

The CORNERSTONE

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Summer hours for the Community

Center are:

Monday– Friday

8am– 9pm

Saturday 2pm –9pm

Sunday 5pm– 9pm

You can get quarters and stamps at the Community Center.



Welcome to University Villages and Fall Semester 2009!!

Some interesting facts and information to share with you:

Names for our buildings and courts- Craighead, Sisson were Presidents at the University as was Elliott (Elliott Village). K.R. Toole (Toole Village) was a University of Montana professor and historian. The Courts throughout Elliott and Toole Villages are all named for ghost towns in Montana.

University Villages is comprised of a staff for Maintenance, Office and the Community Assistants. If you need something repaired in your apartment, or need to pay rent, please contact the Main Office at 243-6030. If you have a fun idea to get the community together or a concern for something in your neighborhood, please contact the Community Assistant in your area, or Kelly at the Community Center.

We encourage neighbors to meet each other right away so you can already have some communication before any issues arise. It is much easier to talk to your neighbor if you have already met them prior.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27 7pm– Orientafino for new residents	28	29
30	31 UM/COT classes begin	Sept 1	2	3	4	5
6	7 Labor Day, Holiday 7pm– Osprey night	8	9	10 10am– WIC	11 6:30-8:30pm Cub Scout Open House	12

University Villages Biggest Loser

We are completing week 4 of the University Villages Biggest Loser Event— but you can still join us or get back to the program. Just come to the Community Center to sign up and get all your starter information. At the end of Week 3 our participants have lost a total of 88 lbs - Great Job!

Our winners so far: For weight loss each week

Week 1— Matt Siedel lost 3.2% of his body weight

Week 2— Ray Christopherson lost 2.7% of his body weight

Week3 —Karin Goss lost 2.9% of her body weight



For the weekly challenges (points)-

Week 1— Briar Burling

Week2 —Sherry Nugent

Week3— Chad Leavitt

Winners need to come to the Community Center to choose their prize.

We will have everyone weigh in every week (Thursday evenings or Fridays) at the Community Center. Each week we will have a new weekly challenge and you can accumulate points for awards later on as well.

We have water bottles and pedometers at the Community Center if you did not get these items in your starter kits.

We have some free weights and resistance bands that you can use at the Community Center— we do not have enough to check out to everyone.

Other available exercise options:

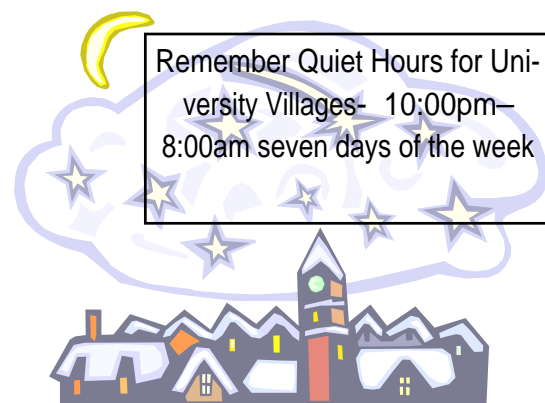
CAs are following an PX90 exercise video at the Community Center—talk to your CA about when this is happening.

We will begin a Yoga class in September

A walking group will be started when Fall classes begin.

SAY HELLO TO ECHO!

Missoula's new go-to place for interesting consignment home furnishings. Buyers get a good deal and sellers get money for their once cherished stuff. Your unneeded home furnishings get a new home and our landfill...well it gets nothing. Isn't it time you considered, shopping second hand? Located in the North Reserve Business Center 2935 Stockyard Road K-3, 542-1202



Remember Quiet Hours for University Villages- 10:00pm— 8:00am seven days of the week

CLASSIFIED ADS

Tenants can place classified for free- you just need to email or bring you ad to Kelly at the Community Center.

kmagnuson@mso.umd.edu

FOR SALE- MOVING SALE

Coffee Table \$15
 Bookshelf \$10 or OBO
 Computer table \$10 OBO
 Twin bed \$20 OBO
 Microwave \$5
 Dining table with 3 chairs \$15 OBO
 Call 406-274-2671 or stop by 308 B Sisson to see items

University Villages—Osprey Night #3-

Monday, September 7th- Our final night out at the ballpark is Monday September 7th– Labor Day. We have 80 tickets and tickets are \$1.00 for an adult and \$0.50 for children. Sign up at the Community Center

How to Eat Healthy on a Budget

Eating healthy doesn't have to be expensive. Stick with the basics and prepare the food yourself and you can save money and live a healthy life. Nutritious food appears to cost more, but Americans could save more than \$200 billion a year in medical costs, lost productivity, and expenses caused by death just by eating healthy, according to the nonprofit Center for Science in the Public Interest (CSPI).¹

Fast Facts:

- Plan menus ahead of time and look for coupons and sales before you shop.
- Buy fruits and vegetables when they are in season.
- Buy meat in bulk to be divided and frozen for later use.
- Don't waste money by throwing food away, be creative with leftovers.
- Shop the perimeter of the grocery store, since the more expensive, less healthy food is placed in the middle of the store.

2009-2010 University Villages Parking Decals

Every year University Villages needs all apartments to update their vehicle information and receive a new decal for their vehicle. The new parking decals are in and ready to be picked up. You can fill out a new form in the University Villages Office and receive you 2009-2010 parking decal.

The decals from 2008-2009 will expire on August 31, 2009 and Campus Police will begin ticketing in September for anyone who does not have a current parking decal for University Villages. Each apartment is allowed two decals for vehicles that are operable and licensed.

**Grand Opening
September 13, 2009**

Present this Coupon To Receive **\$1 OFF**
REGULAR ADMISSION PRICE.

www.MissoulaMaze.co

**FUN for the Entire Family!
Hay Maze, Petting Zoo, Snacks and More!
1010 Clements Rd. Missoula, MT 59804**

Expires October 27, 2009
Limit one per person. Not valid with any other offer.

The University of Montana

University Villages...Building the
community one cornerstone at a time.

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OUR WEBSITE IS: WWW.UMT.EDU/RESLIFE

IF YOU WOULD LIKE TO RECEIVE THE NEWSLETTER VIA
EMAIL, PLEASE EMAIL: KMAGNUSON@MSO.UMT.EDU



Chicken Spaghetti

Recipe provided by CA Kim Martin, 1308 Granite

- 1 family pkg of drumstick chicken
- 2 small cans of cream of chicken soup
- 1 can of milk (8-10oz)
- 1 medium Jar of Pace Picante Salsa
- 1 small onion
- 8oz shredded cheese
- 1 pkg of spaghetti noodles

Boil the noodles. Boil the chicken about one hour. Shred the chicken. In a pan add chicken, soup, onion, salsa, milk and some shredded cheese. Bring to boil. Add noodles and mix all together. Pour into an 8 1/2 x 11 inch pan. Top with shredded cheese. Bake in oven at 350 degrees for 20 minutes.