



ON CAMPUS RESIDENTIAL LIFE NEWSLETTER

OCTOBER 2011

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<http://www.fitnyc.edu/residentiaallife>

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RA SELECTION

3rd Annual
Condom Bar and Lounge

Tuesday, October 25
9pm-12am
Cafeteria



Follow us on Twitter! @CondomBar

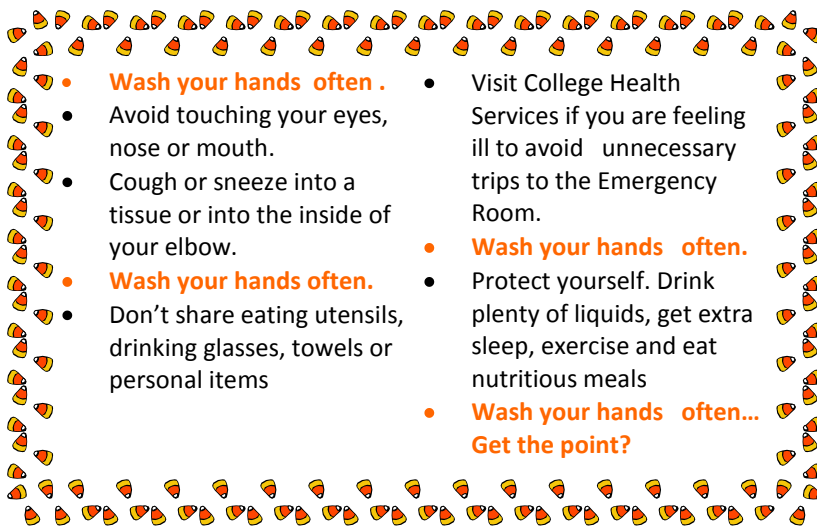
Residential Life is looking for a Crew... and we want YOU!

If you are interested in being a student leader, facilitating fun activities, and meeting new people, come to one of our informational sessions:

- Monday, October 24, Noon, Coed Basement
- Tuesday, October 25, 1pm, Coed Basement
- Tuesday, October 25, 5pm, Kaufman Workroom
- Wednesday, October 26, Noon, Coed Basement
- Thursday, November 3, 1pm, Coed Basement
- Thursday, November 3, 5pm, Coed Basement
- Monday, November 7, 1pm, Kaufman Workroom

Find out if the position is right for you!!

You must attend one informational session to receive an application.



- **Wash your hands often .**
- Avoid touching your eyes, nose or mouth.
- Cough or sneeze into a tissue or into the inside of your elbow.
- **Wash your hands often.**
- Don't share eating utensils, drinking glasses, towels or personal items
- Visit College Health Services if you are feeling ill to avoid unnecessary trips to the Emergency Room.
- **Wash your hands often.**
- Protect yourself. Drink plenty of liquids, get extra sleep, exercise and eat nutritious meals
- **Wash your hands often... Get the point?**

TIPS FOR FLU SEASON

BINGE DRINKING STATS

Binge drinking is defined as drinking five or more drinks on the same occasion (i.e., within a few hours) on at least 1 day in the past 30 days.

- Almost half of Americans aged 12 or older reported being current drinkers of alcohol in the 2001 survey (48.3 percent). This translates to an estimated 109 million people. Both the rate of alcohol use and the number of drinkers increased from 2000, when 104 million, or 46.6 percent, of people aged 12 or older reported drinking in the past 30 days.
- Approximately one fifth (20.5 percent) of persons aged 12 or older participated in binge drinking at least once in the 30 days prior to the survey. Although the number of current drinkers increased between 2000 and 2001, the number of those reporting binge drinking did not change significantly.
- The highest prevalence of both binge and heavy drinking in 2001 was for young adults aged 18 to 25, with the peak rate occurring at age 21. The rate of binge drinking was 38.7 percent for young adults and 48.2 percent at age 21. Heavy alcohol use was reported by 13.6 percent of persons aged 18 to 25, and by 17.8 percent of persons aged 21. Binge and heavy alcohol use rates decreased faster with increasing age than did rates of past month alcohol use. While 55.2 percent of the population aged 45 to 49 in 2001 were current drinkers, 19.1 percent of persons within this age range binge drank and 5.4 percent drank heavily (Figure 3.1). Binge and heavy drinking were relatively rare among people aged 65 or older, with reported rates of 5.8 and 1.4 percent, respectively.
- Studies show that more than 35 percent of adults with an alcohol problem developed symptoms—such as binge drinking—by age 19. Long-term use risks liver damage, pancreatitis, certain cancers, and literal shrinkage of the brain. Alcohol use is the second-leading cause of dementia; one simply ages quicker on alcohol. In 1998, there were 15,935 alcohol-related deaths in vehicular crashes. Though most college drinkers would deny it, young people do die solely from drinking. In 1995, 318 people ages 15 to 24 died from alcohol poisoning alone, many of them after a night binge at college. At the University of Virginia, a tradition that has seniors drinking a fifth of hard liquor at the final game of the football season (the so-called "Fourth-year Fifth") has killed 18 students since 1990.
- Among youths aged 12 to 17, an estimated 17.3 percent used alcohol in the month prior to the survey interview. This rate was higher than the rate of youth alcohol use reported in 2000 (16.4 percent). Of all youths, 10.6 percent were binge drinkers, and 2.5 percent were heavy drinkers. These are roughly the same percentages as those reported in 2000 (10.4 and 2.6 percent, respectively).

Heavy use - Five or more drinks on the same occasion on at least 5 different days in the past 30 days

<https://ncadistore.samhsa.gov/catalog/facts.aspx?topic=159>

GET INVOLVED WITH RHCC

RHCC (Residence Hall Community Council) is a student run organization that enriches the lives of its members as well as the greater FIT community. RHCC's goal is to enhance the student experience by acting as a liaison between residents and the Residential Life Department as well as creating fun and creative programs for all students to enjoy. RHCC hosts such events as the Annual Block Party - where the entire student body enjoys rides, street vendors, prizes and more! RHCC is open to all students. Meetings are once a month, **Wednesdays at 10pm**. Come voice your questions, comments and concerns about your campus. The schedule will be available soon. And don't forget to keep an eye out for our fun filled events!

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.



HALLOWEEN SAFETY TIPS

With Halloween just around the corner, use the below tips to have fun while staying safe this October 31st.

- If you go to a costume party, go with a group of friends you know and trust.
 - Always carry a photo ID, and make sure your friends carry identification and phone numbers with them in case they become incapacitated for any reason.
 - Consider your costume, and avoid wearing one that inhibits your ability to see and move freely. Use special caution when crossing the street, and be sure motorists see you before you cross.
 - Some people who want to cause harm may take advantage of being unrecognizable in a Halloween costume. Stay in an environment where you can easily get help or move away from someone who is threatening your safety. Be aware of your surroundings.
 - If you are intoxicated, your impaired judgment places you at a much greater risk for injury, unwanted sexual contact, or a police citation. Set a drink limit for yourself and stick to it. (Or plan not to drink alcohol at all.)
 - If you accept a beverage from someone, make sure that you know the individual, you have observed the drink being prepared, and you never leave it unattended. Exercise caution in any public setting with any beverage.
 - Know that alcohol concentrations in beverages are not strong enough to kill the flu virus. Students at other universities have contracted H1N1 apparently from playing drinking games.
- * Make a plan to get home safely and in a group
- Check out this great article about FIT's campus being the number 8 safest school in the country!
- <http://www.examiner.com/education-headlines-in-baltimore/which-colleges-were-ranked-safest-or-most-dangerous-by-the-daily-beast>
- <http://examiner.com/parenting-college-students-in-washington-dc/college-urges-halloween-safety-shadow-of-missing-student>

Resident Appreciation Events

Make note of the upcoming resident appreciation events, sponsored by residential life that will be taking place in your hall!

<u>Alumni Hall</u>	<u>Coed Hall</u>	<u>Kaufman Hall</u>	<u>Nagler Hall</u>
10/11 at 6PM in the Alumni Workroom	10/20 at 6pm in the Coed Basement	10/11 at 8PM in the Kaufman Lobby	10/11 at 9:30PM in the Nagler Workroom

What should you do if you think you have Bedbugs?

Inform the Residential Life Office

27th Street – 212-217-3900 (210 West 27th Street)
 Kaufman Hall – 212-217-3930 (406 West 31st Street)

Make an appointment with Health Services

A Building, 4th floor – 212-217-4190

Please be informed that Health Services will be unable to confirm a bite from a bedbug; however, you may request topical cream to relieve itching

Try to remain calm

We know you are concerned and this can be stressful so the Residential Life staff will work with you, the exterminator and college maintenance to ensure a smooth process. The Residential Life Office will immediately place your room on the exterminator list to ensure that your room is checked by a professional exterminator service. Based on their findings, the room will be prepared and treated accordingly.

1. **Halloween Extravaganza and Procession of Ghouls:** The Halloween Extravaganza and Procession of Ghouls at the Cathedral of St. John the Divine is one of New York City's most exciting Halloween traditions. Wear your costume, and enjoy this annual Halloween event which begins with the screening of a classic silent horror film accompanied by outstanding organ music, followed by The Grand Procession of the Ghouls. The Procession features outstanding costumes, creatures, and special effects designed by Ralph Lee.

2. Every year the **Halloween parade in the Village** is host to the craziest, scariest, and most impressive costumes. The Village Halloween Parade begins at 7 p.m. on 6th Avenue and Spring Street and continues up 6th Avenue to 21st Street. Whether you want to march in the Halloween parade or just watch, this annual event is a great experience.

3. Merchant's House Museum Halloween Events:

Candlelight Ghost Tours of "Manhattan's Most Haunted House" *Friday & Saturday, October 21 & 22, Thursday-Saturday, October 27-29*

Come see the house *The New York Times* called "Manhattan's Most Haunted" by flickering candlelight – complete with eerie scenes of mid-19th century death and mourning. You'll find out what paranormal investigations have uncovered and hear about strange and inexplicable occurrences from people who actually experienced them.

6-7:30 p.m. \$25, 8-9 p.m. \$30, 9:30 p.m. (includes fourth floor Servants Quarters) \$40; MHM Members \$13 all times.

From Parlor to Grave: 1865 Funeral Reenactment *Sunday, October 30, 3 to 5 p.m.*

The parlors will be draped in black crape as we recreate the 1865 funeral of Seabury Tredwell. After the service, mourners are invited to follow the coffin to nearby New York City Marble Cemetery – rarely open to the public – for a tour. 19th-century mourning attire encouraged; black crape armbands will be provided.

\$30, \$15 MHM Members; \$10 Graveside Service & Cemetery Tour only.

Spine Tingling & True: Ghost Stories of the Merchant's House Museum *Monday, October 31, 7 & 8:30 p.m*

Official Merchant's House ghost-storyteller, Anthony Bellov, will read selections from 19th-century horror classics, and recount highlights from his ongoing research into the strange and supernatural occurrences at the Merchant's House Museum – in a parlor arranged for a mid-19th century funeral. *\$25, MHM Members \$15*

4. **Halloween: Bats At Belvedere Castle** Learn about bats native to Central Park and then scan the Great Lawn's horizon for them in this interactive lecture with biologist Bill Schutt. Oct 21, 2011; 5:00 PM-6:30 PM

5. **Peter Stuyvesant and His Ghostly Friends of the East Village:** This tour is designed to entertain the entire family, young and old! Who knows who your tour leader will be?--Elizabeth Blackwell, the first woman doctor in America; Nelly Bly, a journalist; O. Henry, a great writer; Ann Blythe, an actress; or Edgar Allan Poe himself!!! We will go in search of Peter Stuyvesant's ghostly friends such as Edgar Allan Poe, Joe Papp, the Tredwell sisters of the Merchant Museum, Washington Irving, Harry Houdini, and Abe Lebewohl, who owned the Second Avenue Deli in the East Village.

Cost: \$20 by credit card; \$25 cash Reservations and meeting place: http://www.ghostsofny.com/cgi-bin/calendar/long_calendar.cgi

6. Historic Halloween

Brave the darkness and visit the Mount Vernon Hotel Museum & Garden for an eerie, candlelit museum tour. Victorian Halloween Magic-Lantern Show Friday, October 29th at 6:30 pm and 8 pm. America's only 1890s visual extravaganza projected on a full-sized screen – the kind of boisterous show that led to the movies! Spooktacular stories like *The Raven*, animated comedy, and songs – all dramatized on screen by a live showman and singer/pianist. \$20 Adults, \$10 for Members and Children under 12.

7. Haunted Houses

Nightmare: Fairy Tales—www.hauntedhousenyc.com September 30-November 5

Blackout Haunted House—www.blackoutnyc.com

After Dark at Madame Tussauds—**OCTOBER 20-23 & 27-30 9pm-12am**

