

FALL 2020 edition

THE VILLAGER

THE GRADUATE & FAMILY HOUSING NEWSLETTER

MEETING OUR STAFF

pg. 03

The Resident Corner:

FINDING HOME FAR AWAY FROM HOME

pg. 12

AVAILABLE RESOURCES AT UF

pg. 47



Graduate & Family Housing's

THE VILLAGER

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WELCOME



Hello! مرحبا! Bonjour! alo! नमस्कार! こんにちは ! سلام! 안녕하세요! ¡Hola! dobrý deň!

Welcome to Graduate and Family Housing at the University of Florida!! My name is Jason Fraser-Nash and I have the privilege to serve as the Assistant Director of Housing for Graduate and Family Housing (GFH).

The GFH community is the world represented! Your neighbors and staff are from across the planet, studying and researching in a multitude of disciplines, rich with culture, experiences, and vision. I would encourage each of you to take advantage of the GFH community to meet your neighbors and staff, participate in our global community, and be adventurous!

This year has seen its share of challenges and setbacks. It is only together, taking time to help our neighbors, providing grace and care, that we will thrive and be successful...to make each Village your home away from home!

Should you need any support, have any questions or concerns, or just want to connect please feel free to email myself or any of the staff. I am committed to access, equity, justice, and liberation for everyone!!

As we traverse through this Fall term and beyond remember...it is what we do today that matters most.

Best,

JFN





The Editor's Letter

**Bring Home Where-ever
You are**

Airports have always had a special place in my heart. I love to see hugs, smile, tears, and feel the different emotions all together in one place. I can feel people excitement and nervousness from meeting and leaving their loves one. If airports could have eyes, they probably watched my self-growth more than anyone. I left my parents' house since I was 17 for pursuing my education abroad. Since then, I used to travel by myself. I slept in airports for many times, lost my ID once, and ran to catch a flight was not an exception. Therefore, being in airports and leaving home pushed me out of my comfort zone and gave me a sense of the importance of home and families.

Home is more than a place. I learned that there are so many places that feels like home. My dormitory at my high school in Norway feels like home to me because I feel supported there. My host family's house in Bergen feels like home because they cook good food and are very sweet to me. The church I go to in Gainesville feels like home because I feel welcome and accepted. The GFH community has also create a home for me, where I can express myself, grow personally and professionally. For me, home can be found everywhere, as long as we open our heart to the love, opportunities, and experiences that people can offer wherever we are.

In this edition, we introduced the GFH staff who can help you to feel home in GFH community, the resources form different UF departments that can enhance your graduate study experience in UF, and residents from all five GFH villages who are sharing what they called home and how they create home at UF Graduate & Family Housing, through recipes, activities, and more.

Best,

Jesica Belva Widyaprasetya

Meet Our Staff!



Hello, my name is Jason Fraser-Nash. I serve as the **Assistant Director of Housing for Graduate and Family Housing**. I have been at UF for the better part of 12 years as a graduate student and full-time employee (9 years in GFH). Beyond traveling and visiting most of the 50 states I have spent time in Costa Rica, Puerto Rico, Jamaica, Bahamas, Canada, England, and Trinidad & Tobago. My family and I enjoy watching Netflix, playing Wii, listening to rock and soca music, and BBQing in the backyard. I would like to Welcome each of you to the University of Florida! Our villages are the world represented and we are proud to serve as global liaisons! Go Gators!



Murielle Gammons is the **Area Coordinator for Corry, Maguire, & UVS Villages**. Murielle supervises 10 village CAs, assists with programming for residents and is also a great resource as it relates to getting to know UF. Murielle is the person to talk to if you have a roommate or neighbor concern, want to get involved with the community or just want to chat. Murielle engages with residents and makes lasting memories through meetings, conversations and programs. Murielle has two adorable children, Giselle and Rodney Harrison and a loving husband, Rodney. She is currently finishing her PhD in Higher Education. She is originally from Haiti and loves caribbean food. Murielle enjoys working with the local community as a catalyst for change in all things relating to DEI (Diversity, Equity and Inclusion.)



Hi, my name is Evelyn, and I am the **Administrative Assistant for Graduate and Family Housing**. I was born and raised in Rochester, New York; and yes, I still miss the snow at Christmas time only. I am a mother of 2 teenagers that keep me very busy and full of laughs. In my spare time, I enjoy spending time with my family, playing board games, reading, small arts, and crafts, cooking, baking lots of sweets, and watching movies. I also enjoy learning new things. Currently, I am teaching myself how to make greeting cards and soap making. A little-known fact about myself: My dream job was to be a flight attendant; however, I did not meet the height requirements - you guessed it I was too short

?



My name is Damian Barnes, and I am **the Community Coordinator for The Continuum**. I am from West Haven, Connecticut. I did my undergrad at Southern Connecticut State University, where I studied Exercise Science and got my master's degree at Central Connecticut State University, where I studied Student Development in Higher Education. A couple of fun facts about me are that I am afraid of needles, and I have never broken a bone.



The Area Coordinator for Diamond & Tanglewood Villages is still TBA.

Community Assistant:



Wisnov Egaus is a Haitian-American, first generation student from Lake Worth, FL who is pursuing a Bachelor of Arts in Economics and minoring in Business Administration. Currently, he serves **the UF community as a Community Assistant in the Diamond Village** housing area. Wisnov is alternatively referred to as Wiz among friends, family and other close academic associates. In his free time, he enjoys playing basketball and watching anime; his favorite shows are Haikyuu and Black Clover. A fun fact about Wisnov — he is well traveled as he's visited several countries among which are South Africa, Vietnam and Cambodia.



Dear villagers, I am Sai Ouyang, **the community assistant for Corry village**, also a graduate student from the Industrial & Systems Engineering department. I came from Hubei Province, China, where there are thousands of lakes and numerous tasty dishes. I speak English and Chinese is my mother tongue. I am an easygoing person and curious about new things. The beautiful natural trails and springs are what I enjoy the most in Gainesville. Welcome to our online programs and monthly community meetings, I am delighted to chat with you guys and hope you have a satisfactory life in our villages!



My name is Ali Al-Quraishi, and I am from Iraq. I work as a **community assistant at Maguire and UVS villages**. I joined the GFH in May 2017, and I was excited about the opportunity to be a part of a larger and more diverse student community in the GFH villages. Therefore, I have valuable public relationships with many students in this community. Currently, I am doing Ph.D. in Engineering at UF. I love design and using Environmental sustainability like using green energy to reduce human impacts on our planet.



Hey all I am Wentao, the **community assistant of Diamond Village**! I am in the master program of Landscape Architecture.

I come from China and can speak Mandarin, Cantonese and English.

I do the haircut myself 😊.



Hello my neighbors, My name is Hanane Sanchez and I want to introduce myself as the new **Community Assistant of GFH**. I have been living in Corry Village for several years, and I am excited to have the opportunity to embrace and nurture community life within our village.

I was born in Morocco and was raised in Spain; however, I grew up in Miami, FL and eventually made my way to Gainesville, FL. I very much enjoy learning about other cultures and I look forward to meeting my neighbors. A fun fact about me is that I am stronger than my husband, sorry babe. My favorite thing to do is partaking in my children's extra curriculum activities!

See everyone around and let's make this year a memorable one!



I am Eyad Shuker. I work as a **Community Assistant in Corry village**. I am from Syria. I am a master's student in Entomology and Nematology department at University of Florida. I speak Arabic as it is my first language.

In speaking of dealing with immigration nowadays, I have applied to Asylum in the U.S. and it took six years to be granted. It may be not a real fun fact, but my point is that being very patient when you deal with the immigration.



Hello everyone!

My name is Jesica. Together with Erica, I serve as **the GFH Community Assistance**. This semester is my final semester in UF studying Food and Resources Economics. At my spare time I love to do sport, gardening, and cooking. My favorite sport is badminton. Please reach me if you want to play with me!

I hope to see you around at the desk, GFH events, or resident meetings!



I am Erica, currently working as **GFH CA**. I was born and raised in Sabah, Malaysia, an area located in the North part of Borneo Island. I also have lived in other parts of my home country (Peninsular Malaysia) while earning my degrees. I am pursuing my doctorate in Sport Management at UF.

My mother tongue is Malay, and I speak three Malay dialects. I understand some mandarin. English is always my second language when growing up and now it becomes my first language.

During my spare time, I like to cook, bake, run, and play scrabble. I enjoy traveling, running a half-marathon event, and scuba diving. I always look for sea turtles and sharks when I go for my scuba diving! Hope to see you all around!



Emmanuel S. Ajayi is **a community assistant at Tanglewood village**. He hails from Nigeria and currently a PhD student in the department of agricultural and biological engineering, Herbert Wertheim College of Engineering, University of Florida. Interestingly, I had to defer and renew my admission to UF for three whole years before I eventually become part of the gator nation in Summer 2018 just because of my love for the sunshine state and the gator nation. I speak both Yoruba and English languages. I am proud to be part of University of Florida Housing and Residence Education (UF HRE) and very willing to support her mission to provide well-maintained, inclusive, community-oriented facilities where residents and staff are empowered to learn, innovate, and succeed.

Meet the Mayor Council's Executive Board!



President

Kavindri Ranasinghe is a Ph.D. student in Physical Chemistry at University of Florida, College of Liberal Arts and Sciences. She joined UF in Fall 2016 and has been an active member of the Maguire Village community since then. Kavindri believes living in an internationally diverse community allow the residents to connect with people from different perspectives and views, make new relationships, learn about other cultures introducing their own, and most importantly provide a priceless chance to enjoy the busy work-life in grad school. She feels privileged to be serving as the President of the Mayors' Council and expects that this role will provides her the opportunity to contribute in making the graduate and family housing a vibrant, collaborative place that students and families can call home.

Biswadeep Dhar is a Ph.D. Student in Youth Development at UF / IFAS and working on socio-behavioral health disparities. He is excited to serve in the executive board after he got elected as the Vice President of Mayors' Council at University of Florida Housing & Residence Education. Previously, he was serving as the Mayor of Diamond Village for two consecutive terms. Although Biswadeep is relatively new to the Diamond Village, he had already experienced some wonderful memories with his wife by associating themselves in the community programs and events. His goal is to maintain healthy relationships among people in the community so that everyone can care and support each other in their needs. He hopes that everyone has a wonderful graduate life here in Gainesville, which he personally considers as his second home away from his home in India.



Vice President



Treasurer

Madhushi Ratnayake is a Ph.D. student in Chemical biology at the Department of Chemistry, College of Liberal Arts and Sciences, University of Florida. She graduated with a Bachelor of Science in Chemical biology from the University of Colombo, Sri Lanka and worked as a chemist at Food and Environmental Laboratory at Bureau Veritas, Sri Lanka. She joined UF in fall 2017 and has been a resident of University village south since then. She is excited to serve Mayor's Council as the treasurer while enjoying living in the diverse friendly multicultural community of UF Graduate Family Housing.

Meet the Mayors!

Hello Gators, I am **Hithaishi**. I did my B.Sc. in Engineering from University of Moratuwa, Sri Lanka and my Masters from Delft University of Technology, The Netherlands. I am currently pursuing my Ph.D. in Engineering at the University of Florida. I joined UF in spring 2018 and has been a resident of Maguire village since then. I enjoy living in this wonderful and vibrant campus. Graduate family housing is specially delightful as I can make friends from different parts of the world where I can exchange ideas and share our cultures. I am grateful to be the mayor of the Maguire village, to do my part to for the “Gator Nation” .Go Gators !



**Maguire Village
Mayor**



UVS Mayor

My name is **Pabasara**. I’m currently a master’s student in Interdisciplinary Ecology at UF. I’m originally from Sri Lanka. I obtained my B.Sc in Environmental Science from University of Colombo, Sri Lanka. My wife and I are residents of university village south since February 2020. In my free time I play cricket and video games. I’m really excited to be a part of this friendly and welcoming community. As the Mayor, I look forward to work with everyone and make sure we enjoy the time here at graduate housing.

Hanane Sanchez is a third-year undergraduate student in the College of Liberal Arts and is working towards earning her Bachelor of Arts in Sociology. Hanane was born in Morocco and moved to the US after living a short period in Spain. She has resided with her family in Corry Village since 2013 and is an active member of the community. During her residence at Corry Village, she has enjoyed the many events that the community has to offer and believes it is important to continue to promote community involvement among graduate and family housing residents. As acting mayor, she plans on nurturing good communication among residents and building a stronger relationship with the residents in Corry Village.



**Corry Village
Mayor**

Meet the Mayors!

My name is **Eleni Dilma** and I am a Ph.D. student in the Department of Statistics. I am from Greece where I got my Bachelor's degree in Applied Mathematical and Physical Sciences from the National Technical University of Athens. I live in Tanglewood since August 2017 and I am really excited about being a part of this great community. In my free time I love to take care of my plants and watch them growing from a tiny seed to full-grown plants! My goal as the new mayor is to get the neighbors to know each other and create a multi-cultural, friendly, warm and welcoming environment where we can all enjoy all the benefits of leaving in Tanglewood village and make our graduate life unforgettable!



**Tanglewood Village
Mayor**



**Diamond Village
Mayor**

Riya Chakraborty is a Doctoral student in Curriculum & Instruction in the College of Education at the University of Florida. She is from the 'city of joy', Kolkata, India and has been a part of Diamond village community since August 2018. Riya considers the Diamond village and the gator community as her second home away from home and cherishes the new relationships that she builds and nurtures with the community members. As a new Mayor of the village, she would strive towards maintaining a safe and healthy living environment to foster meaningful co-existence of the gator community. Her objective lies in building strong relationships among the residents with friendly ties and bonding through love, care, concern and sense of responsibility towards each other in need. Riya feels privileged and honored to serve as the new Mayor of Diamond Village and is enthusiastic to take her student leadership to new heights by being the representative and 'voice of the village'. She pledges to put her best foot forward with all her dedication to contribute positively towards the welfare of the diverse and international student community, and help towards developing an inclusive multilingual & multicultural environment!!

Home-Campus Transition & Adjusting to Unprecedented Times



Working from home is an immense adjustment as we all are trying our best to maintain an equilibrium between our professional and personal life at home.

I know that it is easier said than done, but I would like to share some basic tips which might be of use to you.

Biswadeep Dhar, Vice President, Mayors' Council

So, as we are aware of University of Florida's (UF) reopening plan for Fall'20, we must understand that to allow for physical distancing, there will be more online classes along with some hybrid classes (mix of smaller in-person and online classes). With this transition, it is our responsibility to keep ourselves and our family safe and at the same time to protect us in the community we live at the graduate and family housing.

We can do this by maintaining social distancing, frequent hand washing as we have been practicing for the past few months and in addition we should do face coverings in common areas like hallways, outside of rooms (laundry and all around our community) where physical distancing becomes a challenge to maintain.

Despite our University's effort and support for this transition in Fall'20, I think we should always remember that the micro-level factors are of utmost importance in this journey-individual responsibility to make this Fall semester a successful transition both academically and socially.

So, as you get acclimatized to this transitory phase from home to campus, Mayors' Council will always continue to provide you with all the updated information and support. Please do not hesitate to contact us if you may have any questions. We work with an excellent diverse team and we are always thinking of you and will be happy to work with you within our limits.

Wishing you all the best for A NEW FALL, 2020 !!
Go Gators!!



Getting Ready: Get ready to work, eat and dress well (even if it's a casual dress at home)

Working Time : Allocate different areas of your home for specific work (Like areas to do research / grading / lecturing / Email etc.)

Relaxing /Family Time : Take some break (maybe setting up alarms can be helpful for lunch/tea reminders)

Transition Time : Maybe a walk around the community / Going to groceries , etc.

Resident's Corner:

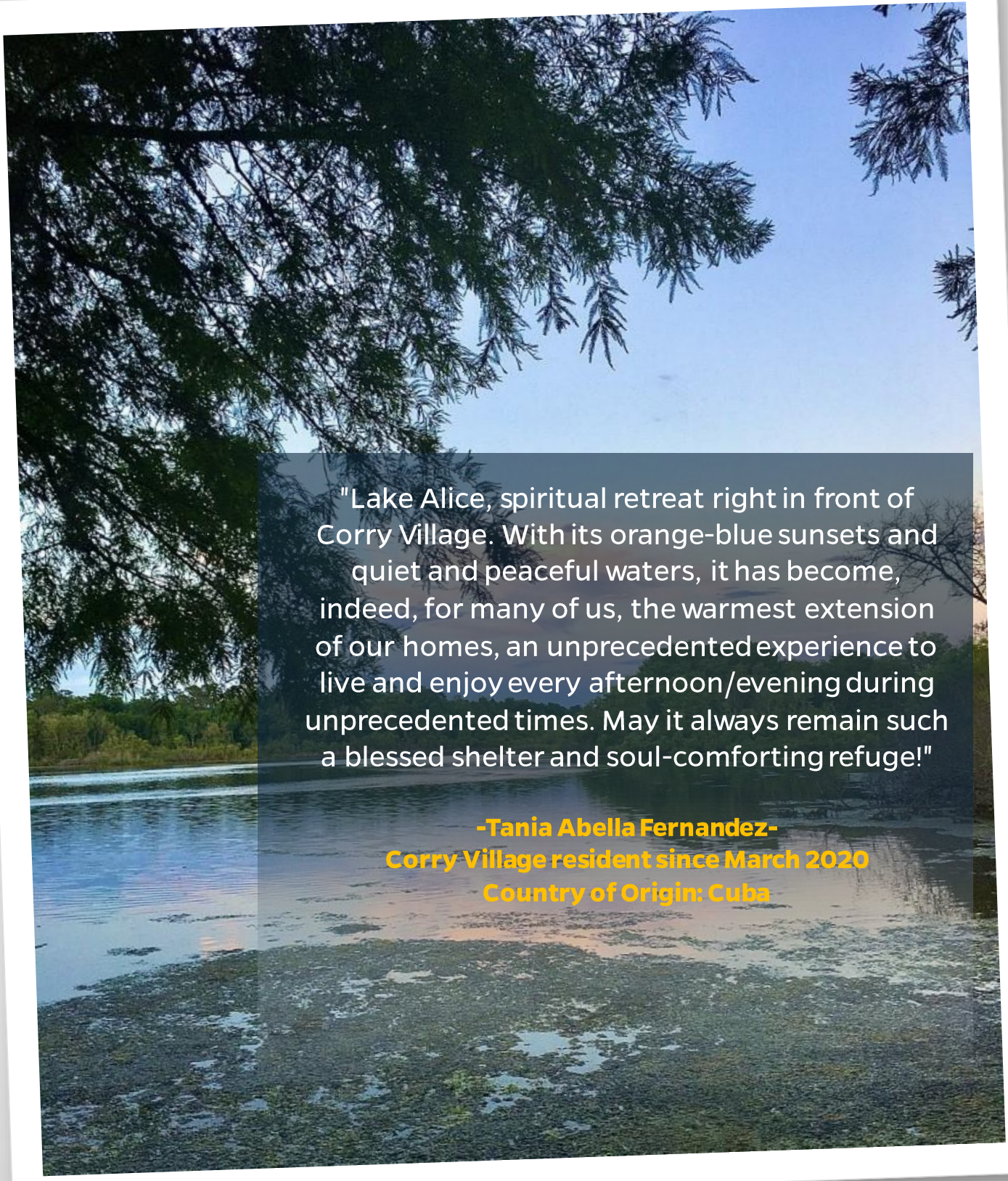
FINDING HOME FAR AWAY FROM HOME





Photo credit: Julien Habif

Maguire Village is where I can lay
and allow the sun to heal me.

A photograph of Lake Alice at sunset. The sky is a mix of orange and blue, reflecting on the calm water. In the foreground, a large, dark tree branch with dense foliage hangs down from the top left corner. A semi-transparent dark grey text box is centered over the middle of the image, containing a quote and a testimonial. The foreground shows a rocky or pebbly shoreline with some small pools of water.

"Lake Alice, spiritual retreat right in front of Corry Village. With its orange-blue sunsets and quiet and peaceful waters, it has become, indeed, for many of us, the warmest extension of our homes, an unprecedented experience to live and enjoy every afternoon/evening during unprecedented times. May it always remain such a blessed shelter and soul-comforting refuge!"

-Tania Abella Fernandez-
Corry Village resident since March 2020
Country of Origin: Cuba



"Maguire village community is very close to my heart as it is indeed a home away from home. it is very diverse and inclusive. I love each corner of my apartment. The commons room is my favorite place village-wide as I had a lot of beautiful memories of our community events before the quarantine. GFH has been a key to my success in graduate school specially as an international student."

*Shaimaa Elbalkiny, Maguire resident since 2018.
Country of Origin: Egypt*


Photo credit to UF Housing



Photo credit to Widyastri A.R.

My current favorite location around GFH are Hull Road and Radio Road, those are parts of my usual evening walk route. They are my favorite location because I can have a wonderful view of the sunsets when I walked down these two roads towards the Maguire/UVS Village. Having a regular evening walk along these roads while enjoying the sky changes its color could be a stress reliever and bring some calmness to mind.

-By Widyastri A. Rahmi, Maguire Resident since 2018. Country of origin is Indonesia-

A photograph of a living room interior. In the foreground, a light-colored wooden coffee table sits on a grey carpet. To the right, a white sofa is partially visible with two bright orange throw pillows. In the background, a dark wood bookshelf is filled with blue and white books, and a small white deer figurine is on one of the shelves. A television is mounted on the wall to the left. A semi-transparent dark blue box with yellow text is overlaid on the center of the image.

The living room in our Tanglewood apartment was all white until the spines of our books colored it in. It is where the oldest of us writes his dissertation and the youngest learns his sight words. Where two adults sip *café Cubano* and two children share a Materva, but only two can soak their feet in warm water and Epsom salt at a time. All can crunch on apples that run out surprisingly soon. In this living room, the older ones rise before dawn to study before the younger ones wake up. Then, one must play piano and another guitar without excuses. Later, the flush vinyl floor allows one to *plie, pas de chat, pas de bourre* and *pirouette*. After that, two kick, bow, punch, juggle nunchakus, slice the air with kamas and split boards. At any given time, one emotional support animal fetches a soggy rawhide bone and returns it to one of four humans who tossed it to her. Two trade turns on a scooter. A bicycle serves as a clothesline, a bungee chord fastens a hamper to a dolly and four humans pitch in to fold clean laundry. When a sun ray pushes blindingly through the kitchen window one of us will draw the shades and that is precisely the time when three others begin to wait anxiously for her or him to finish making dinner. Three share a couch and one rocks the recliner. The desktop computer is also the television, so either nobody or everybody watches *The Last Dance*, *Seinfeld*, *Bob's Burgers*, *60 Minutes* or *Hamilton*. This room makes four humans of various sizes and one medium emotional support canine forget they ever wanted to leave home.

-By Lauren Rivera, Tanglewood Resident-



Photo credit to Anju B.

I am Anju Biswas, living in Maguire village since November 2019. As a Ph.D. student most of the time I have to face some challenges and stresses. Fortunately, this graduate housing helps me a lot to relieve those and makes me feel like I am at home! My most favorite place of this housing is the front view of my apartment. I can see the open sky anytime from my window. Sometimes I sit outside of my room, take some fresh air, and soothe my eyes in this pandemic! It's an opportunity for me to have a heavenly view and enormous facilities in the graduate housing...:).

This is the front view of my apartment...♡



It's the window in my living room, by which I have a chest that I can sit on and look into the front yard and the garden I have on my tiny porch. Besides being soothed by the green of the grassy lawn and the quaint trees, I love looking at the guests that frequent my garden. The usual ones are the Red Cardinals, Mourning Doves, and the Hummingbirds. However, the most regular of them all are the cute squirrels. Observing their intelligence and persistence in finding ways to reach for the food they can smell, their athletic display while jumping on and off or climbing onto the smoothest surfaces, and their startled gestures at the slightest sounds have become a great source of entertainment in my life. This little corner in my apartment has become my spot for peace, quiet and laughter. Thanks to my avian and rodent neighbors!

By Aantaki Raisa,
-Maguire Village Resident since Oct 2019-
Country of Origin: Bangladesh



Photo credit to Continuum Web page

“Everyone here is super nice. This is my first time living away from home so I was nervous, but I was able to find a small community through the programs I have been to. My favorite part about living in the Continuum is its close proximity to downtown Gainesville. Downtown is very lively on the weekends so when I go out, I do not have to worry about getting a ride there and back as I could simply walk. I also love the downtown walkovers that happens monthly at The Continuum. Not only do we get a free meal, but we also get to connect with others in our community while trying a new restaurant.”

Bianca Flowers- Continuum Resident since 2019 from Connecticut

Home is Where...

By Aantaki Raisa
Maguire Village Resident



I have often pondered what makes a place home. Is it the people, the food, the sense of belonging, or the sense of owning your space?

“Home is where your toothbrush is, now,”

said the first friend I had made in the United States six years ago. Since then, I have often pondered what makes a place home. Is it the people, the food, the sense of belonging, or the sense of owning your space? Perhaps it’s a combination of all. I have found home in many ways in my six years abroad and have compared it to the sense of home I had felt in Bangladesh. Now, in Gainesville I feel completely at home. Ironically, the reason is not that the life I have now resembles to the one I had back in my home country, it really doesn’t. I don’t have my family here, neither do I have the lifestyle that I had back home. Since I now have ample time to spend with myself, thanks to COVID-19, I have gone back to asking myself, what makes a place home? And here’s what my thoughts are. Disclaimer though, change is the only constant in life, and I am sure my views will change. But this is what I think of home, now.

• Home is where you pay your bills:

Not an original thought but is borrowed from another friend I met in grad school at UF. And boy is it true! Your home becomes yours when you are responsible for it. And what better way to feel responsible for your place than worrying about getting all the money to pay that rent or the electric bill or buy your grocery, am I right?

• Home is where you feel you belong:

To me this is the most important thing to make a place home, a strong sense of kinship. The more I think about it, the more it makes sense. Back in my home country, I was born belonging. First, I belonged to my family, then I belonged to my friends in school, then I belonged to my other friends outside of school, I belonged to the people who spoke my language, belonged to the groups that shared my interest. And it was so easy to find them.

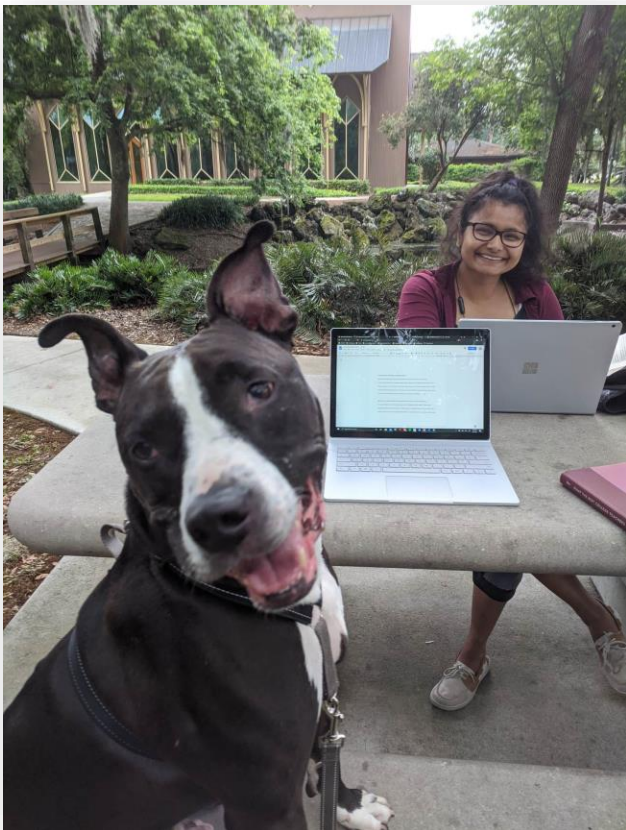
Here in the U.S., finding those niche groups was difficult for so many reasons. For one, I had no family here to belong to. Finding friends in grad school is much harder than finding those in school, college or in your neighborhood. Back home, I barely had friends who were from a different town than mine. Obviously, in here I was the out-of-town stranger who could not completely gel into any group.

But here in Gainesville, I am finding my groups to belong to. It hasn't been smooth or easy but thanks to a lot of kind-hearted, interesting and fun people, I finally have a strong sense of belonging. I belong to my research group where I get to share my academic thoughts and ideas, where smart scholars who I look up to appreciate my contribution. I belong to my PhD cohort, who are my ride or die when it comes to sharing similar interests, going on to adventures, or just chatting at home. Finally, I belong to the Gator Nation, where there are resources to help me improve myself, care for myself, enjoy my life, and feel safe. The sense of solidarity I found right after the ICE announcement about the international students was unparalleled to any feeling I have had in my life. #GoGators



• **Home is where you live by your rules:**

It was a surprising component that I found. But you cannot call a place home if conforming to the greater society means suppressing your own self and your identity. And this is something I have gotten in abundance in the United States, compared to my country. Back home, despite being a nonconformist and a rebel, I had to conform to many things for my own and family's safety. I had to wear full pants even in the scorching heat, had to be worry about traveling by myself being a female, and had troubles when commuting late at night from work. But here, I have this sense of freedom to be myself. I can wear the clothes I want to, go wherever and whenever I want to. This issue is even truer for people from oppressed minority groups such as religious minorities in certain countries, homosexuals, trans people, and cis women from strictly patriarchal societies. Feeling safe and having the freedom to be yourself is an essential ingredient to make a place home.



• **Home is where you can shower and poop with the most comfort:**

It sounds funny and I wrote it as a humorous element, but it is no less true than the other points! Have you ever gone for number two in your office? Have you ever taken a shower at a friend's place? I have and I never felt the comfort I feel doing those two at my own place. The relaxing feeling of letting go or getting out of the shower butt naked- these are the tiny freedoms that make a place home.

Have you ever gone for number two in your office? Have you ever taken a shower at a friend's place? I have and I never felt the comfort I feel doing those two at my own place.



With the COVID-19 and the political unrest, it is hard to feel at home any where in the world right now. But, in my opinion, we humans evolved to adopt to anything. And it is us human who can help each other out in this trying time. That brings me to the most essential ingredient to making a place home- the people. Reach out, talk, participate in group activities! It's the people we surround ourselves with who make our lives spicy and tasteful. Without people from versatile backgrounds, life is bland. I am making an effort to know my wonderful neighbors, I hope to hear from my neighbors too, if you are one of them, reach out!

Managing Stress in a Highly Competitive Academic Life

By Nermin Cakmakci



How stress affects academic achievement?

Stress is one of the most serious and significant health problems that occur commonly among students in the United States (Hunt & Eisenberg, 2010). There may be various reasons to stress including financial instability, standardized tests, getting into a college, lack of social and family support, lack of communication, violence, and crisis events. The consequences of stress can be severe and provide unhealthy psychological and physical outcomes including, headache, stomach pain, low self-esteem, depression, anxiety, low academic achievement, dropouts, etc. It is interesting to read from the literature that one of the biggest causes of stress is the strive to do well in school.

In a study by the American Psychological Association (2009), youth reported school was the strongest stressor. Youth need to deal with development changes and the stress that these changes bring to their lives. In addition to these stressors, the literature

provided evidence that students also need to deal with other stressors which comes from the difficult academic workload, highly challenging college application process, and college life (Bound, Hershbein, & Terry Long, 2009; Suldo, Shaunessy, & Hardesty, 2008). If students do not have effective coping strategies, they can develop more risky behaviors such as suicide, or addiction. In a report, Penny and Armstrong-Hallam (2010), found that students with low academic performance used drinking as a coping strategy because they felt pressure-free when they are drunk. Expectedly, these students' unhealthy coping strategy resulted in lower academic achievement.

Stress seems to be a big part of students' life. A comprehensive literature review found that the relationship between stress and academic achievement would provide valuable information to identify effective coping strategies and effective ways to deal with stress.

Coping mechanisms for stress

One of the methods commonly used by the students is sharing the problems they encounter with their friends. For instance, my coping mechanisms as a school counselor was to write in a journal. While I was working as a school counselor, I recommended writing a journal method and received often positive feedback that students benefit from writing it during difficult times. When I have stress, I always write my feelings down into my journal including feelings of sadness, anger, unhappiness, hopelessness, etc. This method works very well for me. Moreover, my other coping mechanisms are exercising, playing tennis, walking alone, drawing, or playing with my two daughters. As we see in Photo 1, my girls are playing table tennis in the UF game room in Reitz Union which is quite close to GFH. Playing tennis really makes me happy and relieves the stress I've experienced throughout the day. After a game, I feel comfortable, relaxed, and calm. My family also has some ways to deal with stress.



Photo 1



Photo 2

For example, when we feel very stressed, my husband, my two kids, and I take a trip to the beach. We relax with my family at Flagler Beach while enjoying the sand and the sea (Photo 2). We really love the sun and being out by the beach gives us the relaxing time we need. First, everyone sits on the sand, takes a deep breath, feels the warm sand on their toes, and listens to the ocean's sounds/waves. Photo 3 is a moment of unforgettable memories at Jacksonville beach. Our mood as a family was horrible that day for many reasons including me being an international student, miles away from my family, and feeling homesick. My husband said let's go to the beach, I found myself in a car. As the photo shows, my mood has suddenly changed with the miracle of my sweet girls and the clear water. Then we started to play in the sand, we made a sandcastle, we made different animal shapes, and we walked through a trail. We spent almost our whole day at the beach.



Photo 3

Bainum et al. (2006) suggests sand tray therapy for children as it is proven to have many special benefits. Children often lack the vocabulary to put into words what they are feeling or experiencing. By placing his or her "world" within the tray, the child is better able to express what cannot be put into words. My observation is spending time with sand relaxes the person and spreads the mind. In other words, the individual's focus is on something other than their daily stressors. In the garden of one of the GFH houses, Maguire village, my daughters play with sand and look very calm and happy (Photo 4).

Some of my friends have methods to cope with stress, talking with parents, walking with their pets, watching TED Talk videos, walking around, learning a third language. They explained to me that these ways help decrease their stress levels tremendously. My family and I love animals very much and spending time with them is a real therapy method for us. My daughters, Zeynep and Zehra, collect happy memories with cute ducks (Photo 5). Especially when they feed the ducks, my girls feel happier and calmer. That is to say, spending time with animals relieves us and reduces our stress.



Photo 4



Photo 5

Selective References

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The Taste of Home is like...



Photo credit to Prasanna Sankhe

TAMARIND RICE

South India Recipe by Bharati (Maguire Resident)

Servings: 30 People

I still haven't met anyone that doesn't love tamarind rice when they first taste it. This is a typical South Indian dish and I'm so excited to share my mother's recipe with all of you.

Tamarind rice has a distinct flavor, which is spicy and tangy all at once, kind of addictive. This recipe may seem daunting due to ingredients and process, but I can make the tamarind powder in bulk and refrigerate it and prepare tamarind rice in handy.

Tamarind Powder Preparation:

Roasting Section:

1/2 cup coriander seeds
1/2 cup chana dal
1/2 cup urad dal
1 cup coconut flakes
1 cup peanuts
2 cups sesame seeds
1/2 cup dried red chilies
1 cup dried curry leaves
1 teaspoon whole black peppercorns
2 teaspoon fenugreek seeds

Others:

1/2 cup dry tamarind
1/2 cup powdered jaggery
1 teaspoon cloves
1 stick cinnamon
salt to taste

Tamarind Rice Preparation:

2 cup basmati rice (cooked)
3 tablespoons Indian sesame oil or peanut oil, divided
1/4 cup raw peanuts
1 teaspoon chana dal (split desi chickpea)
1 dried red chili pepper, broken in half
1 sprig of curry leaves
1/8 teaspoon asafetida powder
1/4 teaspoon black mustard seeds
1/2 teaspoon cumin seeds
1 teaspoon urad dal
4 tbsp tamarind powder.
1 tbsp lime juice

Tamarind Powder Method:

- 1) Heat a small cast-iron frying pan or heavy pan on a medium-low flame.
- 2) Roast all the items in Roasting Section one by one until fragrant and golden brown. Set aside on a plate to cool.
- 3) When completely cooled, mix them and grind in a spice or coffee grinder. Make sure to remove the tamarind into pieces and grind with other ingredients.
- 4) Store it in a tight container and keep refrigerated.

You can multiply this quantity to make the powder in bulk if you plan on making the recipe more frequently.



This is a picture shared by another GFH resident who had tried Bharati's Tamarind rice Recipe.

Tamarind Rice Method:

- 1) Spread cooked rice on a sheet pan to completely cool.
- 2) Coat the bottom of the wok with 2 tablespoons of oil and heat to medium. When the oil is hot and shimmering, add in black mustard seeds, cumin seeds, and urad dal. When the seed sizzles and pops, add in the chana dal and peanuts. Stir to coat with oil and reduce the heat to medium-low. Continue to stir dals so they are evenly roast and until they turn a reddish golden-brown color and smell nutty. Add curry leaves and red chili pepper into the oil. Then stir to evenly coat everything with oil for a few seconds.
- 3) Turn off the heat. Finally, add the tamarind rice powder and mix. Once the mixture is cool add lime juice.
- 4) Add the spice mixture to the rice and coat them gently. Taste the rice; it should be sour, spicy and a touch sweet. Let the flavors soak into the rice for about a half-hour before serving.

ROTI MANIS (SWEET BREAD)

Indonesian Dessert Recipe by Marlyn Kallau (Maguire Resident)

Preparation & Baking time: 3 hours

Ingredients

- 4 cups of bread flour
- ½ cup and 2 tbs of warm water
- 2 ½ tsp active dry yeast
- ½ cup and 2 tbs milk
- 1 egg and 1 yolk
- 1 tsp salt
- 4 tbs sugar
- 1/3 cup unsalted butter



All photos in this recipe is credit to Marlyn K.

PROCEDURES:

1. Activate the yeast first to check whether the yeast is still active or in good condition. Dilute the yeast in warm water together with sugar in a glass. Do not add salt in this step as it can kill your yeast. Wait for few minutes until foam is formed on top of the glass surface. You can skip this part if you want but I recommend doing this especially if you are using yeast from an opened package.
2. Next is to mix all the liquid ingredients such as milk, eggs and butter following with the dry ingredients. The dough formed will be a little bit sticky.
3. Knead the dough for around 7 min or until it is smooth and supple.
4. Rest the dough in a bowl coated with oil for at least one hour in warm place (I put mine inside an oven). Do not forget to cover the bowl with plastic wrap or kitchen towel.

5. After one hour, the dough supposed to expand double the actual size. Punch it slightly to make it able to be formed into different shape. If you want you can put any filling such as jam, cheese, sausage, etc. The filling bread usually smell better rather than an empty one.



Dough filled with chocolate sprinkles



Dough filled with sausages & Cheese

6. Rest the dough again for 30-40 min and bake it in an oven set to 350°F for 15-20 minutes (this is the common setting for an oven, just adjust it with the type of oven that you have in your kitchen).



How the dough look like after 30 minutes rest.

This is it! A perfect baking recipe to do on the weekend and you'll have good homemade bread for breakfast or snacking for few days ahead!

If you store the bread in the freezer, it can last for few weeks.

DOES ANY DISH BELOW BRING YOUR TUMMY HOME?

Pictures by Hanane Sanchez (Corry Village Resident & Community Assistance)



Fricase de Pollo



Homemade pizza



Pumpkin Pie

For recipes please
connect with Hanane:
hsanchez1@ufl.edu



"Let the Words Fly,
And Spread the Wisdom of Thought & Heart"

Photo credit to Vincentius Arca T.

FOCUS. FOCUS. FOCUS.

STOP THINKING.

DON'T LET YOUR MIND WANDER.

DON'T THINK ABOUT WHAT YOU HAVEN'T DONE,

ON WHAT YOU HAVE TO DO NEXT.

PAY ATTENTION TO WHAT YOU ARE DOING RIGHT

NOW.

BE IN THE MOMENT.

THE PAST HAS ALREADY HAPPENED.

YOU CAN'T CHANGE IT.

THE FUTURE WILL COME.

THE ONLY TIME WE HAVE GUARANTEED IS RIGHT

NOW.

SO PAY ATTENTION.

ADJUST YOUR LENS:

FOCUS ON THE BIRDS CHIRPING

IN THE BACK GROUND,

HOW THE WIND FEELS AGAINST YOUR SKIN,

THE SMELL AROUND YOU,

THE TEXTURE OF YOUR SURROUNDINGS,

THE EMOTIONS YOU'RE FEELING.

WITH EVERY SENSATION

THE MOMENT IS GETTING MORE AND MORE

FOCUSED.

CLEARER AND CLEARER.

FOCUS NOW

SO THAT IN FUTURE

YOU DON'T REGRET THE PAST.

FOCUS, 09.10.18,

BY JULIEN HABIF

Maguire Village Resident



Photo credit: Julien Habif

Just let it go.

Listen. Listen. Listen. Stop thinking.

Experience your surroundings by listening.

The only way to create is to build
a stable foundation of understanding.

So listen. You don't know it all.

You don't have to struggle alone.

And you aren't expected to know everything.

Really hear that.

You are not expected to know it all.

Stop proving that you already understand.

We know you're smart and just want to show others.

For them to just give you a chance.

But in the process you don't give them a chance

... you don't listen to them.

Sometimes if you just step back and listen

there might be more complexities to the thoughts

that you were convinced you knew.

Stop thinking about your response.

How to get your opinion across.

Just focus and listen.

You have to first hear the words.

Then let your mind pick up the paintbrush and with every
word – another stroke of color as the image builds. Focus on
what that image means. What it connects to.

When you don't understand – ask a question. Listening is
active. It's not about hearing the words but understanding
them.

Listen now so you don't create false assumptions, so you
don't have a fundamental lack of knowledge and have your
creation collapse in on itself.

LISTEN, 09.10.18, By Julien Habif

Maguire Village Resident



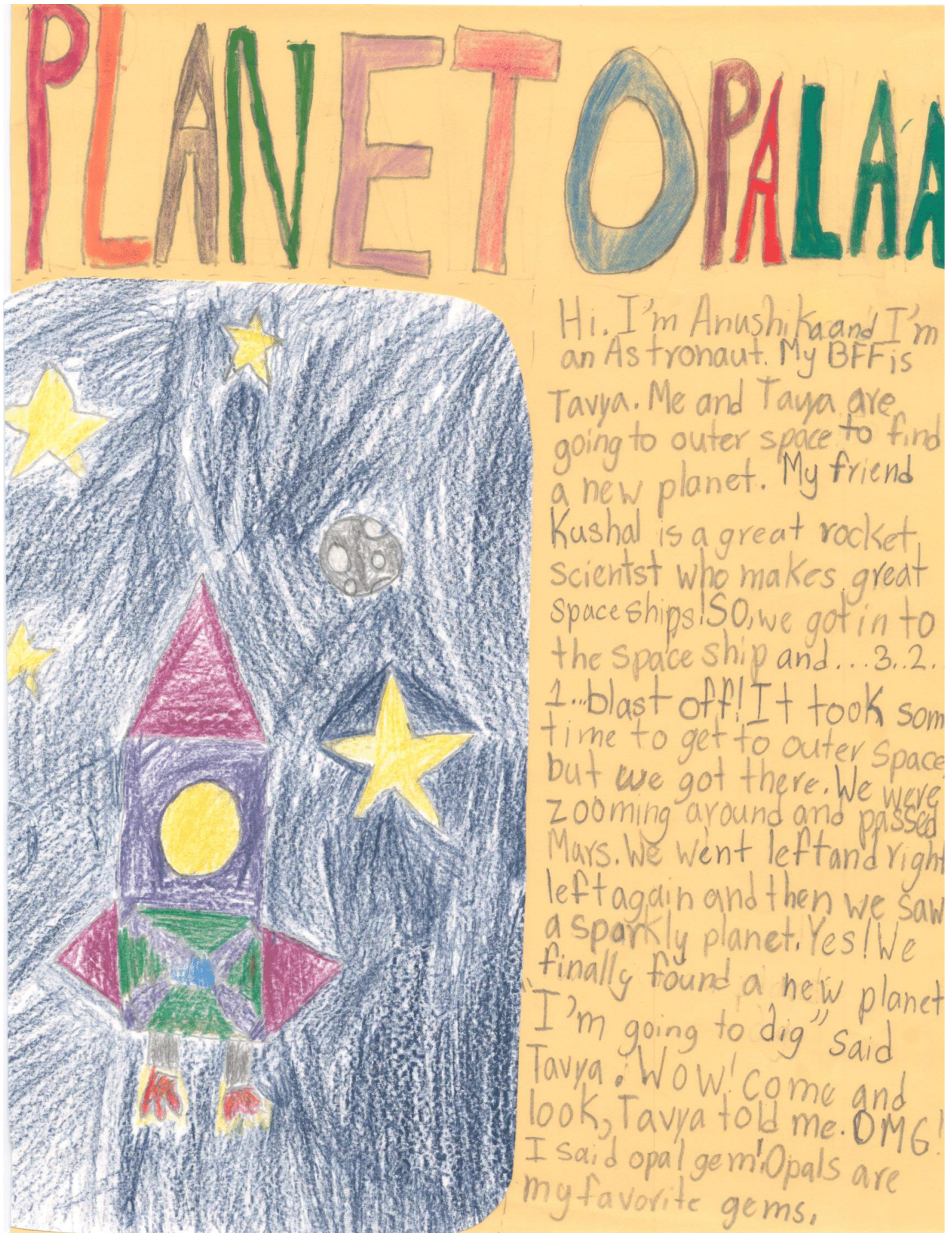
**Have you played in this tiny house?
It's located in one of GFH Villages!**



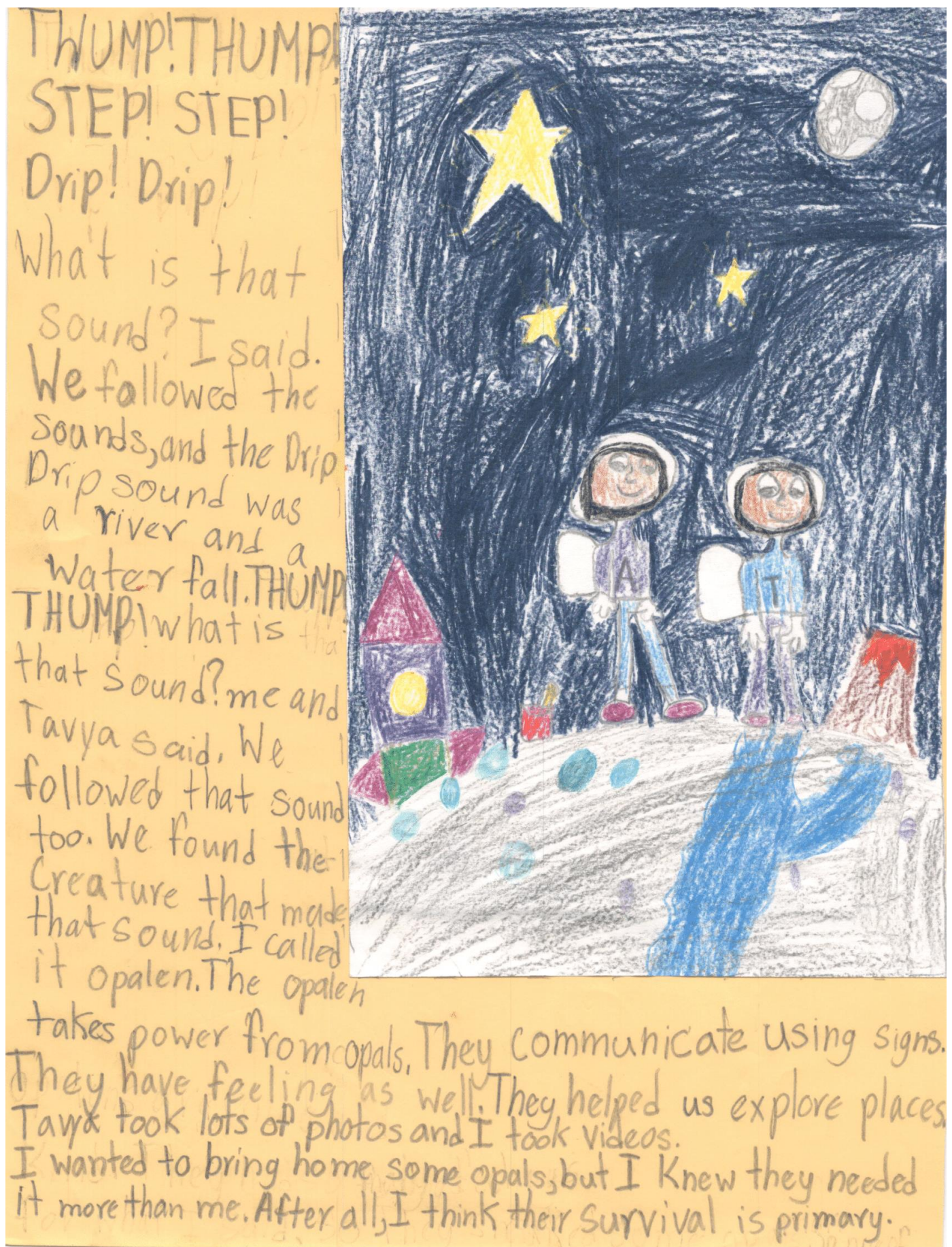
FUN 4 GATOR KIDS
*LOCAL RESOURCE FOR EVENT
LISTINGS*



**SCAN TO FIND WHAT
ACTIVITIES & EVENTS
GAINESVILLE HAS TO
OFFER TO YOUR FAMILY**



Hi, I'm Anushika and I'm an Astronaut. My BFF is Tanya. Me and Tanya are going to outer space to find a new planet. My friend Kushal is a great rocket scientist who makes great space ships! SO, we got in to the space ship and... 3..2..1...blast off! It took some time to get to outer space but we got there. We were zooming around and passed Mars. We went left and right left again and then we saw a sparkly planet. Yes! We finally found a new planet. I'm going to dig" said Tanya. Wow! Come and look, Tanya told me. OMG! I said opal gem! Opals are my favorite gems.



Although we wanted to stay more, we had to say Good Bye. As we boarded the ship, we saw some Opals. They must have sneaked it. So nice of them. I will never forget their kindness.



I would like to visit planet Opalaa again with my family.

We would like to explore more about communicating with opalen and their culture.

Written & Illustrated by
Amishika S. Thapar



**Who doesn't
like pool
party?**

Breastfeeding in Daily Life | AT HOME AND IN PUBLIC

More and more women are breastfeeding when they are out and about. Breastfeeding in public is appropriate and protected by law in Florida. There are many ways that you can make yourself feel more comfortable when breastfeeding in public. If you choose to breastfeed, practice may help build confidence. Here are some thoughts to consider:

- **Learn to recognize your baby's early hunger cues so you can get your baby to the breast before fussiness takes over.**
- **Practice breastfeeding in a mirror.** You may be surprised by how little of your breast shows.
- **Timing is important to your breastfeeding routine.** It may help to plan your outings according to your breastfeeding routine.
- **Figuring out which hold works best for you and your baby is helpful when you are out of the house.**
- **To make breastfeeding easier, it may help to wear comfortable clothes** such as tops that pull up from the waist or button down, and to learn how to remove your nursing bra panel with one hand.
- **Consider wearing your baby in a sling or soft baby wrap** to help with your breastfeeding routine.
- **You have options as to where to feed your baby** and do not need to feel limited to going into a bathroom to feed your baby. In a restaurant or café, some women choose a booth or a corner table so they can face away as their baby latches.

If you choose to breastfeed, you have the right to breast feed anywhere. Breastfeeding benefits both your child and you—so breastfeed in public with confidence!

Source: Office of Women's Health, U.S. Department of Health and Human Services, www.WomensHealth.gov



Coping with Crying

Babies cry for many reasons. Here are some tips for soothing or calming your baby:



- Check for basic needs such as hunger or a dirty diaper
- Check if baby is too hot, too cold or in uncomfortable clothing
- Offer a pacifier (if more than 4 weeks of latching has been established with breastfeeding moms)
- Hold baby close to your chest and walk or rock baby
- Sing or hum to baby
- Take baby for a walk in a stroller or a ride in the car
- Place baby in a safe place. Check on baby every 5 to 10 minutes to make sure baby is all right. As long as your baby is safe, crying will not hurt them.

Never, never shake your baby—even one second can harm baby's brain for life! If you become frustrated, do not take it out on your baby. Call someone in your support system for help.

Source: Florida Right From the Start, Florida Department of Health

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
- Learn new ways to play and connect with your baby
- Get help to quit smoking
- Find help with paying bills or getting to a clinic
- Set career or educational goals

- Get support for feeling anxious, stressed or having the "Baby Blues"
- 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



Every baby deserves a HEALTHY START!

By Jill Dygert



With Communal Support, Sky is The Limit

By Julien Habif, Maguire Resident



THE COMMUNITY GARDEN

By Victoria Lorenzo (mlorenzooocampo@chem.ufl.edu)



Photo credit to Author

Winter crop for one person. Swiss chard, parsley, carrots, snap peas, bell pepper, lettuce.

My first approach to the garden was not without accident. I went at 10am a Saturday in January, not knowing that in the wintertime the meetings take place at noon. I remember slowly sipping my coffee to overcome the cold while waiting for anyone to appear. I only accidentally happened to run into the garden meeting a Saturday at noon when I was taking a walk around the village. Although I had never done gardening before, I have rarely missed a meeting since then as I very much enjoy the time in the sun, watering, harvesting and weeding.

I think growing your own veggies is a one-way road. Not only do they taste better than the store bought ones (they come straight from the plant to your plate, they will never get any fresher than that), but also they are much closer to you than any store will ever be (who else didn't have a car in their first months here and would have loved some fresh tomato and lettuce for a side salad?). There's also a certain pleasure in seeing the plants you started from seed become big, healthy plants that provide you with delicious veggies.

"... GROWING YOUR OWN VEGGIES IS A ONE-WAY ROAD."

The Tanglewood Community Garden is an initiative that started in Fall 2012, with a group of students and families who asked for permission to grow vegetables in the southeast corner of the village. At the beginning and for the first few months, this group only had two raised beds installed, which the garden members were able to exploit to its maximum capability to produce lettuce, radishes, scallion, strawberries, carrots and cabbage. Later on, the garden got expanded to six raised beds and a composting system, which is still its current size.

The approach we use is completely organic, which means we use only organic pesticides, non- GMO seeds and utilize compost as a fertilizer. This is a great way of reducing how much trash we send to landfills while at the same time returning the nutrients in our organic residues (fruit and vegetable peels, eggshells, teabags, etc) to the soil. The eggshells have proved particularly useful to keep slugs away. And sometimes we get a fun surprise seeing an edible plant we did not plant growing on its own, most

likely from seeds that came in the compost. Last year this actually filled one of our beds with tomato plants, another with small papaya trees (which we transplanted and have now growing in big containers) and this year we are seeing a number of (I want to say) squash plants, although we will have to wait until they set fruit to know exactly what they are.



Pumpkin and squash growing in the bed and peppers in the pots



Cucumbers growing in the bed and mints in the pots

A big part of the challenge is keeping the plants alive in the extremely hot, humid Florida summers. A few things can be done to make things easier, like providing partial shade and choosing the right varieties. Right now, as we wait for the summer, we have many plants growing big and healthy (zucchini, cucumbers, luffa gourds, pumpkin and squash, melon and watermelon, beans and peas, tomatoes, eggplant and peppers). There are also plants for every expertise level and time investment. Some require more space than others, especially the vining species. If you are low on space and want to try something easy, green onions are a good starting point. Just put the bottoms of store-bought green onions in water for a couple of days, then put in a small pot in soil on your windowsill. This will give you a constant supply of green onions for a while and might be just the push you need to try gardening!

But the Tanglewood Community Garden is more than just growing a bunch of vegetables. It's also getting to know your neighbors and making friends. We invite everyone in the GFH community to join us.



UF CAMPUS INFORMATION, RESOURCES, & OPPORTUNITIES

Photo credit to UF College of the Arts

‘Megalodon,’ the largest shark ever, swims back to the Florida Museum Sept. 19.

By Nikhil Srinivasan

~ ~ ~ ~ ~

There’s something in the waters at the Florida Museum of Natural History. The museum’s national traveling exhibit “Megalodon: Largest Shark that Ever Lived” is coming home to Gainesville Sept. 19. The exhibit features a 60-foot-long walk-through sculpture of the ancient creature and describes the evolution, biology and legends of giant prehistoric sharks.

~ ~ ~ ~ ~

Exhibits Coordinator Julie Waters said the museum recently refurbished the popular touring exhibit and will showcase all the new bells and whistles to North Central Florida residents and visitors before it goes back on the road.

“As scientists, we know how the world around us can evolve, and that’s exactly what’s happened with ‘Megalodon’ too,” Waters said. “We’ve created brand-new graphics, giving us the chance to update some of the older scientific content and add new research. This gave the exhibit a fresh look, and we can’t wait for the community to see it!”

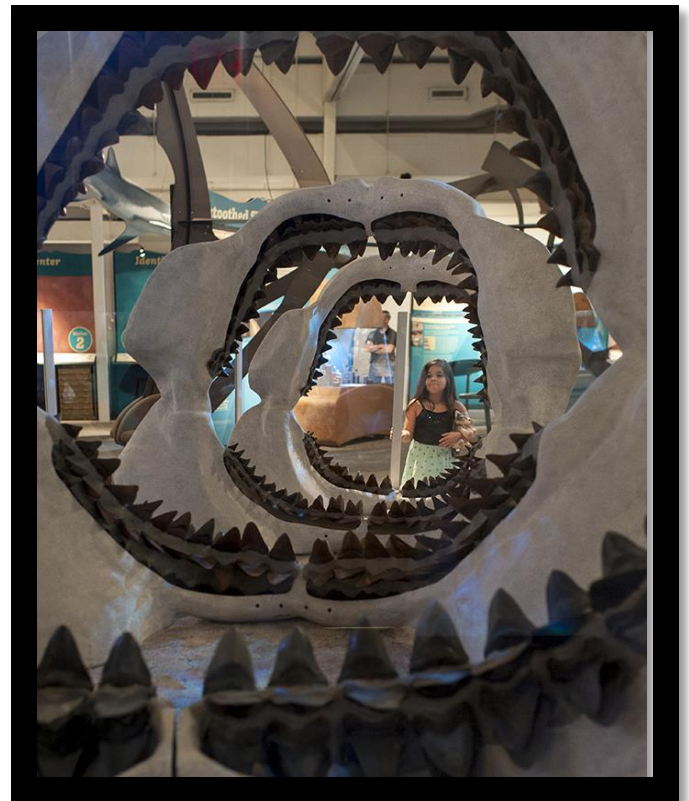


Photo credit to Florida Museum

“Megalodon” showcases both fossil and modern shark specimens as well as full-scale models showcasing the size of various sharks. Visitors can enjoy the bone-chilling experience of walking into a life-size sculpture of Megalodon through its massive jaws and discover the shark’s

history and the world it inhabited, including its diet, lifespan, relatives, neighbors and eventual extinction. The exhibit also provides examples on how Megalodon has influenced human culture for hundreds of years.



Photo credit to Florida Museum

“Megalodon” debuted at the Florida Museum in 2008. Since then, it’s been touring for over 12 years and has been seen by over 1.5 million people in the U.S. and Canada, including a return to Gainesville in 2014 by popular demand. “Megalodon” was produced by the Florida Museum with support from the National Science Foundation.

For more information, visit www.floridamuseum.ufl.edu/exhibits.

FOUR STEPS FOR RESEARCHING AN EMPLOYER

By Oliver Monaghan

What does it mean to research an employer? With recruiting season starting and numerous opportunities to network with employers, it's important for students to **know how to effectively research a company**. Here are four steps to help you with the process.

1. Review Company Websites and Social Media Pages

Looking at a company's website should be the first course of action for starting your research. The website is where you can **find important information regarding the company's mission statement, history, culture, products sold, and messages from top executives**. Company websites may also feature a blog where posts mention innovation happening within the company, community outreach, and partnerships with organizations or policy makers.

Social Media is also a valuable research resource. **A company's social media platform is often the voice of the company**. It can provide insight into what type of culture the company has. Are they making funny posts or are the posts more serious and factual? **Be careful not to lean too much into social media**, as appearance on these platforms may differ from the company's reality.

The social media page of a company can also provide important information into current projects the organization is pursuing, their involvement in the community, and news on product innovation. **Mentioning a relevant post during your interview is a great way to make a connection** with the interviewer by specifically describing a post you connected with.

2. Research Employment Websites

After you have delved through the company website and social media platforms, take time to explore other websites that provide meaningful information about organizations.

Glassdoor: Provides pros and cons of the company from current and past employees, salary information, and even internship reviews.



Buzzfile: Presents company description, contact information, demographics, sector/industry info and other helpful data about millions of companies.



Hoovers: Displays company financial statements, top competitors, sales preparation data, and information about the industry. UF Students have access through UF Libraries.



3. Do Your Outside Research on Industry Trends

Now that you've explored the company website, social media pages and employment websites, it is a good idea to **conduct an internet search about the company and scan recent articles about them**. Google is great for discovering interviews with the CEO, reviews of the company's products, reports on the mission, articles about the culture of the company and other relevant information that allow you to gain knowledge and display an interest for the company come interview time.

Another important aspect of research is **examining the current state of the industry you're interviewing for**, as well as current and expected trends of the industry. Researching competitors of the company can provide some information into the industry. Often interviewers will directly ask you about your insight into the industry, making this an essential step of research. Finally, based on this research you could formulate potential innovations for the company and mention things that the company is currently succeeding at during the interview.

4. Connect with Employees via LinkedIn

Matthew Cowley, associate director for student engagement at the Career Connections Center, emphasized connecting with people through LinkedIn. He suggests to start the process by looking to see if any alumni from the University of Florida work at the company you are interested in. Many alumni often enjoy helping undergraduates from their alma mater. When connecting with employees be specific about the type of information you want to know more about. Some potential questions could be about the company culture or what they like most about working there. Be careful how specific the questions are because some information is confidential. Getting your foot in the door by connecting with employer's shows that you are eager to join the company and provides another way to share information.

With so many resources available to the public, researching a company has never been easier. Whether you choose to focus on the company website, social media pages, employment websites, or direct information from employees depends on the position that you are interviewing for. The purpose of researching a company is to show the interviewer that you have an authentic interest in them and their industry. In addition, research can provide direct answers to potential interview questions and provide information that can help you decide if the company is a right fit for you. Good luck with your research!



If you have questions about researching employers, please make a Career Planning Appointment through <https://career.ufl.edu/students/student-gator-careerlink/> or visit us in the Reitz Union

TEN-PERCENT SOLUTIONS

By Stephani Jahn, PhD

Clinical Assistant Professor, Embedded Counselor for Housing

Something I learned to appreciate as a graduate student that is still a valuable lesson to me as a professional is remembering the importance of [#BoringSelfCare](#). Some essential aspects of self-care are really simple, everyday, even seemingly-boring things. Things like...

- Taking in food and water regularly
- Doing physical movement each day
- Reaching out to people in my life
- Caring for my living space
- Doing activities that aren't work
- Pausing to reflect

Sometimes these seemingly-simple self-care tasks can feel like a lot to keep up with, especially as a grad student! I don't know about you, but for me, when life's demands get serious and the stressors add up, I often forget these little things, or am very tempted to push them off until later—much later. For example, I might not water my plants, I might not eat at regular mealtimes, I might want to “zone out” on social media instead of “zoning into” reading for fun, and I might feel too tired to do a workout... there are lots of examples.

When this pattern gets going, having less of those good little things make me feel less lively and less like myself. It adds up and becomes a cycle.

As a student, at first I didn't see it, but after a few times of ending up in emotional low spots, I started to notice that those little behavioral shifts came before the really rough feelings started to take over. Eventually I got better at intervening at those little points along the way: “Hey, I've been at the computer working on this tough task for several hours—maybe it would feel nice to take a short walk around the building,” or “you know, I'm feeling worried and I think it'd like to text with a friend about it.” After paying attention to how this helped a few times, it's sometimes still a conscious effort, but it's generally easier to do these things again.

I won't promise that doing these things will make you feel good as new, but my hope is you can take the edge off of the growing feeling of stress, just a little. One of my favorite famous therapists, Janina Fisher, teaches people to add up “10% solutions.” That means that if you can find something that helps you feel 10% better, do it. There might not be any single thing that will help you feel 100% better. Many situations don't have that kind of solution, or the solution is very complex and will take time. But if you can help yourself in some small way that's in your control today, and feel a little better—10% here, and 10% there—you're on the right track.

This can be especially important when we are working on a long-term goal, like a thesis or trying to make the world a better place. We can lose ourselves in worry, work, and other mental traps—but concrete self-care behaviors help keep us grounded and manage the depletion that can come from working through challenges.

As you do your best to manage life's challenges, please take some time to take care of yourself today, even in one small way.

Reflect for yourself: When life is hectic and the demands are higher, what simple, good things are the first to disappear? What things are missing in your life now? Take a moment and make a short list for yourself now.

Now, pick just one of those things from your list. If you think it might be a little too much to accomplish in the next few minutes, identify the smallest first step towards the bigger goal (as tiny as it needs to be!). Then do that little first step—and know you're heading in the right direction. **What's going to be your 10% solution for this moment?**

UF Counseling & Wellness Center Updates:

In order to ensure the safety of our campus, staff, and community our buildings will be closed effective 4/9/2020.

The CWC will continue to offer telehealth services, crisis services, and online workshops.

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/virtual to find a schedule of upcoming **online workshops and tablings**.

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.

Follow us on [Facebook](#), [Instagram](#), and [Twitter](#) @ufcwc for updates and upcoming virtual events.

**Make Your Thesis & Dissertation
Known.....**



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New Initiative for Theses and Dissertations Provides Improved Visibility & Access

By Chelsea Johnston & Barbara Hood

The University of Florida has required electronic theses and dissertations (ETDs) since the incoming class of 2001. The Smathers Libraries preserve and provide access to 27,117 UF ETDs in the Institutional Repository (IR@UF). In Fall 2017, the Smathers Libraries were approached by BiblioLabs to test the concept of creating print-on-demand files which could be made available for sale by online retailers like Amazon and Barnes & Noble.

This concept was shared with the UF Graduate School and Graduate Student Council and it was well received. In September 2018, the Libraries signed an agreement with BiblioLabs to provide the digital files to BiblioLabs, initiate contact with authors and promote the service. BiblioLabs formats the files for print-on-demand, obtains an ISBN identifier, and places them with online retailers, with an option for hardback or paperback.

There is no cost to the author to participate; participation is entirely at the discretion of the author. Each author receives a 20% royalty on revenue after expenses. UF waived its right to an institutional fee to increase the author royalty rate from 10% to 20%.

As of November 2019, 641 authors have opted in to the program and the Libraries have received many positive responses from alumni. Authors have earned over \$13,000 in royalties. Top-selling subjects on Amazon and Barnes & Noble are technology and engineering, science, and education. Architecture titles have been the most popular with four titles available and 72 units sold.

The next phase of the BiblioLabs program will focus on recent graduates and current students, who will benefit uniquely as the program provides an opportunity to establish early-career visibility with more current research. Contact Chelsea Johnston, Scholarly Repository Librarian, at cjohnston@ufl.edu with any questions.

THE WORLD IS WATCHING US

By Leonardo A. Villalón
Dean, UF International Center



Photo credit to Microsoft PowerPoint Stock Images



The global pandemic has, by definition, challenged governments and people around the world. No country is untouched, and no society unaffected. At one point this spring we learned that some 95% of the school-age children of the world were not in school. COVID-19 has also brought into sharp relief why governments, policies and institutions matter. The uncertainties and unpredictability we have all faced as the virus spread across the globe have required innovation and improvisation in the search for adequate responses. In retrospect some responses will prove to have been better than others. When the histories are written, I am certain we will learn much about the impact of institutions and policies, about why it matters how governments and societies react to crises and challenges.

The global pandemic arrived in a context in which the United States was intentionally exiting center stage from the arenas of international collaboration and cooperation. In recent years the US has retreated from leadership—and indeed even from participation—in global efforts to address global problems, whether the Paris climate change accord, human rights institutions, security pacts, or most recently, in the midst of the greatest health crisis in a century, the World Health Organization.

But as we became the single most affected country by COVID-19, and as we struggled to define a national strategy, much world attention remained focused on the United States. For better or for worse, and rightly or wrongly, the judgment of the world has not been favorable. In a stinging [editorial](#) in the *Irish Times*, the writer Fintan O'Toole noted: "The world has loved, hated and envied the United States. Now, for the first time, we pity it."

And yet, as the world watches, new momentous events further complicate judgments. As we continue to grapple with an adequate response to the virus, as behaviors and policies recommended by science and health experts become new points of political contention and divisiveness, our own attention and that of the world has suddenly shifted to a new American drama. In cities and towns across the country the world has watched dramatic scenes unfold, scenes that lay bare the reality of

the persistent failure of the United States to address its most fundamental historical failing: the striking inequalities and injustices that are the legacy of the enslavement and the subsequent systematic marginalization of black Americans.

In an extraordinary [essay](#) published as part of *The 1619 Project*, the journalist Nikole Hannah-Jones argued that "the United States is a nation founded on both an ideal and a lie." The promises of equality and inalienable rights in the Declaration of Independence were never meant to apply to all. And the Americans who have most consistently fought and struggled throughout our history to demand that we strive for the ideal and that we expose the lie have been black Americans. In many ways, the core narrative of American history has been driven by that dual imperative, the dark shadow of the historical legacy punctuated by periodic moments bearing the promise of change.

Yet looking back from 2020 at the historical record, moments of hope such as the advances brought by the civil rights movement must now also be acknowledged as failures. The promise of the Voting Rights Act of 1965 was gradually eroded by other—often thinly disguised—means. As new policies disproportionately swelled prison populations with black citizens, and as laws in various places dictated permanent disenfranchisement, new barriers to voting perpetuated the systemic underrepresentation of black Americans in our political institutions. In 2018 Florida citizens voted overwhelmingly to undo that injustice, yet its implementation immediately became a point of political contention and was confronted by efforts to undermine that democratic choice. The examples are endless, and the statistics that dispassionately document the staggering systemic inequalities of racial injustice are readily available, whether of income, wealth, education, jobs, business ownership, or health—brutally reflected in the extraordinary over-representation of black Americans in the COVID-19 death counts.

This ugly truth is unflattering, and shameful. And yet in this moment of global crisis we have unexpectedly again been granted a historical opening, a chance for if not redemption at least a step towards more justice and dignity. The popular reaction to the extrajudicial killing of one more black American man by state security forces has struck a chord, in the United States and globally, that gives us an opening

"The world has loved, hated, envied the United States. Now, for the first time, we pity it."
-Fintan O'Toole,
The Irish Times writer-



And yet in this moment
of global crisis we have
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and dignity.

to again hope that change might be possible. By his murder, George Floyd, like Ahmaud Arbery, Breonna Taylor and countless others before them, has become a symbol of centuries of injustice and oppression. His death forces us to again acknowledge that reality, and challenges us to confront it.

If there is hope in this moment, it is driven not by our institutions, but by ordinary Americans who have taken to the streets and the squares of our cities, at times confronted and at times joined by security forces, and who are demanding change. Our black fellow citizens have of course led the way, but they have been joined on the streets by tens and then hundreds of thousands of American citizens from all backgrounds.

In the process, [global attention](#) has once again turned to the United States. Protests, speeches and demonstrations by Americans demanding fundamental reforms are in the headlines, on television screens, and spreading virally on social media across the globe. And far beyond our borders, in city after city, citizens of other countries have themselves marched in solidarity.

In so doing, they have also been motivated and inspired, as Prime Minister Justin Trudeau of Canada eloquently did recently, to see in the American demonstrations a reminder to countries to look at their own social inequalities and injustices. So it goes in France, Australia, Germany, Kenya, Mexico, India.

This American drama has brought us squarely back into the international spotlight, and has again underlined the reality of our interconnected and globalized world. As it unfolds, it will be shaped by our capacity to both learn from the rest of world, and to re-find and articulate our own moral compass that might serve as an example for addressing injustices and inequalities around the globe. At universities we are blessed to have unique resources to contribute, and a responsibility to do so. In our research on the varied impact of diverging policies, in exchange and discussion with our international students and colleagues, and in the perspectives that our Study Abroad students both share with their hosts and bring back to our community, new ideas, models and frameworks for social justice and peace can be born. Now more than ever it is imperative that we embrace our global mission.

The historical context that has given rise to the mix of fascinated horror and anxiety felt by people watching abroad has now also driven and motivated a broad and diverse coalition of Americans to mobilize to demand change. And in the process international sentiment has turned to hope and to admiration, not for our institutions or our politics, but for our people. It is a moment we must seize. If we fail, much hope fails, in the United States and across the world.

Advance Health Care Directives

By Layne Prebor Esq. & UF SLS



Photo credit to UF SLS

During the Age of COVID-19, almost everyone agrees that it is important to let their loved ones know about their health care wishes in case anything happens. However, the preparation of advanced health care directives is a topic no one wants to think about, let alone talk about. But good news! Your free, hard-working attorneys at UF Student Legal are here to help do it for you. We are dedicating our services to help prepare five types of specialized documents we believe every student should have: a Durable Power of Attorney, a Living Will, A Designation of a Health Care Surrogate, and an Organ Donation Form. These forms are not just important-they may be the most important decisions you make in your life!

DURABLE POWER OF ATTORNEY

That I, _____, of address _____, telephone number _____, make, constitute and appoint, _____ of address _____, telephone number _____, as my true and lawful agent and attorney-in-fact for me and in my name, place and stead, and in my behalf, and for my use and benefit, to exercise and perform any act, power, duty, right and obligation whatsoever that I now have or may subsequently acquire the legal right, power, or capacity to exercise or perform, in connection with, arising from, or relating to any person, item, transaction, thing, business, property (real or personal, tangible or intangible), or matter whatsoever, under the terms and conditions, and under the covenants, as the attorney-in-fact shall deem proper, including but not limited to the following powers:

The following enumeration of specific powers is not intended to limit or restrict the above general powers, shall not be construed or interpreted as limiting or restricting the above general powers, is not intended to limit or restrict any other specific power listed below, and shall not be construed or interpreted as limiting or restricting any other specific power listed below.

- (a) To ask, demand, sue for, recover and receive all manner of goods, chattels, debts, rents, interest, sums of money and demands whatsoever, due or to become due, that are thought to be owing, belonging or payable to me in my own right or otherwise, and to execute, acknowledge and deliver acquittances, receipts, releases, and satisfactions or other discharges for the same;
- (b) To sell, transfer, exchange, convert, abandon, or otherwise dispose of, or grant options with respect to, real and personal property, at public or private sale, with or without security, in such manner, at such times, for such prices, and upon such terms and conditions as my attorneys-in-fact may deem necessary or appropriate;
- (c) **Authority to conduct investment transactions as provided in section 709.2208(2), Florida Statutes;** to buy, sell, exchange, invest and reinvest in common or preferred stocks, bonds, commodities, options, limited liability companies, investment trusts, mutual funds, regulated investment companies and other types of securities and financial instruments, foreign or domestic, including any undivided interest in any one or more common trust funds, whether or not such investments be of the character permissible for investments by fiduciaries under any applicable law, and without regard to the effect any such investment may have upon the diversity of investments; to demand, receive and obtain any money or other things of value to which I am or may become or may claim to be entitled in connection with any stocks, bonds or other financial instruments; to cause securities or other property to be held or registered in the name of a nominee or nominees or unregistered or in any other form; to vote in person at meetings of stock or security holders and adjournments

Living Will Declaration

I, _____, hereby state my wishes about procedures to

 Print Name

artificially prolong my dying (also called life-prolonging procedures) in certain situations.

If I am unable to make informed medical decisions for myself and I am found to be in any of the conditions that I note with my initials below, I want life-prolonging procedures to be withheld or stopped if such procedures have little or no chance of curing me or helping me recover from the condition, but would only serve to artificially prolong my dying. **In other words, I want to be allowed to die naturally, with only treatments that will keep me comfortable and relieve pain.**

(Place your initials by every condition that you want this Living Will to apply to. If you do not place your initials in a blank and you are in that condition you will receive life-prolonging procedures for that condition.)

_____ I have a condition caused by injury, disease or illness that is expected to cause death (also called a terminal condition)

_____ I am in a permanent state of unconsciousness (also called a permanent vegetative state)

_____ I have a condition caused by injury, disease or illness that has resulted in progressively severe and permanent deterioration (also called an end-stage condition)

If I cannot eat or drink naturally (by mouth) and giving me food and water artificially would serve only to prolong my dying:

_____ I DO want

_____ I DO NOT want

_____ food (nutrition)

_____ food (nutrition)

_____ water (hydration)

_____ water (hydration)

In the event that I suffer cardiac or respiratory arrest (that is, I stop breathing or my heart stops beating):

_____ I DO want

_____ I DO NOT want

_____ CPR (compressions/defibrillation/
resuscitation medications)

_____ CPR (compressions/defibrillation/
resuscitation medications)

_____ to be intubated (tube in lungs to help
me breathe)

_____ to be intubated (tube in lungs to help
me breathe)

I give these directions after careful thought and in keeping with my convictions and beliefs. I expect my family, doctor, and others concerned with my care to abide by my wishes and respect my legal right to refuse medical care.

OPTIONAL Instructions that may help your doctor know exactly what your wishes are: I also make the following instructions on specific treatments that I do or do not want, and/or conditions that are important to me. (Use additional paper if necessary; sign, date and have witnesses sign the additional sheets.)

Additional Instructions: _____

Designation of Health Care Surrogate

I, _____ want _____
Print Name *Surrogate's Name*

Phone _____ Address _____

to be my Health Care Surrogate and make health care decisions for me as indicated by my initials below:

_____ Effective only when my physician determines that I am unable to make these decisions myself.

_____ Effective immediately, with the understanding that while I have decision-making capacity, my choices are controlling and my health care providers must clearly communicate any treatment plan and health care decisions to me.

If the above person is unwilling, unable, or not reasonably available to make these decisions on my behalf, I want _____ Phone _____
Alternate Surrogate's Name

Address _____

to be my alternate Health Care Surrogate.

I understand that, unless I note in the additional instructions space provided below, my Health Care Surrogate will be able to:

- Give, or refuse informed consent for my medical care
- Make end of life decisions for me
- Apply for public benefits to help pay for the cost of my care
- Give permission for me to be admitted to or transferred from a health care facility
- Obtain all health information – past, present and future – needed to make health care decisions for me and to apply for public benefits to pay for the cost of my care
- Give permission for the release of health information to provide for my health care
- Make a donation of all or part of my body after my death for transplantation therapy, research or education

Additional Instructions: _____

Additional Consent (if applicable):

I understand that my Health Care Surrogate cannot consent to any of the following for me unless I allow him/her to do so by placing my initials in the space provided.

_____ Experimental treatments that have not been approved as research under federal law.

_____ Refusal of life-prolonging procedures if I am pregnant with a fetus that cannot survive outside the womb.

_____ Abortion

_____ Sterilization

I understand that my Health Care Surrogate cannot admit me to a psychiatric facility, or consent to psychiatric treatment or procedures for me, without the permission of a court.

Uniform Donor Form

The undersigned hereby makes this anatomical gift, if medically acceptable, to take effect on death.
The words and marks below indicate my desires:

I give: (Check only 1 of the 3 following option)

(a) _____ any needed organs or parts

(b) _____ only the following organs or parts for the purpose of transplantation, therapy,
medical research, or education:

(c) _____ my body for anatomical study if needed. Limitations or special wishes, if any:

Signed by the donor and the following witnesses in the presence of each other:

Donor's Signature _____ Donor's Date of Birth _____

Date Signed _____ City and State _____

Witness _____

Witness _____

Address _____

Address _____

City _____ State _____

City _____ State _____

You can use this form to indicate your choice to be an organ donor. Or you can designate it on
your driver's license or state identification card (at your nearest driver's license office).

For your convenience, here is some basic information about each document and its purpose.

1. DURABLE POWER OF ATTORNEY

A Power of Attorney is a legal document which gives decision making authority from one person to another. The maker grants the right to act on their behalf to another person as their agent. For example, a Power of Attorney may be used to give another the right to buy or sell property, a home, or a car. Additionally, it can also allow someone to access the maker's bank or stock accounts, sign a contract, make health care decisions, handle financial transactions or sign legal documents on the maker's behalf. As such, the maker should only give this authority to someone they completely trust to make the best decisions on their behalf.

A Power of Attorney usually terminates if the principal becomes incapacitated, unless it is a "Durable Power of Attorney." A Durable Power of Attorney has special wording that provides the power survives the incapacity of the maker. Remember, that the maker must be competent at the time of signing the document, meaning they must understand the effect of the document, the property involved, and the individual they are assigning as an agent to act on their behalf.

While a Durable Power of Attorney may grant the agent broad powers to act on behalf of the maker, there are a few actions that the power of attorney is prohibited from doing. An agent may not vote in an election on behalf of the maker, or revoke a will, or act in an employment capacity in place of the maker.

We recommend using our office because a Power of Attorney must be signed by the maker and by two witnesses to the maker's signature, and a notary must acknowledge the signature for it to be properly executed and valid under Florida law.

2. LIVING WILL

Many Floridians may remember the case of Ms. Terri Schiavo, who sparked a state and nation-wide dialogue over the importance of having a living will, or a document in place to determine what should happen to one's body after a terminal illness. The Living will is typically a written document that expresses your choices regarding the type of medical care you choose to receive, including life-prolonging procedures and treatments, if two physicians find that you have a terminal illness, a persistent vegetative state or an end-stage condition. If a person is unable to understand or unable to communicate with a doctor, a living will is a legally enforceable method of making sure the person's wishes are honored. Even if a person has a living will, a person's agent may make health care decisions if the Durable Power of Attorney specifically gives this right.

The living will ask you to decide to make it valid in three circumstances (which you should consider carefully in advance):

“End-stage condition” means an irreversible condition that is caused by injury, disease, or illness which has resulted in progressively severe and permanent deterioration, and which, to a reasonable degree of medical probability, treatment of the condition would be ineffective.

“Persistent vegetative state” means a permanent and irreversible condition of unconsciousness in which there is: The absence of voluntary action or cognitive behavior of any kind and an inability to communicate or interact purposefully with the environment.

“Terminal condition” means a condition caused by injury, disease, or illness from which there is no reasonable medical probability of recovery and which, without treatment, can be expected to cause death.

Another big issue addressed whether you want to withhold food and water if you are in one of the above states. Remember, that your living will must have two witnesses, one of whom cannot be your spouse or relative. While it does not have to be notarized, it must be signed and dated. If you are unable to sign it, you can direct someone to sign for you in your presence.



Photo credit to UF SLS

3. HEALTH CARE SURROGATE

A Health Care Surrogate Designation is a document in which you designate someone else to make health care decisions for you, if you are unable to make those decisions. If you choose to allow your Surrogate to make decisions for you while you are still able to make them for yourself, and your surrogate's decision is different than what you want, your decision is still controlling. It is important that you discuss your choices in advance with your health care surrogate. If your health care surrogate does not know the decisions you would have made, he or she should make decisions based on what is in your best interest.

Unlike a Power of Attorney, a health care surrogate decision-maker has no authority to act until such time as a physician has determined the principal lacks the capacity to make informed health care decisions. In instances where the attending physician has a question as to whether the principal lacks capacity, a second physician must agree with the attending physician's conclusion that the principal lacks the capacity to make medical decisions before a surrogate decision-maker's authority is commenced. Many medical providers prefer a designation of health care surrogate for health care decisions because the document is limited to health care.

Any competent adult (18 years or older) can be your health care surrogate. Ask that person whether they agree to act for you before you complete your advance directive.

You also want to choose a second person as an alternate in case your first choice is unavailable or otherwise unable to make decisions on your behalf. If you appoint your spouse as your health care surrogate and you later divorce, the appointment of your spouse is revoked unless you say otherwise in your advance directive.

The Designation of Health Care Surrogate form must be signed and dated or you must have someone else sign for you in your presence and at your direction if you are unable to sign. It must also be witnessed by two adults. Neither witness can be your designated surrogate, and at least one witness cannot be your spouse or a blood relative.

If you do not name a Health Care Surrogate, Florida law directs your doctor to choose someone from the following list to make choices for you when you cannot in the following order of priority:

- Guardian (only if one has been appointed by a court)
- Your spouse
- Your adult child or children
- Your parent or parents
- Your adult brothers and sisters
- Another relative who knows you well enough to know what you would want
- A friend who knows you well enough to know what you would want
- If you have none of the above, a social worker not employed by the hospital may be approved by your hospital's ethics committee to make decisions after speaking with your doctor(s)

4. ORGAN DONATION

You can give the gift of life! Please consider donating your organs to those who are in need. We can help prepare a form or you can go online to register at ORGANIZE.org or the Donate Life Florida website. You can also register at the FL DHSMV office when you apply for or renew a license.

You have choices to indicate your desires, as follows:

- (a) ___ any needed organs or parts;
- (b) ___ only the following organs or parts for the purpose of transplantation, therapy, medical research, or education;
-
- (c) ___ my body for anatomical study if needed.

(a) ___	any needed organs or parts;
(b) ___	only the following organs or parts for the purpose of transplantation, therapy, medical research, or education; -----
(c) ___	my body for anatomical study if needed.

5. WHERE TO KEEP YOUR DOCUMENTS

If you designate a health care surrogate and an alternate surrogate be sure to ask them if they agree to take this responsibility, discuss how you would like matters handled, and give them a copy of the document. Make sure that your health care provider, attorney, and the significant persons in your life know that you have advance directives and where they are located. You also may want to give them a copy. We also recommend setting up a file where you can keep a copy of your advance directives (and other important paperwork). Some keep original papers in a bank safety deposit box. If you do, you may want to keep copies at your house or information concerning the location of your safety deposit box.

Keep a card or note in your purse or wallet that states that you have an advance directive and where it is located. And remember, if you change your advance directive, make sure your health care provider, attorney and the significant persons in your life have the latest copy.



Photo credit to UF SLS

WHEN YOU USE UF STUDENT LEGAL

We ask that you please try to have the major decisions made as listed above and to have the health care surrogates and durable power of attorney agents designated, with addresses and phone numbers so that we can help prepare the forms. For now appointments are made via Zoom or Phone to ensure everyone's safety.



Photo credit to UF SLS

Remember that the advice presented here is educational in nature and should not be relied upon solely for legal advice. For more specific help, 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 sls@ufsa.ufl.edu.

UF FALL 2020: "New Normal" IT Support

By Lindsay Gamble

As we begin the new “normal” at UF for the fall 2020 semester, UFIT is sharing all of its tech resources to enhance your learning and teaching experience:

Increasing Video Meeting Security

It's important to continue adhering to social distancing guidelines as we return to campus. Meetings that would have normally taken place in person can be held via UF's video collaboration tools. Enhance the security of your virtual meetings by requiring passwords and enabling security features:

<https://news.it.ufl.edu/infrastructure/increasing-video-meeting-security/>.



Photo credit to UF IT

Discounted Software Options at UF

UFIT facilitates the campus-use agreements for numerous software applications. Several of the campus contracts also provide discounted pricing to students, faculty, and staff who want to purchase software applications for their personal devices. Popular apps, including Amos, SAS, SPSS, and Adobe Creative Cloud, are available for home use purchase. For a complete list of discounted apps and pricing, visit <https://news.it.ufl.edu/education/discounted-software-options-at-uf/>.

Learning Support and Campus Information

Keep track of the latest information on COVID-19's impact to campus throughout the semester by visiting UF's official COVID-19 page. Additionally, UF's Keep Learning and Keep Teaching websites provide you with learning and teaching resources to guarantee a successful semester:

<https://news.it.ufl.edu/education/learning-support-and-campus-information/>.



Photo credit to UF IT

Designing Accessible Online Environments

UFIT's Center for Instructional Technology and Training (CITT) offers FREE self-paced and facilitated online accessibility trainings to help instructors adapt their online materials. The courses provide an introduction to online inclusivity and best practices for developing accessible content. Register for the next offering:

<https://news.it.ufl.edu/education/designing-accessible-online-environments/>.

Supporting Artificial Intelligence Workshops

The Workshop Support program enables UF faculty and staff to host workshops in any area of data-enabled science & engineering and artificial intelligence. This program is not limited by discipline, and interdisciplinary workshops are encouraged. Coordinators can request up to \$3,500 and logistical support from the UF Informatics Institute. For more information on the program and how to submit a proposal, visit <https://news.it.ufl.edu/research/supporting-artificial-intelligence-workshops/>.

Tech Tips for Hurricane Preparedness

It's hurricane season! UFIT has put together a list of tech do's and don'ts for TAs and graduate students to consider when campus is in the path of a storm. Now is the time to prepare: <https://news.it.ufl.edu/general-news/tech-tips-for-hurricane-preparedness/>.

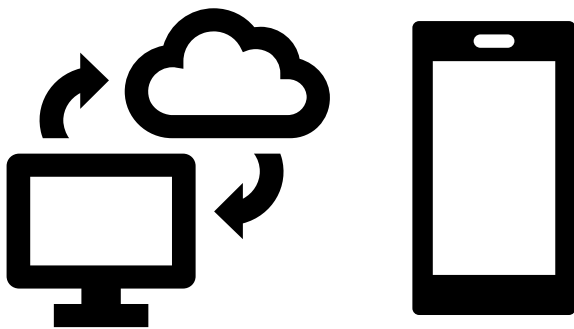
Accessing Fast, Secure Wi-Fi While Off-Campus

While away from UF, you may be in an area with limited Wi-Fi access. Eduroam, UF's secure wireless network, is available nationally and internationally, with over 10,000 hotspots in 106 countries and territories worldwide. All you need is active GatorLink credentials. If you can get a Wi-Fi signal at any of the eduroam locations and your mobile device has already been configured, then you will automatically connect. Otherwise, follow the instructions for connecting: <https://news.it.ufl.edu/infrastructure/accessing-fast-secure-wi-fi-this-summer/>

Self-Help Resources from the Help Desk

The UF Computing Help Desk website has several self-help resources, including step-by-step instructions and how-to videos for connecting to eduroam, managing your GatorLink account, and setting up your UF GatorMail. Getting familiar with the self-help page is a great way to prepare for the academic year: <https://news.it.ufl.edu/education/self-help-resources-from-the-help-desk/>.

We hope you have a great fall semester, Gators!



Be Smart About Your Smartphone

Having everything on your smartphone may be convenient, but devices become valuable targets for cyber criminals if left unsecured. Protect your device and the information on it by setting unique passwords, updating software regularly, and encrypting your data. <https://news.it.ufl.edu/security/be-smart-about-your-smartphone/>.



SUMMER SAFETY TIPS

By Jessica Cooper

1. Personal Safety

As campus reopens, continue to be aware of not only your health but your safety. Keep the following tips in mind as you re-familiarize yourself with campus this semester.

- Be aware of your surroundings. If you see something, say something. We want to hear about it.
- Secure your personal property at all times. Lock your bike properly and never leave your valuables unattended.
- Be cautious of sharing your location on social media, through posts, geotagging, or 'snap-maps'.
- Make a plan. When you plan to drink, plan with people you trust on where you are going, plan how long you'll be gone, and plan how you will all get home.
- In case of emergency, locate a blue light pole on campus or use the mobile blue light inside the GatorSAFE app. Blue lights have an emergency button and intercom which directly dispatches the University of Florida Police Department.

2. Phishing scams

Phishing is any sort of online scam in which someone disguises themselves as a trusted figure in order to obtain sensitive information or monetary gain. Phishing scams are commonly perpetrated through email and internet platforms. Here are some helpful tips to identify, and report phishing scams. Visit UFPD's scam webpage for more information at [UFPD Phishing Scams Info](#).

- Be wary of communications that seek to evoke authority, urgency, high emotion, scarcity, or heavily emphasize current events.
- Do not open suspicious emails, or messages of any kind. Pay close attention to sender email addresses.
- Do not click on unknown links.
- Be careful what you post on social media regarding any personal information and review your account privacy settings.
- If you have opened a phishing scam, notify UFIT, contact your bank if necessary, change your passwords to any related accounts, and run a full software scan on the device you used.
- Report phishing scams to UF via the webpage at [UF Phishing Scam Report](#) or by email at report-spam@ufl.edu or abuse@ufl.edu.
- Common scams during COVID-19 may take the form of fraudulent relief updates, malicious infection maps, impersonation of health authorities and donation requests.

3. Registering Bicycles

Register your property with UFPD to help curb theft on campus! Bicycle registration process includes affixing a reflective, numbered decal to a bicycle and recording the information about the owner and the bicycle for retrieval in the event the bicycle is lost or stolen. Bicycle registrations must be done in person by bringing your bicycle and your ID to the UFPD Information Desk/Front Desk (open every day from 7 AM-10 PM) or by any UFPD officer on campus. We are located at the corner of Museum Road and Newell Drive. Also look for us at various locations throughout campus doing Bike Registration events. Please note that registration opportunities are subject to change as we patiently wait further direction from the University and the Health Department.

4. GatorSafe App

Download the GatorSafe App for free from Google Play or the Apple Store. Report tips to the UFPD, make emergency calls, view the campus map, find important contact numbers, and view local crime reports. Also, get information on local transportation such as RTS, SNAP, etc.



For more information about available services or programs, please call the Community Services Division at (352) 392-1409 or visit the UFPD website at www.police.ufl.edu.

Take-Home Crafts at the Arts & Crafts Center

By Mariana Baquero, Arts Specialist at 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.

We are pleased to announce a variety of new offerings for the fall semester that will allow you to experience the benefits of crafting in your own 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. Stop by the Arts & Crafts Center and try out one of these kits!

Paint-a-Pot To Go

Just pick your pot, pick your glazes and you are ready to paint-a-pot at home. We have a wide variety of pottery forms and glaze colors to choose from. Once you have finished painting your pot with the glazes, simply bring it back to the studio to be fired in our kilns. Prices vary depending on the form with mugs starting at \$6.50. Glaze is sold separately. The purchase price includes a final clear glaze and the glaze firing.



Photo credit to UF ACC

Paint-at-Home Party Animals

Choose one of our adorable party animals to paint at home. We have a wide selection of acrylic paints to choose from. These cute critters don't need to be fired in a kiln so once you've finished painting them, they are yours to keep! Most party animals cost \$6.50. Paint is sold separately.



Photo credit to UF ACC

Clay Take-Home Kits

Do you want to get your hands dirty? Pick up one of our Clay Take-Home Kits and try out one of our fun projects. No experience is necessary. Each kit is \$20 and includes clay, tools and templates, ware board, and complete step-by-step instructions. The price of the kit also includes all kiln firings and final glaze coat. Choose your glaze color from a selection of our studio glazes and your piece will be expertly glazed and fired by our Arts Specialist. Clay Take-Home Kits must be reserved in advance by calling the studio at (352) 392-2378 or emailing Mariana at mbaquero@ufsa.ufl.edu and will be ready for pick up on the next business day.



Craft Take-Home Kits

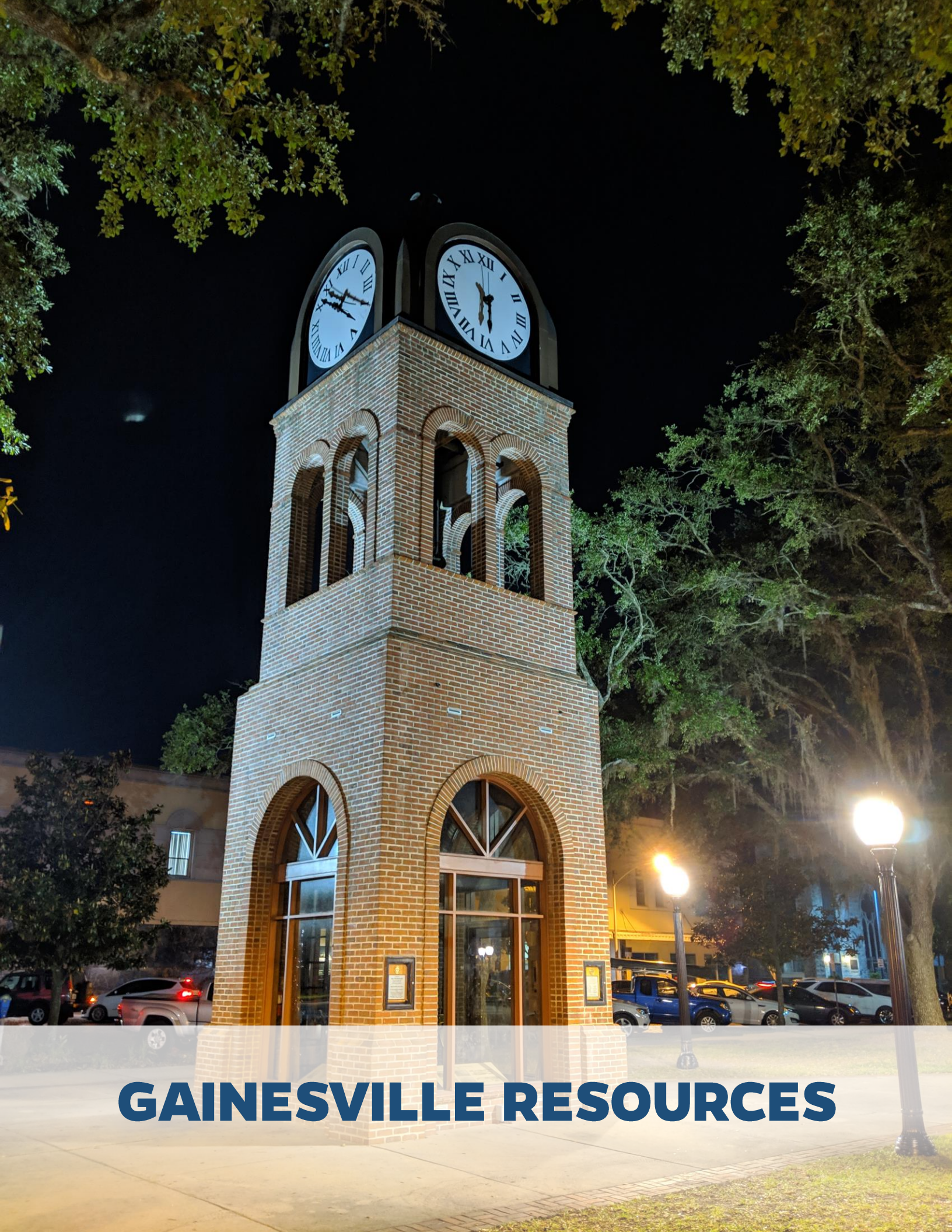
Our Craft Take-Home Kits provide a variety of projects that you can make at home, from old-school shrinky dinks to sophisticated abstract wall art. Each kit is \$8 and includes everything you need to complete the project including step-by-step instructions. For the Geometric Design Canvas, paint is sold separately and we have a wide variety of colors to choose from.



Virtual Socials

Are you a member of a student organization or other group looking for something fun and creative to do while social distancing? The Arts & Crafts Center will be offering virtual socials with crafting activities for groups in the fall. Perfect for parties, team building, or student organization events. Socials will be conducted on Zoom and instruction for the craft activity will be provided by our knowledgeable staff. Crafting kits for the virtual socials can be purchased at the Arts & Crafts Center prior to the social. Groups will have access to a variety of creative and artistic activities such as paint-a-pot, origami, and canvas painting while socializing and building community. Contact Mariana at mbaquero@ufsa.ufl.edu for more information about virtual socials.

About the Reitz Union Arts & Crafts Center 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 [HERE](#).



GAINESVILLE RESOURCES

Everything is Free at Your Library

By Rachel Cook | Public Relation & Marketing Manager Alachua County Library District



Photo credit to Alachua County Library District

The Alachua County Library District is your place for **free books, movies, music, and fun**. You can use any library resources when you **sign up for a library card**.

The Library District has 12 branches throughout Alachua County and five branches in Gainesville, as well as thousands of resources available online. There are services for every age and need – from children to adults.

While we are currently taking precautions to protect our staff and customers from the coronavirus pandemic, you can still sign up for a library card by visiting any location with a photo ID and proof of your address. To learn about our current services, please visit www.aclib.us/currentservices.

The Alachua County Library District's online resources include thousands of digital text and audiobooks, streaming music, magazines, databases, and learning tools. Most are available 24/7 with your library card. Visit www.aclib.us/mobile to explore.

A photograph of a man with a beard and a green polo shirt sitting in a library, reading a red book to a baby. The baby is wearing a red headband and a floral dress. The background shows bookshelves filled with books. A semi-transparent text box is overlaid on the top right of the image.

*Alachua County Library District
offers education, entertainment
at 12 locations and online*

Catalog

Browse our extensive collection of books, music, movies, and more 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.

Books and Magazines

Our collection of digital titles includes nearly 83,000 books via our OverDrive vendor alone. Library cardholders can download the appropriate app on their smartphone or tablet to read or listen to anywhere. Listen to the latest audiobooks or download a new book to read. The app features a list of what books are available instantly, so you can always find something to enjoy.

Learning

For primary school students and adult learners, Tutor.com, Learning Express, and our Gale in Context tools provide tutoring, homework help, and test prep resources. You can find practice tests and study guides for the GRE and other exams. Lynda.com is perfect for picking up new job skills like coding and public speaking. Library users can also expand their artistic side with Creativebug, which offers tutorials in painting, knitting, and much more. There is even a pattern library!

Music

Our Freegal eSource enables patrons to download up to 5 songs per week. Users can also listen to full albums and download historic speeches by Martin Luther King, Jr., Queen Elizabeth, and others.

Reader tools

Looking for your next favorite book? Our NovelList Plus tools can recommend titles based on your mood and interests. You can also use the tool to explore books for children and teens.

Language

Anyone can tap Transparent Language to learn a new language. Transparent Language offers 100+ languages including Spanish, Chinese, French, Zulu, and English. Take your language learning to the next level with courses and exams that cover speaking, reading, writing, and listening. We also have tools for every stage of learning English with English materials for speakers of over 25 languages, an intermediate-level immersion course, and more.

Databases

Our databases cover genealogy, business resources, legal forms, poetry, newspapers, stocks, and more. Access the full list at www.aclib.us/esources.

- Budding genealogists can research census records, wills, city directories, and more with Heritage Quest Online.
- Entrepreneurs will love AtoZdatabases and Gale Business: DemographicsNow to research their area. Our Gale Business: Entrepreneurship and Safari Tech and Business tools offer books, articles, and classes in project management, business planning, and other topics. We even offer the legal paperwork for patents, wills, and contracts on Gale Legal Forms.
- Value Line and Morningstar provide the latest investment information on stocks, mutual funds, and financial news for market watchers.

While in-person library programs and meeting room use is currently suspended due to COVID-19, the Library District has dozens of virtual programs ready to watch any time. Visit www.youtube.com/alachualibrary for sign language lessons, at-home craft projects, interactive story times, and homesteading tips. You can also tune in on Facebook at www.facebook.com/alachualibrary.

Whatever you need, the library is here to serve you. All our services are always free, and you can check out up to 100 items at a time, including 12 DVDs. We hope to see you soon at the library.

Find what you need

The Library District has so much to offer but our awesome employees are our greatest resource. Need advice picking out a book? Wondering where to find community help? Call us for help. Library staff members are available to answer questions via email, online chat, and text 9:30 a.m.-5 p.m. Monday through Saturday at www.aclib.us/AskUs. Text us at 352-578-1184. You can also call our individual branches as listed below for assistance:

- Headquarters Branch 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



Photo credit to Alachua County Library District

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:

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Hanane Sanchez: (hsanchez1@ufl.edu)