



presents the
SUB BIRTHDAY CLUB!

Stop in the Subway store at 802 N. Sanborn for a free six-inch sandwich with the purchase of a 20 oz. or larger drink during your birthday month. Must present student ID. Offer good only at Mitchell Sanborn Street location. Offer good for students and staff. One sub per person.

November

- | | |
|--|--|
| 21 Daren Allerdings Nathan Nelson | 26 McClain Lone Nikkimarie Weber Hunter Wright |
| 22 Tevin Abeln | 27 Santanya Matucha Trace Sikkink |
| 23 Kory Massie Logan Spelbring Hailey Thompson | 28 Cody Dockter Kyle Erthum Brady Nelson |
| 24 Taylor Carpentier Lane Meeks Cole Rooda | 29 Hannah Lecy Shirlyce Weisser |
| 25 Colton Herrick Trent Lunt Bob Kobernusz | 30 Taylor Fitch Adrianna Mastel Cameron Richter Alex Schoenenberger Troy Swett |

December

- | | |
|--|--|
| 1 Austin Geldhof Riley Meis Sydney Riggs Jacob Rogers | 15 Broderick Dent Elijah Gerry Ethan Swanson Jada Wike |
| 2 Ralph Ishmael Kole O'Daniel | 16 Kristi Anderson Wyatt Bill JC Forman |
| 3 Joseph Grove Spencer Neugebauer Jerry Ehlike | 17 RyanJeffery Adrian Cody Ruml |
| 4 Weston Baysinger Brooke Johnson Kaylee Mehlum | 18 John Franken Bryce Lux Jordan Shippy Amya Swett |
| 5 Bradley Cranny Whitney Kauk | 19 Xarijana Clark Clayton Lau Jolene Post |
| 6 Austin Aalbers Kyle Ebdrup Cory Rice | 20 Jairo Rivera-Sanchez Dalton Steiger |
| 7 Windsor Barry | 22 Tristan Scott |
| 8 Haden Adam Steven Dion Janice Paulson | 23 Trevor Schryvers Tammy Gilbert |
| 9 Dawson Brown Cheyenne Wiedrich | 25 Rachal Byrd Carena Jarding |
| 10 Reed Baan Hofman Ethan Brausey Logan Dalton Jace Fritz Phillip Goettsch | 26 Christine Brown Estefani Estrada Taylor Johnson |
| 11 Cecil Gylfe | 27 Caleb Hageman Corbin Heath Roland Roach Tyler Scott Stefan Van Beek |
| 12 Alyssa Griffith Michael Moyer Zachary Nyberg Gage Undahl | 28 Kallie Anderson Ismael Muñoz Allyson Pavel Casey Weverstad |
| 13 Grace Garrels Blake Kontz Adrienne Shideler | 29 Logan DeJean Deb Flynn |
| 14 Callie Bezpaletz Mersadie Dvorak Morgan Johnson Dillon Kouf Devin Shelton Tanner Zemlicka Ty Ziebart Dale Moke | 30 Matthew Higgason Tanegai Zilverberg Paula Freeman Tammie Munsen |
| | 31 Matiah Hicks Alexander Ketter Carston Schallenkamp |

MTI Counselor Corner Managing Roommate Conflict

This is the time of year when roommate tensions increase. After weeks of living together with a roommate, many for the first time, anxiety and stress over the living arrangement may overwhelm some students. As students return home for the holidays, they may complain about their roommate.

Here are some helpful tips to help navigate conflict when you head back to campus after the holidays:

1. Communicate. Talk to each other often and openly. If ground rules were not established at the start of the year, it's never too late. Sit down and talk about pet peeves and general rules for the room, and put it in writing.

2. Negotiate. Just like you want to have guests over, stay up to a certain hour and wake up at a certain time, your roommate does as well. Discussing what is reasonable and reaching a compromise are key to getting along.

3. Set and respect boundaries. Each roommate needs to be honest about things that will be deal breakers in the room and establish reasonable boundaries. If your roommate is constantly bringing people over or keeping the lights on until all hours of the night, point out your original expectations if they are not being met. However, remember that you are bound to this same expectation.

4. Respect each other. Actually, it's important to respect each other and each other's stuff. Don't borrow without asking, or take or move things without discussing. You don't need to be best friends with your roommate, but you do need to respect each other.

5. Learn. Be open to getting to know someone new, and learn about your roommate's background, family, heritage and upbringing. This is the only time in your life that you will be exposed to this many new people from so many backgrounds. Take advantage, expand your horizons.

6. Avoid texting. It might seem easy to send your roommate that passive-aggressive text message about leaving clothes all over the room, but it will only stir up trouble. Instead, ask your roommate if you can meet for lunch or coffee to talk about any concerns.

7. Be careful about who you bring over and how often. You may love studying in your room with friends or having your significant other visit, but this is one of the top sources of conflict for roommates.

8. Address things when they're little. You might not want to bring up that small thing your roommate did that annoyed you a little bit, but small things add up. Talking things over when you're not completely aggravated will be more productive and can help avoid big blowups.

9. Ask, don't assume. Just because your roommate left the light on for the millionth time or forgot to put the garbage out in the hallway *again* doesn't mean that he or she is trying to ruin your life. This is why creating open lines of communication early is important. Don't automatically assume bad intent. You would want your roommate to give you the benefit of the doubt, doesn't he/she deserve the same?

10. Make it about you. That's not to say that you should be self-centered. But when you're discussing issues, try to use "I statements" instead of blaming your roommate for whatever is going on. "I'm feeling uncomfortable because of..." or "I don't know if you've noticed but it upsets me when..." will keep the conversation from becoming defensive immediately. Chances are your roommate doesn't know he/she is upsetting you, but if your roommate doesn't know he or she can't do anything about it.

— <http://www.newswise.com/articles/holiday-blues-ten-tips-to-help-college-students-manage-roommate-conflicts>