



OFFICE HOURS:

M-F: 8am—5pm

AFTER HOURS CONTACT:

609.642.2861

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Creamy Chicken Ramen Soup



Ingredients:

- 1 tbsp. coconut oil
- 1 yellow onion, chopped
- 2 red bell peppers, chopped
- 1 large carrot, cut into thin 2"-long pieces
- 2 cloves garlic, minced
- 1 tbsp. curry powder
- 1/2 tsp. cayenne pepper
- Kosher salt
- 2 c. coconut milk (shaken well)
- 3 c. Swanson chicken broth
- 2 c. shredded rotisserie chicken
- 1/3 c. chopped fresh cilantro, plus more for garnish
- 1 package ramen noodles, reserve seasoning for another use
- Lime wedges, for serving

- In a large pot over medium heat, heat coconut oil. Add onion, bell pepper, and carrots and cook until tender, 6 to 8 minutes. Add garlic and stir until fragrant, 1 minute. Add curry powder and cayenne and season with salt. Stir until combined.
- Pour over coconut milk and chicken broth and bring to a simmer. Add shredded chicken, cilantro, and ramen noodles and cook until noodles are al dente.
- Garnish with cilantro and serve with lime.

Healthy Habits

We are continuing our *Be safe. Be smart. Do your part.*[™] program and our partner RG – the makers of Lysol – have another Healthy Habit for you... this time involving laundry!

Germs can live on towels and bedsheets for 3-7 days. Follow these tips from Lysol for best laundry practices:

Clean your bed linen, bathroom towels and dishcloths once a week.

Wash your bathroom and kitchen towels separately, as well as from the rest of your laundry.

Move laundry to the dryer or hang it up to dry straight away.

Use a laundry sanitizer to help kill bacteria on your clothes even when you wash at a lower temperature.

We can all *Be safe. Be smart. Do your part.*[™] to create a community where you can have fun and be successful. Follow this Healthy Habit and guidelines set out by the CDC and if you're not feeling well, stay home and reach out to your healthcare provider. *We're in this together.*

All the details

Main Office Upcoming Modified Hours

The Main Office will be closed on:

Wednesday, November 22, 2023 at 2pm

Thursday, November 23, 2023

Friday, November 24, 2023

Normal business hours will resume on Monday, November 27, 2023.

Severe Subfreezing Weather Announcement and Tips

As the weather changes and low temperatures are expected in our area, please keep in mind the following will need to take place:

Because of the possible severe subfreezing weather, water pipes in our apartment community may freeze and burst if we do not take immediate action.

The damage from frozen pipes can be substantial. If the pipes in your dwelling unit freeze and burst, water may damage your clothes, furniture, stereos, TV and other property such as the carpet, walls and ceilings.

Please take the following precautions as soon as you read this notice.

Please do not turn your heat completely off. Instead, leave the heat on and do not set below 65 degrees. Be sure to leave cabinet doors open under the sink and bathroom sink to allow heat to the plumbing.

If you are gone, management may enter your apartment for the above purposes in order to avoid potential property damage from burst water pipes.

Township Fire Marshall Inspections:

Lakeside staff and Princeton's Fire Inspector will be checking all apartment unit's front door lock and latch **on Wednesday, November 8, 2023 between 9am and 5pm**. The main goal of this inspection is to fulfill our requirements for the new fire inspection requirements. We will not need to enter into your unit. The inspection will take 1-2mins to check that your unit's front door lock is unlocking, locking, and latching properly. You will not need to be home during this process. Our staff will be escorting the inspector at all times. If you have a pet, your pet must be caged unless you will be present.

Apartment Building Common Area Storage & Townhouse Outdoor Common Area Storage

This is a reminder that Lakeside is periodically inspected by the Princeton Department of Emergency & Safety Services. Inspectors assess common areas throughout the property. During previous inspections, the following violations have been identified:

Code Section: (i) 1028.1.1

"Combustible or flammable material shall not be placed, stored or kept in any portion of an exit, stairway, fire escape or other means of escape."

Personal belongings including bicycles are not permitted to be stored in hallways outside of your unit or stairwells. Any items that are stored in common areas after this time will be removed and disposed of. In addition, any personal grills being stored on the exterior of any building will be confiscated and disposed of immediately.

We'd also like to remind you of the following sections of your Housing Contract:

Section 8. Student Responsibilities, Alterations, Maintenance

The student will be held liable for any fine or charge from a governmental agency accruing to the University through the student's act or omission...

Section 14. Housing and Real Estate Services Regulations

c. Fire hazards: Students shall take every care to prevent fires, and inflammable materials, other than normal household items, shall not be kept anywhere in the apartment or on the premises.

g. Storage: Permission must be obtained from Housing and Real Estate Services to store household property outside the apartment unit or building. No personal property may be kept in hallways, corridors or stairwells.

q. Grills: All grills and smokers are prohibited. Students are responsible for any injury, loss, or property damage caused by violation of this rule or when use of a community provided grill or grill area result in injury, loss, or property damage.

r. Bicycles: Bicycle storage is not permitted in the hallways, stairwells, or anywhere that might block egress. Bicycles should only be kept in designated areas.

Abandon Bike Removal

Any bicycle that still has a yellow tag will be identify as “abandoned” and removed by maintenance and can be donated.

Smoking Reminders

Reminder to residents that smoking inside the building , apartments, and townhouses are prohibited. Smokers must smoke outside and at least 25 feet away from the building including townhouses. Any locations with a cigarette butt collector are designated smoking areas. Cigarette butts can only be disposed of in these areas. Anyone caught throwing cigarette butts elsewhere can be fined.

Parking

As a reminder, all residents must park in the parking garage. Temporary unloading and loading areas are for 30 minute intervals. Overnight parking in these designated areas are not permitted. Any vehicle parked in these areas past the permitted times is subject to ticketing.

All vehicles must be registered with the Department of Parking and Transportation Services and obtain a current, virtual permit in order to park. Any overnight guests with vehicles must park in the parking garage with the proper registration with Parking and Transportation Services. Parking in roadways is not permitted.

Noise Reminder

This a reminder that there is a 24 hour courtesy policy at Lakeside. Please be courteous to your neighbors while you work, conduct online meetings, speaking with others, and schooling inside your unit and/or the Commons, and also when walking in and around Lakeside, as each resident has different work and school hours.

Pets’ Leash Reminder

As a reminder, as outlined in the Lakeside Pet Friendly Acknowledgement Form, the Municipality of Princeton township requires dogs to be on leashes at all times when in public.

Trash, Recycling, & Composting

Trash, recycling, and composting must be placed in the appropriate areas.

Round metal bins located around the buildings are for loose trash and recycling only.

Household trash, recycling, and composting must be placed in the designated areas outlined on the map below.

Green dumpsters are for trash. Blue dumpsters are for recycling. The brown bin is for composting. There are also metal crates for recycling boxes. Please break down all boxes before placing them in the blue dumpsters or metal crates. Signs are posted inside these areas so that you are aware of what things can and cannot be placed in which color bins.

Any residents' trash, recycling, or composting found outside their units or buildings, or in the wrong trash areas will be subject to fines.

These bins are located behind the wooden fenced areas on Lakeside Road, Hibben Magie Road, Taylor Court, and Lemonick Court.



Below are items that are classified for recycling:

Recyclable:

- Office paper and mail (glossy paper, plastic envelope windows, metal staples and clips are okay)
- Cardboard and paperboard - break down/flatten boxes
- Beverage cartons
- Newspaper
- Magazines
- Posters
- Paper bags
- Plastic bottles and jugs - empty out containers; remove plastic lids
- Aluminum cans, steel/tin cans - empty out containers
- Glass bottles and jars - empty out containers; remove lids



Below are items that are classified for Trash:

Trash/Landfill (Not Recyclable):

- Food waste
- Paper food items - napkins, plates, bowls, paper towels, tissues, etc.
- Paper contaminated with food
- To-go coffee cups and paper soda cups and lids
- Plastic beverage pods (K-cups, etc.) - learn about the Grounds to Grow on program below
- Plastic "clamshell" containers
- Pizza boxes
- Plastic cups
- Frozen food boxes
- Yogurt containers
- Plastic utensils - forks, knives, spoons, straws
- Plastic catering trays and lids (all black plastic is NOT recyclable)
- Alkaline batteries - learn where to recycle rechargeable batteries below
- Plastic- or wax-coated paper, cardboard and cartons
- Metal-lined shelf-stable "aseptic" containers (e.g. milk, soup)
- Plastic wrappers
- Plastic bags - but they can be recycled at the U-Store
- Styrofoam
- Ceramics - whole or broken coffee cups or plates go in the trash
- Broken glass - broken windows, light bulb glass, glass dishes/plates/cups go in the trash
- Aerosol cans (e.g. empty food and household cleaning products)
- Shredded paper
- Hardcover books - learn where to **donate books on campus**



Below are items that are classified for composting:

Compostable:

- All Food scraps
- Egg shells
- Coffee grounds

Non Compostable:

- Plastics
- Styrofoam
- Metals
- Biodegradable and compostable bags are not permitted



Events:

HELP A NEIGHBOR FOUNDATION and Lakeside are partnering in a canned food drive. The week of Nov. 13th-17th, 2023 –You can drop off canned foods to the Lakeside Office where it will be donated to Help a neighbor foundation for those in our community in need.

*Only collecting canned goods at this time!



Join us for Breakfast at Lakeside: November 29th, 2023 starting at 8:30am-10:30am—Join us for continental wake up before class/work.

First come First serve.



Important Holiday Break Reminders

Communities near universities are often the target for property crime during semester breaks and extended holiday weekends. Stay smart by following these guidelines:



Don't broadcast on social media that you won't be home.

Regardless of the precautions you may take, this is public information that a criminal could use. Don't share your travel plans with anyone you don't trust.



Don't forget to lock your doors and windows, pulling blinds and curtains closed.

If possible, take valuable items with you. If not, conceal them. Never leave a key "hidden" outside your apartment.



Make your apartment look lived in.

Use programmable switch timers on lights or radios, or leave the light on in your bathroom to allow filtered light into your bedroom.



Leave your thermostat on HEAT and set to a minimum of 65 degrees.

Severe damage could occur if temperatures drop and pipes freeze. If you fail to leave your thermostat on, you will be charged for damages.



Don't leave anything of value in your car.

Most vehicle break-ins occur when the owner leaves a purse, laptop or other items of value in plain view.



Be a good neighbor.

If you are staying in your apartment through the holiday break, please notify the police immediately (by dialing 911) if you see any suspicious activity.



Black Friday and Cyber Monday Tips

- **Make a list and create a budget.** Put together a list of items you want to buy, and note exactly how much you want to spend. Without having exact figures, you can easily find yourself going over budget and spending more than you can afford. Additionally, it's easy to get lulled into all of the bargains you'll see. Without a list, you may find yourself buying excessively because of the good deals!
- **Do your research before-hand.** Know what's on sale! The internet is a powerful tool in helping you find not only the products you are looking for, but how they compare to others and their ratings. It's easy to be taken in by a low price, but that price may be low for a reason. Find items that are good quality.
- **Have a plan.** Are you going out to stores on Black Friday? Many stores only have a small quantity of their biggest deals and they sell out fast. You may have to get up early to take advantage of a sale. If you're going to more than one store, know which stores/items are important to you, and plan your trip accordingly so you aren't traveling back and forth across town.
- **Check the internet periodically throughout the day.** You might find deals at different times of the day. Check your cell phone or tablet for apps that might help you find bargains in real-time.
- **Don't put yourself into debt.** A great deal can be hard to pass up, but if it puts you into debt then it's not worth it. If you're putting something on a credit card, but you can't pay it off in full, then that 'deal' quickly disappears as you accumulate interest charges on your credit card.
- **Channel your inner zen.** Black Friday can be a hectic day to be out shopping. Many prefer Cyber Monday so they don't have to leave the house. Expect stores to be crowded and tempers to be short. Traffic around stores may be chaotic and parking could be bad. Remember, it's only stuff that's getting bought. Take a deep breath and relax—it's not worth someone's mental or physical health chasing after sales.

Bicycle Hand Signals

Below are important hand signals to use while riding your bike on the road:

BICYCLE HAND SIGNALS

*PINOY***
FITNESS*



LEFT TURN



RIGHT TURN



STOP



SLOW DOWN



GIVE WAY



ROAD HAZARD
POTHOLES



ROAD HAZARD



Think Smart Personal Safety Tips

- Don't allow technology to distract you from your surroundings.
- Lock your doors at all times in both your apartment and vehicle.
- Use your peephole and don't open your door to anyone you don't know.
- Be Social Media savvy. Do not post your location to people who should not have it or who you do not know.

COUNSELING AND PSYCHOLOGICAL SERVICES
PRINCETON UNIVERSITY

HOME AWAY FROM HOME



A WORKSHOP SERIES FOR INTERNATIONAL
GRADUATE STUDENTS

TUESDAY, 10/24, FROM 11 AM TO 12 PM

TOPIC: MANAGING HOMESICKNESS

LOCATION: GROUP ROOM, MCCOSH HEALTH CENTER

DORA COMAN, PHD: DCOMAN@PRINCETON.EDU

SUE KIM, LCSW: SK38@PRINCETON.EDU

ANNA BRAVERMAN, PSYD: AB36@PRINCETON.EDU



Hi, How Are You *Corner*

As most universities are moving into finals season, we want to talk to you about “eustress.” Simply put, eustress is good stress! The American Institute of Stress (AIS) explains that eustress drives you to achieve your goals and helps you build resilience. It fuels your growth both mentally and physically by pushing you beyond your comfort level.

Some examples of eustress include:

Studying – Finals can be a stressful time for sure, but that stress can also boost motivation, focus and energy. Keep a positive mindset to get the benefits of this eustress!

Life Changes – Big life changes can spark eustress and can cause you pause, but the outcome of these changes will push you to continue to grow and learn.

New Hobbies – Starting something new can be a bit stressful, but the opportunity to learn new skills and keep your brain active is invaluable.

Eustress is all about mindset. It's okay to be distressed when a major obstacle or life event happens, but it's how you respond that generates this form of good stress. As AIS says, “Positive stress encourages positive growth,” so next time you feel your heartbeat pounds, think about how the sensation can help you learn!

stress.org/the-good-stress-how-eustress-helps-you-grow



COUNSELING AND PSYCHOLOGICAL SERVICES

MIND BODY TEAM



FALL 2023 PROGRAMS

REDUCING STRESS THROUGH MINDFUL MEDITATION & MOVEMENT

*INSPIRED BY JON KABAT-ZINN'S
MINDFULNESS BASED STRESS
REDUCTION PROGRAM, THE WORKSHOP
WILL INTRODUCE EFFECTIVE WAYS TO
REDUCE STRESS THROUGH MINDFUL
MEDITATION AND BODY MOVEMENT.*

SESSION 1: FRIDAY, 9/29/23, 11-12:30
SESSION 2: FRIDAY, 10/20/23 11-12:30
SESSION 3: FRIDAY, 11/17/23 11-12:30

NATURE BREAK

*TAKE A BREAK IN NATURE ON
CAMPUS WITH A CERTIFIED
FOREST THERAPY GUIDE, ALEX
CROWLEY FROM CPS*

SESSION 1: FRIDAY, 10/13, 3:00
SESSION 2: FRIDAY, 10/27, 3:00
SESSION 3: FRIDAY, 11/17, 3:00

**OPEN TO STUDENTS, FACULTY
AND STAFF**

To register: <https://forms.gle/hmC6h7FEjEWQQcLv9>

Open to all students. Students can attend one or all sessions.





Finals Study Tips

Finals are coming! Below are a few study tips to help you stay organized, reduce stress and get things done while you navigate finals online! This is a general overview for all students, but make sure to check out your University's academic support resources to keep up to date on the services they are providing in a remote setting.

Determine your study space.

- Identify an area where you can sit and work. If you have a desk, you're off to a great start. If you don't, any surface where you can sit comfortably with your computer, books and notes will work!

Make a plan.

- When carving out a study plan, set realistic goals for yourself. For example, don't cram for an exam the night before, but rather make a goal to study for a few hours a day leading up to the test.

Stay in touch with your TA or Professor.

- You may not be able to physically meet with your TA or Professor, but keeping in contact is critical to your success. Connect with them via your online portal or through e-mail, however the syllabus directs. Also look to see if they are holding virtual office hours as a time when you can engage directly.

Tune out distractions.

- If you find yourself getting distracted by your phone, turn it off or enable the "Do Not Disturb" function. You may also find yourself at home with your family or with your roommates, so be sure to let them know when you will be studying. Don't be afraid to tell them you need some time to focus on your coursework.

Tap into the power of music.

- Listening to music while studying can boost your mood, energy and focus. Find a good pair of headphones and a study playlist that inspires you. Instrumental music is a great option for background music as lyrics can be distracting while reading or taking notes, but find a genre that suits you.

Study with friends online.

- While you are doing your best to social distance, safe social interaction online can be helpful when studying. Consider organizing virtual study groups with your friends or classmates to not only get a dose of socialization, but to also hold each other accountable for your academic goals.

Reward yourself.

- If you've managed to study and focus for the duration of your goal time, be sure to reward yourself! Rewards can be catching up on one of your favorite shows, going for a walk outside, taking a quick nap or anything else you enjoy.

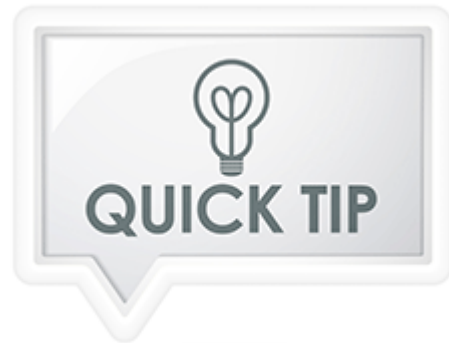
erincondren.com/blog/study-tips-for-highschool-and-college-students/
gmata.economist.com/news-announcements/seven-tips-home-studying-during-coronavirus-pandemic
timeshighereducation.com/student/advice/tips-studying-online-and-home-university-students#survey-answer

Maintenance

To prevent your kitchen sink and dishwasher from clogging, please remove all food from your dishes into the trash and/or use the sink stopper when rinsing your dishes to prevent a built up of food clogging your pipes.

Have a work order? Call the office at 609.642.2861 or submit through your account at

[Lakeside Maintenance Request Portal](#)



ENERGY SAVING TIPS

- Turn off power sources. TVs, computers and other electronic devices draw power when they are in standby mode or turned off but still plugged in. Plug electronics into power strips and turn off the power switch when the items are not in use.



Western Pest Control will be at Lakeside every Wednesday to address any pest issues.

Issues should be submitted prior to the day of service so that they can be addressed in a timely manner.

Pest Tip of the Month:

Do not leave bags of trash and recycling inside or outside of your unit for an extended period of time because it will attract unwanted insects and animals, which can lead to an infestation.