



# Edgewood Commons

October 2015

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## Resident Appreciation Week

by Rasheed Howard

What's gooooooood Edgewooooooood! It's that time again for what's been happening in Edgewood Commons. During October 12<sup>th</sup>-16<sup>th</sup>, Edgewood Commons had Resident Appreciation Week where the staff put on programs and showed their appreciation to you for living here.

The Edgewood Commons staff hopes you enjoyed the pancakes our professionals made on Wednesday and hope you loved it enough for use to do it with you again. Obviously, we can't forget about all the free stuff that was won at programs such as Family Feud, Trivia Night, and Scary Snacks hosted by the Resident Assistants.

The staff at Edgewood Commons enjoy providing you with a space that allows you to experience the comfort you would expect at home. We will continue to strive to achieve that goal. Next time you see a staff member in the building, ask them what is going on at Edgewood Commons and provide some feedback on what you would like to see in the future!

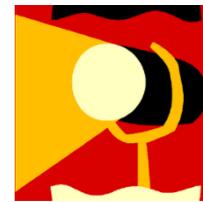
## Spotlight in Edgewood

by Latez Bradley

Meet your HR Selina Carroll. Selina has been working since she was 15 and has years of experience with customer service. Selina is a Business Administration major with a concentration in General Management with an Accounting minor. Upon graduation, she will be receiving her second degree; her first degree is an Associate's in Criminal Justice received from Prince Georges Community College. Selina came to Frostburg in the Spring of 2014. Since admission, she has overloaded (taken 18 or more credits) every semester. She became a RA in the following fall semester. This is her first semester as Head Resident of Edgewood. This is an impressive feat, to overload as well completing responsibilities as a RA/HR that could only be accomplished with a strong work ethic that Selina, no doubt, possesses. As HR, Selina wishes to continue developing the Edgewood community with the help of her staff. She also hopes to bridge the distance between Edgewood and on-campus peers and events. Selina will be graduating this Spring but will return in the fall to start her Master's program in applied Computer Science. Selina is always open to suggestions and says her door is always open to residents.

## Resident Appreciation Week

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## Upcoming Events

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## 5 Tips for Dealing with Stress in College

by CJ Barnett



1. Find suitable results: If you tend to be more direct in situations which raises stress, try anything from meditation to focusing on guided imagery.

2. Take at least 30 minutes a day: Having time to yourself is essential. In order to even everything out, take between 30-60 minutes a day to do something you enjoy. During this time, do not focus on what gives you stress, but simply enjoy the moment.

3. Hang with friends: The worst thing for someone is to isolate themselves while under stress. Don't be afraid to be social, and hang out with friends. Being in groups can make a lasting impact on your mood.

4. Meditation: Any sort of exercise that slows down the body is great for relieving stress. Focus on breathing, movements, and any object that brings happiness to you.

5. Be mindful: Over-scheduling can become a serious problem. Be mindful of how much you do, what time you have, and how you are feeling. Paying attention to how you feel will help when your body needs a break.

For more information on stress, check out the link listed here:  
<http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

### EC MARKETING COMMITTEE

Marketing Committee meets on Tuesdays at 2pm in the Main Lounge of Edgewood Commons. Feel free to stop by if you would like to join or have any suggestions!

Follow us on:

Twitter: <https://twitter.com/EdgewoodLive>

Facebook:

<https://www.facebook.com/EdgewoodFSU>

## Upcoming Events in Edgewood

by Paige Hawkins



Have you heard about all the wonderful programs Edgewood's RA and Hall Council have planned for residents? If you haven't here is what you can expect.

Hall Council is planning a trip to the movie next Monday October 26<sup>th</sup> for those of you who love Halloween or just want a chance to hang out with your neighbors. They will be going to see Paranormal Activity that evening. There has been no word yet on transportation, but it is likely that there will be a van but seating will be limited.

Tuesday October 27<sup>th</sup> there will be 2 programs taking place. Hall Council's Lip Sync Battle at 7pm and RA Rasheed's Goosebumps: Chose your own ending. For those of you that love singing, but just can't hold a note come out to the lip sync battle where all you need passion, and over course the lyrics. Goosebumps: Chose you own ending it a twist to a timeless classical we all know and love. Without giving too much away I'll say this will be a monster of a program.

Ice cream, karaoke, and costumes. Three unexpected items that combine for a great program on October 30<sup>th</sup> at 6:30pm, so if you don't have plans for Halloween come out to the main lounge and join in on the fun.

Later on in the semester, we have our 3<sup>rd</sup> annual Winter Wonderland put on by our very own Hall Council which will feature a hot chocolate bar, ginger bread house contest, and photo booth just to name a few of the activities. This program is scheduled to take place the evening of December 11<sup>th</sup>, which is the final day of classes. Winter Wonderland is sponsored by Frostburg's Resident Hall Association and open to all students on campus.

