HELLO NEIGHBOR!!

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Fire Safety Month

October is... Fire Safety Month

Fall Break Info

Oct. 16th at 12:00 PM - Oct. 24th at 8:00 AM

You are only permitted to stay if...

- You have a 12-month lease
- You have a legitimate need to stay on campus
  - You must apply to stay on campus
  - Approval is not guaranteed!

**Applications available with Katie**
**Due October 11**

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. Cooking appliances properly.
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.

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.

Fire Safety Checks

Thursday October 14th (PM)
Saturday October 16th (AM)

Reminder: No smoking in the rooms or on the balcony!
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.

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

1. **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.
2. **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. However, in a healthy relationship, the "real me" is who your partner wants to get to know.
3. **Trust** - One of the greatest things two people can say to each other is "I trust you." It means that they can count on each other to "be there," trust doesn't come easy, and for most people, it needs to be earned over time. Once trust is broken, many people have trouble "believing" again.
4. **Communication** - Communication is critical to the other three components mentioned. It is how we show our honesty, our respect, and our trust. Listening to others and really "hearing them" so that we can respond and follow through on what they are requesting. This is a sign of a strong relationship. However, 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 want these building blocks.
2. Healthy relationships are worth achieving, even if it means taking time and putting forth 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.

**Recognizing Abuse is The First Step to Getting Help!**

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?

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 his own abusive behavior?
- See you as property or a sex object, rather than as a person?

**Healthy Relationships **

**They Do Exist**

**Your Inner Thoughts and Feelings**

**Your Partner's Belittling Behavior**

**Your Partner's Violent Behavior or Threats**

**Your Partner's Controlling Behavior**
Unless we think of others and do something for them, we miss one of the greatest sources of happiness.—Ray Lyman Wilbur

**OCTOBER PROGRAMS**

**HOMECOMING**
- MONDAY OCT. 4TH:
  - MR & MRS BLUEJAY PAGEANT
- TUESDAY OCT. 5TH:
  - PATIO DECORATING CONTEST
  - MAKE-YOUR-OWN TSHIRT
  - LOBBY DECORATING CONTEST
- WEDNESDAY OCT. 6TH:
  - HYPNOTIST JIM WAND
- THURSDAY OCT. 7TH:
  - GOLF CART DECORATING
  - HENNA TATTOOS
- FRIDAY OCT. 8TH:
  - GOLF CART PARADE
  - SEMI-FORMAL DANCE
- SATURDAY OCT. 9TH:
  - IRHG GETTING BLUE BBQ
  - MEN’S SOCCER GAME

**RA PROGRAMS**
- STRENGTHS QUEST?
  - OCTOBER 21ST @ 7PM
- BARBIE WORKOUT KICKOFF
  - MONDAY OCTOBER 1ST
- SALSA LESSONS
  - OCTOBER 14TH @ 7PM
- NIGHTHAWKS UFL GAME
  - OCTOBER 28TH @ 6PM

**TOP CHEF CHALLENGE**
- OCTOBER 30TH
  - ☆ INGREDIENT ANNOUNCED @ 4PM
  - JUDGING STARTS @ 6PM

**HEY BABY... I'M A ROCKSTAR!!**
- MARY-KATE GLIEDT
  - OCTOBER 10TH @ 2PM

**COMMUNITY PARTNER**
- FASHION SHOW
  - OCTOBER 3RD @ 4PM
- HALLOWEEN EVENT
  - LATE OCTOBER
Hello Neighbor!

Creighton University

Apartment Living 2010-2011

Check out chewonthatblog.com for more Autumn meals!

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

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 apples 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 and microwave for 30 second intervals, stirring between each, until melted and smooth.
* Drizzle over the apples.
* Return them to the refrigerator until ready to serve.

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.

What's cookin' good lookin'?