

Community Assistants 2009 - 2010

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Releasing? Not too late to release

*Graduating this semester?
Studying abroad this spring?*



*Accepting
an intern-
ship out of
state?*

**The Last
Day to
submit a
request for
Spring
2010 re-**

**leasing is
Tuesday, January 5, 2010.**

**Step 1: Find a Re-Lessor
Step 2: Complete the online
re-leasing process**

**Step 3: Determine your re-
lessor's eligibility**

**Step 4: Sign and return your
re-leasing paperwork**

The following items will be
provided by staff at your
appointment:

Lease Transfer Agreement

to be signed by both parties
Your re-lessor's Lease
Agreement

Your re-lessor's application
and roommate matching
form

All checks should be made
payable to The Courtyards
and should contain the ap-
propriate student's name
(current or new resident)

and apartment number.
If you answered yes to any
of these questions, then re-
leasing is for you!

Re-leasing gives you the
opportunity to find a quali-
fied student to take over
your lease. There are multi-
ple steps that must be com-
pleted before you are re-
leased from the financial

obligation of your lease, so
now is the time to get
started. If you are interested
in re-leasing, please visit the
Courtyards website <http://www.umdcourtyards.com>
and follow the "Re-leasing
Process" link.

An added incentive: Remind
your relessor that they will
be given priority considera-
tion for renewing their lease
for the coming 2010-2011
lease year.

Please direct specific ques-
tions and concerns to our
Leasing Agent: Darren
Hoppert at 301-314-2466
or office
@umdcourtyards.com

Need More Space in Your Room?

Don't want to
make a trip
home for your
winter clothes?

We have stor-
age units avail-
able to rent!

\$25 per month
Contact
Account
Coordinator
Misty Adams if
you are inter-
ested or with
any questions.
(301) 314-2466
Madams
@umdcourtyards.com

Promoting Responsible Action in Medical Emergencies

KNOW the signs of alco- hol poisoning

Passed out
Unconscious or semi-
conscious
Cold, clammy skin, or
pale bluish colored skin
Slow or irregular
breathing
Vomiting while passed
out and not waking up

CALL for help

911
(301) 405-3333
(University Police Emer-
gency Number)
(301) 906-3623
(Community Assistant on
Duty)
(301) 314-2466
(Courtyards Office)

CARE for someone with alcohol poisoning

Get your friend to a safe
place
Monitor breathing
Don't leave your friend
alone; Stay until help ar-
rives
Turn your friend on their
side to prevent choking on
vomit
Find out how much alco-
hol was consumed, what
was consumed, and if any
other drugs were taken

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Computer Lab

Did you know you can print for free at the Courtyards? Just bring your own paper during regular hours:
Mon-Thursday 9am-10pm
Friday 9am to 5pm
Saturday 10am to 6pm
Sunday 10am to 10pm



Thanksgiving Holiday Club-house Office Hours:
11/26 Closed
11/27 Closed
11/28 12pm-4pm
11/29 10am-10pm

November is:
National Peanut Butter Lover's Month
November 14:
National Guacamole Day
November 23:
National Cashew Day
November 26:
THANKSGIVING
November 28:
National French Toast Day

Roommates: Can't live with them, can't live without them

by Emily Ludwig (CA)

Apartment living can be an exciting new chapter in a student's college life. Apartments provide a lot more space and freedom than dorms, and allow you to get away from the horrible diner food and make your own. Even with all the perks, apartments do not rid you of the one thing standing between you and your absolute freedom: roommates. Roommates are messy, loud, and even the good ones forget to put their plates in the dishwasher. Unfortunately, apartments introduce millions of new small ways for your roommates to annoy you. First is the kitchen, the number one place for disagreement. Kitchens contain food on the floor, dirty microwaves, and rotting food. The second is the common area, where trash and textbooks can pile up, creating an unbelievable mess, as well as more upset roommates.

This happens in my common area all the time; I tend to leave my shoes and sweaters on the floor and couch, just in case I need them later. This inevitably annoys my neat-freak roommates, who prefer to leave the living room spotless for their guests. As a compromise, I try to clean up a few things every day. I will leave a pair of shoes here or there, but for the most part, I try to put things away in my bedroom and just take them out as I need them, like a normal person. This is a small compromise for me, but will decrease the tension, creating a much more pleasant atmosphere for everyone in the apartment. It can be difficult to first start talking to your roommates about cleaning up the apartment. This confrontation can be both awkward and can seem catty if your roommates believe you to be messy as well.

This can easily be remedied by starting the conversation by also admitting that you contribute to the mess. Let's admit it, no one is perfect; there is probably something that you do that makes the apartment messier. Start off my telling your roommates that you will work on being neater if they will as well. That way, you make it a level playing field, and no one thinks that they are being ganged up on. Even more important than the initial communication, however, is to keep your promises. It's one thing to promise that you are going to take the trash out every Friday, and it's another to actually do it. Roommates will appreciate you making the effort, but make sure you stick to those promises in order to maintain their trust. Your mother is not here to clean up after you, so take responsibility for your own mess.

Parking Lot Courtesy

When you live in a community there is a certain amount of respect that needs to be shown towards others.

Cars can generate a considerable amount of noise and disturbance to residents and as the buildings are surrounded by parking lots a few issues can arise.

Here are some points for car owners to consider and helpful reminders:

1. Car stereo noise - How many of you have heard the deep thud of a bass line from a car stereo 2 blocks away? It is great on the road but something to consider, when you

turn into CTY turn the music down. As you drive by the buildings you will disturb less people.

2. Be aware of the shuttle stops - if you are waiting for someone or talking to someone while stopped in an area that the shuttle uses, keep a look out for the shuttle and try and move out of its way.

3. Stick to the speed limit - the limits are there for everyone's safety. Please be aware that residents will be walking, jogging or riding through the area sometimes with an Mp3 player so they might not hear you. Slow down and be on the



4. Park in the correct Parking Lot - to avoid fines make sure you are parked correctly. Also do not park in a Fire Line as this can result in a hefty fine and possible towing.

5. Remember to park within the space and to not block the sidewalks. Make sure that your rear and front bumpers are off the curb.

If you have any thoughts or more tips on parking please contact your CA so you can share your ideas with the whole community.

College Students and Time Management

By Tiffany Harvey (CA)



Most college students have poor time management skills and are sometimes unable to prioritize. We also don't understand that most of the decisions we make today will affect us in the long run. In my health class, I recently completed an assignment where all the students had to track their daily activities from 6 AM to

midnight in order to take a personal look at how we budget our precious time. After the seven days, we had to analyze if we were making the best use of our time and how we can improve. After carefully assessing my own seven day schedule of activities, I noticed that I keep myself busy with my job and school activities without committing enough time to other important aspects such as, exercise and sleep. Exercise

is not only great for preserving great health but it is also a form of stress management. When you work out your brain releases endorphins that relaxes the body and relieves some stress. Seven to nine hours of sleep every night is also imperative to your health. I would advise all of you to track seven days of your life and decide what you can do better to help you succeed in maintaining optimal health.

Credit 101 - Introduction to Credit Part 1.

What is credit?

Credit is a privilege and a convenience. Credit lets you charge a meal on a credit card, pay for an appliance on an installment plan, take out a loan to buy a house, or pay for schooling. Credit allows you to make a purchase without ready cash.

A credit card enables you to buy things now and pay for them later. You get credit by promising to pay in the future for something you receive in the present. Credit usually costs something, and what is borrowed must be paid back.

Why do I need credit?

Credit gives a number of benefits you don't get when paying with cash or checks:

- Convenient, hassle-free shopping. When you use a

credit card to make a purchase, you don't have to carry a lot of cash, pay by check, or present additional identification. A credit card also simplifies and speeds up catalog ordering and currently is virtually the only way to make Internet purchases.

- Emergency help. Credit cards are the ultimate financial security blanket. They can get you through nearly any emergency situation.
- Easier budgeting. With a credit card, you can make purchases and pay them off on a schedule that fits your budget. Credit cards also allow you to take advantage of sales and special offers.
- Security. If you lose cash, it can be used by anyone. If

you lose a credit card and report the loss to the card's issuer before it is used, the issuer cannot hold you responsible for any unauthorized charges. If a thief uses your card before you report it missing, the most you will owe is \$50.

Travel expenses. You'll find that a credit card is almost essential for renting a car, purchasing an airplane ticket, or booking a hotel room.

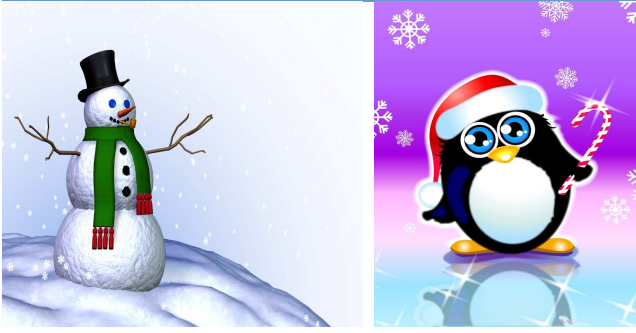
Whether you're across town or on another continent, a credit card is the universal guarantee of your good financial standing. And if you need cash, you can get it at ATMs or banks around the world that accept your credit card.



THE COURTYARDS

at University of Maryland

HOLIDAY SAFETY & SECURITY GUIDELINES



The following are prohibited:

- Bamboo
- Confetti (loose, in large quantities)
- Corn stalks/husks and straw/hay
- Live trees, plants, flowers, garland, etc.
- Cotton batting
- Cloth drapery (other than flame retardant*)
- Crepe paper decorations (other than flame retardant*)
- Dried vines, leaves, and moss
- Flammable powders or liquids
- Foam or plastic materials (e.g. packing peanuts)
- Paper streamers
- Plastic sheeting
- Wood bark, mulch, sawdust, or shavings
- Artificial trees, plants, and flowers NOT labeled as flame retardant*)
- More than 3 strands of lights connected to each other

*Flame retardant/ fire resistant treated materials must have proper written documentation indicating that they meet the requirements of NFPA 701 or equivalent.

To prevent falls or falling objects:

Window screens cannot be removed from windows. No objects can be hung out of windows or around the exterior of a window or balcony.

Holiday lights cannot be draped out windows or strung from window to window.

To prevent fires:

Candles or any other device that creates an open flame cannot be used in a residence hall.

All electrical decorations must bear the Underwriter's Laboratories (UL) label. Do not use any item with frayed cords, exposed wires or loose connections.

Turn off any decorations when you are not in your room/unit.

Lamps should not be placed too close to decorations, nor should fabric be draped over any lamps or lights.

Only artificial trees are permitted.

To allow for the safe evacuation from a building/ unit and to maintain safety equipment:

All decorations must be kept away from exits, stairwells, exit signs and fire safety equipment (pull stations, alarm bells, & smoke detectors, etc.).

Nothing should be placed in a manner that would create a tripping hazard or block one's exit from a unit or building.

Please remember these guidelines when decorating for the upcoming holidays. If you have any questions please contact your Community Assistant or the Courtyards Office. We appreciate your cooperation!

A Life of Longevity by Amina M. Daniels (CA)



We've all had it before: stress. Whether it's due to an exam, project, a job, relationships, family issues, etc; being stressed out is common as a college student. It's important to know that

you are not alone. The first key to taking charge of your health is to build a stronger and healthier lifestyle. Knowing what it takes to live a healthy life is necessary during your college years because students are usually quite overwhelmed and forget to take those few minutes in their day to set aside "me time". This time can be five minutes or even an hour where an individual relaxes, meditates, exercises,

prays, gets a massage, eats healthy, organize oneself, or even takes a quick nap. It can be difficult to find a time to get a free minute which is understandable. However, in the end it comes down to being organized and time management. For example, the Eppley Recreation Center offers a cycling class more than 10 times a week (including weekends and ranging in times from 7am to 5pm). Pick out a time which fits into your hectic schedule and make it work! It's not hard but it takes commitment and planning. I challenge you to bring along a friend that way you motivate each other to go to the gym and work out even if it's for only 20 minutes a day, 3 times a week. There are numerous locations on the University's campus which promote and encourage healthy lifestyles.

There services can help students overcome physical, economical, and social barriers that they encounter. Listed below are a few programs and centers which the University of Maryland offers for those interested in improving their health:

Within the Eppley Recreation Center there is the *Center for Health and Wellbeing* which offers diet analysis, blood pressure, nutrition counseling, body composition testing, wellness counseling and relaxation training. Don't let stress have control over your wellbeing! (301) 314-1493.

Within the *Health Center*, located across from the Stamp Student Union, there are programs for stress management, sexual assault and abuse, eating disorders, alcohol and other drug, and smoking cessation.

You could a win a \$200 gift card from the Courtyards!

No jokes or scams here! We're giving someone a \$200 Visa gift card for his/her opinion of The Courtyards! Each year we work to improve the living experience for residents at The Courtyards. One of the tools we use is a Resident Survey completed anonymously by you! A personalized link to this year's satisfaction survey will be e-mailed to you this week. The e-mail invitation will come from 'SatisTrack Research' and the subject line will be 'Give Us Your Opinion of Living at CTY and Register to Win a \$200 Gift Card. By taking the survey today, we'll be able to make the changes that matter the most to YOU *and* you will be entered into our drawing for the \$200 prize. Please take a few minutes to complete the survey and share your opinion with us. If you have questions, please visit the Courtyards Office, contact us at office@umdcourtyards.com or call (301) 314-2466.



Speed Signs & Parking



The Courtyards Speed bumps have been updated with a new coat of paint and updated signs have been placed throughout the community to remind residents about parking lot safety in the community. Please remember to observe all traffic laws while driving in the Courtyards. Please also be conscious to park within the parking space lies to avoid damage with another vehicle. Please also note the new "Moped Parking" area between buildings 1 and 2 to allow for additional bicycle parking. This option should alleviate any issues with your building bicycle parking. As always, mopeds cannot be parked underneath the building's stairwells.

THANK YOU

Thank you to all the residents properly disposing trash in the trash



compacter. Trash issues have been significantly reduced thanks to your efforts. Remember to recycle, reuse and reduce to minimize your carbon footprint. Please make sure to use all the openings in the recycle bin.



Do not place items outside of the recycle bin. THANKS

THE COURTYARDS

at University of Maryland

The Courtyards Area Council Officers

2009-2010

Bridget Gallagher

President

Courtney Buchanan

V.P. Communication

Josh Grinter

Senator

**Hot Chocolate & Coffee Bar
NOW OPEN!**

Courtyards Area Council

The Courtyards Area Council is looking for a few good volunteers. Consider joining The Courtyards Area Council.

The Courtyards Area Council strives to :

1. Provide more effective and open lines of communication between Courtyards management and Courtyards residents.
2. Organize and provide Courtyards residents with activities and programs.
3. Address issues residents may have such as safety concerns, trash collection, parking, and roommate situations.
4. Organize and allocate the money available in the budget for community improvement.

**If you are interested in making a difference in your community,
please come out to our meetings.**

BRAIN FOODS THAT HELP YOU CONCENTRATE

Listen to the buzz about foods and dietary supplements and you'll believe they can do everything from sharpen focus and concentration, to enhance memory, attention span, and brain function. But do they really work? There's no denying that as we age chronologically, our body ages right along with us. The good news is that you *can* increase your chances of maintaining a healthy brain -- if you add "smart" foods and beverages to your diet.

Caffeine Can Make You More Alert

There's no magic bullet to boost IQ or make you smarter -- but certain substances, like caffeine, can energize *and* help you focus and concentrate. Found in coffee, chocolate, energy drinks, and some medications, caffeine gives you that unmistakable wake-up buzz -- though the effects are short term. And more is often less: Overdo it on caffeine and it can make you jittery and uncomfortable.

Sugar Can Enhance Alertness

Sugar is your brain's preferred fuel source -- not table sugar, but glucose, which your body metabolizes from the sugars and carbohydrates you eat. That's why a glass of something sweet to drink can offer a short-term boost to memory, thinking processes, and mental ability. Consume too much, however, and memory can be impaired -- along with the rest of you. Go easy on the sugar so it can enhance memory, without packing on the pounds.

Protein & Brain Function Connection

One of the great benefits of protein is that it generally makes you feel satisfied longer than carbohydrates and fats. Eating a diet rich in lean and low-fat protein is good for weight loss and overall health -- though it's hard to draw a connection with brain function.

Add a Daily Dose of Nuts and Chocolate

Nuts and seeds are good sources of the antioxidant vitamin E, which is associated with less cognitive decline as you age. Dark chocolate also has powerful antioxidant properties, and contains natural stimulants like caffeine, which can enhance focus and concentration. Enjoy up to an ounce a day of nuts and dark chocolate to provide all the benefits you need without excess calories, fat, or sugar.

Add Avocados and Whole Grains

Every organ in the body depends on blood flow, especially the heart and brain. Eating whole grains and fruits like avocados can reduce the risk of cardiovascular disease and enhance blood flow, offering a simple, tasty way to fire up brain cells. Whole grains, like popcorn and whole wheat, also contribute dietary fiber and vitamin E, while avocados have fat -- but a good-for-you, monounsaturated fat that contributes to healthy blood flow.

Blueberries Are Super Nutritious

Research in animals shows that blueberries help protect the brain from oxidative stress and may reduce the effects of age-related conditions such as Alzheimer's disease or dementia. Studies also show that diets rich in blueberries significantly improved both the learning capacity and motor skills of aging rats, making them mentally equivalent to much younger rats.

Get Ready for a Big Day

Want to power up your ability to concentrate? Start with a meal of 100% fruit juice, a whole grain bagel with salmon, and a cup of coffee. In addition to eating a well-balanced meal, experts also advise:

- Get a good night's sleep.
- Exercise to help sharpen thinking.
- Meditate to clear thinking and relax.

For more information visit: <http://www.webmd.com/add-adhd/slideshow-brain-foods-that-help-you-concentrate>