Hi, How Are You?
AN AMERICAN CAMPUS PARTNERSHIP

American Campus Communities partners with the Hi, How Are You Project to tackle the issues of mental health among U.S. college students. The Hi, How Are You Project is a non-profit organization inspiring new conversations around mental health issues by funding and creating thoughtful media content, projects and events.

Human connection has become increasingly important over the past year. Start by asking someone, “Hi, how are you?” as a simple step to start a conversation about their well-being and let them know you care. This mission is a guiding tenant for our American Campus Residence Life program and our company’s first value, Put Students First. We know the topic of mental health can be challenging, so we want you to know that our staff is here for support. Through residence life programming and staff engagement, we will continue to promote dialogue on mental health within our communities.

Be sure to follow the Hi, How Are You Project on their social media channels to stay up to date on their program and initiatives surrounding the conversation on mental health!

Ballin’ on a Budget – Grocery Style

Set a budget.
Decide how much you’re willing to spend before you step out of the house. It helps to set a monthly spending goal and then build weekly goals from there.

Stick to your list.
Make a list and check it off as you go through the grocery store. You can even use your phone instead of pen and paper!

Don’t shop when you’re hungry.
It happens, but going to the store hungry almost always results in impulse buys that will put you over budget.

Ignore snacks at the checkout counter.
Don’t do it. Just look away. “Dear Trader Joe’s, I love you, but you really gotta stop selling me snacks for $1.69. You always put all your deliciousness right there when I’m checking out, and you just made me add another $10 to my grocery bill!”

Avoid fun-size, pre-chopped and pre-seasoned.
Don’t buy things in small packages. It’s more affordable to buy family-sized packages and portion them out yourself. Pre-chopped vegetables are also more expensive. It’s cheaper to buy whole foods and cut them yourself. As for “convenient” pre-seasoned meats, you can save money if you buy fresh and marinate yourself.

Don’t limit yourself to certain brands.
Try to keep an open mind. If it’s something like sour cream and your favorite brand costs $5 but the store brand costs only $2, consider the cost savings.
IMPORTANT DATES: GRAD HOUSING REMINDERS

January 5   Family documents due by this date
January 5   Deadline to replace roommates in renewal offers
January 12  KEY DEADLINE: Room Draw application closes

January 19  Successful Room Draw list posted. Summer Housing application opens
January 22  Apartment offers sent on a rolling basis, students have 7 days to accept
February 21 GC/Annex online room selection takes place
April 15    Deadline for extension requests. Extensions are only permitted for academic purposes, which extend beyond the end of current housing contracts.

MOVE OUT REMINDERS:

- All residents moving out prior to or on June 30, whether you are graduating, taking a leave of absence, etc. must submit an intent to vacate notice in your “My Housing” portal.
- All keys must be returned the Main Office at Lakeside (NOT Grad Housing or New South). Envelopes and a drop box are available to residents to complete and submit with their keys outside our office area for key return at any time whether the office is opened or not.
- All residents must cleaned and remove all belongings from their unit prior to move out. Anything left behind will be removed and fined.
- Furniture cannot be left in the bedroom/unit for the next resident. Any furniture left behind will be removed and fined.
- Residents can email our office for move out instructions ahead of their move out date.
- Please check and remove any mail and packages from the mail lobby areas and mailboxes. Mailboxes cannot be accessed after you move out. USPS are the only permitted to remove anything from inside your mailbox per Federal Law.
- Please submit a change of address to USPS and any other delivery service/company (ex. Amazon, Chewy, etc.) prior to move out. Any mail and/or packages can be sent back after your move out.
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.

Maintenance Requests:

To submit maintenance requests online, please try using the following link: Lakeside Maintenance Request Portal. Please use your Princeton email for login. For initial setup, please click on the “Forgot Password” link to provided email instructions to set up a password. If you have any questions, email us or give us a call at (609)642-2861.

Trash & Recycling

Please make sure all household trash and recycling is placed in the designated areas behind the wooden fence enclosures.

Any resident trash/recycling found in the wrong areas will be subject to fines.

Please help us keep our community clean and green!
Events:

♦ Clothing Drive: Week of January 16th-19th—Ending with a small reception at Lakeside Commons Jan. 19th 5pm-6pm; Acceptable donations are: Clothes and Shoes (New slightly use but clean) school supplies, children toys/boardgames and new hygiene products.

♦ January 29th—Family Game Night: Join us for a night of board game fun for all ages! Whether you’re new to board games or a seasoned player, stop by to play an old classic or find a new favorite. Snacks and game boards are provided.

Internet Security Reminders

Keep a Clean Machine

- Keep security software current. Having the latest security software, web browser and operating system are the best defenses against viruses, malware and other online threats.
- Automate software updates. Many software programs will automatically connect and update to defend against known risks. Turn on automatic updates if it’s an available option.
- Plug and scan. USBs and other external devices can be infected by viruses and malware. Use your security software to scan them before using.

Connect with Caution

- When in doubt, throw it out. Links in email, tweets, posts and other online advertising are often the way cyber criminals compromise your computer. If it looks suspicious, it’s best to delete.
- Get savvy about Wi-Fi hotspots. Limit the type of business you conduct while using public Wi-Fi and adjust the security settings on your device to limit who can access your machine.
- Protect your $$. When banking and shopping, check to be sure the sites you are using are security enabled. Look for web addresses with "https://" online or "shttp://," which means the site takes extra measures to help secure your information. "Http://" is not secure.

Protect your Personal Information

- Secure your accounts. Ask for protection beyond passwords. Many account providers now offer additional ways for you to verify who you are before you conduct business on their site.
- Make passwords long and strong. Combine capital and lowercase letters with numbers and symbols to create a more secure password.
- Unique account, unique password. Create separate passwords for every account to help thwart cyber criminals.
Hi, How Are You Corner

October 10th is World Mental Health Day. Since 1992, this day has been dedicated to raise awareness of mental health issues around the world and mobilize efforts in support of mental health. Many national organizations such as NAMI, World Health Organization and other affiliates recognize World Mental Health Day and they work to educate the public, fight the stigma and provide support. And each year, the movement grows stronger.

American Campus and the Hi, How Are You Project are coming together for World Mental Health Day. We hope you join us in taking a simple pledge, “Because mental health matters, I pledge to ask others Hi, How Are You?” to help shed light on the current reality that 1 in 5 Americans experience a mental health illness with 75 percent of mental illnesses beginning by age 24.

To take the pledge, visit hihowareyou.org/pledge

Join us on Monday, January 22, from 8am-5pm in the Commons for mental health resources, tips, light refreshments (snacks, coffee, etc.) green ribbon pins, color the “Jeremiah the frog,” etc.
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 Garage Tips

When driving inside the garage, please observe the following:

- Speed limit not to exceed 15mph
- Turn on your headlights
- Drive on the right side only
- Do not drive too close to parked vehicles
- Use turn signals
- Park your vehicle in the center of the parking space and not impede access to vehicles next to you.
- Do not park long vehicles on inner section, especially by turns
- Maintain safe speed
- Watch for pedestrians
- Follow posted parking signs

Noise Reminder

This is 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’ Reminders

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. In addition, all pet owners must clean up after their pets. Fines will be issued if pet waste is not properly cleaned up.
Main Office Upcoming Modified Hours

The Main Office will be closed on:

New Years Day: Monday January 1st, 2024

Monday, January 15th, 2024 in observance of Martin Luther King, Jr. Day.

Martin Luther King, Jr.

(January 15, 1929 - April 4, 1968)

MLK Jr. was an American pastor, activist, humanitarian and leader in the African-American Civil Rights Movement. He is best known for his role in the advancement of civil rights using nonviolent civil disobedience based on his beliefs.

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.”
Ingredients

- 2 c. milk
- 1/2 tsp. ground cinnamon, plus more for garnish
- 1/2 tsp. ground nutmeg
- 1/2 tsp. pure vanilla extract
- 6 large egg yolks
- 1/2 c. granulated sugar
- 1 c. heavy cream
- 1 c. bourbon or rum (optional)
- Whipped cream, for serving

Directions

Step 1 In a small saucepan over low heat, combine milk, cinnamon, nutmeg, and vanilla and slowly bring mixture to a low boil.

Step 2 Meanwhile, in a large bowl, whisk egg yolks with sugar until yolks are pale in color. Slowly add hot milk mixture to egg yolks in batches to temper the eggs and whisk until combined.

Step 3 Return mixture to saucepan and cook over medium heat until slightly thick (and coats the back of a spoon) but does not boil. (If using a candy thermometer, mixture should reach 160º.)

Step 4 Remove from heat and stir in heavy cream and, if using, bourbon. Refrigerate until chilled.

Step 5 When ready to serve, garnish with whipped cream and cinnamon.
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:
Regular cleaning and eliminating dust and dirt will help eliminate pests.