

## *Courtyards Clubhouse Hours*

Mon-Thursday 9am-10pm  
Friday 9am to 5pm

Saturday 10am to 6pm  
Sunday 10am to 10pm

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APRIL 2010

### Community Assistants 2009 - 2010

**Building 100**  
Tiffany Harvey  
tharvey7@umd.edu

Amina Daniels  
aminad613@yahoo.com

**Building 200**  
Gary Foster  
gfoster2@umd.edu

Tinya Sensie  
tsensie@umd.edu

**Building 300**  
Stephanie Owusu-Boateng  
sowusubo@umd.edu

Jayson Stone  
jstone44@umd.edu

**Building 400**  
Krislyn Payne  
krisp9@umd.edu

Farnoosh Farahi  
ffarahi24@gmail.com

**Building 500**  
Paula Mouzon  
pmouzon7@umd.edu

Teja Hay  
thay@umd.edu

**Building 600**  
Folasade Ogundipe  
fogundip@umd.edu

Keegan Murphy  
k33gl3r@gmail.com

**Building 700**  
Mike Currie  
mcurrie@mail.umd.edu

Emily Ludwig  
eludwig@umd.edu

## Thinking of Summer Re-leasing?

The Summer Re-leasing Process will begin April 19, 2010. If you are not planning to live in your apartment for the summer and wish to re-lease it to someone else, please visit [www.umdcourtyards.com/residents](http://www.umdcourtyards.com/residents) to review *The Re-leasing Process* information. You will need to follow the directions listed to complete the Re-leasing Process. Please contact Leasing Agent, Darren Hoppert ([Darren@umdcourtyards.com](mailto:Darren@umdcourtyards.com)), with any questions.

### *How it Works:*

- Identify a potential re-leasing candidate.
- Submit your candidate's name and UID for approval through our website.

- Once you receive notification that they have been approved to take over your lease you will select an appointment time to come into the leasing office with your re-lessor to complete the paperwork.
- You will need to bring a photo ID and a \$100 Lease Transfer Fee in the form of a Bank Certified Check or Money Order (NO Personal Checks!)

**NOTE:** Allowing someone to live in your apartment without transferring your lease to him/her through the re-leasing process is a direct violation of your lease and may lead to eviction or other consequences.

## Have you completed the Census?



Drop off stations located at the Bus Stop from 7am to 10am and the Clubhouse from 4pm to 10pm

## Graduating?

If you plan to move out early and want to re-lease your apartment to someone else, please visit

[www.umdcourtyards.com/residents](http://www.umdcourtyards.com/residents) to review *The Re-leasing Process* information.

If you do not re-lease your apartment, you

remain responsible for all aspects of your lease until it concludes on July 31, 2010 including June and July's rent installments.

### *Check-out Procedure:*

When you move out, you will need to turn-in your keys and parking pass in-person at the

Leasing Office during business hours (Mon-Thur. 9am-6pm; Fri 9:00-5:00pm). You will also complete a Check-out Agreement. Please make sure that all of your belongings and trash are removed and your bedroom door is locked before you check-out.

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**Important Reminder:** If you had a proxy sign your lease for the next academic term you will need to complete your paperwork in person no later than July 1, 2010



### Follow Us @CourtyardsUMD on Twitter!

The New York Times calls Twitter "one of the fastest-growing phenomena on the Internet" and we are a part of it! Use the web or your mobile device to get the latest updates and reminders from The Courtyards.

Not a part of Twitter yet? Visit [www.twitter.com](http://www.twitter.com) for more information. It is free and easy, and you do not have to have a mobile device to be a member.

Once you start following @CourtyardsUMD, don't forget to tell your friends and roommates to follow us, too!

## General Safety Reminders

Please keep these things in mind throughout the year. We strive for a safe and secure community.

- Always lock apartment windows and doors. Keep the apartment door locked, even when you are in the apartment.
- Educate yourself on your alarm system and use it.
- Remove valuables from

your car or store them in places that they cannot be seen.

- Do not walk/run alone at night.
- Program UMPD's phone number in your cell phone (301-405-3555).
- Do not open the door for strangers or let strangers into your apartment.
- Notify UMPD of any sus-

picious persons or behavior in the community. Remind your friends and roommates of these safety tips.

Please feel free to contact Courtyards Management with any questions or concerns. Management can be reached by visiting the Courtyards Office or calling (301)-314-2466.

**Need More Space in Your Room?**  
**We have storage units available to rent for \$25 per month!**

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



Please remember that it is against your lease agreement to store your bicycles in your apartments inclusive of patios and balconies. Please also remember to use caution when skating boarding on the property. Individuals skate boarding should refrain from doing so in the driving lanes.



# Stress Relief

## Deep Breathing for stress relief

With its focus on full, cleansing breaths, deep breathing is a simple, yet powerful, relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check. Deep breathing is the cornerstone of many other relaxation practices, too, and can be combined with other relaxing elements such as aromatherapy and music. All you really need is a few minutes and a place to stretch out.

### How to practice deep breathing

The key to deep breathing is to breathe deeply from the abdomen, getting as much fresh air as possible in your lungs. When

you take deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel. So the next time you feel stressed, take a minute to slow down and breathe deeply:

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth,

pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.

- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.
- If you have a hard time breathing from your abdomen while sitting up, try lying on the floor. Put a small book on your stomach, and try to breathe so that the book rises as you inhale and falls as you exhale.

### Progressive Muscle Relaxation Sequence

- Right foot
- Left foot
- Right calf
- Left calf
- Right thigh
- Left thigh
- Hips and buttocks
- Stomach
- Chest
- Back
- Right arm and hand
- Left arm and hand

## Progressive muscle relaxation for stress relief

Progressive muscle relaxation is another effective and widely used strategy for stress relief. It involves a two-step process in which you systematically tense and relax different muscle groups in the body.

With regular practice, progressive muscle relaxation gives you an intimate familiarity with what tension—as well as complete relaxation—feels like in different parts of the body. This awareness helps you spot and counteract the first signs of the muscular tension that accompanies stress. And as your body relaxes, so will your mind. You can combine deep breathing with progressive muscle relaxation for an additional

level of relief from stress.

Most progressive muscle relaxation practitioners start at the feet and work their way up to the face. For a sequence of muscle groups to follow, see the box to the right:

- Loosen your clothing, take off your shoes, and get comfortable.
- Take a few minutes to relax, breathing in and out in slow, deep breaths.
- When you're relaxed and ready to start, shift your attention to your right foot. Take a moment to focus on the way it feels.
- Slowly tense the muscles in your

right foot, squeezing as tightly as you can. Hold for a count of 10.

- Relax your right foot. Focus on the tension flowing away and the way your foot feels as it becomes limp and loose.
- Stay in this relaxed state for a moment, breathing deeply and slowly.
- When you're ready, shift your attention to your left foot. Follow the same sequence of muscle tension and release.
- Move slowly up through your body — legs, abdomen, back, neck, face — contracting and relaxing the muscle groups as you go.

*Please check us out at: [www.umdcourtyards.com](http://www.umdcourtyards.com)  
for updates.*

# THE COURTYARDS

at University of Maryland

## The Courtyards Area Council

### Officers 2009-2010

Bridget Gallagher,  
President

Courtney Buchanan  
V.P. Communication

Bei AchiriMofor

V.P Programming

Josh Grinter  
Senator

## Courtyards Area Council

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

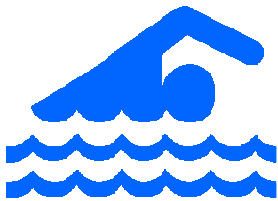
The Courtyards Area Council strives to :

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.**

**New to the Courtyards?  
Join our Area Council today!**

## Swimming Pool Opens May 1, 2010 at noon!



Come join us for an  
opening day celebration  
and an evening  
“Dive-In” movie.

05 / 12 / 2010



LATE NIGHT  
BREAKFAST 9PM  
TIL 11PM

**Come and enjoy  
a Study Break  
with Breakfast**



**Don't have a PlayStation 3? Well use ours!  
Wireless remotes and games are available  
in the Clubhouse. Just bring your I.D. and  
your game face.**

Some of our titles include: Leisure Suit, Larry-Box  
Office Bust, Shaun White Snowboarding, Burnout  
Paradise, Madden 09, Star Wars- The Complete  
Saga, Midnight Club-Los Angeles, Tom Clancy's  
Rainbow Six Vegas, Virtua Fighter 5, NCAA Bas-  
ketball 09, Socom- U.S. Navy Seals Confrontation,  
Call of Duty 4- Modern Warfare