FIT RESIDENTIAL LIFE OFFICE

ON-CAMPUS

RESIDENTIAL LIFE NEWSLETTER

April 2010

RESIDENTIAL LIFE OFFICE

http://fitnyc.edu/residentiallife

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HOUSING REMINDER

All students accepted for housing will be billed electronically. Housing payment due date is:

April 15th, 2010

*****Students who have not paid by April 15th, will be dropped from housing*****

REMEMBER: NO OTHER BILLS WILL BE SENT TO YOU OR YOUR HOME ADDRESS.

Please be sure to share this important information with your parent or guardian.

SUMMER IN THE CITY

FIT is...HOT!
Our summer housing is cool.
Live and Learn at FIT this summer.
Summer housing is available.
Visit our website for dates of stay and rates.
www.fitnyc.edu/summerhousing

NEW LOUNGES IN COED & NAGLER

Have you noticed our NEW lounges yet? Nagler and Coed lobbies are home to FIT's newest spaces to relax and be seen on campus!

Long tables have been installed in each lobby with built-in plugs for all your electronic needs. Comfy club chairs surround low tables for studying, relaxing, or surfing the net. All Lobbies are WIRELESS. We hope you are enjoying them. Let us know by emailing us at residentialife@fitnyc.edu. Stop by Nagler and Coed lobbies and check-out our new lounges today!

SPRING BREAK TIP

Plan now.....reduce stress at finals... Finals, closing, move-out and for some of you graduation.....*makes your head spin just thinking about it.* Take things home over spring break OR Pack and send things home NOW. Get rid of all the things you don't need for the last few weeks of the semester! If you live in the tri-state area, invite family members/friends for a "Spring Day" in NYC and send them home with some boxes or bags of items that you have packed.
A little bit of time now can make a big difference when it comes to packing and moving out after finals.

SPRING CLEANING

Spring Break is a perfect time to de-clutter your room! If you are returning home, be sure to bring unnecessary items that take up valuable space (for example: Winter clothes and shoes). If you are headed out on a vacation, take a few minutes to dispose of your trash and recyclables. This will eliminate clutter and allow you focus on the final weeks of the semester when you return to a clean and fresh environment.

1. **Figure out your hot spot:** Here is a problem that we all have and continue to struggle with - Hot Spots. What is a hot spot? A hot spot is an area, when left unattended will gradually take over. My favorite analogy is of a hot spot in a forest fire, if left alone, it will eventually get out of hand and burn up the whole forest. This is what happens in our homes. If left unattended, the hot spot will grow and take over the whole room as well as making the house look awful. When you walk into a room, this is the first thing you see. CLUTTER ATTRACTS CLUTTER! Do you have areas like this that continue to grow if left alone? Get rid of that pile, find the surface underneath and stop this Hot Spot from becoming a raging clutter inferno!
2. **Make up your bed**: It's the biggest part of your room, probably. It's your focal point, definitely. It only takes a few minutes to straighten out your sheets and put the pillow where it belongs. If there's stuff on your bed, dump it onto the floor. Yeah, you heard me. *Dump it*. Making your bed is kind of an instant gratification thing; in about one minute, you can see a major difference in your room.
3. **Grab the dirty clothes:** Bet you a bunch of the stuff on your bed and what is now on the floor was dirty laundry, wasn't it? Grab your hamper and put the dirty clothes where they belong. Do not do the sniff test. If it was on the floor, you probably need to wash it again, anyway.
4. **Toss out the trash (Rule of 27)**: Those flashcards for the test you had last week, that empty pizza box, that pen you know is out of ink but you hope will magically start working again…they're all *trash*. Toss 'em. My favorite method of dealing with trash, the 27 item toss, comes straight from Fly Lady; grab a garbage bag, grab 27 seven items that you know fully well are trash, close the bag, and dump 'em. I like to time myself and out do former records. Next, take an empty box and go through your home collecting 27 items to give away. Suze Orman taught me this in her book, The Courage to be Rich. This will change the energy in your room and bring about good feelings. Every time I do this I feel better and my home is becoming decluttered in the process. As soon as you finish filling the box, take it to the the nearest place to donate. You are less tempted to rescue the items. Rule of thumb: if you have two of any item and you only need one, get rid of the least desirable.
5. **Put miscellaneous stuff in a basket**. It can be any container you want, really, but you have to keep it in view so that you can deal with it later, when you DO have the time. Anything you haven't thrown out or put away yet, throw it into something; a wicker garbage can, a Tupperware container, even your bookbag. It has to be something you need to use soon, however, or else the stuff'll just sit there. Knowing you need whatever is holding your random crap will inspire you to sort it later.
6. **Wiping, sweeping, and mopping**. This part is the easiest part. Once all of your stuff is relatively taken care of, grab a broom and sweep the floor. Vacuum if you think it'll save you time and you know there's nothing on your floor that'll cause a nasty calamity. If you care to, mop, but don't just wave the mop over parts of the floor. Really actually *mop*. Finally, grab some paper towels or disinfectant wipes and wipe down surfaces like your desk, the TV, the TV stand, and so forth.

If your room wasn't that bad to begin with, you're probably done. If it's a bit of a mess, you may need another 15 minute spree to take care of it. If you would make a pig uncomfortable, do this in installments instead; 15 minutes for your desk on Monday, 15 minutes for laundry on Tuesday, and so forth and so on. Your room will be clean before you know it, and you'll be free to go outside and enjoy the weather – and it'll be because you want to!

http://collegecandy.com/2008/04/10/a-cleaner-room-in-just-15-minutes-no-really/#more-8269

EARTH DAY 2010

On April 22, 2010, Earth Day will be celebrating forty years of raising awareness and inspiring appreciation of the Earth's environment. Cities across America will be participating in many events to celebrate Earth Day. New York City is no exception with a prominent campaign challenging New Yorkers to "be the E." The "E" promotion gives Earth Day a "fresh face" that organizers hope will move people to be a positive force behind saving the environment. Based on Gandhi's quote to "be the change you want to see in the world," the campaign will encourage people to live a more sustainable, greener life. New Yorkers will have the opportunity to attend many Earth Day events in the City. Use the below suggestions to reduce your carbon footprint at FIT!

High Speed For Low Footprint: If you have high speed internet, you are already doing something to lower carbon emissions. According to this article, extensive use of broadband technology could reduce carbon emissions by 27 million tons by 2015. Other interesting facts are included as well. (http://www.speedmatters.org/blog/archive/report_high_speed_internet_could_reduce_carbon_emissions/)

Use A Laptop: Students who have a laptop can save up to 90% more energy than those using a desktop unit. When possible, use this instead. Computing.net also has an interesting guide for using your laptop as a television to lower carbon emissions even more.

Save Power and the Planet: With a few simple tweaks to your computer's settings, you can lower your carbon footprint. This free guide from Brighthub shows you how to configure sleep, power, and more. Both Windows and Mac are included. (http://www.brighthub.com/environment/green-computing/articles/9571.aspx)

Don't Forget The Laptop: Friedbeef Tech shows you 15 easy ways to extend the life of your laptop battery. They include defrag, dim, RAM, and more. They even offer two bonus tips. (http://www.friedbeef.com/top-15-ways-to-extend-your-laptop-battery-life/)

Browse Right: According to Lifehacker, which browser you choose can effect the life of your laptop's battery by up to 44 minutes. The best browser was IE8, while the worst was Safari 4.

Recycle Right : When getting rid of that old piece of technology, don't just trash it. The Silicon Valley Toxics Coalition has more information on how to keep toxins from technology out of the environment. There is also a recycling guide with more. (http://www.svtc.org/site/PageServer?pagename=svtc_electronic_recycling%20)

Purchase Wise: When buying a new piece of technology, keep its carbon footprint in mind. The Electronics Takeback Coalition has a free "How to Buy Better Computers" available as a PDF. There are also guidelines and much more on the site. (http://www.electronicstakeback.com/purchasing/purchasing.htm)

Refill: Don't throw away or even recycle those used printer cartridges. Instead, go to a store that can refill your cartridges, like Cartridge World. It costs less and has a lower carbon footprint than any other method of purchasing printer ink.

Linux For Lower Carbon Footprint: Switching from a Windows to Linux can slash computer-generated e-waste levels by 50%. A study concluded that Windows users had to change their computer sooner, generating the waste. Linux was the choice for a hardware refresh period of six to eight years.

Read The Label: When buying groceries, be sure you know how to read the labels to ensure a low carbon footprint. This guide from the FDA shows you how. It includes information on serving size, calories, nutrients, and more. (http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm)

Be Sure Its Organic: Just because it says "organic" on the label, doesn't mean it truly is. Look for the USDA Organic Seal for products that have been approved by it.

Go Local: Know where and how your food is grown by visiting a local farmer or merchant. Local Harvest has an interactive site to find what is closest to you. They include farmers' markets, family farms, and even a catalog. (http://www.localharvest.org/)

Preserve It: Don't let that produce go bad and add to your carbon footprint. Visit Planet Green for tips on how to preserve a variety of foods naturally. They include tomatoes, walnuts, peppers, and more. (http://planetgreen.discovery.com/preserving-the-harvest/)

Try Vegan: Cutting out meat and dairy can also cut out carbon. Visit this award winning blog to get tons of recipes for everything from breakfast to midnight snacks. (http://veganyumyum.com/)

Skip The Dairy : Because cows, farms, and more can also add to carbon emissions, try a dairy free diet. This site has many tips including substitutes, dining out, and grocery shopping. There is even a Dairy Free Challenge for those who have doubts. (http://www.godairyfree.org/)

Grow It Yourself: A dorm room may not seem like much, but a window and a few feet of space is all that is required. That is, according to a student in Baltimore. Using his dorm room, a few crates, and some lights, he was able to grow cucumbers, tomatoes, and beans.

Plant A Tree: An obvious choice, it can be a great way to reduce carbon and leave a mark on the environment.

Reuse Bags: For grocery shopping and more, those little plastic or paper bags can add up. Visit Planet Green to get loads of tips on how to use them, maintain appearance, and more. They even show you how to make 13 different bags of your own. (http://planetgreen.discovery.com/reusable-bags/)

Smart Energy Analyzer: Know how to save energy by knowing how much you are wasting. Get a free and easy energy calculator from PG&E here. At the conclusion, they will give you specific ways to save energy and lower your carbon footprint. (http://www.pge.com/myhome/saveenergymoney/analyzer/en/)

Get Rid of Junk Mail: Because getting it is never fun, lower your carbon footprint by opting out of it. This guide from Ecofuture has many useful tips and guides. There is also help with getting rid of spam and telemarketers. (http://www.ecofuture.org/jnkmail.html)

Never Buy Cleaning Supplies: Not because you don't plan on cleaning, but because Planet Green shows you how to make your own. They are all natural, toxin free, and need no transportation. Eight recipes include laundry soap, tub scrub, all purpose cleaner, and more. (http://planetgreen.discovery.com/food-health/reduce-carbon-footprint-grocery.html)

Fly Nonstop: Because most of a plane's fuel is used during take off and touch down, non stop flights are the best for lowering your carbon footprint. Whenever shopping a site like Expedia or others, make sure the nonstop only box is checked.

Carbon Footprint Calculator: Provided by "The Guardian," this calculator has many interesting features. It compares impact from home, travel, food, and more. The results are then compared to the US, UK, and China average, along with the target. (http://www.guardian.co.uk/environment/green-living-

EARTH DAY 2010 EVENTS IN NYC

The Giant Earth Images. This exhibit will run April 19th through 25th at Grand Central Terminal in the heart of New York City. Projected on two of the columns in the terminal's main concourse will be photographs, artwork, inspirational messages and quotes by such artists as Andy Warhol, Keith Haring, Roy Lichtenstein and Rafal Olbinski to name a few. The exhibit runs 10 hours a day for the entire week and is free to the public. For more information, check out: http://grandcentralterminal.com/go/mallEvents.cfm?eventID=2145369846

Earth Fair. This two-day event also takes place at New York's Grand Central Terminal. Earth Fair is a large event featuring exhibitors promoting organic food, green businesses and environmental non-profit groups. Live music, performances and entertainment highlight the outdoor festival. The event takes place April 23rd (noon until 7 p.m.) and April 24th (11 a.m. until 5 p.m.). For more information, check out: http://earthday.net/node/18050

Earth Day Crafts at Chess & Checkers House, Central Park. Let the Chess & Checkers House staff help you and your family celebrate Earth Day with natured-inspired crafts. This free event is open to kids and adults of all ages. The Earth Day event takes place on April 22, from 2 p.m. until 4 p.m. For more information, call 212-794-4064 or visit http://www.centralparknyc.org/site/Calendar/952376923?view=Detail&id=109481

WITH EARTH DAY COMING UP, HOW DO YOU PLAN ON GOING GREEN?

STUDENT CORNER

Lindsey Novakovic (AMC)	Brittany Natale (AMC)	Alexander Ata (Textile/Surface Design)
"Walk to work, not taking the subway"	"At Whole Foods, if you bring back your bag, you get 10 cents off your purchase"	"I'm buying a reusable coffee cup"

ONLINE SAFETY

FACT: Your control online is limited.
Just because you've tweaked your privacy settings doesn't mean your online profile won't come back to haunt you. A person who was once a friend may use your profile against you if the relationship goes awry. And, since these sites don't use secure encryption, there's a chance malicious software or ISPs can hijack the transmission of your profile and use it for harm.
FACT: "Delete" doesn't mean, "disappear."
Hitting the delete button doesn't always solve the problem. You never know how many people have printed or saved your profile or pictures. Not to mention that many ISPs and servers back up or duplicate the information, retaining it indefinitely.
FACT: Predators LOVE the web.
Posting your cell phone number, apartment location, and class schedule online may seem like a great way to make sure your friends can reach you. However, there have been numerous cases of stalking and harassment that have originated from websites.
FACT: Employers are on Facebook.
Many companies look at online profiles of potential candidates before granting interviews. It has even been reported that some companies are paying students to print off profiles of other students (circumventing the privacy settings allowed by Facebook and other sites).
FACT: You're responsible for you.
Just as you're responsible for the content of your resume and your public persona, you're ultimately responsible for your online profile. While you can't control (with certainty) who sees your online presence, you can control whom that presence depicts. Also note that pictures "tagged by others" or messages posted on your wall can come back to haunt you.

Rules to Live By Online

If you wouldn't post it on your front door, don't post it online. Web transmissions aren't foolproof unless they use secure forms of authentication and encryption. Posting something online is just as open and available to others as posting something on your door.

Use privacy settings to help control who can access your information. Many sites, including Facebook, allow you to restrict the availability of your profile to certain individuals. While these settings provide no guarantees, they can be a useful tool in gaining some control over your details and photos.
Your online profile may be the only impression someone has of you. While close friends may know you're joking about something you've posted, another student, staff member, or faculty member who stumbles across your profile may have only that information to gauge who you are. Make sure the image you're projecting online is one that accurately represents you. If your mom, your dad, your professors, or the university wouldn't approve, think twice before posting it.
Civility matters (even on the Internet). The web is a great way to connect with others and sites like Facebook, MySpace, Xanga, and LiveJournal are great ways to join an ever-growing community. But remember that UT expects students to abide by the Honor Code, and that community extends into cyberspace. The rules of civility still apply on the web. Be respectful. Be honest. Be responsible.
http://cmhc.utexas.edu/facebook.html

GET TO KNOW YOUR RES LIFE STAFF

Name: Danielle Wyck
Position: Resident Counselor-Kaufman Hall
Years at FIT: 2 years
My favorite thing about working at FIT is... the creative and driven student population
I love the website.. supervegan.com
My favorite place in NYC is... the grounds outside of the Museum of Natural History
The one food I could never live without is... vegetable enchiladas
My happy-life mantra... respect for everything big and small

RESIDENCE HALL COMMUNITY COUNCIL

Are you excited for BLOCK PARTY 2010? Save the date! May 1, 2010.

Come to RHCC's General Meetings to give input and get updates on this FIT tradition! Plus, come voice your questions, comments and concerns about your campus.
RHCC General Meetings are 10pm in the Coed Basement on:

Wednesday, April 7, 2010
Wednesday, May 5, 2010

Feel free to Email RHCC's Executive Board at: **RHCC_club@fitnyc.edu** or friend us on Facebook: **Residence-Hall Community-Council** to learn how to get involved and ask any questions.