

Ten Tips For New Year's Resolutions

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On-Time Payer December 2008

\$60 Rent Deduction

Jerrick Robker
1200 Court

\$50 Rent Deduction

Cory Martin
500 Court

\$40 Rent Deduction

Edem Amevor
100 Court

\$30 Rent Deduction

Jon Reed
700 Court

\$20 Rent Deduction

Carson Holt
1100 Court

The New Year is here, and it is time to make your New Year's resolutions. Here are some helpful hints that will allow you to accomplish your resolutions this year.

Be realistic: The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to never eat your favorite desserts again could be a bad choice. Strive for a goal that is attainable.

Plan ahead: Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead it should be well planned before December 31 arrives.

Outline your plan: Decide how you will deal with the temptation to skip the exercise class, or just have one more cigarette.

Make a "pro" and "con" list: It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

Talk about it: Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better. The best case scenario is to find yourself a buddy who shares your New Year's resolution and motivate each other.



Reward Yourself: This doesn't mean that if your resolution is to diet you can eat an entire box of chocolates. Instead, celebrate your success by treating yourself to something that you enjoy.

Track your progress: Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated.

Don't Beat Yourself Up: Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take them one at a time.

Stick to it: Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality.

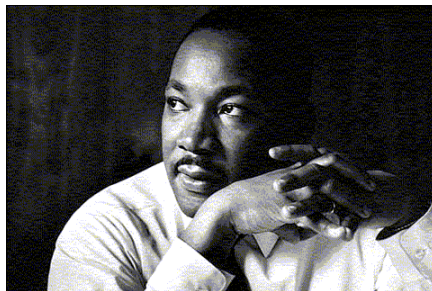
Keep trying: If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's Resolution" any time of year.

IMPORTANT INFORMATION FROM THE MAIN

Eligibility

For eligibility purposes, Student Apartments will consider only the first person listed on the rental application as the eligible student and the only one verified as fulfilling eligibility requirements. If your situation changes and your spouse is the eligible student, you need to come into the Main Office and fill out the proper form at the front desk before the semester begins. If you have any questions please contact Karen at kclark@usa.utah.edu.

The Main Office and Maintenance will be closed



Monday, January 19th for Martin Luther King Jr. Day

Police Beat

November

Security Check	269
Suspicious Persons	6
Traffic Stop	5
Lockout	38
Burglary	0
Disturbances	0

USA Preschool Co-Op

Looking for a great learning environment for your 3-4 year old? Find out about USA's new parent co-op preschool at the East Community Center.

Call Tracey 581-8058

www.apartments.utah.edu



Now Hiring

University Student Apartments Main Office has an Office Assistant position open. We are looking for someone to greet customers, answer phones, distribute mail, file, computer data entry, schedule community centers, and other general office duties as needed. Excellent communication skills and experience with Word and Excel are needed. This is a part time non-benefited position with flexible hours, 5 days a week, 3-4 hour block. The pay is \$8.00 an hour.

www.apartments.utah.edu



Raptor Rapture

Visit the Utah Museum of Natural History to see a live demonstration of raptors, Monday, January 5th at 3:00 PM. The demonstration will include Red-tailed Hawks, Swainson's Hawks, and American Kestrels.



www.umnh.utah.edu

OTHER INFORMATION

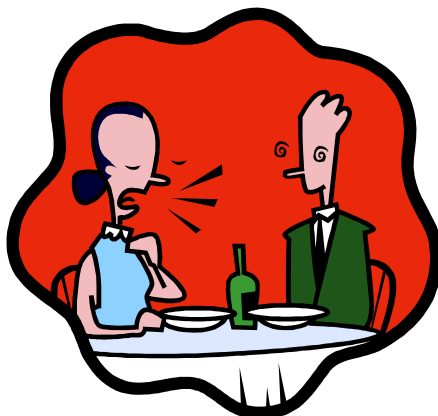
Parent Night Out, sponsored by ASUU, will be held at the East Village Community Center from 6:30-10:00pm on the following dates during the Spring Semester:

January 24th

March 28th

February 21st

April 25th



Your children, ages 2 – 5 will be cared for by the Early Childhood Education Center staff, and will enjoy a variety of fun activities, a movie and light snack. The program is **FREE** to students.

To register, call the Child Care Coordinating Office at 587-7730 or 585-5897.

ASK ANNIE

Dear Annie,

It's that time of the year again! Time to stop eating and start getting back in to shape. My husband is a student, so he can use the work out facilities on campus. Are there any opportunities for spouses to exercise on campus?

**Resolved-to-work-out
700 Court**

Dear Resolved-to-Work-Out,

Happy New Year! There is lots of great news about exercise opportunities to start 2009! Campus Recreation offers a "Significant Other" pass for partners and dependents of

students and staff. For only \$32.04 per semester, spouses can use the Field House and HPER facilities and become eligible to participate in Fitness Program classes held in those facilities. For facility hours, program offerings, and children's policies, please visit www.utah.edu/campusrec. Significant Other passes can be purchased at HPER E-214 office, Mon. - Fri., 8 am - 5 pm, or at the Field House during any of their open hours.

Campus Recreation is also offering early morning and late evening classes for Student Apartments residents at the community centers in the village. In the West Community Center (WCC), you can enjoy Total Body Fitness on Mondays from 6:30-7:20 a.m. and Zumba on Wednesdays from 8-8:50p.m. In the East Community

Center (ECC), you can Turbo Kick on Thursdays from 6:30-7:20a.m. and enjoy Yopalates on Tuesdays from 8-8:50p.m. Students and spouse can sign up for these classes; spouses do not need to get a "Significant Other" pass first. You can register online at www.utah.edu/campusrec, stop by the Field House

All Campus Recreation Fitness classes start with a FREE week on January 20, so you can check out the classes to decide which ones best suit you before you sign up. Classes start at \$35 per semester, so you can't pass up this bargain right outside your front door!!

**Love,
Annie**

RESIDENT COUNCIL CORNER

Dear Residents~

We hope that your holidays were great. We are excited to invite all residents to January's free swimming activity at Fairmont Aquatic Center on January 16th from 7:15pm-9:15pm. Fairmont Aquatic Center is located at 1044 East Sugarhouse Drive (2225 South) in the heart of Sugarhouse. Here are a few of the pool's key features.

- Leisure Pool: containing a water slide, current channel, vortex, zero-depth entry and interactive play features.
- Lap Pool: Separated from the leisure pool is a state-of-the-art eight-lane twenty-five yard swimming pool.

- Family Change Rooms: Change rooms are in addition to the regular men's and women's locker room.

We are also very excited to announce that we have received funding from ASUU to start placing permanent BBQ's in the courts. We are allowed to apply for up to \$5,000 a year from ASUU for special projects. We will try to install BBQ's in as many courts as possible this year and then apply again for funds next year. USA purchased and installed a BBQ in the 900 Court and the residents there have put it to good use. USA Maintenance will assist with this project by installing the BBQ's when the ground thaws in the spring. These barbecue are commercial grade and with residents

help will last for many years. Please help us in this effort by cleaning the BBQ's after you use them and by making sure that your children do not play with or around them. We are excited to do this for the residents and hope that they serve the community.

**Happy New Year!
Resident Council**



Main Office: 581-8667

Monday–Friday 8:00 a.m. to 4:30 p.m.

Except Wednesday, December 3rd, Closed 1:30-2:30 p.m.

Maintenance: 581-8668

Monday–Friday 8:00 a.m. to 4:30 p.m.

After Hours Emergency Maintenance: 339-0304

Please send any questions, comments, or ideas for the upcoming newsletters to:

Chris Keller

Newsletter Coordinator

1945 E. Sunnyside Ave

SLC, UT 84108

E-mail:

chris.keller@utah.edu

KID'S CORNER



Droogle has mixed up the laundry! Can you find and color all of the matching sock pairs?