



UNIVERSITY of
ROCHESTER

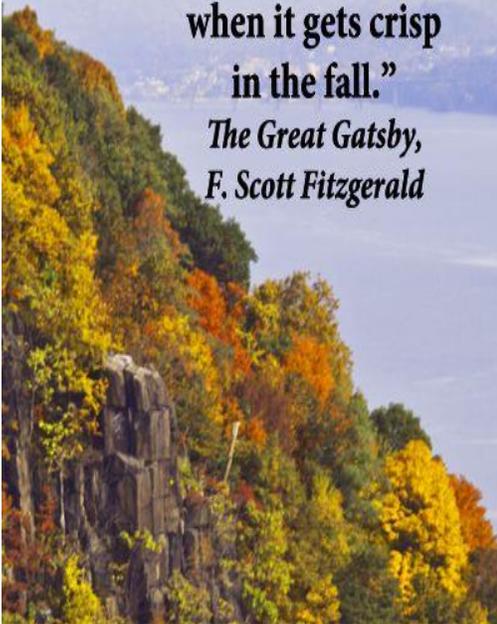


Off-Campus News...

November 2018

**“Life
starts all over again
when it gets crisp
in the fall.”**

*The Great Gatsby,
F. Scott Fitzgerald*



Off-Campus Housing Program



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University of Rochester Off
Campus Living Program

The arrival of cold weather reminds us of coats and hot chocolate, sledding and snowball fights, and snuggling up on the couch under a blanket with a good book or watching a movie. It is important to also consider self-care and the how to be prepared for winter weather.

Included in this newsletter:

- Keeping Well During the Cold and Flu Season
- The CARE Network
- Cold Weather Savings
- Winter Driving Tips
- Thanksgiving and Holiday Break Safety Tips
- Neighborhood Ambassadors
- Thanksgiving Recipes and Traditions
- Upcoming Events

Stay connected to campus!

The most common statement we hear from students living off campus is that they lose touch with campus life. Make an effort to stay connected by joining student organizations, academic organizations, sports teams, or Greek organizations. Utilize the fitness center by participating in a fitness class, swimming, or playing some racketball. Support U of R athletics by attending a sporting event. You can also apply to be a student worker for various departments around campus at <https://enrollment.rochester.edu/student-employment/> Staying connected to campus life will enhance your off-campus living experience.



A UNIVERSITY OF ROCHESTER SPONSORED SPEAKER SERIES

BREAKING THE BUBBLE

Monday,
Nov. 12th, 2018
Brue Coffee
7:30PM

HOW TO RUN FOR OFFICE

**Understanding a Political Campaign
and Changing the World:
An Introduction by Gary Pudup**

Want to run for office or help someone else get elected? This short workshop by Gary Pudup will address the entire process of running for office from how to enter the political arena and gain campaign experience through developing a volunteer base, financing a campaign, attracting donations and networking through the political process. Mr. Pudup will draw on his own experience working on and managing campaigns as well as his own run for State Assembly on a major party line.

Gary Pudup was in law enforcement for thirty years and upon retirement got involved in politics and social justice issues. As a council member for Metro Justice, and as a member of social justice and personnel committees for several local non-profits and the local chapter director of the ACLU (NYCLU), he has developed a comprehensive perspective on the candidate process. Mr. Pudup is not affiliated with any single political party.

Breaking the Bubble is a community conversation series which highlights issues of interest to both the University community and the general Rochester community.

**All events are held at Brue Coffee located at
960 Genesee Street.**

**Sponsored by UR's Office for Residential Life and Housing Services in association with
The Rochester Center for Community Leadership**

Keeping Well This Cold and Flu Season...

The flu has arrived in Rochester with symptoms such as muscle aches, fever, tiredness, stuff or runny nose, headache, and/or sore throat. However, there are some simple precautions that you can take to stay healthy and protect yourself this season:

- get a flu vaccine
- wash your hands frequently
- wipe down germy areas with antibacterial cleaners or wipes
- keep your hands out of your mouth, nose, and eyes
- drink plenty of fluids-especially water
- exercise to strengthen your immunity
- eat foods with probiotics (good bacteria) or take supplements
- use hand sanitizer when you are not able to get to soap and water
- eat healthy foods
- get plenty of sleep



CARE

The Care Network

The CARE Network enables members of the University community to express their concern about a person, incident, or issue by submitting an online referral form.

“Everyone experiences difficulties throughout their college experience, but speaking up and asking for support can enable you or a fellow peer to build resilience and thrive. CARE is here for all students at the UR. Whether you are seeking support for a friend, or yourself, we encourage you to submit a [Care Referral Form](#) to connect with appropriate forms of support and resources to maintain wellness and achieve goals.”

Visit the [CARE Network Resource Center](#) to help you find resources on the University of Rochester campus based on various concerns..

“Advocating for yourself includes utilizing resources and help around you to address issues that may be keeping you from being the best version of yourself. The CARE Network is available to team up with you to talk about your needs and goals, and navigate through resources to best support them!”

-Niki Pizzutelli, Associate Director, CARE Network

Cold Weather Savings...

Cold weather is here and this means higher heating and other utility costs. This can be particularly nerve-racking if you pay for separate utilities or are unprepared. So, save some CASH and energy this winter by following the below tips...

Heating:

- Wear clothing appropriate for the weather and keep the thermostat on the lowest setting that maintains comfort (put on a sweatshirt before turning up your thermostat!).
- Lower the thermostat when you are away and when you are sleeping but make sure to keep the heat above 55 degrees to avoid frozen water pipes!
- Check with your landlord to see if it's okay to weather-strip doors and windows to prevent loss of energy. Installing plastic sheeting on the inside of all windows improves heat retention.

Lighting:

- Turn off all unnecessary lights.
- Avoid using stringed holiday lights due to their high energy use (not to mention, potential fire hazard!).
- Keep curtains open during sunny hours to take advantage of day light (and heat from the sun).
- Replace the most frequently used light bulbs with compact fluorescent bulbs - they use about 75% less energy and last up to 10 times longer than incandescent bulbs.

Appliances/Electronics:

- Unplug devices when they are not in use. Many appliances and electronics consume electricity even while "off."
- Wash your clothes in cold water whenever possible. Unless you're dealing with oily stains, the warm or cold water setting will generally do a good job of cleaning your clothes.
- Be sure your dishwasher is full - but not overloaded - when you run it.

Water Use:

- Have your landlord repair leaky faucets promptly.
- Take quick (15 minutes or less) showers.
- Use washing machines and dishwashers with full loads only.



Winter Driving Tips...

Winter driving presents a number of challenges to both you and your car. Cold weather tests the limits of your car's mechanical abilities. Treacherous driving conditions may test your abilities as a safe driver. It pays to be prepared! Here are some tips for safer driving in snow and ice:

- Don't go out until the snow plows have had a chance to do their work.
- Allow yourself extra time to reach your destination.
- Decrease your speed and leave yourself plenty of room to stop.
- Brake gently to avoid skidding.
- Turn on your lights to increase your visibility to other motorists.
- Keep your lights and windshield clean.
- Do not use cruise control on icy roads.
- Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.
- Keep your tires in good condition and properly inflated.
- Keep your gas tank at least half full to avoid gas lines freeze-up.
- If you get stuck, do not spin your wheels - this will only dig you in deeper.
- Keep sand, kitty litter, gravel or salt in your vehicle to place in the path of your wheels and help traction if you get stuck.
- If you have standard brakes and your rear wheels skid, pump the brakes gently.
- If you have anti-lock brakes (ABS), do not pump the brakes but apply steady pressure to them. You will feel the brakes pulse - this is normal.



Holiday Break Safety Tips...

If you will be going out of town during the Thanksgiving Break period, below are some tips to follow before you leave and when you return:

Before you leave:

- Make sure doors and windows are securely locked.
- DO NOT leave behind anything that a thief could easily walk out with such as laptops, video gaming equipment or other valuables.
- Ask a trusted neighbor to collect your mail or have the Post Office hold it until your return date.
- Leave a contact number with a trusted neighbor in case of emergencies.
- Unplug major appliances.
- Empty the refrigerator of any food that may spoil and take out the trash.
- DO NOT completely turn off the heat. Set the thermostat no lower than 55 degrees to prevent frozen pipes and major damage.
- Let your landlord know if you will be gone for more than two weeks so it is not assumed that you have abandoned the property.

When you return:

- Check the inside of the house to see if anything has been moved. **DO NOT** go inside if you notice anything suspicious such as a broken or open window - call the police.
- Let your neighbors and landlord know that you have returned.
- Resume your mail delivery if you had it held.

Neighborhood Ambassadors...



Pictured L to R: Thomas, Sabrina, Caroline, Laura, Daniella, Andrea, Molly; missing: Gabi, Nick, Rachel

Past events: Off Campus 101, Fall in Love with Barton St, Meet and Greet at Erie Harbor, Handing out candy for Halloween

Look for upcoming events in your neighborhood and on campus!

The Off Campus Living Program, under the guidance of the Office for Residential Life and Housing Services, created the Neighborhood Ambassador Program in an effort to assist UR students with their transition to off campus living. Neighborhood Ambassadors live in one of the neighborhoods surrounding campus and they can:

- Learn about the diverse neighborhood they live in
- Bridge the gap between the University and the community
- Explore social justice issues in the community settings
- Create unique and imaginative events for students and the neighborhoods

Thanksgiving...

In the United States, Thanksgiving Day is celebrated on the fourth Thursday in November. One of the best things about Thanksgiving is spending time with family and friends. It is also important to reflect on all that we have to be thankful for in these times. The following are some of the most popular Thanksgiving traditions:

Turkey and Trimmings:

Traditional foods are a large part of the Thanksgiving celebration and include foods like turkey, stuffing, gravy, sweet potatoes, cornbread, mashed potatoes, cranberry sauce and various pies (pumpkin, sweet potato, apple and pecan are most popular).

Time Out for the Pigskin:

"Throughout the United States, football on Thanksgiving Day is as big a part of the celebration as pumpkin pie."

Parading Around:

"Many families watch the New York City Macy's Thanksgiving Day Parade. The parade includes marching bands, floats, songs and performances from Broadway musicals, and giant helium-filled balloons."

Making a Wish:

"Some families include breaking the turkey's wishbone as part of their celebration. The wishbone is found attached to the breast meat in the turkey's chest. After the meat has been removed and the wishbone has had a chance to become dry and brittle, two people each take one end of the bone, make a wish, and pull. Whoever ends up with the larger part of the bone gets their wish!"

Giving Thanks:

"Last, but certainly not least, Thanksgiving is about giving thanks for the people and blessings of the past year. From pre-meal prayers to providing holiday meals to the homeless, the holiday is truly a celebration of praise and thanksgiving."



Traditional Thanksgiving Recipes:
[Pumpkin Pie](#), [Stuffing](#), [Green Bean Casserole](#), [Roasted Turkey](#),
[Gravy](#), [Mashed Potatoes](#)



Upcoming Events



University...

11/12: Breaking the Bubble,
7:30pm, Brue Coffee-How to Run
for Office

11/16: [Confluence Student Concert](#)

12/8: [Deck the Town](#)

U of R Featured Events

Rochester Area...

11/17: [Monster Jam](#)

11/17: [Maker Faire, Rochester](#)

11/20-24: [Les Miserables at RBTL,
Auditorium Theater](#)

11/21: [Rochester Philharmonic
Orchestra, the Nutcracker](#)

11/29: [Transiberian Orchestra at Blue
Cross Arena](#)

11/30-12/16: [Yuletide in the Country,
Genesee Country Village and Museum](#)

[Rochester First Calendar](#)

[Rochester City Newspaper Events](#)

FALL FESTIVAL

Saturday November 10, 2018

1 PM until 5 PM

Celebrating the 10 year anniversary of Brooks Landing!

presented by SW Rochester Rotary and University of Rochester Rotaract clubs

Live music by Dream Float and Siena Facciolo & Company

Kid Friendly Activities hosted by UR Student Groups

Local Merchants

Free Food

Important Phone Numbers:

Emergency Police	911
Non -Emergency Services	311
UR Public Safety Emergency	585-275-3333
University Health Services	585-275-2662
The Housing Council	585-546-3700
Legal Aid Society	585-232-4090

Have a story or event you think should
we should include in our next
newsletter?

Email submissions will be accepted until
the 5th of the month for that month's
newsletter. Submit your stuff [HERE!](#)