

DECEMBER EVENTS

HOLIDAY DINNER
DECEMBER 2ND
4PM-6PM

BREAKFAST ON THE GO
DECEMBER 5TH
9AM - UNTIL

NATIONAL BROWNIE DAY
DECEMBER 7TH
12PM-1PM

VISION BOARD PARTY
DECEMBER 15TH
3PM-5PM

CEREAL BAR
DECEMBER 19TH
9AM-11AM

HOT COCOA BAR
DECEMBER 27TH
12PM-2PM

OFFICE CLOSURES

DECEMBER 24
DECEMBER 25
**DECEMBER 31
CLOSES AT 2PM**



ROOMMATE TIPS FOR THE NEW YEAR

You may have grown up living with lots of siblings, or this may be your first time sharing your living space with someone else. While having a roommate inevitably has its challenges, it can also be a great part of your college experience. Follow these ten tips to make sure you and your roommate keep things pleasant and supportive throughout the year (or even years!).

1. Be clear from the beginning. Do you know in advance that you hate it when someone hits the snooze button fifteen times every morning? That you're a neat freak? That you need ten minutes to yourself before talking to anyone after you wake up? Let your roommate know as soon as you can about your little quirks and preferences. It's not fair to expect him or her to pick up on them right away, and communicating what you need is one of the best ways to eliminate problems *before* they become problems.

2. Address things when they're little. Is your roommate always forgetting her stuff for the shower, and taking yours?

Are your clothes being borrowed faster than you can wash them? Addressing things that bug you while they're still little can help your roommate be aware of something she may not otherwise know. And addressing little things is much easier than addressing them after they've become big.

3. Respect your roommate's stuff. This may seem simple, but it's probably one of the biggest reasons why roommates experience conflict. Don't think he'll mind if you borrow his cleats for a quick soccer game? For all you know, you just stepped over an un-crossable line. Don't borrow, use, or take anything without getting permission first.

4. Be careful of who you bring into your room -- and how often. You may love having your study group into your room. But your roommate may not. Be mindful of how often you bring people over. If your roommate studies best in the quiet and you study best in a group, can you alternate who hits the library

and who gets the room?

5. Lock the door and windows. This may seem like it has nothing to do with roommate relationships, but how would you feel if your roommate's laptop got stolen during the ten seconds it took you to run down the hall? Or vice versa? Locking your door and windows is a critical part of keeping safe on campus.

6. Be friendly, without expecting to be best friends. Don't go into your roommate relationship thinking that you are going to be best friends for the time you're at school. It may happen, but expecting it sets both of you up for trouble. You should be friendly with your roommate but also make sure you have your own social circles.

7. Be open to new things. Your roommate may be from someplace you've never heard of. They may have a religion or lifestyle that is completely different from your own. Be open to new ideas and experiences, especially as it relates to what your roommate brings into your life. That's why you went to college in the first place, right?!

8. Be open to change. You should expect to learn and grow and change during your time at school. And the same should happen to your roommate, if all goes well. As the semester progresses, realize things will change for both of you. Be comfortable addressing things that unexpectedly come up, setting new rules, and being flexible to your changing environment.

9. Address things when they're big. You may not have been totally honest with tip #2. Or you may suddenly find yourself with a roommate who goes wild after being shy and quiet the first two months. Either way, if something gets to be a big problem quickly, deal with it as soon as you can.

10. If nothing else, follow the Golden Rule. Treat your roommate like you'd like to be treated. No matter what your relationship is at the end of the year, you can take comfort knowing you acted like an adult and treated your roommate with respect.

Cornbread & Oyster Dressing

Ingredients:

6 cups prepared cornbread, cut into 1-inch cubes
 1 3/4 cups Oyster Mushrooms or Hen of the Woods
 3 tablespoons vegan butter
 2 tablespoons olive oil
 1/2 cup thinly sliced scallions
 1 1/2 cups celery ribs, small diced
 1 1/2 cups yellow onion, small diced
 1/4 cup fresh parsley, chopped
 2 teaspoons fresh sage, chopped
 1 1/2 cups vegetable (for Vegan) broth
 1/2 cup soya cream
 1/2 Tbsp flax seed meal + 1 1/2 Tbsp water (Egg Substitute)
 1 teaspoon salt
 1 teaspoon freshly cracked black pepper

Directions:

Preheat oven to 350 degrees F. Place cubes of cornbread in a large mixing bowl. Roughly chop the oyster mushrooms and set them aside.

Heat a large sauté pan to medium low heat. Add the butter and olive oil to the pan, and then toss in the onions, scallions, and celery. Season with salt and pepper. Sauté until soft, about 5 minutes. Add in the oyster mushrooms, sage and parsley. Stir to combine. Add this mixture

to the cornbread.

In a medium size bowl combine the vegetable stock, reserved oyster liquid, soya cream, flax egg substitute and seasonings. Pour into bowl with cornbread. Stir to thoroughly combine. Taste and adjust salt and pepper, if necessary.

Butter a 9×9" casserole and transfer cornbread mixture. Bake uncovered for 45 minutes or until cooked through and golden brown.

Serves 8

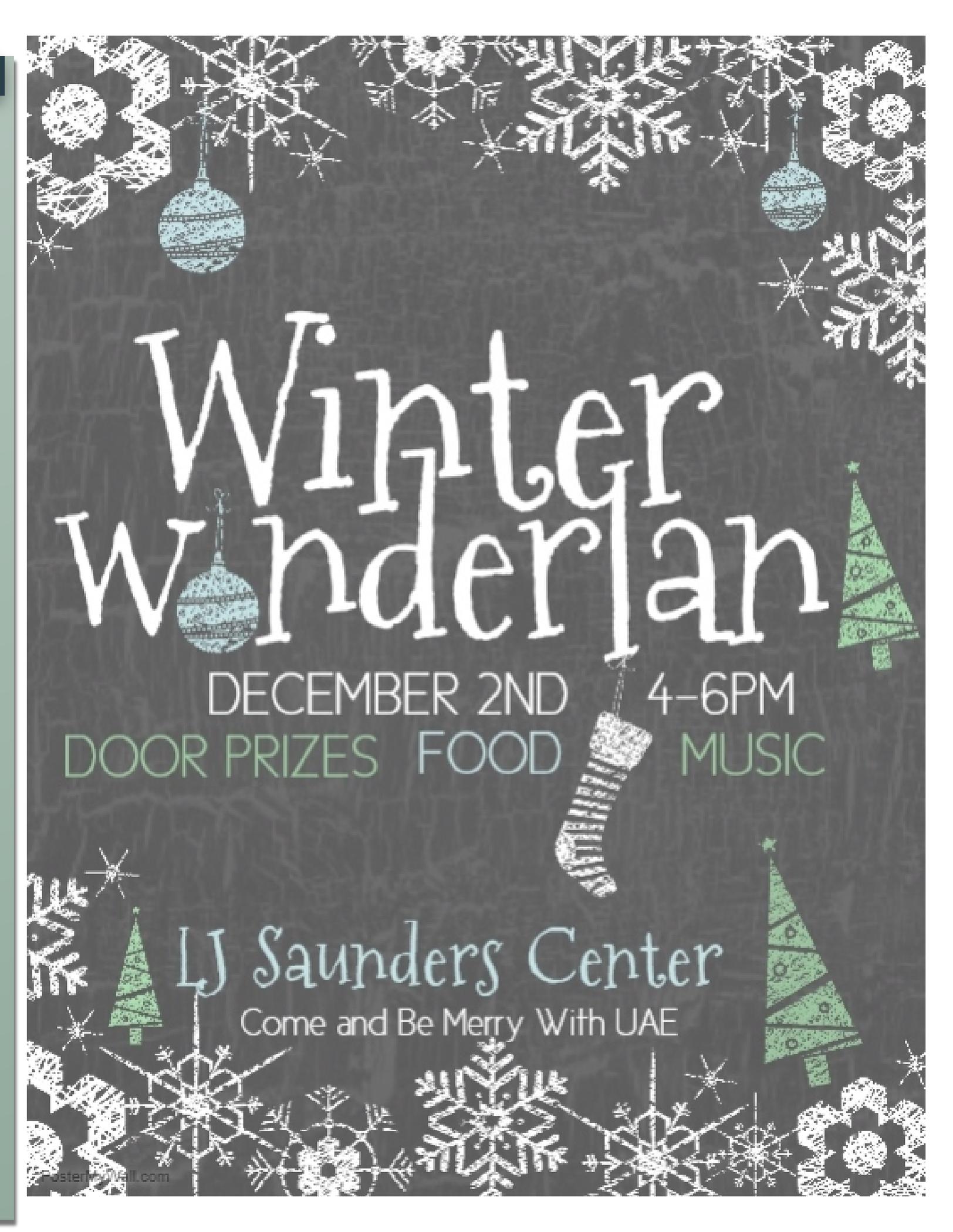
Recipe courtesy of Carla Hall.
 Ingredients available at ALDI.



Keep the festive season safe and sparkling

- 1.) Inspect holiday light strings each year and discard any with frayed cords, cracked lamp holders or loose connections.
- 2.) Never tack or staple lighting strings or extension cords to any surface.
- 3.) Use insulated fasteners such as tape or plastic clips rather than nails or tacks to hold lights in place.
- 4.) Never run electrical cords through doorways or under carpets and rugs.
- 5.) Always turn off holiday lights when you leave the home or office unattended, or when going to bed.
- 6.) Do not use open flames or candles near flammable materials such as wreaths, trees or paper decorations.
- 7.) Avoid hanging decorations near fire sprinklers, fire extinguishers, exit corridors or exit signs which can hinder their visibility.
- 8.) Before working with outdoor wiring, turn off the electricity to the supply outlet and unplug the connection.
- 9.) Ensure that light strings, cords, spotlights and floodlights are certified and marked for outdoor use. When hanging lights outdoors, keep electrical connectors above ground, out of puddles or snow, and away from metal gutters.
- 10.) Remove lights promptly after the holidays to avoid damage caused by extended exposure to harsh weather conditions. Use a certified timer to switch lights on and off.





Winter Wonderlan

DECEMBER 2ND

4-6PM

DOOR PRIZES FOOD

MUSIC

LJ Saunders Center

Come and Be Merry With UAE