

**Community Assistants
2009 - 2010**

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Courtyards Connection

Promoting Responsible Action in Medical Emergencies

If not you, then who... will call for help? If you are worried about a friend who has been drinking, seek assistance! Don't doubt whether you should call for help because of uncertainty about getting yourself or your friend in trouble for underage drinking.

The University has a new protocol which provides relief from disciplinary action if a

student under the influence of alcohol on campus either calls for medical assistance for a friend or for one's self.

Students are encouraged to take responsible action in any situation where there is doubt about a person's physical welfare. Students who summon help, as well as the student needing assistance will generally be relieved of disciplinary and administrative housing

action for possession or use of alcohol. In lieu of such action, students will usually be required to complete an evaluation and alcohol intervention program through the University Health Center.

For more information or to view the full text on the protocol please visit www.resnet.umd.edu/hottopics

KNOW the signs of alcohol poisoning	
+	Passed out
+	Unconscious or semiconscious
+	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 Emergency 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 arrives
+	Turn your friend on their side to prevent choking on vomit
+	Find out how much alcohol was consumed, what was consumed,

Reoccurring Payments - It's FREE

FREE- Sign up for reoccurring payments today. Reoccurring payments are easy and convenient as they are deducted from your account monthly. Bank drafts and credits can be used for this service. Remember funds must be available to process each

payment and to avoid late charges. Log into your resident portal and click on the reoccurring payments tab. Follow the instructions to put in your account information. Click on submit. Remember when you are choosing your payment date that

your rent is due on the first of the month but late after the tenth. In order for your reoccurring payment to post in sufficient time please post it no later than the 7th of the month. If you have any questions please contact Misty Adams at : madams@umdcourtyards.com.

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Having trouble paying the rent?

Bikes, Bikes Everywhere!!!

Please remember to register your bike and park it appropriately to avoid removal

Have ideas for how we can expand bike parking in CTY?

Consider joining Community Council or *at least* attending a meeting to share your thoughts. Contact Assistant Director Victor Lee for more information.

- Ask your Student Affairs Office for a list of merchants who give student discounts.
- Before you make a purchase, ask the merchant whether a student discount is available.
- Check websites like studentadvantage.com, cool-savings.com, or around-campus.com. These discount programs feature national name brands as well as local merchant offers.
- Comparison shop! Review Web sites like buy.com before making any major purchases. They may offer the item you're purchasing at a lower price.
- Think before you purchase. How many hours of work at your summer job will it take to pay for what you're buying? Don't spend more than you can pay off in a reasonable time.
- Look for supermarkets that offer "clipless coupon" store cards. When presented to the store cashier, these cards enable you to take advantage of special pricing and bonus buys on advertised items.
- Instead of running to the local convenience store to satisfy your late-night cravings, consider a 24-hour grocery store. Items in grocery stores are generally far less expensive than items in convenience stores.
- See whether you qualify for scholarships. Check out fastweb.com for a comprehensive listing of what's available.

Fall 2009 Maryland Leadership Development Program Offerings by Folasade Ogundipe

As a Community Assistant for the University Courtyards, I would like to again welcome all of you to the Courtyards and to a new and exciting school year.

Along with being a Community Assistant, I am highly involved in some of the main leadership programs on campus, and want to inform Courtyards residents about upcoming events from the Fall 2009 Maryland Leadership Programs.

Our mission is to promote positive social change through transformative learning and community engagement. I find it very important for all students, whether freshman or senior, to take advantage of the many leadership opportunities provided through the university.

These leadership programs range from weekend conferences to 6 week programs. The leadership skills that can be

gained from these programs are beneficial to an individual's academic pursuits, social life and personal development.

Here are some of the programs we are offering:

Turtle Camp: First-Year & Transfer Student Leadership Experience— every Tuesday from Sep. 29th - Nov. 17th, 5PM -6:30PM: An 8-week program specifically designed for first-year & transfer students to jumpstart their leadership & involvement career at Maryland.

Terrapin Leadership Institute (TLI): The Leadership Challenge Track— every Thursday from Sep. 17th – Oct. 15th, from 7:00PM-8:30PM: A 5-week program focusing on 5 exemplary leadership practices (Model the Way, Inspire a Shared Vision, Challenge the Process, Enable Others to Act, Encourage the Heart).

Terrapin Leadership Institute (TLI): Good to Great Track— every Thursday from Oct. 22nd – Nov. 19th, from 7:00PM-8:30PM: A 5-week program to help you to shift your ideas and thinking in order to create something great.

Maryland Leadership Conference: Seeds for Change— November 7th – November 8th, an overnight retreat in Edgewater, MD. The Maryland Leadership Conference (MLC), one of the oldest and most popular leadership programs at Maryland, brings students together to retreat to learn more about oneself, working with others, and the process of creating change.

For more information please contact:
RAMSEY G. JABAJI | Coordinator for Leadership Development Programs | rjabaji@umd.edu

Need More Space in Your Room?

We have storage units available to rent!

\$25 per month

Contact Account Coordinator Misty Adams if you are interested or with any questions. (301) 314-2466 Madams @umdcourtyards.com

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

Tips for managing and resolving conflict

Managing and resolving conflict requires emotional maturity, self-control, and empathy. It can be tricky, frustrating, and even frightening. You can ensure that the process is as painless and positive as possible by sticking to the following conflict resolution guidelines:

- **Make the relationship your priority.** Maintaining and strengthening the relationship, rather than “winning” the argument, should always be your first priority. Be respectful of the other person and his or her viewpoint.
- **Focus on the present.** If you’re holding on to old hurts and resentments, your ability to see the reality of the current situation will be impaired. Rather than looking to the past and assigning blame, focus on what you can do in the here-and-now to solve the problem.
- **Pick your battles.** Conflicts can be draining, so it’s important to consider whether the issue is really worthy of your time and energy. Maybe you don’t want to surrender a parking space if you’ve been circling for 15 minutes. But if there are dozens of spots, arguing over a single space isn’t worth it.
- **Be willing to forgive.** Resolving conflict is impossible if you’re unwilling or unable to forgive. Resolution lies in releasing the urge to punish, which can never compensate for our losses and only adds to our injury by further depleting and draining our lives.
- **Know when to let something go.** If you can’t come to an agreement, agree to disagree. It takes two people to keep an argument going. If a conflict is going nowhere, you can choose to disengage and move on.

If you are having problems with your room mates contact your CA or AD and ask for some advice.

Keep trash in its place and your balconies clean

Do your part in keeping the Courtyards a beautiful place to live by putting your trash in the compactor located at the back entrance of the complex.

If trash is found outside of your door it will be billed to your apartment. \$25 per bag and or item.

Balconies and patios shall be kept free of all personal belongings including, but not limited to, bicycles, furniture provided by Landlord, furniture designed for interior use, garbage, rubbish and bird, animal and insect feeders.

Tenant may maintain lawn furniture thereon provided the same is maintained in a neat and orderly manner. Apartment furniture must remain inside the premises and may not be used outdoors.

KEEP IT CLEAN AND CLEAR



STAYING SAFE

It takes one look at The Diamondback to see that crime is a serious issue in College Park.

The Courtyards has taken many steps to keep the community safe. The back gate is locked after 8 PM, in order to lower the traffic into the Courtyards. There are seven blue emergency lights (one for every building) that any person can use in a time of need to summon help at the press of a button. Likewise, every student has an emergency panic button in his/her bedroom that can be used in case of an emergency, in addition to the alarm system provided in each apartment. Additionally, the Com-

munity Assistants (CA’s) and the Policy Auxiliary make several rounds around the property and through the buildings every night.

The University also provides similar services for the campus, including University Police rounds, emergency posts (blue lights) and an Emergency Text Alert that the students and parents can sign up for online at <https://alert.umd.edu>.

Other services include Night Ride, and 24 Hour Escorts; so never walk back alone. You can reach night ride at **301-314-NITE** (6483), and the 24-hour escorts can be called at **301-405-3555**. It

is a good idea to save these phone numbers in your cell phone for when you may need these services.

There are several precautions that you should take in order to increase your safety:

Be sure to lock your doors, and do not open the door if you do not recognize the person through the peephole. Utilize your alarm system in your apartment to keep out intruders. Make the most of the equipment that is provided to you and stay safe!



THE COURTYARDS

at University of Maryland

Courtyards Area Council

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

The Courtyards

8000 Boteler Lane
College Park, MD 20740
Phone: 301- 314 - 2466
Fax: 301- 314 - 8565
E-mail: office@example.com

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 contact Victor Lee, Advisor at vlee@capstonemail.com

www.umdcourtyards.com

Recipe of the Month - Steak Perfection - Tips for grilling steak!

Cut and quality. First things first: you'll need to choose the cut of meat you'll be cooking. Types of steak include tenderloin/filet (a top choice), sirloin strip, and rib eye. USDA meat grades go from Prime (top quality, mostly found in restaurants), to Choice (typically the highest grade you'll find at the butcher), to Select (leaner and more easily dried out). There are lower grades, but you'll want to avoid them. Aged steak is less commonly found. It has a distinct flavor and the aging process can only be applied to the very best cuts of meat.

Marbling is your friend. The more marbled the meat, the better. The marbling look comes from small flecks of fat that will mostly melt and keep the meat moist.

Thaw it out. You don't want to try cooking a frozen steak. For the best results, you'll want your steak to be about room temperature when you throw it on the grill.

Season to taste. Before cooking, season the steak with salt, pepper, and/or garlic. You'll also want to put some olive oil on each side before it hits the frying pan. Seasoning comes down to personal preference, as you can add as much or as little as you desire. Some people prefer not to put anything at all on their steak.

Don't poke holes! At no point in the process of cooking do you want to poke holes in your steak. This will only dry it out and make it lose flavor.

The touch method. This is the trickiest to master, but the only real way to preserve all of the flavor and precious juices. By pressing your finger (or a spoon) on the meat and feeling how firm it is, you can learn to determine how done the meat is without cutting it.

- The meat is hot! Don't burn your finger.
- The firmer the meat, the more it has been cooked.
- Compare the toughness of the meat to the fleshy part on the palm of your hand between the thumb and index finger. By touching your thumb to the tips of each of your fingers, you can achieve comparative toughness on your palm:

Thumb and index finger: Rare	Thumb and middle finger: Medium Rare
Thumb and ring finger: Medium	Thumb and pinky finger: Well Done

For more great ideas and information visit: <http://www.delish.com/>