



ON-CAMPUS

RESIDENTIAL LIFE NEWSLETTER

January/February 2010

RESIDENTIAL LIFE OFFICE

<http://fitnyc.edu/residentiaallife>

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IN THIS ISSUE

Welcome	1
Meal Plan Deadline	1
Visitation Guidelines	1
Campus Resources	1
February Happenings	2
Upcoming Events in NYC	3
RA Selection Update	4
RHCC Update	4
Self-Defense Workshop	4
How to Be Green in College	4

WELCOME!

Residential Life would like to welcome you to the spring 2010 semester!

Whether you are a returning student or an entering student, we encourage you to get involved in your community. This is your home away from home; please take the opportunity to make it safe and friendly. The Residential Life staff, Resident Assistants (RA), Building/Residence Hall Managers (BM/RHM), and Resident Counselors (RC) are here to help you succeed not only academically, but with your personal growth and development, so do not hesitate to let us know how we can help YOU! Best of luck this semester!

NEED TO CHANGE YOUR MEAL PLAN?

The last day to change your meal plan is:

Wednesday, February 3rd at 5pm.

After this date you will not be able to change your meal plan.
See customer service window in the cafeteria for changes.

TRYING TO OPEN YOUR MAILBOX?

You received your mailbox combination via your FIT email.

CAMPUS RESOURCES

COUNSELING CENTER

Location: A212B

Phone: (212) 217-4260

Fax: (212) 217-4261

FOOD SERVICES

Aramark

Location: A Building Ground Level

Phone: (212) 217-5770

HEALTH INFORMATION

Health Services

Location: A-402

Phone: (212) 217-4190

All Residents New for Spring 2010. Want overnight visitation?

NEVER lived in FIT residence halls? You must complete/attend:

1. Complete Mystudentbody.com: First Year Alcohol Course
2. Attend 1st Floor Meeting Sunday, January 24, 2010 at 9pm on your floor
3. Attend Residence Hall Orientation Presentation Monday, January 25, 2010 at 3:30pm in the Great Hall
4. Complete Orientation Survey: link will be sent to your FIT email

DIDN'T live in FIT Residence Halls Fall '09 (but have lived in the halls prior to '09)? You must complete:

1. Mystudentbody.com: General Alcohol Course
2. Policy questionnaire: Follow instructions sent to your FIT email.

All residents returning from Fall 2009 please check your visitation card for any outstanding requirements.

MAINTENANCE

Building & Grounds

Phone: (212) 217-4440

SECURITY

Location: D-442

Phone: (212) 217-3910

STUDENTS WITH DISABILITIES

FIT-ABLE OFFICE - Programs and services for students with disabilities

Location: A-570

Phone: (212) 217-4090

TUTORING CENTER

Academic Skills Tutoring Center

Location: A-608B

Phone: (212) 217-4080

Fax: (212) 217-4081

DID YOU KNOW? FEBRUARY IS... BLACK HISTORY MONTH

Black History Facts

- Black History Month began as "Negro History Week," which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.
- On February 12, 2009, the NAACP marked its 100th anniversary. Spurred by growing racial violence in the early twentieth century, and particularly by race riots in Springfield Illinois in 1908, a group of African American leaders joined together to form a new permanent civil rights organization, the National Association for the Advancement of Colored People (NAACP). February 12, 1909 was chosen because it was the centennial anniversary of the birth of Abraham Lincoln.
- John Mercer Langston was the first black man to become a lawyer in Ohio when he passed the Bar in 1854. When he was elected to the post of Town Clerk for Brownhelm, Ohio in 1855 Langston became one of the first African Americans ever elected to public office in America. John Mercer Langston was also the great-uncle of Langston Hughes, famed poet of the Harlem Renaissance.
- Thurgood Marshall was the first African American ever appointed to the United States Supreme Court. He was appointed by President Lyndon B. Johnson, and served on the Supreme Court from 1967 to 1991.
- George Washington Carver developed 300 derivative products from peanuts among them cheese, milk, coffee, flour, ink, dyes, plastics, wood stains, soap, linoleum, medicinal oils and cosmetics.
- The black population of the United States in 1870 was 4.8 million; in 2007, the number of black residents of the United States, including those of more than one race, was 40.7 million.

<http://www.history.com/content/blackhistory/black-history-facts>

The Lunar New Year will be celebrated on February 14, 2010. Much like the American equivalent of January 1st, the Lunar New Year is the equivalent of those that follow the lunar calendar. Those that will be celebrating the Lunar New Year are:

Chinese—Chinese New Year/Spring Festival

The festival traditionally begins on the first day of the first month in the Chinese calendar and ends on the 15th. People will pour out their money to buy presents, decorations, material, food, and clothing. It is also the tradition that every family thoroughly cleans the house to sweep away any ill-fortune in hopes to make way for good incoming luck. Windows and doors will be decorated with red color paper-cuts and couplets with popular themes of "happiness", "wealth", and "longevity". On the Eve of Chinese New Year, supper is a feast with families. The family will end the night with firecrackers. Early the next morning, children will greet their parents by wishing them a healthy and happy new year, and receive money in red paper envelopes. The Chinese New Year is a way to reconcile forgetting all grudges, and sincerely wish peace and happiness for everyone.

Korean—Korean New Year/Seollal

Korean New Year is typically a family-oriented holiday. The three-day holiday is used by many to return to their home towns to visit their parents and other relatives. Sebae is a traditionally observed activity on Seollal, and is filial-piety-orientated. Children wish their parents a happy new year by performing one deep traditional bow and the words *saehae bok manhi badeuseyo* which translates to *please receive many blessings in the new year*. Parents typically reward this gesture by giving their children new year's money (usually in the form of crisp paper money) and offering words of wisdom.

Tibetan—Losar

Losar is celebrated for 15 days, with the main celebrations on the first three days. The second day of Losar is known as King's Losar because officially the day is reserved for a secular gathering in the hall of Excellence of Samsara and Nirvana. His Holiness and his government exchange greetings with both monastic and lay dignitaries. From the third day onwards, the people and monks begin to celebrate and enjoy the festive season.

Vietnamese—Tết Nguyên Đán or more commonly known as Tết

It takes place from the first day of the first month of the Lunar calendar until at least the third day. Many Vietnamese prepare for Tết by cooking special holiday foods and cleaning the house. There are a lot of customs practiced during Tết, like visiting a person's house on the first day of the new year (*xông nhà*), ancestral worshipping, wishing New Year's greetings, giving lucky money to children and elderly people, and opening a shop.

http://en.wikipedia.org/wiki/Lunar_New_Year

LUNAR NEW YEAR

WINTER OLYMPICS 2010

2010 Winter Olympics Facts

The 2010 Winter Olympics, officially known as the XXI Olympic Winter Games or the 21st Winter Olympics, will be held on February 12–28, 2010, in Vancouver, British Columbia, Canada, with some events held in the resort town of Whistler nearby. The 2010 Winter Olympics will be the third Olympics hosted by Canada, and the first by the province of British Columbia. Previously, Canada was home to the 1976 Summer Olympics in Montreal, Quebec and the 1988 Winter Olympics in Calgary, Alberta. Following Olympic tradition, then Vancouver mayor Sam Sullivan received the Olympic flag during the closing ceremony of the 2006 Winter Olympics in Turin, Italy. The flag was raised on February 28, 2006, in a special ceremony, and will be on display at Vancouver City Hall until the Olympic opening ceremony. The event will be officially opened by Governor General Michaëlle Jean. The mascots for the 2010 Winter Olympic and Paralympic Games were introduced on November 27, 2007. Inspired by traditional First Nations creatures, the mascots include: Miga — A mythical sea bear, part orca and part kermode bear. Quatchi — A Sasquatch. Sumi — An animal guardian spirit who wears the hat of the orca whale, flies with the wings of the mighty Thunderbird and runs on the strong furry legs of the black bear. Mukmuk — A Vancouver Island marmot. Miga and Quatchi are mascots for the Olympic Games, while Sumi is the mascot for the Paralympic Games. 86 winter sports events have been announced as part of the 2010 Winter Olympics. The eight sports categorized as ice sports are: bobsled, luge, skeleton, ice hockey, figure skating, speed skating, short track speed skating and curling. The three sports categorized as alpine skiing and snowboarding events are: alpine, freestyle and snowboarding. The four sports categorized as Nordic events are: biathlon, cross country skiing, ski jumping and nordic combined.

http://en.wikipedia.org/wiki/2010_Winter_Olympics

<http://www.nbcolympics.com/medals/funfacts/index.html>

OUT AND ABOUT IN NYC

Looking for things to do in the city? Take a look at the below events going on throughout February.

Black History Month events

Conference: "Defining African American: What's At Stake?"

Community activists, scholars and other leaders gather to discuss the term African-American and examine its national and international implications today.

Date: Feb. 6, from 6 p.m. to 9 p.m.

Where: The Lang Recital Hall, Hunter College, CUNY.

695 Park Ave. in Manhattan (enter on 68th St. between Lexington and Park Aves.), Room 424 Hunter North

For information, contact Call George Oliver at (212) 307-7420, ext. 3008 or send e-mail to mwilliams@cccadi.org

Exhibition: "Dance Theatre of Harlem: 40 Years of Firsts" is a multimedia exhibition capturing the art and accomplishment of the Dance Theatre of Harlem using stage props, costumes, programs, posters, photographs and more.

Date: Feb. 11 through May 9.

Where: Vincent Astor Gallery, of the New York Public Library for the Performing Arts, 40 Lincoln Center Plaza in Manhattan. Call (212) 870-1630 for information.

National Black Fine Arts Show

Exhibition and educational sessions: The annual exhibition and art sale opens with a Charity Preview on Feb. 12 with proceeds benefiting the Schomburg Center for Research in Black Culture. The show will open Feb. 12 and feature paintings, photography, limited-edition prints, mixed media and works on paper, and sculpture.

The Educational Series, created by MoCADA (Museum of Contemporary African Diaspora Arts) is titled "Exploring the Ever Expanding Global Art World" and will focus on the international art scene provide information on becoming a smarter collector.

Date: Feb. 12 through Feb. 15.

Where: 7 W. 34th St. in Manhattan (across from the Empire State Building).

For information about the charity preview, the show of the educational sessions, visit www.blackfineartshow.com.

Fashion show: "Fashion Show 2010" is a benefit to raise money for the 20th annual "Tribute to the Ancestors of the Middle Passage," which will take place in June.

There will be fashions by Moshood, Raif, Tribal Gear, the AKEEM Collection and Under Wraps, in addition to performances by Kowteff, Shanto and Chris Slaughter. There also will be an African marketplace of vendors. The fund-raiser is supported by the People of the Sun- Middle Passage and the college's-Black History Month Committee, Student Government Association and Office of MEC Student Life.

Date: Feb. 28 from 6:30 p.m. to 11 p.m.

Where: Founders' Auditorium, 1650 Bedford Ave. in Brooklyn. For information, visit www.mec.cuny.edu online.

Photo exhibition: "Obama: The Historic Campaign & Victory in Photos" is a 100-piece photo exhibition documenting the Obama campaign from opening day to the delivery of victory speech as President-elect of the United States of America.

The exhibition is curated by Deborah Willis, New York University professor and chairwoman of NYU Tisch School of the Arts' Department of Photography and Imaging, and veteran photographer Jeanne

Moutoussamy-Ashe, widow of tennis great Arthur Ashe.

Date: Through Feb. 28.

Where: At the Schomburg's Latimer/Edison Gallery at 515 Malcolm X Blvd. (at 135th St.) in Manhattan. Call (212) 491-2200

Harlem Heritage Tours

Tours: The uptown firm provides visitors with custom sightseeing trips of historic streets, cultural institutions and other locations in Harlem. Among the tour options are excursions focusing on jazz, gospel, salsa, hip-hop and art with great shopping and dining along the way.

104 Malcolm X Blvd. in Manhattan

Call (212) 280-7888 or e-mail loveharlem@aol.com for reservations and meeting locations.

http://www.nydailynews.com/ny_local/2009/02/06/2009-02-06_black_history_month_events.html?page=3

Lunar New Year events

Firecracker Ceremony & Cultural Festival

The firecracker detonation, with expected attendance by local politicians and community leaders, is intended to ward off evil spirits. A large stage will feature all-day cultural performances by traditional and contemporary Asian-American singers and dancers. Plus, a dozen lion, dragon and unicorn dance troupes will march through Chinatown's main streets

Date: Sunday, February 14, 2010

Where: from 11 a.m. - 3 p.m. in Columbus Park

11th Annual Chinatown Lunar New Year Parade & Festival

The spectacle features elaborate floats, marching bands, lion and dragon dances galore, Asian musicians, magicians, acrobats and procession by local organizations. Over 5,000 people are expected to march in the parade, which will start at Mott Street and promenade through practically every street in of Chinatown, finally dispersing at Worth Street. The parade is expected to conclude at 3 pm, at which time an outdoor cultural festival will take place on Bayard Street featuring more performances by musicians, dancers and martial artists.

Date: 11:30 a.m. - 4 pm, Saturday, February 20, 2010

Where: Canal Street South Korean Lunar New Year Celebration at Korea Village

The Korean parade contingent celebrates at Korea Village's Open Center, a cultural space, where there will be Korean food, games, dancing, martial arts, music, and a karaoke contest

Date: TBD

Where: Korea Village Open center—150-24 Northern Blvd at 150th St.

Preparing for the New Year: Walking Tour Lunar New Year is the liveliest and most important celebration in Chinese culture and Chinatown is the place to experience it.

MoCA's walking tour takes guests through New York Chinatown to learn about holiday traditions and customs; discover the area's history; and sample a few New Year's treats. Tours are conducted in English and are led by MoCA docents with personal or family roots in the neighborhood.

Date: Saturdays February 13 & 20, 2010;

1:00 pm - 2:30 pm

Where: Begins @ MoCA, 70 Mulberry Street, 2nd Floor. Please call (212)619-4785 for more information.

China Institute Lunar New Year Programs

The China Institute will hold dumpling making workshops, interactive story time, lion mask making workshops and a lantern making workshop to celebrate the Lunar New Year.

Date: select Saturdays and Sundays, February 6-20, 2010

Where: China Institute, 125 East 65th Street, 212-744-8181

<http://gonyc.about.com/cs/holidays/a/chinesenewyear.htm>

Miscellaneous Events

New York Fashion Week

The fashion industry's finest, and the celebrities who love them, are descending on Bryant Park for Mercedes Benz Fashion Week. All of the hottest designers are showing their Spring 2010 collections to celebs and fashionistas in the tents in Bryant Park

Date: February 11-18, 2010

Where: Bryant Park on 6th Avenue between 40th and 42nd Streets.

New York Restaurant Week

Dine at New York City's best restaurants for only \$24.07 (lunch) or \$35.00 (dinner) during New York Restaurant Week

Date: January 25th-February 7th, 2010

Where: All over Manhattan. More information at <http://www.nycgo.com/restaurantweek>

Outsider Art Fair

Check out New York's most cutting-edge art show. This annual expo features outsider art, art brut, primitive art, and other nontraditional art forms. Daily admission is \$20 and \$30 gets you a two-day pass.

Date: February 5-February 7th, 2010

Where: 7 W 34th Street off 5th Ave. More information at <http://sanfordsmith.com/show.php?show=outsider>

Westminster Kennel Club Dog Show

The dog show has been a tradition since 1877, making it America's second longest continuously held sporting event. Over two days, 165 breeds and varieties of dogs will be judged and Best in Show will be awarded on Tuesday evening. Dogs will be judged based on movement, temperament and specific physical traits such as height and weight, coat, eye color and shape, ear shape and placement, feet, tail and more.

Date: February 15-February 16th, 2010

Where: Madison Square Garden. More information at <http://www.westminsterkennelclub.org/2009/show/tickets.html>

MoMA Doc Month

The Museum of Modern Art will showcase the best of contemporary and classic nonfiction films this February during Doc Month. At the centerpiece is the Museum's eighth annual international festival of nonfiction film, Documentary Fortnight, a juried festival of more than 50 contemporary films from around the globe that explore a wide range of topics.

Date: February 17-March 3rd, 2010

Where: MoMA at 11 West 53 Street

<http://manhattan.about.com/od/nycmonthlyeventlistings/a/febeventsnycc.htm>

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, February 10, 2010

Wednesday, March 3, 2010

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.

Want to be on the RHCC Executive Board for 2010-2011? RHCC Elections are coming up in March! Remember that one of the requirements to run is that you attend two general meetings.

Have you always wanted to learn self-defense?

Take a crash course!

Self-Defense Course

Monday, February 1, 2010 at 7pm

Coed Basement

Class size limited to 20 people.

Get there early to ensure your spot!

This is a Residential Life Office sponsored event

HOW TO GO GREEN IN COLLEGE

Recycle everything, especially paper! Think about how many pieces of paper you go through in a semester. There's your class notes, your scrap copies, your term papers, your daily school newspapers, and assorted stuff that you've printed out from the Internet... it all adds up. Look for a paper recycle bin on campus-- you might find one near a dormitory or large classroom building. And recycle other items as well, including cans, bottles, and cardboard boxes.

Use your printer wisely. You can save paper by printing on both sides of the page. Many professors don't mind if you turn in a paper like this-- just ask first. Save pages that you've printed and use the backs to print out drafts and other things you don't have to turn in. In addition, many printers have multiple settings for print quality. Use the high quality print setting for things that have to look nice, but use the low quality setting for things that don't. This will save ink. While you're at, consider cutting down on the things your print out. Do you really need to print out that web page, or can you just bookmark it?

Limit the use of disposable cups and plates. If you're moving into your first off-campus apartment, it can be tempting to buy disposable cups and plates to save time. This adds up to a lot of waste *and* money. Buy yourself some inexpensive plates and wash them. You can do this if you live in a dorm room too. Many dorms have a kitchen, and if yours doesn't, wash dishes in the bathroom sink.

Limit the use of paper napkins. Since college students eat a good deal of fast food, napkin use can add up. It's good that you want to be clean, but one napkin will probably do the trick!

Use compact fluorescent light bulbs. These bulbs cost more, but they last longer and ultimately save you money. If you live in a dorm, get yourself a lamp and screw in one of these bulbs. Lamp light is much more pleasant and environmentally efficient than overhead dorm lighting.

Try to get all your books from the library. First of all, this is probably something most of us do on a regular basis anyways. Second of all, it saves you money and storage space. Buying books not only wastes a lot of paper and binding materials, but it also takes a lot more energy to package and transport. If you absolutely *need* to have a certain book at hand, such as a textbook for a class, see if any of your friends are in the class and ask them to go halves on the book. You'll save money on those ridiculously expensive textbooks and you always have the option of checking it out at the library if you get in a bind.

Stop any junk mail you are getting. Now you really don't have an excuse not to pick this one up, considering that nobody actually enjoys getting junk mail. The first step is to go paperless with as much as you can -- bills, bank statements, etc. Then check out Precycle (<http://precycle.tonic.com/>). For a minimal fee, Precycle will stop most of your junk mail *and* send you a reusable shopping bag with 2 CFL light bulbs.

Skip the single serving snack-packs. Get a big bag and make your own single-serving portion in a small plastic bag when you're on the go. Wash the bag out when you're done and do it again the next time. It's that easy.

Chill out with the AC. Tons of college students keep their AC's running just because they can. That's not cool! (Note: yes, the pun was intended.) Don't act like a monkey when it comes to the environment. Leaving your AC running while you're out hurts the planet regardless of whether or not you're paying the bill.

Turn off your computer. I know, I know. It's so tempting to leave your AIM on all day long so your friends can leave you little messages and see which classes you're in, etc. BUT (there is always a "but"), it's better for the planet *and* your computer if you just shut it off when you leave.

Ask your teacher about email. When I was in college, it was totally acceptable to email my professors my homework assignments and papers. Many teachers prefer grading things online and not having to deal with shuffling papers from classroom to classroom. Don't print out anything you don't need to (class syllabus, assignments and review sheets included).

http://collegeuniversity.suite101.com/article.cfm/green_tips_for_college_students

<http://collegecandy.com/2009/12/23/going-green-the-resolution-you-can-actually-keep/>