



November 2006

Quote of the Month

“The power of imagination makes us infinite.”

John Muir

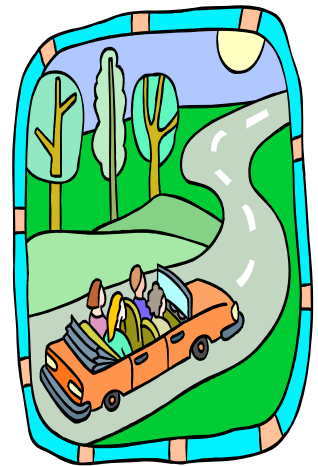
Inside this issue:

Holiday Travel	1
Word In The Halls	1
In The Know	2
Who's That?	2
Room Transfer Request	2
There's No Place Like..	3
Holiday Parade	3
Quick Chef	3
Important Dates	4

Cougar Chronicles

Holiday Travel Tips

- ✦ Give a friend, neighbor or relative your travel route, itinerary and cellular phone number before you leave. Keep in contact with family and friends while on the road.
- ✦ Make sure your cellular phone is in working order in case of an emergency.
- ✦ Be sure your vehicle is in good running order. Inspect, or have your car inspected. Check brakes, tires, antifreeze, wiper fluid, gasoline, lights, battery and wipers.
- ✦ Pack several warm blankets, ample drinking water, flares, first aid kit, fire extinguisher and two flashlights with fresh batteries.
- ✦ Get plenty of rest before your leave.
- ✦ Leave early and give yourself plenty of time to make the drive. Don't speed!
- ✦ Make sure everyone wears a seatbelt. Children should ride in the back seat. Avoid taking medications that could make you drowsy while driving.
- ✦ Never drink and drive!



Word In The Halls

Need a place to stay when the residence halls close November 22nd through November 25th? Break housing will be provided in Cougar Place for Moody Towers and Quadrangle residents. Priority will be given to residents who have been approved to transfer to Cougar Place for the spring semester. The break period will cover December 15, 2006 through January 16, 2007. The cost will be a fixed rate of \$410.00 and will be charged to your student fee bill. Sign up in the Housing Office, Oberholtzer 108. For more information contact the Housing Office at (713) 743-6000. Have a safe and wonderful holiday!



In The Know...

We can't live without water, and neither can our social lives. If you doubt me, try going a week without bathing. Your friends would probably start emailing you instead of dropping by your room. Questions?

Water works its magic beneath your skin as well. Together, water and fiber carry toxins out of your body. When toxins remain in your body, you are at higher risk for bladder infections. Your hair, skin, and nails may get dull and dry. You may break out in acne or dermatitis. Your face may become extraordinarily puffy, especially around your eyes, which in turn may be dried out and red. Who wants to have crusty-looking skin?! Generally speaking, if you are not in the habit of drinking enough water, you should start out by drinking an ounce of water for every pound of body weight you carry. A 150 pound woman needs 150 ounces or 15 ten ounce glasses of water a day. Sounds like a lot? The purpose is to rehydrate your body. After that has occurred, you can safely cut down to a half ounce of water per body weight. If you are very active or live in a hot climate, you should drink more. Just remember to not drink more than four glasses of water in any given hour.

Many people do not think they are dehydrated because they aren't thirsty. This is not true. If you consistently find yourself not thirsty, this generally means you have been dehydrated for so long that your body has simply turned off its thirst reflex. It is not normal to not crave liquid. When you start drinking water on a regular basis, you will find that you are more attuned to your body's needs.

Our bodies lose approximately 6 pints of water a day through the basic functions of perspiration and exhalation. If this water is lost and not replaced, the body begins a process of deterioration. Help to keep your body in tip-top shape by drinking the appropriate amounts of water for your weight, and watch to see how much better you feel when you stay in tune with your body's needs!



Whooo's That?

Name: Belkis Hidalgo

Position: Office Assistant

Hobbies: Loves to travel.

Favorite Colors: Black & White

Favorite Cuisine: Latin American



Belkis, we appreciate you. Look at that pretty smile!

Room Transfer Request

Residents may request a room transfer or a single room option in their Area Coordinator's Office by Friday, December 1st.

All moves must be approved and completed between December 8th and December 15th by 12 noon. Room transfers are contingent on space availability; all efforts will be made not to disturb residents during finals.

Approved room changes not completed by 12 noon on December 15th will be cancelled and residents will have another opportunity to request a room transfer after the first two weeks of classes during the Spring Semester. Notify your Area Coordinator if you are transferring to Cambridge Oaks, Cullen Oaks or Bayou Oaks.





There's No Place Like Home.

When you first go off to college, one of the major things you'll have to deal with is homesickness. For the first time, you're away from home for more than just a night or a week at a time. You really LIVE in another place.

But it isn't as bad as it seems. If you really want to be there, you will settle in. If you really DON'T want to be there – it might be time to start thinking of some alternatives. Most students do want to move away from home, though, and live on their own. And most students miss their homes and families once they've gone.

First, don't listen to traditional wisdom that says you shouldn't call or visit too often. If you try to cut yourself off from the people you love, you'll be much more upset. If you feel really connected to the people you love, you'll feel like you're not missing as much. Go ahead and call/email/IM everyday, if you want to. Visit every other weekend. Never try to force yourself NOT to call or visit if you really, really miss home. It will only make things worse. When you're ready to be in contact less often, you'll know, and you'll do it.

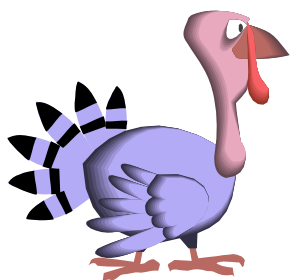
On campus, make some new friends. Talk to the people in your residence hall or in your classes; chances are, they're going through the same thing you are. Find people you can really talk to and share your experiences with. Let them talk to you. Have sleepovers with them and go to meals with them. Try to always surround yourself with people. It will keep your mind off missing your friends and family back home, and it will also help you make those new friends you need.

Get involved on campus. What's important to you? Find a student organization to join. Go to concerts or art shows. There are usually tons of things happening around campus. Many have karaoke nights or free movies. Head on out to these events. Get involved with the stuff that matters to you. Sitting in your room, bored, will make you more unhappy. Doing what you love will make you feel involved.

Keep your room the way you like it. Decorate it with familiar items. Put pictures of friends and family up. Keep cards and other mementos around. Use colors you like. Bring special blankets with you. If you like a little clutter, keep a little clutter around (but don't invade your roommate's space!). If you make your space familiar, then you'll be happier to live in it.

Enjoy the "cool stuff" that only happens in college. You have a lot of free time during the day now, to study on your own, run errands, or do whatever you want. You have to manage your time on your own, so enjoy it! No one's telling you that you have to be in one place for seven hours a day anymore. Enjoy your new-found freedom and do some things you've always wanted to do, but have never been able to.

If you do all of these things, you will find yourself really getting involved with your new life, and happy about it! You will always miss your friends and family, but you won't feel so separated from them anymore. Always enjoy your visits with them, but don't be afraid to keep pursuing your own, awesome life.



H-E-B
Holiday Parade

**57th Annual H-E-B Holiday Parade
Downtown Houston, Texas**

**Thanksgiving Day
Thursday, November 23, 2006
9:00am**

Quick Chef

You might know country fried steak as chicken fried steak, depending on where you live. We call for cubed steak, but you can buy regular sirloin steak and pound it with a rolling pin. For the mashed potatoes, you can't beat the frozen variety for speed.

3 tablespoons fat-free milk
 2 large egg whites
 1/3 cup all-purpose flour
 1/2 teaspoon onion powder
 1/2 teaspoon salt
 1/4 teaspoon garlic powder
 1/4 teaspoon black pepper
 4 (4-ounce) sirloin cubed steaks
 2 teaspoons vegetable oil
 2 2/3 cups frozen mashed potatoes (such as Ore Ida)
 1 1/3 cups fat-free milk
 2 cups mushrooms, quartered
 2 1/2 tablespoons all-purpose flour
 1/4 teaspoon salt
 1 (14-ounce) can fat-free, low-salt beef broth

Combine 3 tablespoons milk and egg whites in a shallow dish, stirring with a whisk. Combine 1/3 cup flour and next 4 ingredients (1/3 cup flour through pepper) in a shallow dish. Working with 1 steak at a time, dip in egg mixture; dredge in flour mixture. Repeat procedure with remaining steaks, egg mixture, and flour mixture.

Heat oil in a large nonstick skillet over medium-high heat. Add steaks; cook 3 minutes on each side or until browned. Remove steaks from pan; keep warm.

While steaks cook, prepare mashed potatoes according to package directions, using 1 1/3 cups milk. Keep warm.

Add mushrooms to pan; sauté 3 minutes. Combine 2 1/2 tablespoons flour, 1/4 teaspoon salt, and broth, stirring with a whisk. Add broth mixture to pan. Bring to a boil; cook 1 minute, stirring constantly. Spoon over steaks. Serve with mashed potatoes.

Yield: 4 servings (serving size: 1 steak, about 1/3 cup gravy, and about 1 cup mashed potatoes)

NUTRITION PER SERVING

CALORIES 436(30% from fat); FAT 14.7g (sat 5.1g,mono 4.8g,poly 2.2g); PROTEIN 38.2g; CHOLESTEROL 189mg; CALCIUM 147mg; SODIUM 759mg; FIBER 1.9g; IRON 4.6mg; CARBOHYDRATE 34.7g

Important Dates

- Housing Cancellation deadline is December 1st at 5 pm.
- Last Day of Classes, December 2nd.
- Finals Week, December 6th—14th. 24 HOUR QUIET HOURS in effect.
- Residence Halls **close** December 15th at 12 noon.
- Residence Halls **open** January 14th at 10 am.



There's nothing like
 momma's home cooking!

