

Spring 2021 edition

THE VILLAGER

THE GRADUATE & FAMILY HOUSING NEWSLETTER

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Housing &
Residence Life
UNIVERSITY of FLORIDA



Graduate & Family Housing's

THE VILLAGER

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WELCOME

to the Department of Housing and Residence Education At The University Of Florida and
WELCOME TO GATOR NATION!!!



to our returning residents and family, welcome back and to our new residents and family welcome home! It is my distinct pleasure to welcome you to the University of Florida, the Gainesville community and most importantly Graduate and Family Housing! Our mission is to provide well-maintained, inclusive, community-oriented facilities where residents and staff are empowered to learn, innovate, and succeed. The Department of Housing and Residence Education, staff and student leaders are anxious to meet, fellowship, interact, and work with you during this next academic year. Be prepared to actively engage in a unique campus experience as you meet staff, faculty and students from a variety of functional areas.

While COVID has caused us to make adjustments to many of our operations you can rest assured that the health and safety of each of our students and family members and minimizing the potential spread of disease within our community is of paramount importance. Reducing the risk of COVID-19 exposure is a shared responsibility. All of us must do our part and work together to control the spread of this virus.

In addition to developing behavioral expectations and public safety protocols for the University community, visitors, and vendors to follow, the University has implemented enhanced health and safety measures that include more frequent cleaning and sanitation in all on-campus housing facilities.

For more information on COVID-19 and the University's response, please visit the following webpages:

Frequently Asked Questions

<https://coronavirus.ufl.edu/faqs/>

UF Health COVID

<https://coronavirus.ufhealth.org/>

UF Behavioral Expectations in Response to COVID-19

<https://policy.ufl.edu/policy/student-behavioral-expectations-in-response-to-covid-19/>

CDC COVID

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Florida Department of Health in Alachua County

<http://alachua.floridahealth.gov/>

Again, to our returning residents and family, welcome back and to our new residents and family welcome home! Enjoy your academic year here at the University of Florida.

Sincerely,

Calvin Mosley

Calvin Mosley

Director of Housing for Residence Life



HELLO!

Spring 2021 is finally here! As I write this, November 2nd, it is with hope that the end of the COVID pandemic is in sight and that the nation and the world has begun the healing process from a tumultuous 2020. As we begin a new term and calendar year, I would like us all to consider participating in a new awakening of kindness.

Kindness is defined as the quality of being friendly, generous, and considerate. For each of these traits, perhaps, we can accomplish an action. When you encounter anyone in the village, be friendly and give a simple “hi” and a smile or a wave. For generous, perhaps donating gently used items to a local charity or volunteering some time at an organization providing service to others. Considerate is synonymous with mindful. Mindfulness is something we can do to be kind to ourselves. There are apps, books, and other resources that can teach us how to practice mindfulness.

Let us resolve to make 2021 the best year we can. Let us start with kindness!



Sincerely,

Jason Fraser-Nash

Assistant Director – Graduate and Family Housing



POURING BUT FILLED

When I was brainstorming for the theme of our Villager's Spring 2021 edition, I suddenly received an email from President Fuchs regarding kindness towards each other, especially during this COVID-19 pandemic. I realized that kindness is the simplest and easiest act we can give to ourselves, others, and the community. It can be as simple as smiling and greeting our neighbors.

For me, the most beautiful thing about kindness is that it costs nothing, but instead we will gain more than what we give out. I still remember, once my classmate smiled at me and asked how I was doing, it made my day. These type of human interactions may not be as easy in now days situation. However, I believe that even with a mask on and 6 feet distance, we still can share kindness, because kindness comes from the heart, which everyone must have! I hope this edition of the Villager will remind us that the more we pour out kindness, the more our heart will be filled with joy. Let us bloom together with the flowers outside our windows!

Warmest regards,

Jesica Belva Widyaprasetya



Photo credit to Vincentius Arca T.

Resident's Corner:

THE BEGINNING OF KINDNESS

Smiling is A Step to Kindness

By Nermin C. Cakmakci, Maguire Village

"Smiling is the first step to kindness and kindness is the first step to love. I truly believe this. When you start your day with a smile, it will bring light to your day and lead you to feel happy. As you smile it's contagious and others will be impacted by it and smile in return."



SMILE!

Smiling looks good on you..

Smiling is unique, by smiling you flex the muscles around the mouth. I love smiling! I love happy people! If you are a happy and positive person, you smile as much as you can. Smiling is the first step to kindness and kindness is the first step to love. I truly believe this. When you start your day with a smile, it will bring light to your day and lead you to feel happy. As you smile it's contagious and others will be impacted by it and smile in return. Through this perspective you will start to love everything such as when you see a flower, a cat, a baby, or a rainbow!

My husband, two daughters Zeynep (6) and Zehra(3) and I are a happy family. We try to participate in different activities weekly and have family time (as can be seen in the pictures).

This photo is from a Song Contest that took place in Diamond Village. After the contest they gave balloons with different animals and shapes. We had a great time together. My daughter sang a song and also received a prize.





My daughter loves animals. As seen in the picture, she feels happy because she is feeding the ducks as she loves animals and nature, happiness and kindness come with it. Loving, smiling, and acts of kindness, we can see that all of these cause a chain reaction. Each one triggers the other in a positive way.



Another photo was from a horse farm. We visited the horses. We fed them with apples and carrots. Also, my kids love to ride horses. Each staff was so kind and helpful. Engaging in hobbies together make us happy and give us a reason to smile. As a result, it contributes to our happy and kind personality because we satiate our soul with beauty.



My daughter Zeynep drew 2 photos of people smiling. She is only 6 years old and is a very happy girl. When I ask her about her drawing, she explains her art to me, as can be seen in the picture. She always draws smiley faces on her papers, it comes to show the side of her that is good, nice, a helper, and someone who smiles to everyone!

“Kindness is a silent smile, a friendly word, a nod of encouragement.”



One day Zeynep said to me “Mom, I need to go outside”. It was a surprise to me because generally, we mutually decide when we go somewhere so we can prepare before we leave the house. I asked her, “what is the reason that drove you to this thought?” She immediately said that “Mom, I should go outside, and I should help whoever needs help. Maybe an old grandfather who wants to cross the road or maybe his eyes can't see”. That moment I just wanted to cry! She was only 5 years old. She is such a sensitive girl. Actually, kids learn what we teach them.

Kindness is the single most powerful thing we can teach children. “

I really like these quotes. *"Kindness is a silent smile, a friendly word, a nod of encouragement. Kindness is the single most powerful thing we can teach children."* It is so true, and I agree with this. Kindness is such a valuable behavior. We should be kind to ourselves, other people, the environment, and of course animals.

According to my observations, many residents/neighbors/parents are closely interested in their children and this is reflective in their behavior through kindness. Living with kind people means creating a happy space for yourself. If a parent or teacher teaches children to be a kind, they will have the strongest attribute. If they are growing up with gentleness, there is no doubt they will be helpers, happy, self-confident, warmth, and a selfless person. These people always try to care for others.

I can frankly say that UF Graduate Family Housing staffs, maintenance, employees, and residents are very kind people. Whenever you need help, they look for a solution for you as soon as possible. They are so kind.

Now let`s speak about Maguire residents.

Maguire is my home, second to my home in my country. I have collected so many beautiful memories here. There are many students and their families from all over the world. Each country has a unique language, culture, body language, dishes, and behaviors. So, I am so lucky to have a chance to meet so many diverse individuals. My friends and neighbors are very nice people. We spend very valuable time together. For example, we have pool parties, coffee nights, picnics, playground days, bubble days, weekly play days, drawing days, birthdays, bike days, and more... GFH loves the children and it helps to show kindness to kids. I think I am a kind person and these behaviors increase with many kind and friendly friends in the USA.

with you. I strive to be a helpful person/neighbor. I try to help to anyone who needs help. One day, one of my neighbor's were sick with her kids. In my culture when a friend is sick, we do everything to help him/her. I know when an individual is sick, they become uncomfortable, tired, and restless. Therefore, I cooked her a bowl of chicken soup and took it to her.

A few weeks later she brought me a plate of cupcakes and flowers. Oh! I cannot describe my feelings. When I had taken the soup to her, I had not expected such kindness in return! It was a surprise for me. They were really kind neighbors in Maguire Village.

Another act of kindness that I witnessed was during one summer night back in my country. I had chatted with my friend in my village, one week before I travelled to my country. During the plane ride my daughter cried so much and we were really tired. We drove for 7 hours after a 16-hour plane ride. When we arrived in front of my apartment, we found a bag. And oh, my goodness! The bag included different international fresh foods and fruits. I was as happy as if I had found gold with that fatigue and hunger. There are still amazing people out there and I believe kindness is contagious.

*Love,
smile,
and be kind..*



I would like to share an unforgettable memory



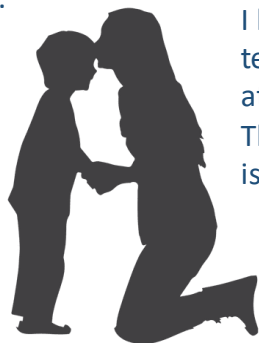
RADICAL KINDNESS

By: Lauren Rivera



Thanks to COVID-19, I am locked up in my small apartment, with my partner and our two sons. There is no room to hide anything here. With no outings or no hours spent apart, they see me, constantly. I must take responsibility for my actions if I am asking them to take responsibility for theirs. This is honest, and kind.

It is the afternoon, and my children want me to let them skip HW, or at least give them a few more minutes of scooting across the living room floor, eating one more snack, playing one more game of fetch with the dog. My oldest understands he has no other choice. My little one is only 6 years old, and less familiar with academic rigor. "I am the only one in the house that has all this HW," he yells. "You make me work, and work, and work. And I. Can't. Do. So. Much. Work." He puts his head down on the table and cries onto the handwriting practice handout I printed for him. It asks him to write various letter I's and he has forgotten to dot them. "You see? I can't do this."



I kiss him on the head and tell him he can. He growls at me like a feral animal. The kindness he wants is not the kindness he gets.

Photo license: [CC BY-NC](#).

He looks at his page, the space meant for writing looks just like a road. Two thick black lines run parallel, a dotted line in between, asking him to keep going. No stop sign in sight for him. When will it end? He wonders. When will he stop starting at the road and start running? I wonder.

Later, my back and shoulders ache from grading student work. My whole body wants relief from the tension of the day and I struggle to find the resolve to work on my novel. It is such a big task. I journal instead. In my mind I am still hovering over my little guy, wanting to possess his will and fill him with resolve. Resolve, I think. The same resolve I just decided not to have? I realize I am behaving just like my 6-year-old, feeling reluctant to work. I turn to my manuscript, remembering the strain I put my little guy through, and refusing to expect anything less from myself.

I push them to do the difficult, the strenuous, the tedious. Their resistance is like the weeds that want to choke the flowers. I weed this garden until my back hurts. I understand them. I know the discomfort of having to work when you do not want to. But I also know the pain of wanting to have worked and regretting that I did not.

My partner and I want our sons to believe in their potential and to pursue their gifts, so they can share them with the world. We love and sacrifice for our children, knowing they deserve it, and that everything we teach them bears a social impact. They will be as kind, helpful and dedicated as adults, as we expect them to be as children. They will only be able to share their gifts with the world if they begin to pursue them now.

Sans the weeds, our boys sure are gifted. The oldest can play songs he likes by ear on his guitar and has inherited his father's encyclopedic grey matter. He had read the complete Harry Potter series by fourth grade and can understand the Rhetorical Triangle in sixth. He wants to win the science fair. Our little first grader is quite deft at controlling a soccer ball and draws detailed compositions with depth and balance of color. He is quick at learning his math facts, wants to be a father, a vegetarian and a veterinarian. They are both bilingual and like to travel. They can carry on conversations with adults.

In the second grade, our oldest helped an ESOL learner understand the teacher, volunteering to act as her translator. In the third grade, he helped a quiet boy come out of his shell. At a kindergarten field trip, our youngest picked his spot on a picnic table where one student sat alone. "He needs a friend, Mami," he explained. They are not only bright, musical, athletic and kind. They help with laundry and recycle.

Before the pandemic, my children did not see me work as much, because I wrote or taught while they were at school or sleeping. Now that I oversee their learning while I keep my office hours in Zoom, they see that I work hard at tasks that do not always involve them. Many mornings, they find me at my laptop, exactly where they last saw me the night before and might surmise that I never went to bed. I never complain about my work, only that I do not have enough daylight. I like teaching and I like writing. I love reading. I want my boys to discover what kind of work makes them want to stay up at night, or even better, rise before dawn. The bed is always softer in the morning when you must leave it, than it is at night when your body and mind refuse to surrender to sleep. We all must leave our comfortable beds. But some of us love something that makes us want to leave that comfort. I want my boys to be so lucky.

Pandemics are not for the faint of heart. Neither are graduate school, parenting, teaching or writing. But, here we are. We can adapt. We can do as we expect our children to do. We can simply refuse to give up.

For one week in May of 2019, I made a daily visit to a table at Pascal's coffee house while the boys were at school and my partner was teaching a course in Grinter Hall. I filled a notebook with biographies of the main characters of my novel. An arsonist, a refugee, a detective, a dying man, a daughter, a veterinarian. I wrote about them to discover what they all wanted and what obstacles might get in their way. I wondered if and how any of their lives might intertwine. It felt like imagining the movie before watching it. My notebook pages were trailers. I wanted to know more. I had done the math: between August 2019-May 2020, while my children were at school, I'd write in the mornings, and teach my students in the afternoons. In June 2020, I would not be teaching and my 6-year-old was finally going to be old enough to join his older brother at Super Summer Camp, allowing me a greater block of time to focus on finishing my novel manuscript.

The pandemic messed up my math.

What could I do? What could I control?
How could I practice kindness—the absence of

malice, the expression of gratitude, the essence of selflessness, the effort to help others and myself?

I journaled. I reflected. I watched the news. I gained some perspective. For many people around the world, the pandemic messed up way more than work-life balance, or creative writing routines. It took away jobs, food supplies, running water, lung

capacity or precious lives. What had I really lost? I had hygiene, security, nutrition and the company of my family. I had to acknowledge all my fortune and feel grateful. I am not entitled to any of it, pandemic or not.

Serious writers do not let adversity stop them from writing, says John Dufresne, a writer who I reached out to in July, to ask for help. I needed a community of writers to help me revise my manuscript. He invited me to his conference that would meet virtually in the fall.

"I can't do it. It will be insane," I told my partner. "I will have to teach, worry about the boys finishing their HW, and attend a conference. How will I find the time?"

"We will make it work," he said. "This is the year you have to send your work out for publication." I did not want to let him down. He wants me to succeed as much as I want him to succeed. I thought of our children. Now I was the one staring at a long open road and it was time for me to start running.

My partner helped me guard my writing time. I wrote while he boiled pasta, while the boys took over the folding of the laundry, two hours after they went to sleep and two hours before they woke up. After several weeks, I compiled and revised what I had written piecemeal, the first chapter of the novel I had planned out at Pascal's. I attended the creative writing conference in Zoom, where other writers read my work and to my surprise, wanted to read the rest of the novel that I know will continue to emerge, slowly, in spurts, during and long after this pandemic. My children will read it someday.

I have fixed my math: Now I imagine myself as an integer standing under a radical. The solution to the problem is myself, and my kindness is the square root.



EVENTS PICTURES



MAYORS' COUNCIL
UNIVERSITY OF FLORIDA



GRADUATE &
FAMILY HOUSING
HOUSING & RESIDENCE EDUCATION
UNIVERSITY OF FLORIDA



Arts and crafts night

Virtual Arts and Crafts night was hosted by the Mayors' Council in collaboration with the UF Arts and Crafts center at the Reitz Union on Friday, August 21st, and August 28th from 5-6PM. Crafts included ceramic animal painting and canvas painting. Residents had the opportunity to join a virtual demonstration of each project conducted the UF Arts and Crafts center via Zoom. This event included registration from the residents' end and Mayors' Council had provided the supplies for each project for the first 12 registered participants from each village.







“Lets’ bake” and Baking Competition

Mayors’ Council hosted ‘Lets' bake’ and Baking competition for Corry village residents in October. Residents had to grab their supply bag to make brownies, cake, muffins, and enjoy cookies along with other bakeware goodie items at home.



Virtual gardening competition and Tanglewood Orchard garden

Mayors Council hosted their first virtual event named “Nurture Your Garden” in the month of July. Residents were being provided gardening essentials and gift pack upon first-come, first-served basis of registration. There were attractive prizes being given for the best flower garden and best vegetable grower.

Tanglewood Village hosted an orchard garden which has been a longstanding dream among the members of this community garden, and it was only possible by their active participation and engagement which turned it into a tangible reality.





Maguire Village



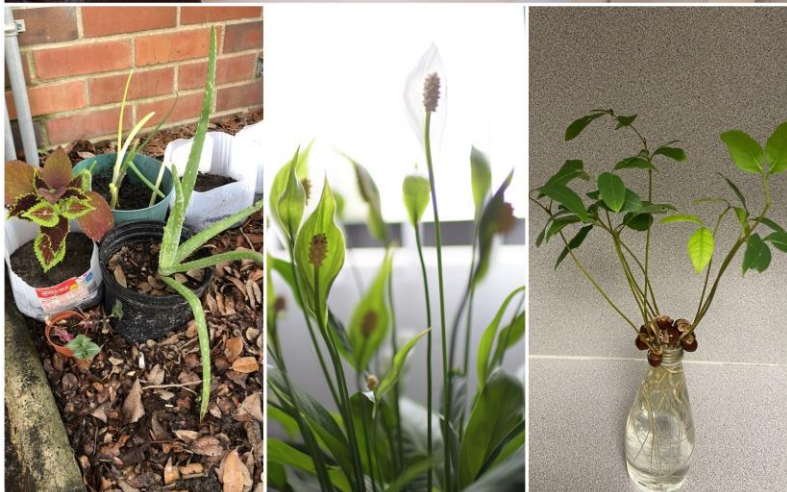
Corry Village



UVS



UVS



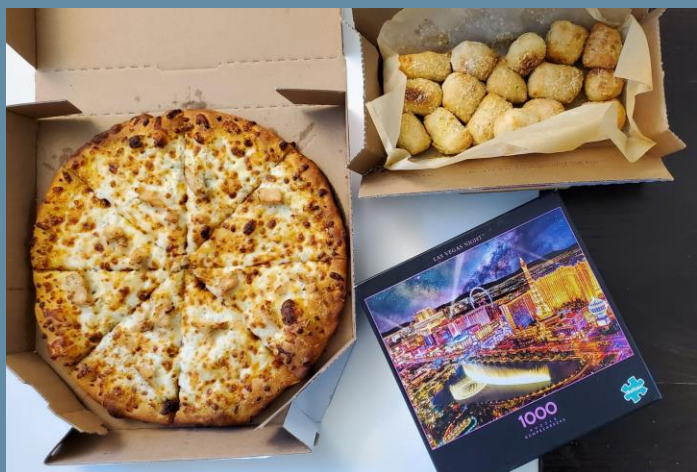




Family puzzle night

Residents were given an opportunity to gather with their family and join Mayors' Council for a night of puzzle building, in October. Mayors' Council had provided puzzles and refreshments for the first 15 registered residents from each of the five GFH villages.

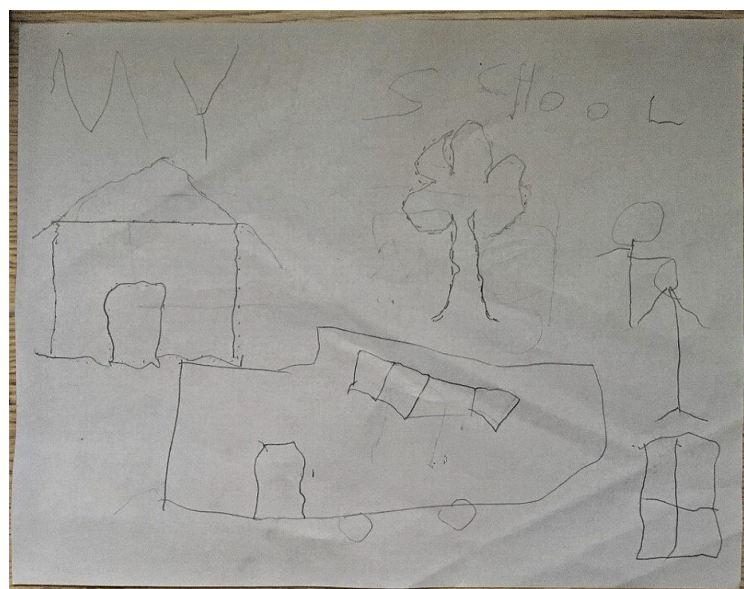
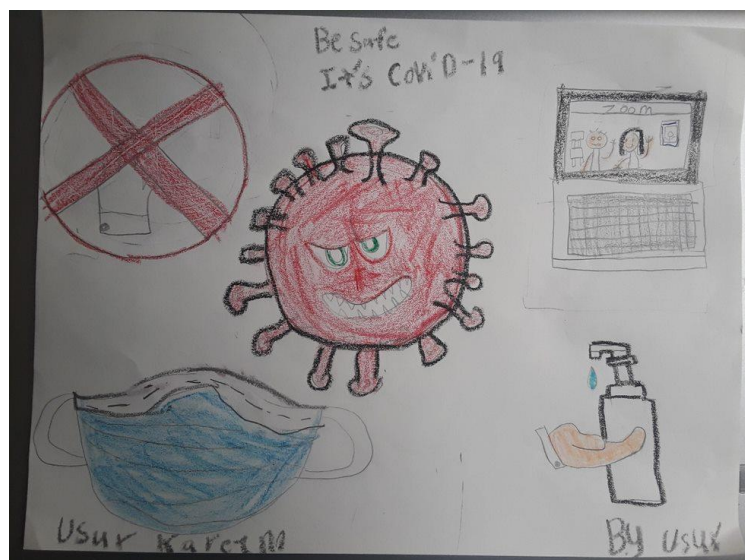


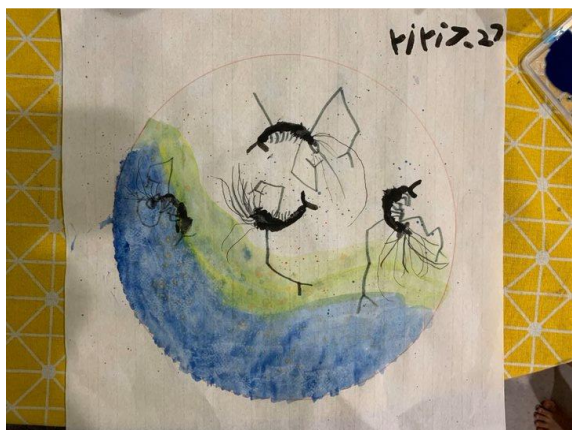
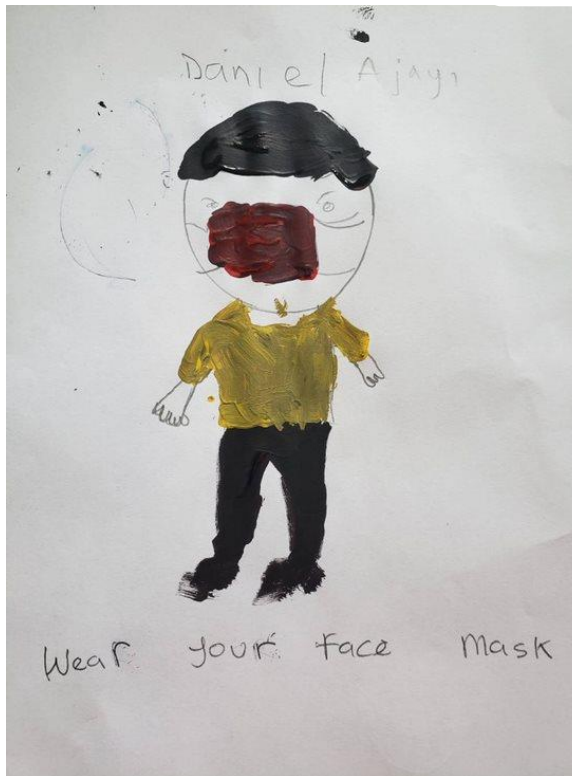


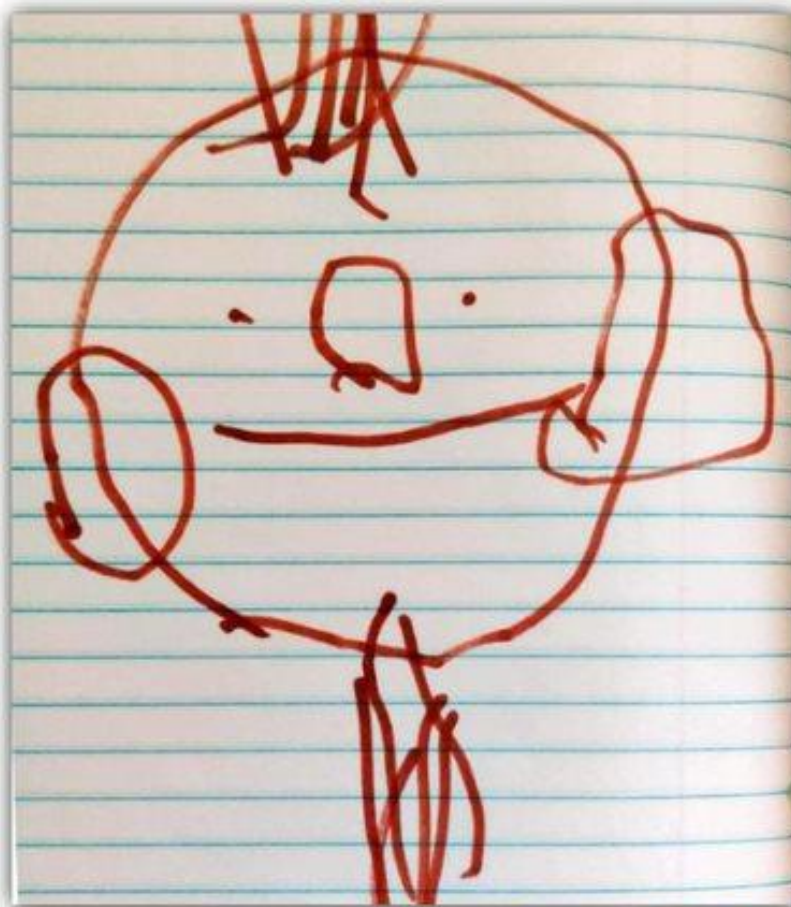


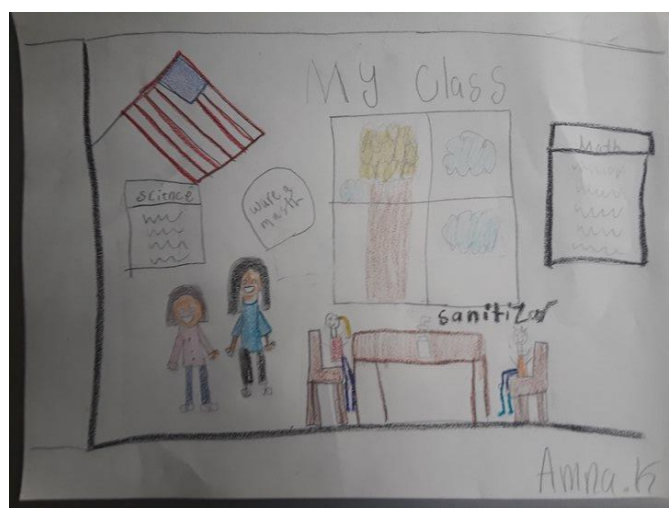
Back-to-school art competition

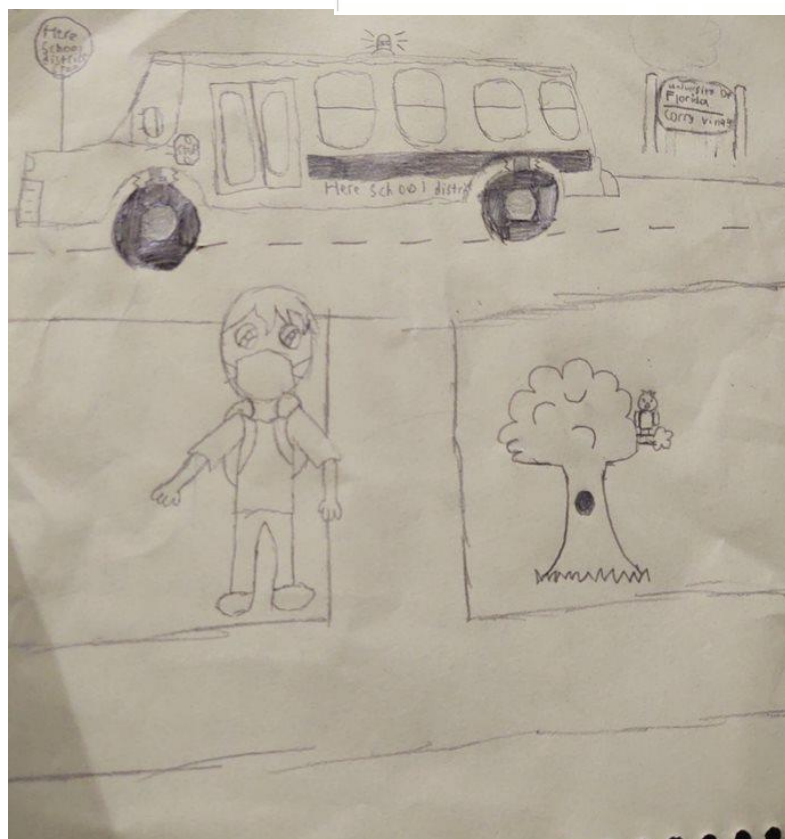
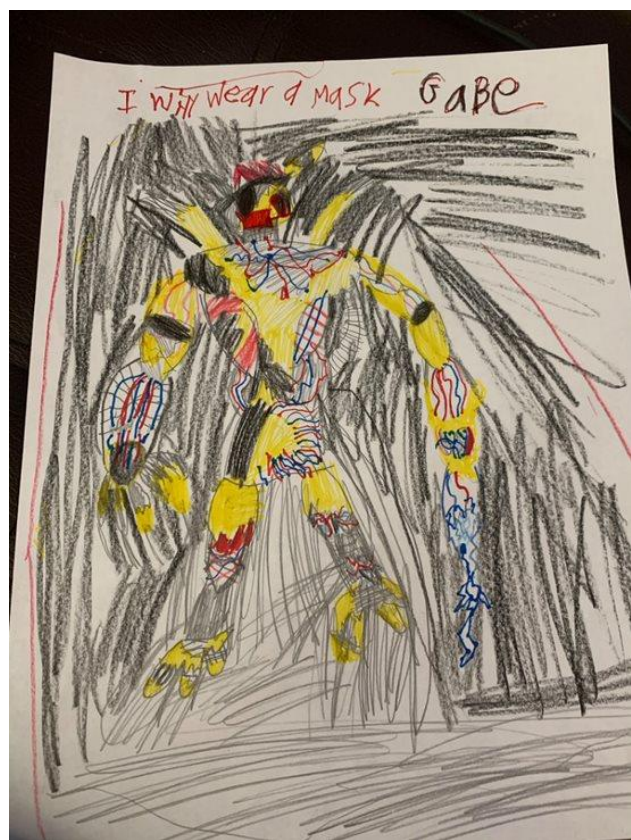
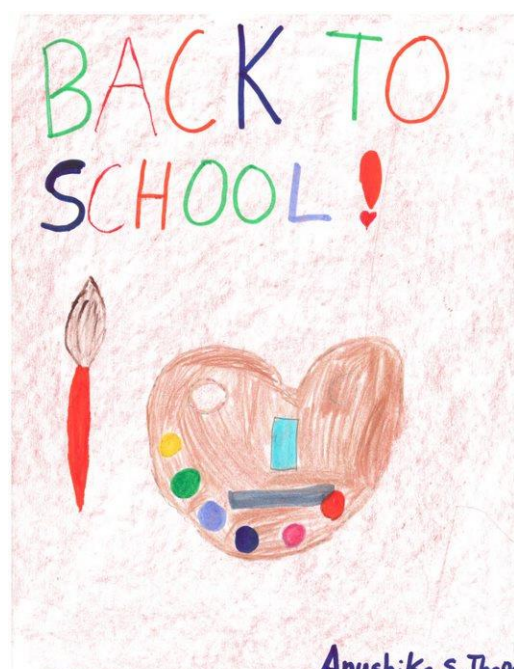
Mayors' Council plans had distributed back-to-school essential kits in the month of August. The kit included school supplies, snack bars for the graduate students residing at GFH villages.













Virtual Trick-or-Treat Event

Residents had the opportunity to participate in the virtual trick-or-treat event hosted by the Mayors' Council in the month of October. Halloween goodie bags were distributed for the residents and children at GFH. Everything was done by maintaining social distancing and COVID-19 safety guidelines.





Halloween

Halloween is a time of fun and excitement; this year's Tent or Treat did not disappoint, with a variety of activities to keep the residents engaged in a safe environment.



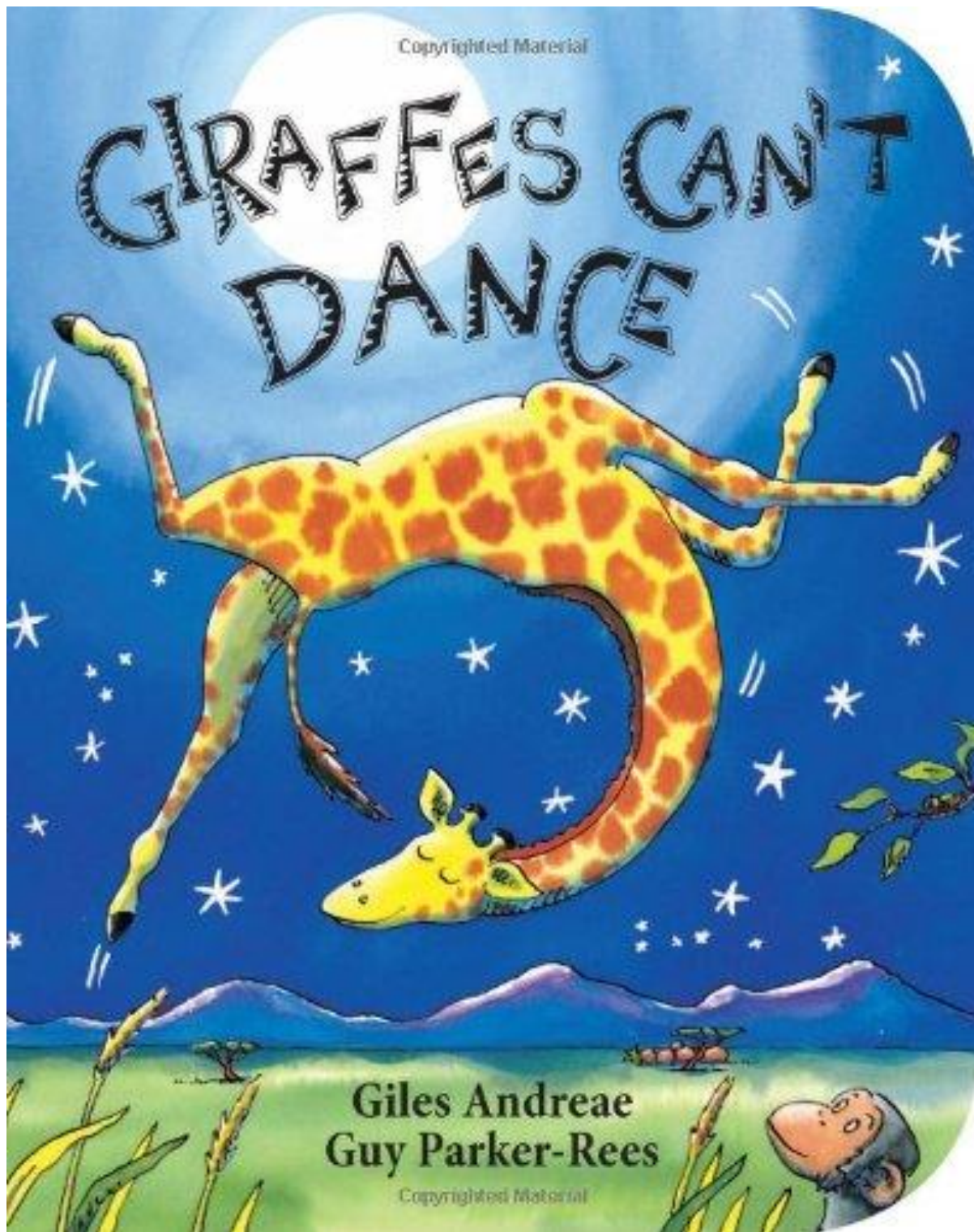
This yearly event could not have been possible without the help of Campus Diplomats and Mayors Council, thank you to all who assisted throughout the event!



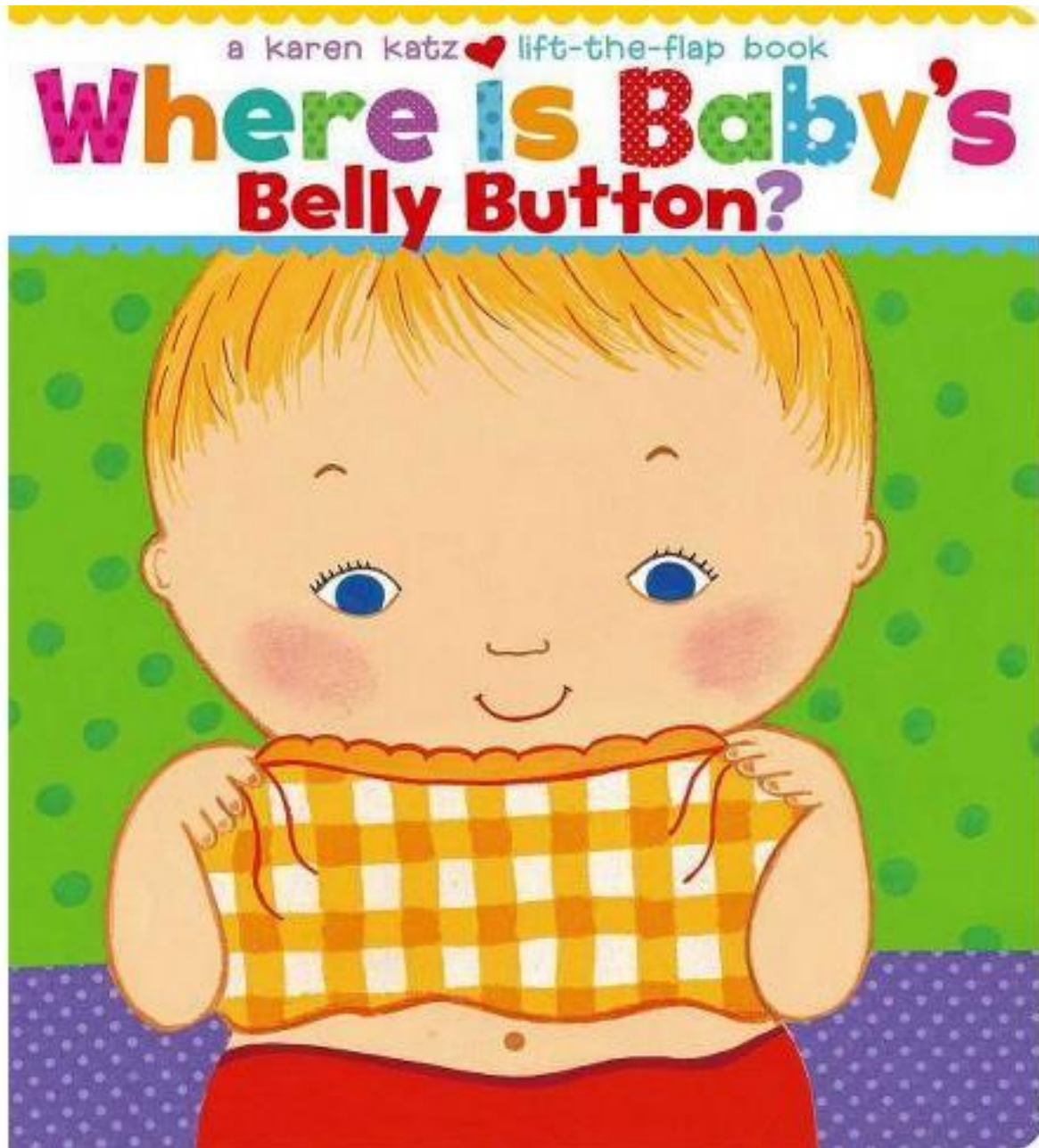
KIDS CORNER



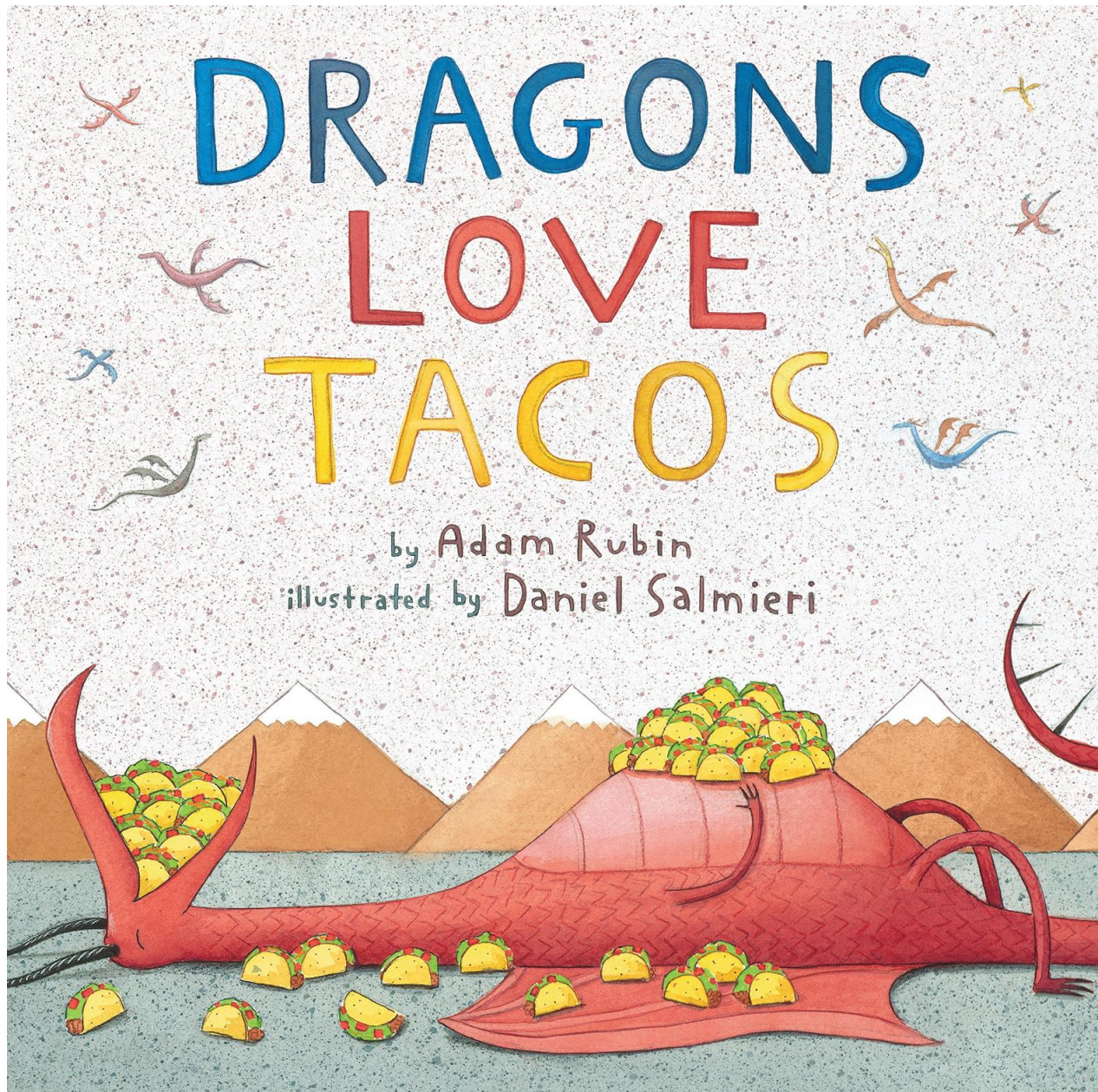
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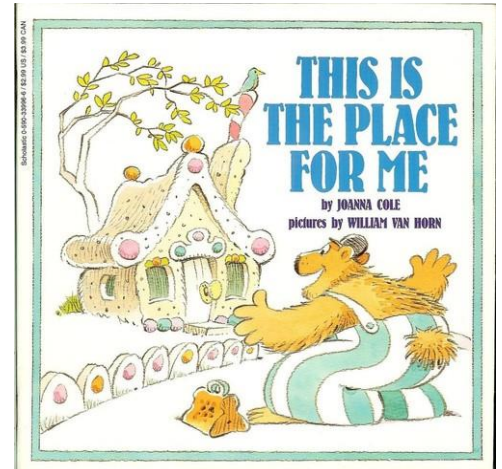
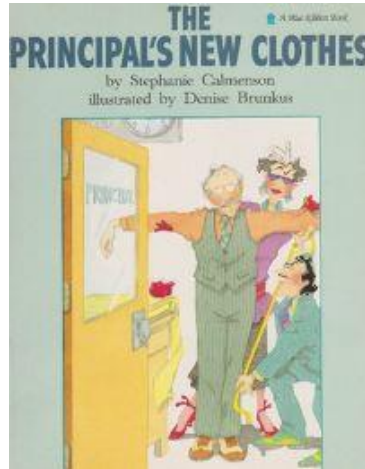
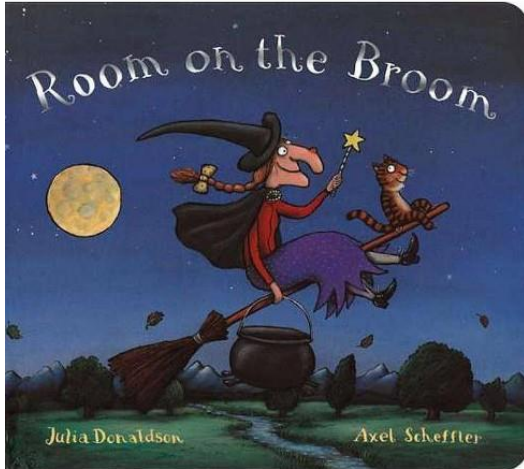
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(Story is read in English)



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(Story is read in English)



Click the picture for video
(Story is read in English)



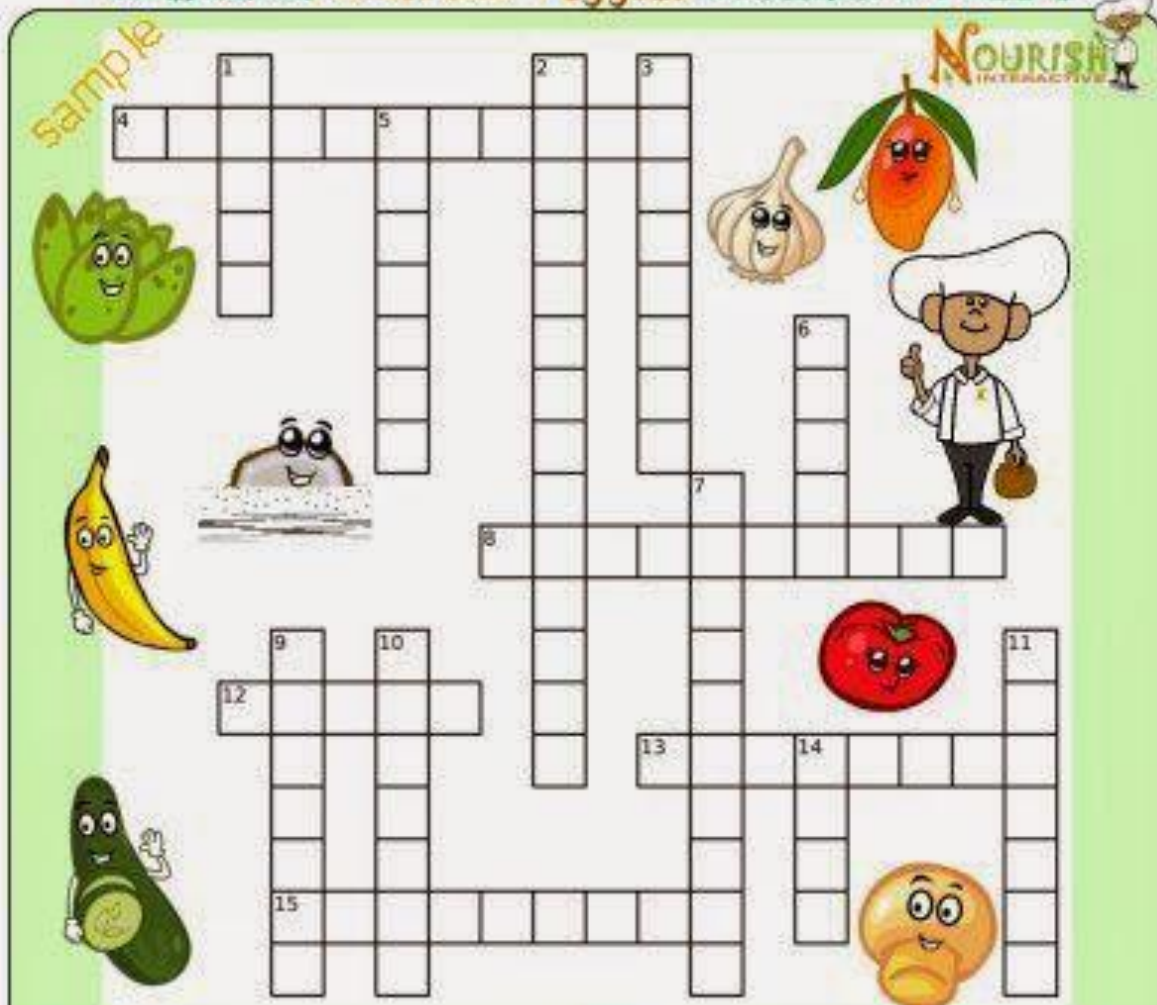
Click the picture for video
(Story is read in English)

For more stories visit:

https://www.facebook.com/UFGraduateAndFamilyHousing/videos/?view_public_for=119427404748202&ref=page_internal

If you are interested in participating and reading stories in your language, please contact Murielle at mgammons@ufsa.ufl.edu

Chef Solus Fruit and Veggies Crossword Puzzle

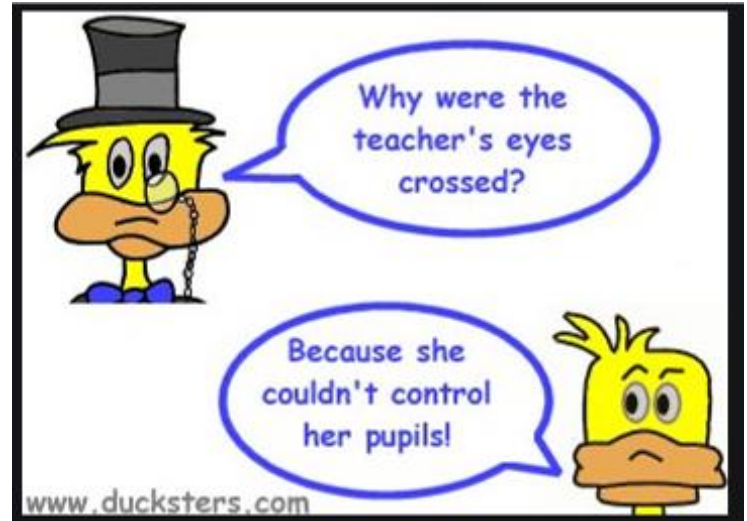
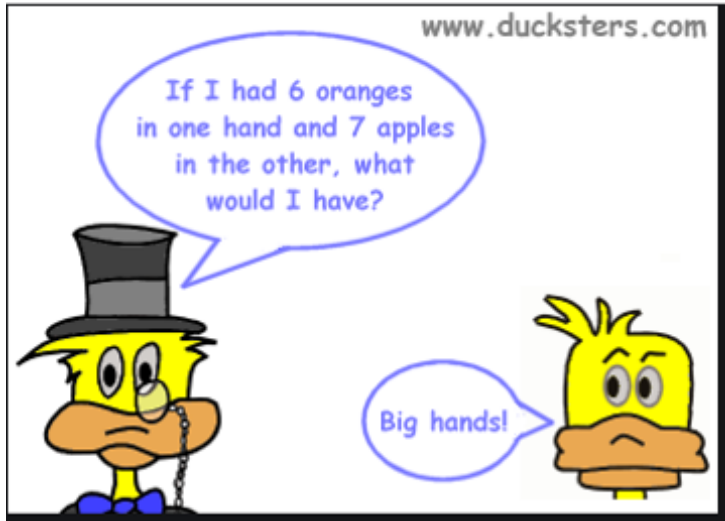


Across

- 4 The opposite of a sour potato
- 8 The outside of this melon looks like a web
- 12 Tomatoes, cucumbers and lettuce make a nice ____
- 13 This vegetable looks like a mini tree
- 15 Dip the leaves in butter and enjoy the heart of an ____

Down

- 1 This is a fuzzy stone fruit
- 2 This is a side dish at Thanksgiving
- 3 A palm tree grows these
- 5 One popular big squash at Halloween
- 6 This tropical fruit has a big seed in the middle.
- 7 This looks like an orange but is smaller
- 9 Monkeys love them
- 10 Dip these into Ranch dressing
- 11 Dried grapes are called ____
- 14 This vegetable has ears (think of cob)

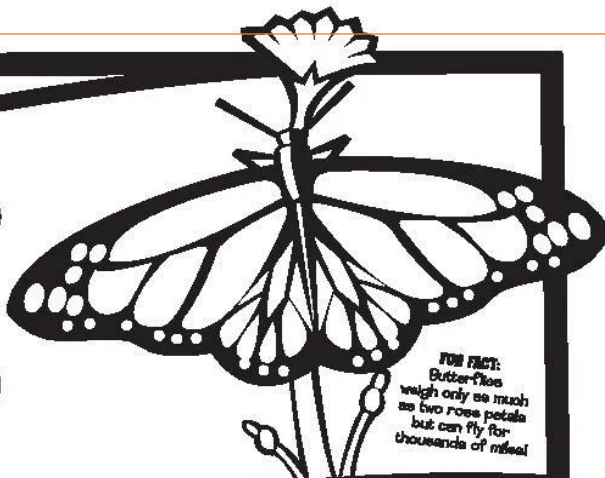


Crosswords Answers:

1. Peach 3. Coconuts 5. Pumpkin 7. Tangerines 9. Bananas 11. Raisins 13. Broccoli 15. Artichoke
2. Mashed Potatoes 4. Sweet Potato 6. Mango 8. Cantaloupe 10. Carrots 12. Salad 14. Corn

PETA Kids Spring

Word Search



Fun Fact:
Butterflies weigh only as much as two rose petals but can fly for thousands of miles!

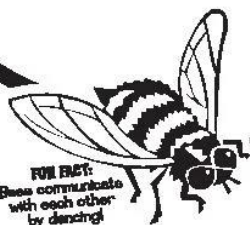
Test your word-hunting skill with this springtime word search.

WORD LIST:

FIND ALL THESE WORDS IN THE PUZZLE
(THEY CAN BE ACROSS, DOWN, DIAGONAL, FORWARDS, OR BACKWARDS):

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| A | N | I | M | A | L | S | B | U | G | S | S |
| C | A | T | E | R | P | I | L | L | A | R | P |
| B | E | S | A | N | M | A | E | V | B | E | R |
| D | I | J | D | O | E | F | N | U | Q | N | I |
| F | P | R | O | I | I | D | M | T | R | I | N |
| P | L | L | D | L | K | B | R | A | A | H | G |
| T | B | O | D | F | L | A | I | A | I | S | T |
| C | K | L | W | E | E | N | T | G | G | N | I |
| E | I | T | B | E | B | E | E | E | Z | U | M |
| W | D | E | V | O | R | Q | D | V | P | S | E |
| C | E | U | W | J | Y | S | D | E | V | Z | H |
| Y | L | F | R | E | T | T | U | B | R | X | J |

ANIMALS
ANT
BIRDFEEDER
BLOOM
BUGS
BUMBLEBEE
BUTTERFLY
CATERPILLAR
FLOWERS
GARDEN
PETAKIDS
RAINBOW
SPRINGTIME
SUNSHINE
WILDLIFE



Fun Fact:
Bees communicate with each other by dancing!

Remember to be kind to all the creatures who come out in the spring!

For more animal-friendly kid activities, visit PETA Kids.com

A close-up photograph of a dense cluster of petunia flowers. The flowers are in various colors: white, bright pink, and deep purple. They have a characteristic trumpet shape with five lobes. The green leaves of the plants are visible between the flowers. The background is slightly blurred, showing more flowers and foliage.

POETRY SECTION: The Words of Kindness

Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution. -Kahlil Gibran-



Photo credit: Vincentius Arca T.

KINDNESS

Naomi Shihab Nye - 1952-

Before you know what kindness really is

you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of kindness

you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.
Then it is only kindness that makes sense anymore,
only kindness that ties your shoes
and sends you out into the day to gaze at bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.

Embrace
your true color



Photo credit: Vincentius Arca T.



Photo credit: Vincentius Arca T.



**CAMPUS INFORMATION,
RESOURCES, & OPPORTUNITIES**

Craft-at-Home: Kirigami Flowers

By Mariana Baquero, Arts Specialist at the Reitz Union Arts & Crafts Center



Photo is credited to Mariana B.

Supplies



Paper (any colorful paper will work, including used wrapping paper)



Pencil or marker

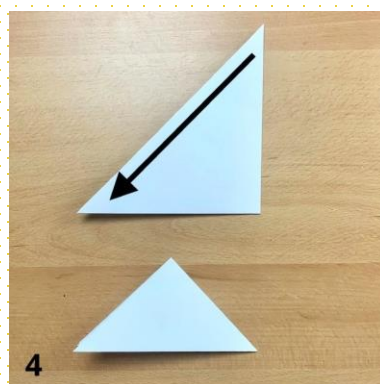
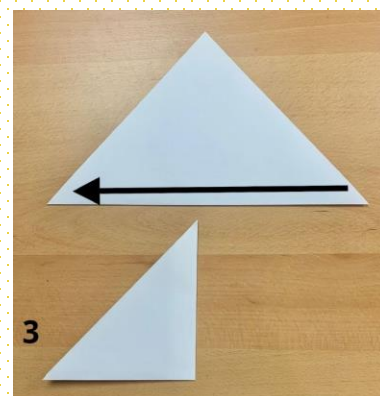
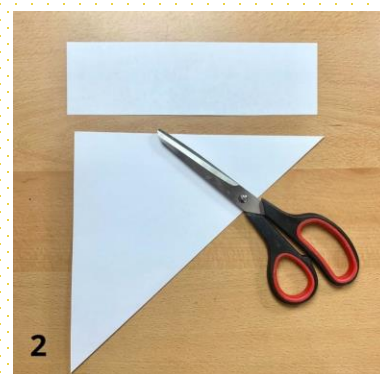
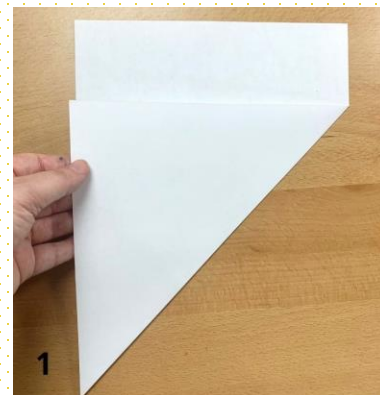


Scissors

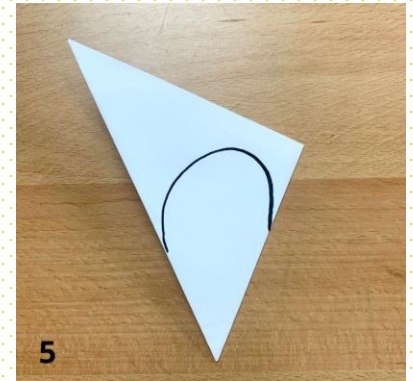
Spring is right around the corner, and it is the perfect time to experience the benefits of crafting at home. Crafting has numerous mental and emotional benefits, including the reduction of stress and anxiety, and an increase in feelings of happiness and connection. Crafting has even been shown to protect the brain from ageing. If you have never crafted before, it's natural to feel a bit intimidated. But for this project all you need is some pretty paper, a pencil or marker, and some scissors to create some colorful kirigami spring flowers. Kirigami is a paper art related to origami. In kirigami, the primary design is created by cutting the paper, rather than just folding as in origami. If you have ever made paper snowflakes, then you have done kirigami. Without further due, let's get started!

INSTRUCTIONS:

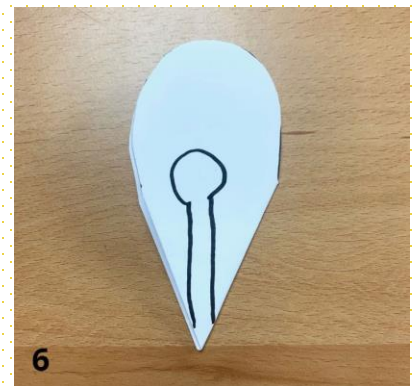
1. If your paper is not square, we will need to make it square. Fold one corner of your paper down to meet the opposite edge. Line up the edges carefully and make a sharp crease.
2. You now have a right triangle with a strip of extra paper along the bottom. Cut off the extra strip of paper and you will have a perfect square.
3. Keep your paper folded in the triangle shape and turn it so that the 90-degree angle is pointing up. Fold the triangle in half by bringing the right point over to meet the left point. You will end up with a smaller triangle.
4. Fold the triangle in half again by bringing the top point down to meet the left point. It is important to note that the center of your paper is the right point of the triangle.



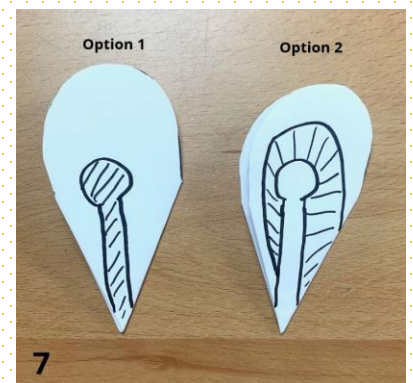
5. Turn your triangle so that the center of your paper is pointing down. Use a marker or pencil to draw a petal shape on your triangle. This will create the outside shape of your flower.



6. Cut out your petal shape. Now draw the inside (stamen) of your flower using a pencil or marker. You have two options for stamen styles. If you cut out the stamen you drew, the petals of your flower will be solid and the shape of the stamen is created by the negative space of the cut out.



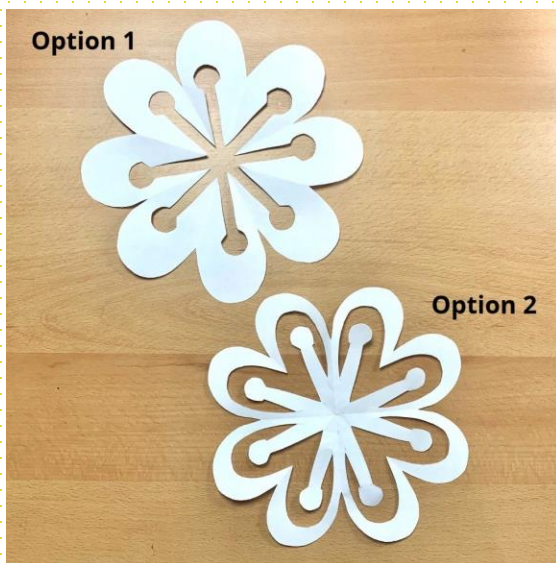
7. The second option is to draw an outline around your stamen and cut out the paper surrounding your stamen. In this option, the stamen remains solid but the petals have a lacey look to them. Whichever option you choose, it is helpful to mark the area you will be cutting out so that you don't accidentally cut an area you wanted to keep.



8. Cut out the areas of the inside of your flower that you shaded.



Result



Open and admire your flowers! Hang these flowers on a wall or window to create your own spring garden or use them to decorate homemade cards.

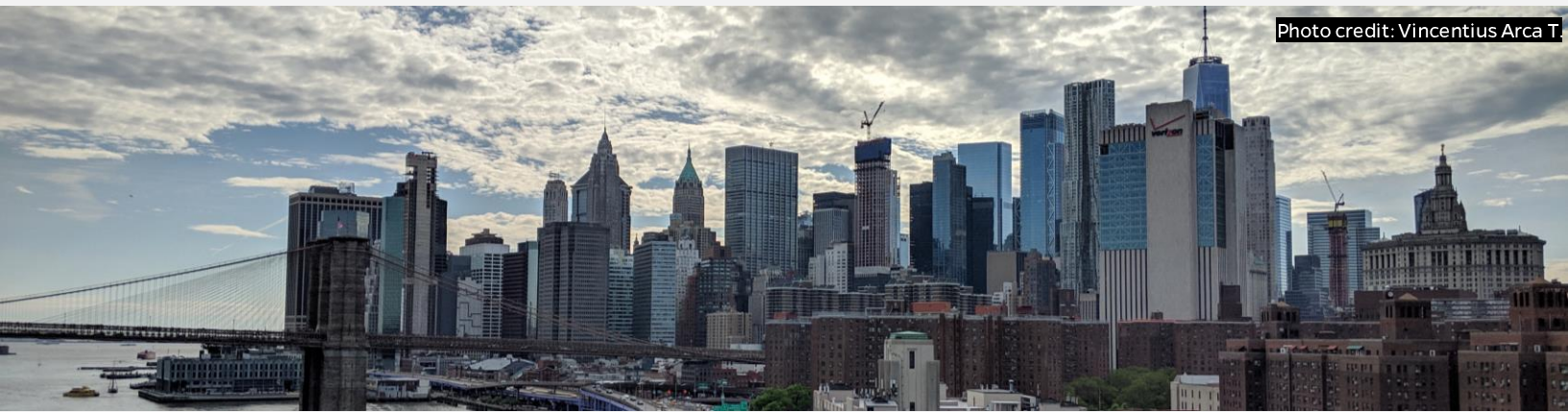
About Mariana

Mariana works as the Arts Specialist at the Reitz Union Arts & Crafts Center. She graduated from the University of Florida with an M.F.A. in ceramics in 2016. Mariana teaches handbuilding and wheel throwing as well as a variety of other arts and crafts.

About the Reitz Union Arts & Crafts Center

Located on the Lower Level of the J. Wayne Reitz Union, the Arts & Crafts Center is a unique space on campus. We provide members of the UF community with opportunities for relaxation, creative expression, community building and personal growth. In the Spring 2021 semester, we are offering a variety of Take-Home Craft Kits as well Virtual Socials with crafting activities for groups. In our paint-a-pot area, you can select from a wide variety of unglazed ceramic pieces to paint. There is no membership or hourly fee required to paint the unglazed ceramic pieces. For those who already have some crafting experience, we also have weekly and semester-long studio memberships. A studio membership will provide you access to all the tools and equipment in the studio. Glazes and firings are included in your membership. Clay and jewelry materials are purchased separately.

For more information about the Arts & Crafts Center visit our website www.union.ufl.edu/thingstodo/acc or contact Mariana at mbaquero@ufsa.ufl.edu. If you would like to keep up to date on all the happenings at the Arts & Crafts Center, sign up for our newsletter <https://mailchi.mp/528d64adb483/reitzunionacc>.



THE UNINTENDED CAREER PATH

By Keira Simmonds

Career paths are no longer linear, but rather bob and weave as various contextual factors affect work and life views.

Many factors contribute to a person's career trajectory. Career paths are no longer linear, but rather bob and weave as various contextual factors affect work and life views. For example, while going to college, I had dreams of becoming a consumer psychologist. This idea excited me because it was an up-and-coming field that merged my interest in psychology and applied it to what I would consider a very creative arena in marketing. I dreamt of working at one of the top marketing firms in New York, discussing why you wanted to buy Maybelline makeup and helping to develop the ad campaigns that would persuade you to buy CoverGirl. Afterwards, I would lecture at CUNY grad school or NYU as one of the lead professors in marketing. Alas, I am not in consumer psychology or in marketing.

At the time I conjured that dream, I was single in the big city. Then life shifted. I moved to Florida to support my mother.

I was no longer on the path of being in corporate New York – a quintessential career woman. As chaos theory would have it, I became a wife, a mother and landed a job I never thought I would like – a career in social services. In efforts to support my family, I took a job in child welfare. The only reason I went after this job was because my major qualified me and it paid better than the short term telemarketing gig I had. Which as an aside, made me realize I really do not like working in sales.

Ultimately, what I learned is life will take you on a journey and dictate where you end up. And sometimes, it won't clue you in on the travel details. However, in all of that uncertainty, there are certain things chaos will afford you:

- 1) A versatile skillset
- 2) Self-Awareness
- 3) Opportunity

Let me explain. Our ability to learn and adapt is phenomenal. For a long time, I had associated learning with school. However, there are also skills that are taught through experience. Up until my stint in social services, I had defined myself as a creative and someone who enjoyed understanding peoples' motives. These aspects of my personality are only some of my truths. My experience in social services taught me that I was equally as capable of advocacy. This new-found awareness allowed me to hone in on various other careers I thought were otherwise off limits to me, even though I knew of its existence. Seizing a role working in child welfare led to different opportunities that cultivated strengths in program development, conflict management, and leadership, among other skills.

So when your life takes dips and turns, you will learn more about who you are, what you value and how you can add value. As you continue to learn these things, you will begin to realize other opportunities are available to you. Ultimately, so much good can grow out of chaos – like an unintended career path.



Photo credit: Vincentius Arca T.

KINDNESS, STARTING WITH YOU

By Stephani Jahn, PhD

Clinical Assistant Professor, Embedded Counselor for Housing



Photo credit to Microsoft PowerPoint Stock Images

When I think of kindness, something that comes to my mind is self-kindness and self-compassion. I have known many people who are amazingly kind to others, but they struggle to extend the same grace, compassion, and patience to themselves—often having great inner pain in that. Is that you?

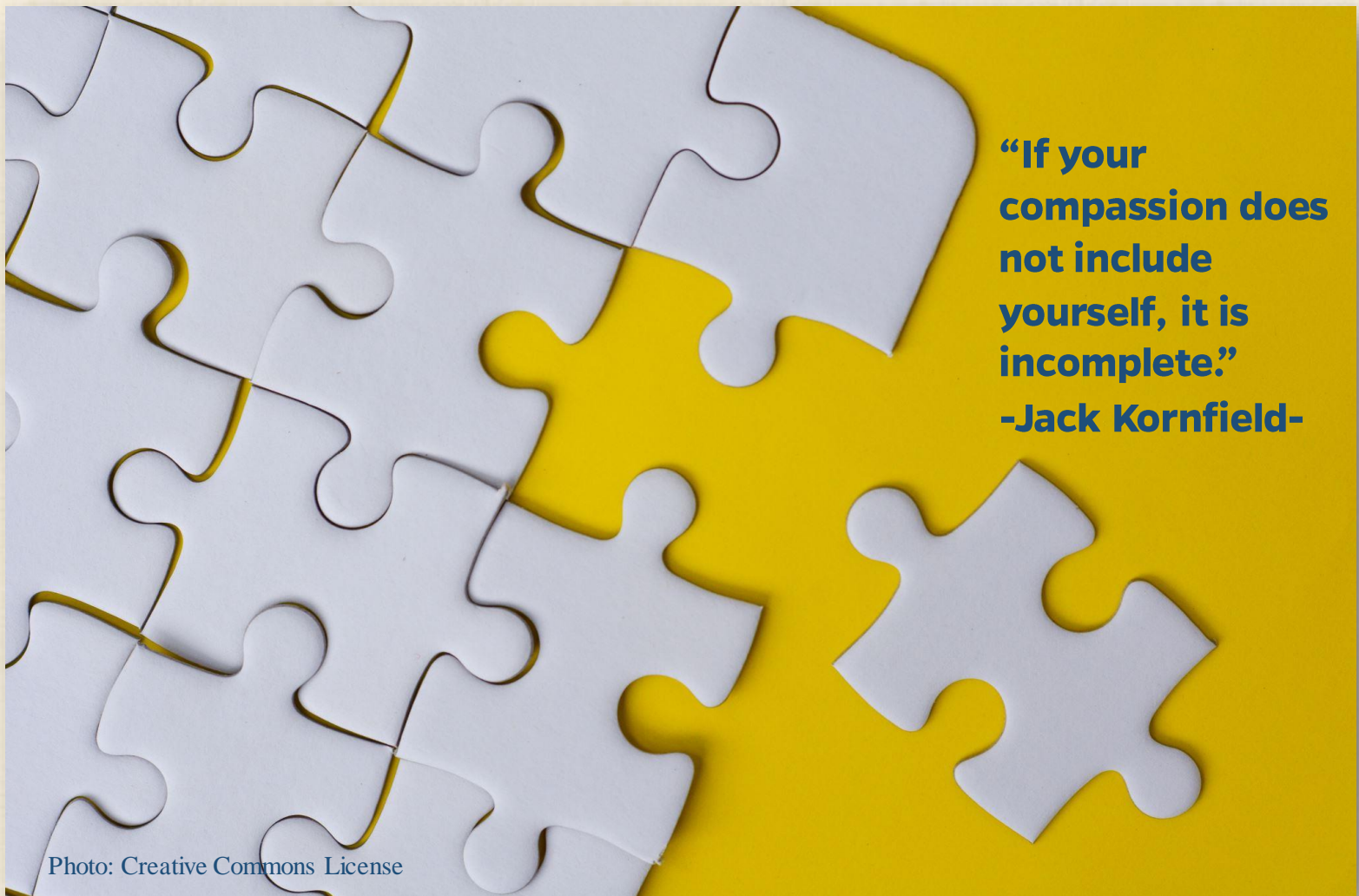
If it is, consider this quote: **“If your compassion does not include yourself, it is incomplete.” – Jack Kornfield**

To me, this speaks to how each of us is a part of the global human family. Each of us is just as deserving of compassion and

kindness as anyone else. Who are you to exclude yourself from the wonderful kindness you have to offer?

Some people fear that loving yourself will make you selfish or prideful, reducing your ability to be loving and kind towards others. But I believe that holding love for ourselves helps us have even *more* and *deeper* love to offer to others.

When we see our own humanity and can be kind to ourselves in our struggles and imperfections, we can connect better with other imperfect humans like us. Then our kindness can flow from a place of empathy, which is a stance of genuine, non-judgmental connection. What a beautiful thing!



**“If your compassion does not include yourself, it is incomplete.”
-Jack Kornfield-**

Photo: Creative Commons License

True empathic kindness is deeply satisfying for both parties, even if it is sometimes difficult because it can involve acknowledging the pain we experience. (To learn more, look up Dr. Brené Brown’s “RSA short” video on empathy vs. sympathy.)

Here is another quote to guide us: **With self-compassion, we give ourselves the same kindness and care we’d give to a good friend. - Dr. Kristin Neff** Dr. Neff researches and teaches self-compassion and identifies that it involves **three elements**:

- (1) **Self-kindness** rather than self-judgment,
 - (2) **Common humanity** rather than isolation,
 - (3) **Mindfulness** rather than over-identification.
- Let’s consider each.

1. SELF-KINDNESS

The first of these means that we acknowledge our difficulties and are gentle with ourselves. While cultures in academia and other spaces in our lives might encourage us to always work harder, never allow imperfections, and ignore our needs, the reality is that mistakes and times of rest are part of growing and thriving. Having imperfections and needs does not detract from your worth as a person.

2. COMMON HUMANITY

The second point encourages us to remember that the problems we and our neighbors face are all part of the universal human experience. As a therapist, I've witnessed that each person's story is distinct but also *deeply* universal. You are *not* uniquely messed up or less deserving of your kindness than others.

3. MINDFULNESS

The last element Neff identifies is about recognizing the ups and downs of life as part of a larger experience, and seeking to trust in life's process. This helps us have kindness for ourselves and others by enabling us to acknowledge our pain instead of ignoring it. If we can mindfully see and hold our/others' pain, this helps us understand it better and then extend kindness to meet the needs of that pain.

So, in closing, remember that practicing self-kindness can support your kindness for others. Here are some **resources** to help you cultivate kindness in your life: explore resources at self-compassion.org, try "metta" (loving-kindness) meditations on an app like Insight timer or other meditations at TaraBrach.com/compassion-others-self/, read and reflect on [The Gifts of Imperfection](#) by Brené Brown, or check out the "[CWC Talks](#)" podcast episode on "Learning to Like Yourself."

UF Counseling & Wellness Center Updates:

To get access to the CWC services please visit <https://counseling.ufl.edu/services/>
Follow us on [Facebook](#), [Instagram](#), and [Twitter](#) @ufcwc for updates and upcoming virtual events.

If you are experiencing a mental health crisis please call 352-392-1575 and ask to speak with an on-call counselor.

To discuss eligibility to receive telemental health counseling please call 352-392-1575 to schedule a Brief Consultation appointment.

Visit counseling.ufl.edu/covid19 for the **latest updates** from the CWC as well as **resources** for taking care of your mental health during the pandemic.

Visit counseling.ufl.edu/virtual to find a schedule of upcoming **online workshops and tablings**.

Jumpstart Spring Semester with these Tech Resources

By Amanda Carr

Enhance your teaching and learning experience with services from
[UF Information Technology \(UFIT\)](#)

1. Student Phishing Awareness Training

UFIT developed a new *Protecting UF: Information Security Training* program to inform the UF community on how to better protect teaching, learning, research, and online activities. Part of this program includes a phishing awareness training intended to share vital information with students about how to defend themselves from email scams. At the beginning of spring semester, all enrolled students will see a “to do” reminder in ONE.UF to take the phishing awareness training. The training takes approximately 15 minutes to complete: <https://security.ufl.edu/resources/training/information-security-training/>



Photo credit to Salvatore Stolfo

2. Electronic Thesis and Dissertation (ETD) Technical Support

Electronic Thesis Dissertation (ETD) Consultations, a service provided by the Application Support Center, helps students prepare their thesis or dissertation for submission to the Graduate School Editorial Office. Support options include one-on-one consultations, formatting templates, and online tutorials. Appointments, which were previously held in person, are now held virtually. Schedule a consultation here: <https://helpdesk.ufl.edu/application-support-center/etd-technical-support/>



Photo credit to UFIT



Photo credit to UFIT

3. UFIT Learning Spaces and Poster Printing

Need a quiet place to study on campus? UFIT manages several computer labs and learning spaces in various locations, including the Architecture Building, the Computer Science and Engineering (CSE) building, and Weil Hall. Popular software available on UFIT-managed computers includes MATLAB, the Adobe Suite, Tableau, and much more. Black and white, color, and large-format poster printing is also available. For a complete list of labs and hours, visit <https://labs.at.ufl.edu/about-at-labs/lab-hours/>.



4. 24/7 Technical Assistance from the Help Desk

If you need technical support, look no further than the UF Computing Help Desk. The Help Desk can assist you with connecting to UF's internet (eduroam), managing your GatorLink account, and setting up your GatorMail. Help Desk staff are available 24/7 via phone (352-392-HELP/4357) or email (helpdesk@ufl.edu), in addition to regular walk-in hours in HUB 132. Visit <https://helpdesk.ufl.edu/> for self-help resources and a complete list of services.

5. GatorCloud Services

GatorCloud is your home for cloud-based services at UF. All students, faculty, and staff with active GatorLink credentials can access free storage and collaboration tools, including UF Dropbox, G-Suite, and OneDrive. Watch this short video to learn more:

<https://youtu.be/2RDjakB2HsA>.

6. 3D Printing

Take advantage of UF's 3D printing services. Any student regardless of major can utilize 3D printing for their academic or personal projects. 3D printers are available at each of the Education, Health Science, and Marston Science Libraries, as well as [the Fab Lab in Infinity Hall](#). Request your 3D print job online and pick it up during regular library hours: <https://3dprint.uflib.ufl.edu/>.

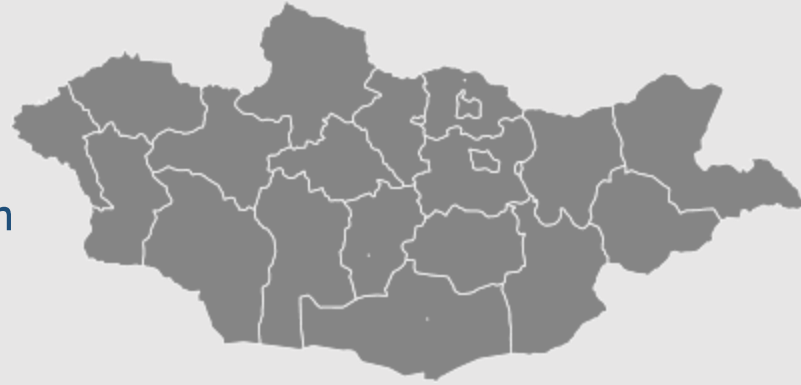
Follow UFIT on social media ([Twitter](#), [Instagram](#), [Facebook](#), [YouTube](#)) to keep up with the latest IT news and services. Have a great semester, Gators!



Dinosaur in 3D

Amanda Kane, Jean L Bossart, Sara Russell Gonzalez

For decades, dinosaur fossils have been taken from their ancient resting grounds in Mongolia, and transported to museums, research facilities, and illicit private collections outside of the country.



Picture credit: simplemaps.com

Recently, however, thanks to the collaboration of Marston Engineering Librarian Jean Bossart, Florida Museum of Natural History paleontologist Michael Ziegler, and Mongolian paleontologist Dr. Bolortsetseg ‘Bolor’ Minjin, a set of 3D printed dinosaur models recently made the 7000 miles trip between Marston Science Library and their rightful home. The models were enthusiastically received by the educators in Mongolia. Lessons were designed that allowed students to measure the length of a *velociraptor* skull and use this to estimate how large the dinosaur’s whole body would have been.

Another lesson compared the formation of the teeth on the *velociraptor* and the *psittacosaurus*. The skulls were also used in the mobile museum, allowing not just children but entire families who had never seen fossils before to experience their country’s rich natural history. Marston’s 3D team has contributed, with this collaboration, not just 32 plastic printed dinosaur skulls but inspiration for generations of Mongolian paleontologists to come.

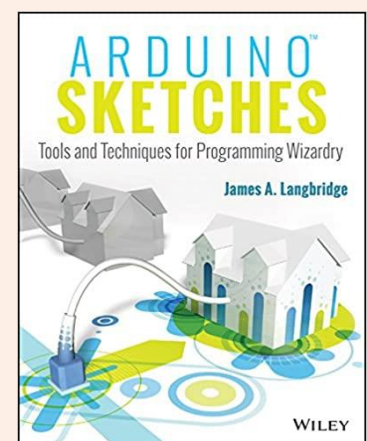
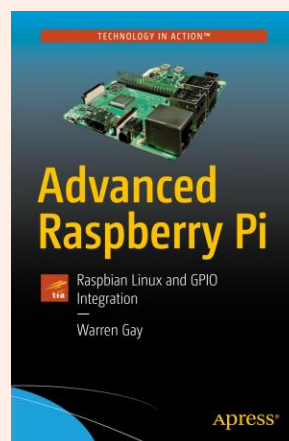
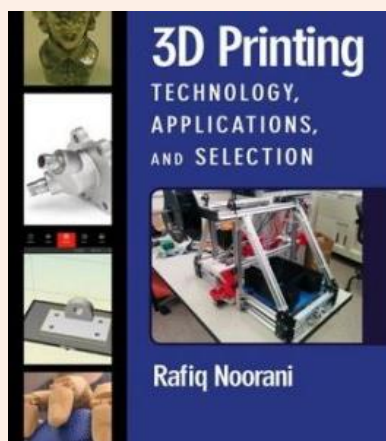
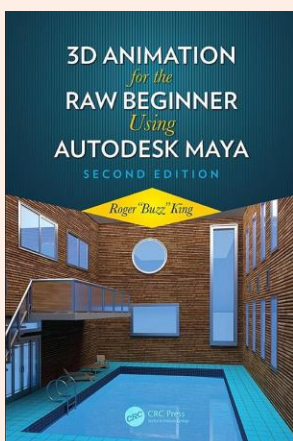
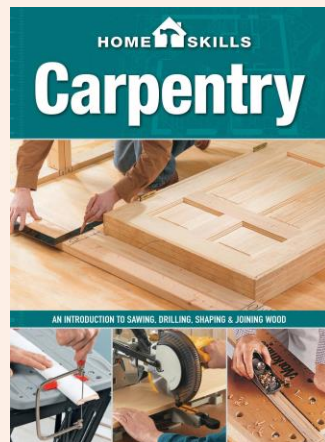
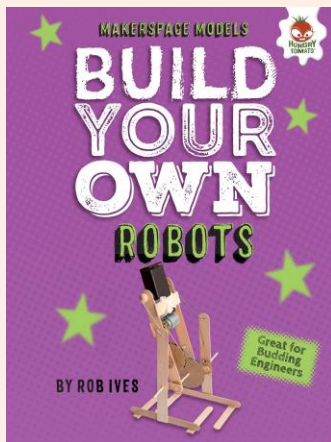


Building Makers

Building Makers: An online resource for crafting and maker technology books

Are you interested in crafting, trying out new maker tools and technologies, or have a project that you want to build but don't know where to start? Dr. Sara Gonzalez, a librarian at Marston Science Library, recently released a new online database to browse and search for books about crafting and maker technology.

Funded by a Carnegie Whitney grant from the American Library Association, this new website, buildingmakers.domains.uflib.ufl.edu, lists over 200 books targeting all ages and experience levels. Subjects covered include makerspace design and safety, making in education, laser cutting, 3D printing and modeling, CNC milling, woodworking, coding, Arduinos, Raspberry Pi's, basic electronics, soldering, and sewing including e-textiles. Many of these books are available to check out at either the George A. Smathers Libraries or the Alachua County Public Library.





By: Benjamin Cook

The Hitchcock Field & Fork Food Pantry is a free resource that provides non-perishable food items and fresh produce from the Field & Fork gardens to UF students, staff and faculty. To ensure the safety of our guests and staff during COVID, the Pantry has shifted its services to an online ordering and pre-bagged system to promote physical distancing.

A collaboration between the Hitchcock Field & Fork Pantry and Housing and Residential Services provides Graduate & Family Housing Pantry residents access to the Pantry's services via a delivery system. Those living in Graduate and Family Housing and currently experiencing barriers preventing them from visiting the Pantry can place an online order for the Pantry and their order will be delivered to their Village residence.



Interested in supporting the Hitchcock Field & Fork Pantry? Consider hosting a food drive! This is an effective way to supply the pantry with donations and can be accomplished while following safety measures in-place for COVID-19. To host a food drive, please submit a Food Drive Intent Form on the Pantry's website. Monetary donations also help supply the pantry with basic non-food items such as toilet paper and menstrual products as well.





Student Legal Services
Division of Student Affairs
UNIVERSITY of FLORIDA

Police-Citizen Encounters have been in the news non-stop. UF Student Legal Services wants to proactively educate our students about their rights when interacting with law enforcement. In this article, we will analyze interaction patterns and the best ways to deal with each: being stopped in your car, in person and in your home or apartment. We will also discuss protest rights and responsibilities. Our goal is to proactively protect and educate you on these pressing matters and to keep our students, law enforcement, and our community safe in each of these situations.

SLS is non-partisan, non-political and non-discriminatory. Our students' voices are welcomed and heard. This article provides a best practices guide based on research, student cases, and input from students, civil rights organizations, law enforcement, and attorneys. Some of it may be emotionally and intellectually challenging to engage with. While care was taken to present all information in a legally neutral, non-partisan, non-controversial format, some content and images may be offensive and/or upsetting.

Photo credit to UF SLS



Know Your Right: Police Interactions and Protesting

By Layne Prebor Esq. & UF SLS

YOUR RIGHTS

- You have the right to **remain silent**.
- You have the right to **refuse to consent to a search**.
- If you are not under arrest, you have the **right to calmly leave**.
- You have the **right to a lawyer** if you are detained or arrested.
- Regardless of your immigration or citizenship status, you have **constitutional rights**.

YOUR ROLES

- Do stay **calm** and be **polite**.
- Do not interfere with the police (i.e. ask why are they bothering a friend).
- Do **not lie** or give false documents (i.e. someone else's/fake ID).
- Do prepare yourself and your family in case you are arrested (i.e. get bond money together).
- Do **remember** the details of the encounter.

IF YOU ARE STOPPED FOR QUESTIONING

Stay calm. Don't run. **Don't resist** (i.e. pull your arm away) or obstruct, even if you are innocent or police are violating your rights. Keep your hands where police can see them. **Ask if you are free to leave.** If you are under arrest, you have a **right to know why.**

IDENTIFY YOURSELF

In some states, including **Florida**, you must **give your name** if asked to identify yourself. If law enforcement has a **reasonable suspicion** that you are involved in a crime, they can ask for your **name and identification.**

However, you have the **right to remain silent** about **the facts** of the case and to speak to an attorney.



IF STOPPED IN CAR

- **Stop the car in a safe place asap.** Turn off the car, turn on the internal light, open the window and place hands on the wheel.
- If asked, **show police your DL, registration and insurance info.**
- **You can refuse to consent to the search.** If police have **probable cause of a crime**, your car can be searched without your consent.
- **Both drivers and passengers have the right to remain silent.** If you are a passenger, you can ask if you are free to leave. If the officer says yes, sit silently or calmly leave.
- Signing for ticket is not an admission of guilt.

TRAFFIC TICKETS IN FLORIDA

Don't argue with the police when you are stopped. You can fight the ticket later. If the officer asks you to sign the ticket, you must sign to avoid a criminal charge. The amount of the traffic fine varies from County to County. Traffic violations are usually factual disputes where the judge determines the credibility of the officer, the driver and any witnesses. If the judge rules against you, the fine and court costs can be increased up to \$500 for a basic infraction or up to \$1,000 if in a school zone or construction area. On most moving violations, you can generally elect traffic school to remove the points with a maximum number of one per year or five times in a lifetime.

OUT OF STATE TICKETS

If you have a Florida license and receive a ticket in another state, they will send the ticket information upon conviction to the Florida Department of Motor Vehicles and it will be added to your driving record. You will receive points on your license if the ticket is a pointable violation according to Florida Statutes. Florida does not permit any traffic school or program to remove points for a ticket received in another state. Be aware that Georgia treats many traffic tickets as criminal offenses so please consult with a Georgia attorney if you receive a ticket.

THINKING OF NOT PAYING A TICKET

Failure to pay the fine can result in a suspension of your driver's license until the fine and all applicable late fees, clearance fees, and reinstatement fees are paid. Most states, including Florida, agree to suspend drivers' licenses when tickets are not paid in other states.



SPEED TRAPS

Be very careful if your travel plans include passing through the Cities of Waldo and Lawtey, located northeast of Gainesville along 301. AAA have designated both as “traffic traps.” The prices of speeding tickets are doubled in school zones. The speed limit fluctuates dramatically over short distances, so pay close attention to the posted speed limits. The vehicle should be going the posted speed limit when it reaches the sign.

DUI (DRIVING UNDER THE INFLUENCE OF ALCOHOL OR DRUGS)

The State can prove its case by a breath, blood or urine test OR a field sobriety test. Refusal to submit to a breath, blood or urine test will result in a 1-year DL suspension. If you blow over the legal limit, then your license will be suspended for 6 months. Upon conviction, your license will be suspended for an additional 6 months. It is a valid DUI charge when you are in actual physical control of the vehicle, which includes sleeping it off in your car with the keys in the ignition.

CONSENT SEARCHES

You do not have to consent to a search of your vehicle during a routine traffic stop. If you do consent to a search, you waive your constitutional protection against unreasonable search and seizures. Many students who are stopped for routine traffic violations are arrested for more serious charges because evidence of illegal drugs, weapons, or alcohol violations is in plain view of the police officer. A search warrant is **not required** when such evidence is in plain view.

DRUG-SNIFFING DOGS

Florida law permits the search of a vehicle without a warrant following an alert by specially trained dogs. A K-9 unit may arrive shortly after you are stopped for a traffic violation. Law enforcement is not legally able to detain you longer than the time necessary to issue a traffic ticket. We recommend cooperating and getting your ticket as quickly as possible.





IF POLICE COME TO HOME OR APARTMENT

- ☐ You do not have to let them in unless they have warrant.
- ☐ **An arrest warrant** allows police to enter the home if they believe the person is inside.
- ☐ **A search warrant** allows police to enter the home, but officers can only search the areas and for the items listed.
- ☐ **Ask the officer to slip the warrant under the door or hold it up to the window so you can inspect it.**
- ☐ Even if officers have a warrant, you have the right to remain silent. If you choose to speak to the officers, step outside and close the door.



MIRANDA WARNINGS: TRUTH AND MYTHS

If you're placed under arrest after consenting to a search request and confessing to ownership of found contraband, police do not need to read you your rights unless they want to question you about an unrelated crime.

Many people believe they can “beat the case” if the officer doesn’t read them their Miranda rights during an arrest. This is a myth. The only time an officer must read a person their Miranda rights is when:

- (1) the person has been placed under arrest or detained (not free to leave), AND
- (2) the officer questions the person about a crime.

While we generally recommend cooperating with law enforcement, you have the right to remain silent about the facts. If law enforcement has a reasonable suspicion that you are involved in a crime, they can ask for your name and identification. However, you have the right to remain silent about the facts of the case and to speak to an attorney.

OFFICER DISCRETION

Law enforcement DOES NOT have to give you a warning first. If there is a criminal offense, the officer has the option of physically arresting you and booking you into jail. We recommend that you cooperate if possible and not give the officers a hard time to avoid spending the night in jail.





MUGSHOTS

If you are physically booked into jail, the mugshot and arrest information will likely show up on the various mugshot websites. It can be a costly process to remove the arrest information from each website and bury the information in the search engine results.



IF YOU ARE ARRESTED

Do not resist arrest, even if you believe the arrest is unfair.

Give ID info, then you can say you wish to remain silent and ask for a lawyer immediately. Signing a Notice to Appear is not an admission of guilt but refusing to sign can lead to your arrest.

You have the right to make a local phone call. The police cannot listen if you call a lawyer.

Prepare yourself and your family in case you are arrested. Make emergency plans if you have children or take medication.

IF YOUR RIGHTS HAVE BEEN VIOLATED

- ☐ Remember: police misconduct cannot be challenged on the street. Don't physically resist officers or threaten them.
- ☐ Write down everything you remember, including agency, badge and patrol car numbers. Get contact information for witnesses. Take photographs of injuries (but seek medical attention first).
- ☐ File a written complaint with the agency's internal affairs division. In most cases, you can file a complaint anonymously if you wish.
- ☐ Call your local ACLU or visit www.aclu.org/profiling.

PROTESTING RIGHTS

FIRST AMENDMENT

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

RIGHT TO ASSEMBLE

This right allows people to gather for peaceful and lawful purposes. Implicit within this right is the right to association and belief. The Supreme Court has expressly recognized that a right to freedom of association and belief is implicit in the First, Fifth, and Fourteenth Amendments.

IN PRACTICAL TERMS

As long as they are not using fighting words, obscenity, harassment, defamation, people have a right to voice their opinions. Speech codes have repeatedly been struck down in the courts. However, institutions can regulate time, place, and manner but not content.



PROTESTING VS RIOTING

Protesting:

A peaceful public display of disapproval, chanting and marching in public. Protestors may demonstrate to have their opinions heard, influence government policy or public opinion in an attempt to enact certain changes themselves. Protests can be done through rallies, vigils, marches, motorcades, and boycotts. In accordance with the constitution, this is an inalienable right, and no arrests should be made against peaceful protestors.

Rioting:

Expression of dissatisfaction with violence, vandalism, theft, and destruction of property. Rioting is a crime punished by the law.

TIME PLACE MANNER REGULATION

- No signs or banners in/on campus buildings
- No voice amplification outside
- No blocking entrances/exits
- No disrupting University events

Refer to:

<https://studentinvolvement.ufl.edu/student-organizations/>

<https://dso.ufl.edu/resources/student-handbook/>



POLICE AND PROTESTS

When can police disperse a protest?

Police may not break up unless clear and present danger of riot, disorder, interference with traffic, or other immediate threats to public safety.

If officers issue a dispersal order, they must provide a reasonable opportunity to comply, including sufficient time and a clear exit path

Individuals must receive clear and detailed notice of a dispersal order, including how much time they have, the consequences of failing to disperse, and what clear exit route they can follow, before they may be arrested or charged with any crime.

ORGANIZING A PROTEST

Your rights are strongest in “traditional public forums,” such as streets, sidewalks, and parks. You also likely have the right to speak out on other public property, as long as you are not blocking access to the building or interfering with other purposes the property was designed for.

Private property owners can set rules for speech in their property. The government

may not restrict your speech if it is taking place on your own property or with the consent of the property owner.

Counter protesters also have free speech rights. Police must treat protesters and counter protesters equally. Police are permitted to keep groups separated but should allow them to be within sight and sound of one another.

DO YOU NEED A PERMIT?

You do not need a permit to march in the streets or on sidewalks. However, do not obstruct car or pedestrian traffic. Police officers can ask you to move to the side of a street for safety reasons.

Certain types of events may require permits:

- A march or parade that requires blocking traffic or street closure;
- The use of sound amplifying devices;
- A rally over a certain size at most parks or plazas.

A permit cannot be denied if event is controversial or will express unpopular views.

If require a permit fee, they should allow a waiver if cannot afford.





TAKING PICTURES/VIDEOS AT A PROTEST

Public space: Right to photograph anything in plain view, buildings and the police.

Private property: Owner may set rules about photography or video.

Police officers: cannot confiscate or view pics without a warrant. They can order to stop if interfering with law enforcement operations.

If stopped or detained for taking photographs

- Remain calm and never physically resist a police officer.
- Police cannot detain you without reasonable suspicion of a crime.
- If stopped, ask if you are free to leave. If the answer is yes, calmly walk away.
- If detained, ask what crime committing.
- Remind the officer that taking photographs is your right under the First Amendment and does not constitute criminal activity.

HELPFUL LINKS

<https://Florida Statutes>

<https://Gainesville Protest Link>

<https://studentinvolvement.ufl.edu/student-organizations/>

<https://dso.ufl.edu/resources/student-handbook/>

https://www.dso.ufl.edu/documents/nsfp/protest_team_training_presentation_9-13.pdf

STUDENT LEGAL SERVICES

Please feel free to contact UF Student Legal Services if you have any legal issues and determine how they can help you. All you do is visit our website, www.studentlegalservices.ufl.edu, and fill out a form to apply for services. The website also contains important information about eligibility for services and the other applicable rules involved.

The four attorneys working at SLS are Jon Adcock, Director; Alisha Tabag, Associate Director; Layne Prebor and Ray Cauthon. They can be contacted at (352) 392-5297 or www.studentlegalservices.ufl.edu.



LEGAL DISCLAIMER

This information is educational in nature. It is NOT intended to constitute legal advice and is NOT a substitute for consulting an SLS attorney regarding one's case. The information contained is that of UF Student Legal Services only and are not necessarily those of UF, the UF Board of Trustees, the Board of Governors for the State University System of Florida, or the State of Florida. Please realize that each situation is UNIQUE. We recommend that you speak with an SLS attorney about your specific issues.

You can apply for services on our website to make an appointment.



GAINESVILLE RESOURCES

By: Rachel Cook

Explore the library.

Find books, movies, online resources, and more from the local library this spring

The Alachua County Library District is ready to safely serve you and your family this spring with new services and hours. The Library District's 12

branches provide computer appointments, walk-up service, and limited browsing hours at select locations. Anyone who lives in Alachua County or Florida can receive a library card at no cost. Just go to one of our branches with a photo identification and proof of where you live to sign up for your free library card. For the latest open hours and health information, please visit www.aclib.us/currentservices.



The Library District's mission is to build a better community by creating opportunities to participate, connect, and discover. Here are three ways you can use the library to explore the greater Gainesville community this spring.



Participate.

Watch the Library District's virtual programs for all ages on Facebook and YouTube. New programs are posted regularly, and live programs are streamed online each month. Programs include Baby Time for small children, Toddler Time with songs and stories, craft programs, and book discussions. Join our virtual programs at:

www.youtube.com/alachualibrary or
www.facebook.com/alachualibrary.

Connect.

Use our many learning resources to broaden your skills or help your children with schoolwork. For adults, our Lynda.com resource can teach you everything from technical skills to public speaking. You can also find practice tests for the MCAT, LSAT, and other major tests with Learning Express.

Our collection of learning tools for children, including Tutor.com, Learning Express, and our Gale in Context, can provide tutoring, homework help, and practice tests. You can also learn more about almost any topic, from car repair to crafting, with our other full selection of online tools. Visit www.aclib.us/esources.



Discover.

You find thousands of books, movies, CDS, and more in our collection. You can search through the selection at www.aclib.us/catalog. You can explore titles by genre, look up books, and place holds on items that you would like to check out.

If you need a little help finding something to read, use our NoveList Plus for recommendations based on your interests. You can also use the tool to explore books for children and teens. Our friendly staff members are ready to help you participate, connect, and discover. Ask a question at www.aclib.us/AskUs or call your local branch.



- Headquarters Library 352-334-3950
- Alachua Branch 386-462-2592
- Archer Branch 352-495-3367
- Cone Park Branch 352-334-0720
- Hawthorne Branch 352-481-1920
- High Springs Branch 386-454-2515
- Library Partnership Branch 352-334-0165
- Micanopy Branch 352-466-3122
- Millhopper Branch 352-334-1272
- Newberry Branch 352-472-1135
- Tower Road Branch 352-333-2840
- Waldo Branch 352-468-3298

Playground Safety Tips | HAVE FUN AND BE SAFE DURING PLAY

Supervise Kids Using Playground Equipment

1. Actively supervise children on playgrounds. It won't be hard – they'll probably be calling for you to watch them climb, jump and swing.
2. Check playgrounds where your children play. Look for hazards, such as rusted or broken equipment and dangerous surfaces. Report any hazards to the school or appropriate local office.
3. Teach children that pushing, shoving or crowding while on the playground can be dangerous.
4. Dress appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Even helmets can be dangerous on a playground, so save those for bikes.
5. Little kids can play differently than big kids. It is important to have a separate play area for children under 5.

Choose the Right Play Area Based on Your Child's Age

1. Ensure that children use age-appropriate playground equipment. Separate play areas for children under 5 should be available and maintained.
2. For babies who are learning to walk, the play area should have a smooth and easy surface to walk on.



3. If your baby has fairly good head control and can sit up with support (usually around 9 months old), give the baby (bucket-shaped) swings a try.

Ensure Safe Surfacing Beneath and Surrounding Playground Equipment

1. Avoid playgrounds with non-impact absorbing surfaces, such as asphalt, concrete, grass, dirt or gravel.
2. Recommended surface materials include: sand, pea gravel, wood chips, mulch and shredded rubber. Rubber mats, synthetic turf and other artificial materials are also safe surfaces and require less maintenance.

Source for safety articles: SafeKids.org

Would you like some support during your pregnancy or with your new baby?

We can answer your questions and help you stay healthy during your pregnancy and after your baby comes. **Our home visiting programs can help you to...**

- Know what to expect during pregnancy
- Take care of your newborn
- Learn about breastfeeding
- Understand the growth and development of your baby
- Be the best parent you can be

Get connected to home visiting programs that serve pregnant women, caregivers and families with young children.

CALL: 877-678-9355

TEXT: "Connect" at 352-415-0091

VISIT: ConnectNCF.org

Participating programs: Florida Healthy Start, Parents as Teachers/MIECHV, Healthy Families Florida and NewboRN Home Visiting



Toy Safety

Toys and games are tons of fun for kids and adults. Whether your kids are working on a puzzle, playing with building blocks or even inventing their own games, here are a few things to think about to help them stay safer and have a blast.



- Consider your child's age and development when purchasing a toy or game. Read the instructions and warning labels to make sure it's just right for your child.
- Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.
- Don't forget a helmet for riding toys. If your children have their hearts set on a new bike, skateboard, scooter or other riding equipment, be sure to include a Consumer Product Safety Commission certified helmet to keep them safe while they're having fun.
- After play time is over, use a bin or container to store toys for next time. Make sure there are no holes or hinges that could catch little fingers.

Go to www.recalls.gov for information about product recalls related to kids.

THANK YOU

We hope you enjoy the magazine as much as we have enjoyed putting it together! If you are interested in contributing to the next issue, kindly reach out to:

Hanane Sanchez: (hsanchez@ufsa.ufl.edu)