

SPRING BREAK SAFETY



UF Spring Break is Monday, 3/8- Friday, 3/12. You're not the only one looking forward to leaving town. Criminals prey on college students because they can be an

easy-to-take-advantage-of group. Protect yourself and your belongings by doing the following precautionary actions.

- Lock all doors and windows before you leave town. Close your blinds so no one can see inside.
- Put a light or radio on timer so it looks like someone is home.
- Tell a trustworthy neighbor or friend who is staying local that you will not be in town. They can look after your apartment.
- If you're leaving your car in town, don't leave any valuables in plain sight, lock the doors, and park in a well-lit, high-traffic area.

ROAD TRIP!!!



Getting ready for the quintessential college road trip? Before you hit the ground running, take the following into consideration so you can make sure those road trip memories are legendary...in a good way.

- Make sure your car is in good travel-shape. Check the brake pads, tire pressure, tire condition, windshield wipers, battery, etc. Have your car serviced before you leave.
- Have a spare tire, tire jack, jumper cables, etc. A roadside assistance kit is a useful tool to have in your trunk.
- Fully charge your cell phone and have atleast \$20 of cash on you just in case you need to call someone or have an emergency.
- Map out travel directions ahead of time. Be prepared for possible traffic and detours.
- Do not drive recklessly. Just because you're on Spring Break, it doesn't mean that you have total freedom to act the fool. Be mindful of the safety of others and yourself.
- Have your Driver's License, insurance card, and registration with you.
- If you see an emergency vehicle (police, ambulance, fire truck, tow truck, etc.) on the side of the road, you have to slow down 20 mph below the posted speed limit (if the limit is higher than 20 mph). If you are on a roadway with multiple lanes of traffic, you must vacate the lane closest to the emergency vehicles as soon as it is safe to do so. If the speed limit is 20 mph, you must slow down to 5 mph. Go to <http://www.flhsmv.gov/SafetyTips/MoveOverTips.htm> for more information.



UPCOMING OCL EVENTS

Wednesday, 3/17: Transportation Safety Lunch Series

Reitz Union 284 11:45AM-12:35PM

Learn transportation safety tips from a scooter accident survivor, staff from the Florida Traffic and Bicycle Safety Education Program, and car maintenance specialist.

Thursday, 3/18: Breakfast Club

202 Peabody Hall (next to Criser Hall)

9:30AM-10:30AM

Stop in for a free breakfast and to share your questions or concerns about living off campus.

Wednesday, 4/14: Total Wellness Lunch Series

Reitz Union 284 11:45AM-12:35PM

Learn how to achieve balance from representatives wellness aspects--physical, nutritional, alternative medicine, and mental.



FREE TAX PREP FOR INCOMES LESS THAN \$49,000

Volunteer Income Tax Assistance (VITA) is a free tax service that prepares returns for low to moderate income clients. All of our volunteers are certified through the IRS. The law school is a VITA site that operates on Tuesday, Wednesday, and Thursday from 5:00-9:00PM. The volunteers operate in the organization's office across from the cafeteria on the law school campus, preparing both domestic and international returns from 2/2 - 4/8, 2010. There are different VITA sites throughout the city, as well.



If your family made less than \$49,000 in income in 2009, you should qualify you for free tax services. Why pay to get your taxes prepared when you can have an expert maximize your refund for free! For questions, contact Kimberly @ kim.s.thomas@ufl.edu.

GET PUBLISHED IN OCL'S MAGAZINE!

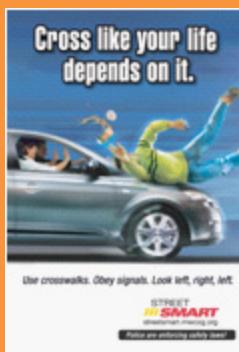
Remember your high school yearbook? Think of how awesome it felt when you saw your name and picture in print. OCL's yearly magazine publication is looking to include YOU!

Submit a quote sharing why you love living off-campus, your favorite memory about living off-campus, what you know now that you wish you knew before, etc. Basically, we want to include your thoughts about off campus life. Submit quotes to leahv@offcampus.ufl.edu. If your quote is published, we will also print a picture of you. Please keep quotes and pictures appropriate. No profanity, nudity, or inappropriate content is allowed.

Along with quotes, submit your design for the front cover. The front cover is 8½ x 11" and full color. Any form of art--photography, graphic design, etc. is welcomed. The focus is off campus life. Send front cover design submissions in PDF format to OCL Director Nora Kilroy at norak@offcampus.ufl.edu.

The Gator Guide to Off Campus Life goes out to over 6,000 students and gets 10-15,000 hits on our website. Take advantage of this opportunity to be included in a University publication!

PEDESTRIAN SAFETY



Each year in Gainesville, traffic crashes involving pedestrians average 140, almost 3 per week. Data collected in Gainesville over the past month indicate that driver yielding to pedestrians at crosswalks is unacceptably low, averaging in the mid-20%. A number of pedestrians are caught in the middle of the street while crossing, a very dangerous situation for all road users.

It is important to recognize that traffic safety is a responsibility shared by all road users. Pedestrians are at fault when they jay walk or cross during the "don't walk" phase at signalized intersections. They can be charged for failing to observe traffic laws.

Drivers can help by looking for pedestrians at crosswalks and yielding the right of way to pedestrians; pedestrians can help by not stepping out in a crosswalk when drivers are too close to yield, never stepping in front of moving vehicles at crosswalks and refraining from jaywalking.

If you think you could never be in an accident, realize that accidents can happen to anyone. Reduce your chances of being in a pedestrian accident by paying attention while you walk. If you're talking on your phone, listening to your I-Pod



or reading while crossing the road (yes...students do this while crossing the road), stop and pay attention. You may think drivers are looking out for you, but just like you're not looking for cars, cars may not be paying full attention to you, the pedestrian.



WOMEN'S HISTORY MONTH

March is Women's History Month (WHM). For more information, go to www.leadershipandservice.ufl.edu/studentorgs/wlc/whm/. Upcoming Events include:

Thursday, 3/4

- Multicultural Women's Forum: 7:30PM- Rion Ballroom

Tuesday, 3/16

- WHM Brown Bag Lunch Series: 11AM-1PM- DSO Conference Room

- Women in Sustainability Forum: 6PM – Ustler Hall

Tuesday, 3/23

- Women's Health Fair: 10AM-2PM- Reitz Colonnade

Wednesday, 3/24

- Women's Empowerment Event: 6-9PM- Rion Ballroom

Sunday, 3/28

- The Vagina Monologues for V-Day: 12:30PM & 3:30PM- Reitz Union Auditorium

EARTHQUAKE GROUP THERAPY

In light of current events, you may need someone to talk to about your concerns or worries. The UF Counseling Center offers free, confidential services for UF students. Go to <http://www.counsel.ufl.edu/default.aspx> for more information. There is always someone here to help you through your tough times.

An upcoming event presented by the Association for Academic Women & the Center for Women's Studies and Gender Research is "Yingxiu mothers: Bereavement, Group Therapy and Sexuality of Women After the '512' Sichuan Earthquake". The event is this **Friday, 3/5** at 10:00-11:00 AM Reading Room of Ustler Hall.



RTS BUS ROUTE UPDATES

On Monday, February 22, Regional Transit System (RTS) is expecting to reopen many bus stops that were temporarily closed due to construction. All stops on SE 4th Street will be reopened, as will the stops on SW 16th Avenue and SW 6th Street. The following stops will remain closed due to construction:

Route 2, 409:

- All stops on SE 7th Ave. and SE 11th Ave. are closed.
- Stops on SE 15th St. between 8th Ave. and SE 12th Ave. are closed.

Routes 6, 401, 402, 403:

- All stops on S. Main St. between University Ave. and SE 5th Ave. are closed.
- Those at the courthouse should use the stop at SW 2nd Ave. and SW 2nd St.
- Those at the St. Francis House should catch service at the Rosa Parks Downtown Station.

Routes 15, 407:

- All stops on northbound Main St. between North 8th St. and University Ave. are closed.
- Please use the CVS stop at the intersection of North Main St. and North 10th Ave.
- The Gainesville Clock Tower stop is closed. Please use the stop at SE 2nd Ave. and SE 1st St.

Route 17:

- The stop on South Main St. between Depot Ave. and SE 10th Ave. is closed.

Route 43:

- The stop on South Main St. between Depot Ave. and SE 10th Ave. is closed.

Route 403, Later Gator B:

- Westbound stops on SW 35th Place between SW 27th Street and SW 23rd Terrace are closed.
- Southbound stops on SW 27th Street are closed.

We apologize for any inconvenience and appreciate your patience and understanding. These closures are temporary and will be lifted as soon as possible. Riders may follow construction updates and rider alerts posted on the RTS Facebook page. For updates and more information on the bus stop closures and delays, visit the RTS Web site www.go-rts.com or call (352) 334-2600 for general schedule information.



FREE HOUSING LOCATOR SERVICE & LEASE INFO

Looking for off campus housing? Go to <http://housing.offcampus.ufl.edu/> and use OCL's free housing locator service. The website has been renovated based off recommendations from you. A new appealing look and easy-to-use search tools makes your housing search easier. Also, come to OCL with any lease questions you may have. Happy house hunting!

SUMMER PLAN PREPARATION

Though the semester may seem tough and never-ending at times, the truth is summer is just around the corner. Start considering your options for the summer before it's too late to take advantage of opportunities available to you.

If you're considering doing a summer internship, check out the Career Resource Center (CRC) on the first floor of the Reitz Union. The CRC has information to help you figure out available internships and summer work experience opportunities. Check out <http://www.crc.ufl.edu/students/internships.aspx> for information on summer internships.



To apply for jobs at UF, go to <https://jobs.ufl.edu/applicants/jsp/shared/frameset/Frameset.jsp?time=1267719150128> and enter your preferred search fields. There are job openings for students. Keep your eyes open for businesses hiring in the community, as well.

If you are considering studying abroad for the summer, the deadline for applying is Friday, 3/5. There is still time to apply for a program, but act fast! Go to <https://www.abroad.ufic.ufl.edu/index.cfm?FuseAction=Abroad.Home> for more information.

If you know you are not going to be in town over the summer and are looking to sublet your apartment, list your property availability on OCL's free housing locator service at <http://housing.offcampus.ufl.edu>. Make sure the person you sublet to is responsible and will take care of the rent and property obligations. Be aware that other people will be looking to sublet, as well, so take an active role in promoting your property.

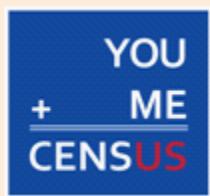
APARTMENT MANAGER'S CORNER *This portion of the newsletter is written by local apartment managers.*

Here are some tips from local property managers in Gainesville:

- Save your money – go to your communities events – they are free and fun and often have food!
- Go green for St Patty's Day! Most communities have recycling centers for you to take advantage of.
- Talk to the manager with any concerns. They want you to continue living there and keep you happy. Managers will make changes based on the residents needs so speak up!
- Join the facebook pages of your community. It is a great way to get to know your neighbors, upcoming events, and renewal specials.

SENSE & CENTS FROM THE CENSUS

The power to affect the distribution of more than \$400 billion in federal funding lies in your hands. Fill out the 2010 Census and return it by mail by April 1. For more information, visit www.YouMeCensUS.com.



CALLING ALL ARTISTS

As part of Multicultural and Diversity Affairs, the Institute of Hispanic/Latino Cultures is pleased to announce its first multicultural Art Exhibition! Our purpose is to offer a venue for students in the field of fine arts, photography, digital media and other areas, to show their work.



With the intention of promoting MCDA's mission, this artistic exhibition is titled Colors of Hope: embracing the celebration of diversity and multiculturalism in our society and on campus. Artists from any field are welcome to come and exhibit art that they consider a demonstration of cultural identity. It could be the artist's culture or someone else's.

As a commitment to the Gainesville community, we have partnered with the Gainesville Art Walk, opening the doors to the public as well.

Date: March 26, 2010

Location: Institute of Hispanic/Latino Cultures (located on University Avenue)

Time: 6:30PM-8:30PM

Registration

Deadline: March 15, 2010 at 4:00PM



For further details please contact Anandi Guevara - anandig@multicultural.ufl.edu

STRESS MANAGEMENT

School. Relationships. Money. Oh, my! Before you get overwhelmed with the pressures of daily living,



stop. Relax. Take a deep breath. Try to think about what is stressing you out and what steps you can do to alleviate it. Many times, changing your perspective can help you feel better.

Gain perspective on your dilemma by removing yourself from the situation. Try to look at the situation objectively and focus on the solutions rather than the problems. You are in control of your life and how you react to it.

UF offers many free services to students to help reduce stress. RecSports, the Counseling Center, the Career Resource Center, GatorWell Health Promotions, the Disability Resource Center, and the Broward Tutoring Center can help students with academic or personal concerns they may have. There are many more resources at UF to help reduce the stress.

OCL's April Lunch Series Topic is Total Wellness. On Wednesday, 4/14 at the Reitz Union 284 11:45AM-12:35PM, learn stress management strategies from representatives of all aspects of health: mind, body, and spiritual.

