

LOYOLA UNIVERSITY
CHICAGO

**PHONE
NUMBERS**

Residence Life:

773-508-3300

Wellness Center:

773-508-2350

Info Technology:

773-508-3000

Halas Center:

773-508-2602

Info Commons:

773-508-8000

Ministry:

773-508-2089

**TROUBLE
SHOOTING**

Campus Safety

773-508-6039

Internet Help:

773-508-7190

Or

4-4444

Cable Box Help:

CableTV@luc.edu

Rogers Park Fact:

Residents of the neighborhood speak more than 80 languages combined.

Chicago Fact:

Chicago got its nickname the "Windy City" from its reputation of politicians, not because of the weather.

Residence Life Herald

OPENING EDITION

2009

You're My Boy, BLUE!



A Successful Roommate Relationship!

Whether you are going in to your roommate situation blind, or if you know them from before, the following are tips to ensure you have a successful year with them.

1. **Appropriate Confrontation** is your ally, not something to be feared! If you approach your roommate in an appropriate, respectful manner (this does not include bottling everything up and spilling it in a fit of rage) chances are they will respect you *more* for

it! Try it and see the results for yourself.

2. **Have a Plan in Writing** so that if any roommate strays from the plan you can refer back to it and have an *appropriate* conversation with each other. The RA staff will be coming around with roommate agreements at the beginning of the semester to help facilitate this.
3. **Talk about Issues** such as guest rules, music volume, lights out time(s), what study time means to

you, etc... If you notice trends throughout the semester have an *appropriate* conversation with each other to discuss it.

The hall staff is always available to help facilitate discussions, however there are not many options across campus to move in to so it would benefit you to go in to your roommate arrangement with an open mind and positive attitude.

Rogers Park: Explore the Differences

Rogers Park is one of the most culturally and economically diverse neighborhoods in Chicago, and the nation. Located in the far northeast corner of the city, more than 80 languages are spoken among the community's 63,000 residents. In Rogers Park, people celebrate diversity and value harmonious living. Residents of differing incomes and ages live side-by-side and work together to build a community where

everyone, can live, work and succeed. It has also been named 4th lowest crime neighborhood in Chicago. "In a city made famous for an accepted and often enforced cultural and socio-economic homogeneity within neighborhoods," says the Chicago Tribune, "Rogers Park stands almost alone as an exception."

www.rogerspark.com

Maintenance Issues

Leaky faucet? Electrical problems? Broken doors? There are all issues that can be addressed by our facilities specialists. To submit a work order please visit...

<http://www.luc.edu/webtma>

Furniture Issues

If you have broken or missing chairs, dressers, tables, or beds please contact your RA or come down to the main hall office to report the problem. We will get a replacement as soon as possible.

Upcoming Dates

Aug. 26-Org. Fair

Aug. 27-Jesuit Fest

Aug. 29-Block Party

Sept. 2-WTC Block Party

Sept. 6-Last day to Withdrawal for 100%

Sept. 7-Labor Day

Sept. 12-Loyola AIDS Walk

Sept. 26-Family Weekend

Oct. 3-6-Fall Break

Oct. 16-Midnight Madness

Oct. 29-Annual Drag Show

Nov. 1-Daylight Savings Time

Nov. 25-29-Thanksgiving Break

Dec. 7-15-Finals

Dec. 16-Res Halls close at 12 noon

Jan. 19-Spring Semester Begins

Mike's Guide to College Success

I have been attending class or working in a college environment for over 10 years. I have seen many things change and evolve (believe it or not, I did not have a computer for my first two years of college, nor did I have a cell phone until grad school). However, I have found that some things withstand the test of time and stay true, no matter what generation you belong to. Below are my steps to a successful and purposeful college experience here at Loyola University Chicago.

GO TO CLASS: Even though it may not seem like it at the time, by simply attending your classes you will realize that you have a wealth of information over those who choose not to. Therefore, you will have much less stress and not have to study as long. Avoid the urge to just sleep in or watch TV, it will pay for you in the long run.

EXPERIENCE IT: College is not just about classes and homework, it is also about trying new things and being adventurous. Get involved with a group on campus, or some extra curricular activity. Going to class, then going straight to work, and not having any experiences is NOT college.

THINK INDEPENDENTLY: College is a time to grow and learn how to express yourself properly. It is a time to begin thinking and acting as adults, and that means making mistakes, but owning up to them as well. Never make the same mistake twice.

FRIENDS MATTER: This year you might meet some of your best friends for life. Avoid the petty drama that you may have encountered in high school, and begin to think long term about your friends and having a positive relationship with them.

PROFESSORS: Get to know your professors and administrators. Go to their office hours, email them, or participate in class. Professors are great resources in their professions, and they are a great way to network for internships and jobs in the future.

-Michael Lorenz, Resident Director

The Chicago Flag



White Stripes:

The three white stripes represent the three sides of the city: North, South, and West.

Blue Stripes:

The two blue stripes represent the North and South branches of the Chicago River.

First Star: This represents Fort Dearborn. Its six points symbolize transportation, labor, commerce, finance, populousness, and salubrity.

Second Star: This stands for the Great Chicago Fire of 1871. Its six points represent the virtues of religion, education, aesthetics, justice, beneficence, and civic pride.

Third Star: This symbolizes the World's Columbian Exposition of 1893. Its six points stand for political entities Chicago has belonged to and the flags that have flown over the area: France 1693, Great Britain 1763, Virginia 1778, the Northwest Territory 1798, Indiana Territory 1802, and Illinois 1818.

Fourth Star: This represents the Century of Progress Exposition (1933-1934). The points refer to bragging rights: the United States's Fourth Largest City, Chicago's Latin Motto (Urbs in horto - City in a garden), Chicago's "I Will" Motto, Great Central Marketplace, Wonder City, Convention City



What Happens When it is TOO MUCH?

Although only a small percentage of Loyola students consume alcohol on a regular basis, the stereotype in college is often that everybody must drink! And drink a lot! Here at Loyola University Chicago, while we've found that this isn't always the case, we realize the pressure to drink may still be a reality for you. We expect students to consider and follow applicable laws and university policies when making decisions about drinking alcohol. Whether you choose to drink or not, we encourage you to consider the following information to help keep you and your friends safe.

(Wellness Center Survey)

- ▶ 98% of Loyola students who party have a plan and guidelines in place with their friends
- ▶ 30% of Loyola students missed class due to drinking.
- ▶ 21% of Loyola students performed poorly on a test or important project due to drinking.

How did it get to that point? How can you avoid being that person who is known for drinking too hard every week-end? Here are some helpful tips:

- Don't be offended if your friends tell you you are getting out of control or that you should slow down.
- Pace yourself to one drink/hour (one shot or mixed drink or one 12 oz. beer)
- Eat before and after you choose to drink.
- Drink a glass of water in between alcoholic drinks.
- Do NOT drink if you are sick, on medication, or have some other physiological reason not to.

So let's just say that you ignore the above hints and you or your friend decides to keep drinking excessively. How do you know it is at a dangerous level? Here are some of the signs of alcohol poisoning:

- Shallow or Weak Breathing
- Vomiting
- Passed Out or Barely Conscious
- Pale or Bluish Skin



If you see your friend with any of these conditions it is best to call the Front Desk, Campus Safety, or your RA immediately to have them assessed. You should NEVER ignore the symptoms, NEVER let your friend just pass out if they are too drunk (they have a possibility of choking on their own vomit or having a complete bodily shut down), and NEVER be afraid to call someone. It is best to let the professionals make that judgment. You do not want to have the responsibility of putting your friend's life at risk. In the grand scheme of life it is simply not worth the potential consequences.

My challenge to you, should you choose to drink, is to be responsible. There is no joy in a hospital ride, or even a killer headache the morning after. Own up to the responsibilities of being an adult and know when to quit. It takes a real gut check to tell your friends that they've had too much, but you might save their life. It's scary, but I challenge you to do it. If nothing else you will save them money and embarrassment, and that's a pretty cool thing.

CAMPUS RESOURCES

Residence Hall Staff

Your RA, Graduate Assistant, or Resident Director are all available to sit down and talk with you or your friend if there is a problem.

Wellness Center (Counselor or Substance Abuse Consultation)

<http://www.luc.edu/ccf/>

University Ministry (Chaplain)

<http://www.luc.edu/ministry/>



