Moving out of your room/apartment at the end of the Fall 2006 Semester? **Standard Check-out**

Standard Check-out is available for residents who wish to be present while the check-out inspection is being conducted by a staff member of the Office of Residential Services. Standard Check-out requires that you schedule an appointment at least one week prior to your departure. 

Sign up sheets will be available on the outside of your Area office door. The South Area Office is located in Whit-tier adjacent to the study lounge. The North Area Office is located in Bancroft 101.

During your scheduled appointment time, your room/apartment will be inspected, and your key(s) will be collected by the CA. You must be ready to vacate your room/apartment once the key(s) are turned over to the CA. The Room/Apartment Condition Report (RCR/ACR) form will be completed at check-out time, a copy given to you, and the original returned to the Office of Residential Services. Failure to keep your appointment will result in a $50.00 improper check-out fee and/or an additional daily charge assessed to your student account.

**Express Check-out**

Express Check-out was developed to provide you with flexibility and to save you time during the busy end of the semester. This option will allow you to check out at any time of the day or night. You simply drop off your keys to your Area office. At the Area office there will be an Express Check-out envelope for you to fill out with your information and for you to place your room/apartment key/s. The completed envelope must then be placed in the Express Check-out drop box (located directly outside your Area office). After you leave, your CA will take the Room/Apartment Condition Report (RCR/ACR) to your room/apartment to inspect the room for damages, and assess it accordingly. Residents who pursue the Express Check-out option waive the right to appeal damage charges. If you have any questions or concerns about damage responsibilities, it is recommended that you use the Standard check-out Option.

You will receive an e-mail from your AD in early December with more check out details, if you are scheduled to vacate this fall.

For residents who are residing in Family Housing apartments and have pets...

Please make sure to make proper arrangements with pet care providers if you are planning on going out of town. This includes signing out a guest pass for any care taker and providing them with the proper key with which to enter your apartment. The Family Housing Staff is not responsible to look after your pet if you do not take the appropriate steps to ensure that your pet is being taken care of. As you know, guests CAN NOT sign keys out of the front desk and will not be given a key to your apartment. CA’s and Security work hard to ensure a safe living environment in Family Housing and unfortunately do not have the time to watch your pet. Please be courteous and make arrangements for your pet’s care accordingly.

Other options for pet care while owners travel over the holidays range from; taking your pet to a kennel, hiring a pet-sitter to look in on your pet at home or taking your pet with you.
Holiday Tips and Hints

If you plan on leaving your unit for an extended period of time, please close your windows prior to your departure. (Why do we ask this? If it becomes severely cold over your vacation, having your window open - for even a short period of time - can freeze pipes and possibly cause pipes to burst).

Traveling out of the city: To save yourself time AND money, utilize public transportation, if possible, to area airports.

If you want a speedier commute, consider sharing a cab or shuttle service with another resident. Whereas shuttle and cab services can run anywhere from $17-$45, sharing a cab’s cost can easily lessen the load.

Staying in the city can be a great time to enjoy city sights of NYC during the holidays. Be mindful of route and service changes and interruptions of public transportation due to parades or other holiday events. You can get these updates sent automatically to your mobile phone or MP3 player even, by visiting the MTA website.

Once again, we wish each and everyone of you a great holiday break.

Stay safe, and look for more informative and programming news in December!

By Jo Ellen Malveaux

Safety Tips for Kids in the Snow

Here are some winter safety tips for children. Skating, sledding, skiing and building snowmen...our fondest memories of winter are often outside activities involving snow and ice. Make sure your children enjoy this winter and stay safe. Protective clothing, well-maintained sporting equipment, and basic safety measures are the best insurance against accidents and frostbite.

Always ensure a responsible adult is supervising. Playing along is even better.

Have children wear their bicycle helmets while sledding. Many head injuries occur when children ride sleds belly down, head first.

Outfit children in warm clothing with special attention to hands and feet. Boots and gloves should be made of durable material that will protect children from cuts and abrasions if they fall off their sleds and tumble along an icy hill.

Plastic tubes, disks and flyers can be dangerously fast for small children.

Steerable, wooden sleds offer more control and less speed and are recommended for pre-teens.

Make sure your child’s sledding location is a safe one, that is free of car traffic, walls and trees. There should be no rocky ledges, steep falls, or water traps that could result in a cold dunking or a high-speed, out-of control ride.

As graduate students, we face numerous obstacles and responsibilities. The obligations of our coursework, dissertations or theses, internships, part-time or full-time jobs, as well as families and friends can leave us feeling as though we have little time for our needs. We can feel particularly overwhelmed during times of great demand, such as during midterms, finals or the holidays.

A series of workshops is forthcoming that will help you cope with stress, better manage your time, and generally maintain your well-being. Look for announcements on e-boards, flyers throughout campus and residential buildings and e-News Blasts for the dates and times.

Greg Payton
Email Greg for more info at gip2005@columbia.edu
World AIDS Day

Join the Office of Residential Services in wearing red and/or a red ribbon on Friday, December 1st, 2006 for World AIDS Day 2006. Started in 1988 by UNAIDS, World AIDS Day is an annually recognized day to increase awareness of HIV/AIDS and provide an opportunity for people worldwide to unite in the fight against HIV and AIDS.

Around forty million people are living with HIV throughout the world— and that number increases in every region every day. Around 95% of people with HIV/AIDS live in developing nations, but HIV today is a threat to men, women and children on all continents around the world. Even if you are unable to recognize the day itself, take the time, during the month of December, to take an HIV Antibody test at The Gay Health Advocacy Project (GHAP), part of Health Services at Columbia University. The HIV antibody test provided through GHAP is confidential, open to the entire Columbia community (including partners), and provided at no charge. GHAP is also pleased to be able to offer Rapid HIV Antibody Testing to the Columbia community.

GHAP offers walk-in appointments Monday through Thursday from 4:00 - 7:00 pm; test results are given in person and take 24 hours to process. For more information about the HIV antibody test, contact the GHAP at (212) 854-6655; for more information about HIV/AIDS, call the GHAP’s information line at (212) 854-7970.

Contact CA Jo Ellen for more info - jam2132@columbia.edu

Self-care in our neighborhood

Aside from the Dodge Fitness Center (which TC students enjoy as a part of our college fee; family members can join for a semester fee), here are some ideas for renewing body, mind and spirit in our neighbourhood and in the city.

•Cathedral Church of St. John the Divine: 112th St. & Amsterdam. The grounds and sanctuary are gorgeous, and there are always musical and spiritual events happening there, often across faiths.

•College of Mount Saint Vincent: 6301 Riverdale Ave. Riverdale, NY. www.cmsv.edu

Take a tranquil, daylong excursion to:

•The Cloisters Museum and Fort Tryon Park M4 Bus to Ft. Tryon Park. Metropolitan Museum’s Medieval European Collection, located on four acres of park land overlooking the Hudson River.

•Shape Up New York!

Free exercise programs for children and adults at New York City parks. For more information at our local parks:

- Jackie Robinson Recreation Center, 89 Bradhurst Avenue between 146th & 147th Streets, New York, NY 10037
  Phone: (212) 234-9607
  - St. Nicholas Community Center, 2374 Frederick Douglass Boulevard, New York, NY 10027, Phone: (212) 749-8428 Coming in October!
  - 92nd St. Y 1395 Lexington Ave. between 92nd & 93rd Streets.

Lots of interesting programs to stimulate and entertain! Dial 311 for more information. www.92ndst.org

* Free yoga at TC!!! Fridays 5:45-7pm in Horace Mann 424- check with student activities for schedule and location changes.

Thank you to LeLaina Romero for this info.
Calendar of Events

Teacher Certification 101
Friday, December 1, 2006
Event Location: Whittier Café
Event Time: 2:00PM – 3:00PM
Contact: Daniel Kim
dik2102@columbia.edu

Join Julia Yu, Assoc. Dir. of Office of Teacher Services, and find out more information about the New York State teacher certification process, as well as find out what additional services and resources the Office of Teacher Services can offer TC Students while they navigate the myriad and often confusing certification process.

Cosmopolitanism and Education:
A Discussion with Anthony Appiah
Friday, December 1, 2006
Event Location: Schermerhorn Hall, Room 501
Meeting Location: Whittier Lobby
Meeting Time: 3:45PM
Contact: Aisha Burrell at aeb56@columbia.edu

Attention all Soccer/Futbol Players
Sat, 2nd and Sun, 3rd Dec & every weekend thereafter
Meeting location: Bancroft lobby
Time: 1:30 pm. Depart 1:40 pm sharp
Contact Matt at mjh2128@columbia.edu or Fabio at fsaesilva@yahoo.com.br

SWAP –O-Rama!
Sunday, Dec 03rd 2006
Time: 3:00—5:00 pm
Meeting Location: Grace Dodge Cafeteria
Contact: NRH CA’s: jam2132, jjr2112, sle2106 all @columbia.edu

Financial Aid 101
Monday, December 4, 2006
Event Location: Whittier Café
Event Time: 6:30PM
Contact: Vickie Ndibo and Rebecca Pinard
vmn4@columbia.edu

Hugh Jordine, a representative from the Office of Financial Aid, will join the discussion to answer questions about what happens next, repayment of loans, exit interviews, and filling out FAFSA forms.

Cinema Travels: Japan
Thursday, December 7, 2006
Event Location: Whittier Café
Event Time: 9:30PM
Contact: Vickie Ndibo and Aisha Burrell
vmn4@columbia.edu and Aeb56@columbia.edu

Movie – Blood Diamond
Saturday, December 9, 2006
Meeting Location: Whittier Lobby
Meeting Time: TBA
Contact: Vickie Ndibo vmn4@columbia.edu.
Set against the backdrop of civil war and chaos in 1990’s Sierra Leone, Blood Diamond is the story of a Southern African mercenary and a Mende fisherman in a common quest to recover a rare pink diamond that can transform their lives.

Winter Study Break
Wednesday, December 13, 2006
Event Location: Bancroft Lobby
Event Time: 7—8:30 pm
Contact: BGS CA’s
Greg - gip2005@columbia.edu
Lelaina - lelai.romero@gmail.com
Jessica - cjc51@columbia.edu
Nani - nanipease@yahoo.com
Paul - miklaup@hotmail.com

India Series: Dil Chata Hai
Thursday, December 14, 2006
Event Location: Whittier Café
Event Time: 9:30PM
Contact: Aisha Burrell aeb56@columbia.edu.

Whether it is Bollywood, Telugu, Tamil, or Bengali, movies in India are enjoying a rise in popularity among film fans. Come join us in watching “Dil Chata Hai”

Sarasota Hall Study Break
Monday, December 18, 2006
Event Location: Sarasota Lobby
Event Time: 8pm
Contact: Nani Pease
nanipease@yahoo.com

Holiday Potluck on Monday, December 25, 2006
Event Location: Whittier Café
Event Time: 1:00PM
Contact: Jo Ellen Malveaux
jam2132@columbia.edu

Grant Resident Friday Night Social
Date : TBA
Event Location: Grant Lobby
Event Time: 7pm
Contact: Paul Kim
miklaup@hotmail.com
Apart from the social programs arranged and run by the Community Assistants (CA’s) and sponsored by the Office of Residential Services, being a great way to meet your fellow residents and getting to see the city, these programs are also good de-stressors. Watch out for a calendar of events in the monthly residential newsletter as well as on bulletin boards.

Here are some photographs from the recent Brooklyn Bridge Trip, NYC Marathon and the Halloween events arranged by the Bancroft, Sarasota and Grant CA’s.

Costumes ranged from Ninja outfits, pirates, superheroes as well as cartoon characters.

The Children’s party was run with great success as various parents arranged and coordinated fun activities from apple bopping to dangling doughnut eating contexts. A few adults got in on the action and showed their mettle...gnashing teeth and all!

The Pumpkin carving gathering was yet again a great success with participants varying the model designs provided for them. All in all, a good time was had by all. Join us for the events scheduled for December.
Halloween Program Photographs