluation to provide the best feedback on your academic progress.
- Review your course plan with your academic advisor to confirm you are on the right track.

Career Development

- Prepare your Resume for internship, professional programs and job opportunities.
- Use the Creighton Career Center to research careers, employers, and industries of interest to you.
- Career and Post-Graduate Volunteer Fair in the Skutts Student Center Tuesday, October 5, 2010 from noon to 4PM

Independent Living

- Practice culinary skills

***Checkout more of our fabulous checkpoints and Apartment Living Information online!**
<http://www.creighton.edu/student-services/department-of-residence-life/apartment-living-resources/index.php>

Domestic Violence Awareness

Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. Emotional abuse is often minimized, yet it can leave deep and lasting scars.

Noticing and acknowledging the warning signs and symptoms of domestic violence and abuse is the first step to ending it. No one should live in fear of the person they love.

If you can relate to the following, please seek help at the Center for Health and Counseling located on the first floor of the Harper Center.

Recognizing Abuse is the First Step to Getting Help!

SIGNS THAT YOU'RE IN AN ABUSIVE RELATIONSHIP

Your Inner Thoughts and Feelings

Do you:

- feel afraid of your partner much of the time?
- avoid certain topics out of fear of angering your partner?
- feel that you can't do anything right for your partner?
- believe that you deserve to be hurt or mistreated?
- wonder if you're the one who is crazy?
- feel emotionally numb or helpless?

Your Partner's Violent Behavior or Threats

Does your partner:

- have a bad and unpredictable temper?
- hurt you, or threaten to hurt or kill you?
- threaten to commit suicide if you leave?
- force you to have sex?
- destroy your belongings?

Your Partner's Belittling Behavior

Does your partner:

- humiliate or yell at you?
- criticize you and put you down?
- treat you so badly that you're embarrassed for your friends or family to see?
- ignore or put down your opinions or accomplishments?
- blame you for their own abusive behavior?
- see you as property or a sex object, rather than as a person?

Your Partner's Controlling Behavior

Does your partner:

- act excessively jealous and possessive?
- control where you go or what you do?
- keep you from seeing your friends or family?
- limit your access to money, the phone, or the car?
- constantly check up on you?

Healthy Relationships- They do exist!

In order to have healthy intimate relationships (be it friendship, a close family member, or a romantic relationship), the BACCHUS & GAMMA Peer Education Network has come up with four building blocks! Check it out and see how these building blocks can relate to your current or future relationships!

Respect– When two people are in a relationship, there is mutual respect between the two of them when they come together. A healthy partnership means learning about the other person and valuing what is important to them. A person who respects a partner listens to what they have to say, and they try to understand the other's point of view.

Honesty– Most people believe that honesty is crucial. True honesty about our thoughts, our feelings, about what we want to happen in the relationship is a challenge to accomplish. However,

sometimes we're afraid that the "real me" isn't likable, but in a healthy relationship the "real me" is who our partner wants to get to know.

Trust– One of the greatest things two people can say to each other is "I trust you." It means that they count on each other to "be there" for them. Trust doesn't come easy, and for most people, needs to be earned over time in numerous experiences. Once trust is broken, many people have trouble "believing" again.

Communication– Communication is critical to the other three ingredients mentioned. It is how we show our honesty, our respect, and our trust. Listening to others and really "hearing them," so we respond and follow through on what they are requesting is a sign of a strong relationship. Communication is not just listening. It requires each person

to take the responsibility to communicate their own thoughts, wishes, requests and needs.

Three Points About Healthy Relationships

1. Healthy relationships are no accident. You have to actively work at these building blocks.
2. Healthy relationships are worth achieving, even if it means taking time and effort on your part.
3. You are worth all the ingredients that make up a healthy relationship. You don't have to "settle" for a relationship that does not have these building blocks.



See the Blue in You! Homecoming Week 2010



Monday, Oct 4: Mr & Mrs Bluejay Pageant (Emceed by Eric Immel), SSC Ballroom at 7:00 PM

Tuesday, Oct 5: Patio Decorating Contest, BA Building Patio from 10:00 AM-3:00 PM; Make-Your-Own T-shirt, KFC patio, 10 AM-4PM; Lobby Decorating Contest Judging, beginning at 4 PM

Wednesday, Oct 6: Hypnotist Jim Wand, SSC Ballroom at 7:00 PM

Thursday, Oct 7: Golf Cart Decorating, KFC from 12 PM-10 PM; Henna Tattoos, KFC from 5 PM-9 PM

Friday, Oct 8: Golf Cart Parade, Skinner Mall, 3:30 PM; Semi-Formal Dance, SSC Ballroom 8 PM-11 PM

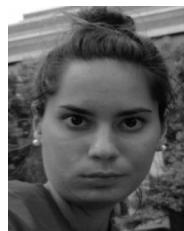
Saturday, Oct 9: IRHG Getting Blue BBQ, Morrison Stadium starting at 4:30 PM; Men's Soccer Game, Morrison Stadium starting at 6 PM



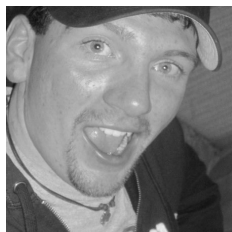
Who's representing you in IRHG??



Hi, my name is Michael LaGarde, and I am the President of Opus this year. I grew up in Tulsa, OK. I am currently studying Philosophy and Classical Civilizations



Hi, my name is Stephanie O'Meara and I am your Vice President of Opus this year. I am a junior from Poughkeepsie, New York (yes that is the hometown of Snooki for all you Jersey Shore fans) majoring in Biology and minoring in Medical Anthropology.



Hi my name is Dalton Powers; I am the new Opus Service, Faith and Justice Ambassador. I am from Casper, Wyoming and I am a junior majoring in exercise science here at Creighton.



Hi my name is Douglas Deever. I am a Field Training Preparation Commander and one of the new senators for Opus this year.



Hi, my name is Lauren Calderon. I'm a junior Psychology major from Chicago, Illinois. I'm looking forward to being your senator for this year!

Notes and Upcoming Events from our Apartment Council

Apartment Council Events....

- Getting Blue BBQ– Oct. 9 (IRHG sponsored)
- Hocus Opus Movie night! More details will be announced.

Need some pizzazz and sparkle on your resume?! Wanna plan some cool programs in Opus?! Join the Apartment Council...We meet on Mondays at 10:00 PM in the Opus Community Room

Want an awesome Opus Hall t-shirt? You know you totally do! But we need your help. In order to make the greatest tee- shirt ever we need design submissions from you. If you have a design for the tee- shirt email Stephanie O'Meara at smo67915@creighton.edu. Designs are due Friday, October 15th.

Hello Neighbor!

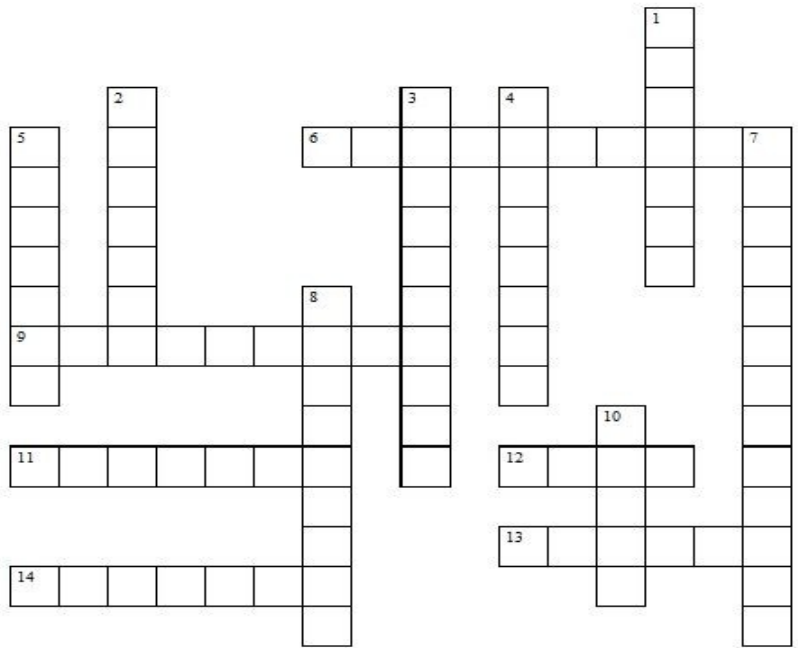
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CREIGHTON UNIVERSITY

**Apartment Living
2010-2011**

It's getting hot in here...



ACROSS

- 6. Fire extinguishers are located here
- 9. Do not use these during a fire evacuation
- 11. Fire safety is during this month
- 12. ____, Drop, and Roll if you are on fire
- 13. Electrical cords should never be laid under this
- 14. Electrical fires frequently start by overusing these

DOWN

- 1. Smoke gathers towards this part of your room

- 2. This is where you can smoke in the building
- 3. Use this instead of water for stovetop fires
- 4. Use this method of getting out of a room full of smoke
- 5. This fire hazard is not allowed in your room (unless you prove it cannot be lit)
- 7. Never tamper with this object in your room
- 8. This is a common source of trashcan fires
- 10. Close all of these before evacuating your room

What's Cookin' Good Lookin'?

Yay! It's finally Fall. The leaves are changing colors, Starbucks has their famous Pumpkin Spice Lattes...these are the things that we live for! How about some fun foods to celebrate the season change with your apartment mates? We got'em right here:

On The Trail Caramel Apples

Ingredients

- 6 Granny Smith apples
- 6 wooden sticks
- 1 14-oz. pkg. individually wrapped caramels, unwrapped
- 2 Tbs. water
- 1/2 tsp. vanilla extract
- 3 C. trail mix
- 1 C. semisweet chocolate chips

Directions

Insert wooden sticks 3/4 of the way into the stem end of each apple. Place apples on a



cookie sheet covered with lightly greased aluminum foil. Combine caramels and water in a saucepan over low heat. Cook, stirring often, until caramel melts and is smooth. Stir in the vanilla. Dip each apple into the caramel and gently run apples around insides of saucepan to scrape off some of the caramel. Scrape excess caramel from the apple bottoms using the side of the saucepan. Spread the trail mix out on a dinner plate. Roll the apples in the mixture to coat. Place on the aluminum foil and chill. Put the chocolate chips in a microwave-safe bowl. Cook in the microwave for 30 second intervals, stirring between each,

until melted and smooth. Drizzle over the apples and return them to the refrigerator until ready to serve.

* Get creative and use any toppings you want! You don't have to stick with chocolate, try almonds, or peanuts for extra deliciousness!

Don't forget: Be cool about fire safety!

- When frying foods, use your exhaust fan located above your stove to provide ventilation.
- Never leave cooking food unattended.
- Keep your stove clear of cloth and plastic.
- Avoid putting metal in the microwave.
- If you burn something, open your windows. Do NOT open the hallway door and risk setting off more detectors.

**Check out
chewonthatblog.com for
more Autumn meals!**