In the event of a fire, remember that every second counts, so you and your family must always be prepared. Escape plans help you get out of your home quickly. In less than 30 seconds, a small flame can get completely out of control and turn into a major fire. It only takes minutes for a house to fill with thick black smoke and become engulfed in flames.

Prepare and practice your fire escape plan twice a year with everyone in your household, including children and people with disabilities. It’s also a good idea to practice your plan with overnight guests. Some tips to consider when preparing your escape plan include:

- Draw a map of each level of your home and show all doors and windows. Find two ways to get out of each room. Make sure all doors and windows that lead outside open easily.
- Only purchase collapsible escape ladders evaluated by a recognized testing laboratory. Use the ladder only in a real emergency.
- Teach children how to escape on their own in case you cannot help them.
- Have a plan for everyone in your household who has a disability.
- Practice your fire escape plan at night and during the daytime.

**Additional Fire tips to know:**

- **When a fire occurs, get out fast:** You may only have seconds to escape safely. Take the safest exit route, but if you must escape through smoke, remember to crawl low, under the smoke and keep your mouth covered. The smoke contains toxic gases, which can disorient you or, at worst, overcome you.
- **Never Open Doors that are Hot to the Touch.**

When you come to a closed door, feel the doorknob and door to make sure that fire is not on the other side. If either is hot, leave the door closed and use your secondary escape route. If the door feels cool, open it slowly. Be ready to shut it quickly if heavy smoke or fire is present.

If you can’t get out, close the door and cover vents and cracks around doors to keep the smoke out. Call 9-1-1 or your local emergency number. Say where you are and signal for help at the window with a light-colored cloth or a flashlight.

**Designate a Meeting Place Outside and Take Attendance**

Designate a meeting location a safe distance in front of your home. For example, meet under a specific tree or at the end of the driveway or front sidewalk to make sure everyone has gotten out safely and no one will be hurt looking for someone who is already safe. Make sure everyone in your home knows how to call 9-1-1 or your local emergency number and that your house number can be seen day or night from the street.

**Once Out, Stay Out**

Remember to escape first and then notify the fire department using the 9-1-1 system or proper local emergency number in your area. Never go back into a burning building for any reason. Teach children not to hide from firefighters. If someone is missing, or pets are trapped inside your home, tell the firefighters right away. They are equipped to perform rescues safely.

Lots of immediate opportunities to attend FREE training at the National Fire Academy. Vacancy list apps.usfa.fema.gov/nfacourses/main/vacancies/ Sep. 11, 2013 @ 9:24 AM ET
Harvest Sloppy Joes

1. In a large sauté pan, brown the ground turkey over medium-high heat. Cook until meat reaches 165°F.
2. Reduce the heat to medium low and add the finely chopped onions. Cook until the onions are almost soft.
3. Add the minced garlic and cook for an additional couple of minutes.
4. Reduce the heat to low. Add the remaining ingredients and mix well.
5. Serve hot.

Makes 10 servings.
Per serving: 120 calories, 4 grams (g) fat, 11 g protein, 10 g carbohydrate, 1 g fiber and 95 milligrams sodium

1 pound ground turkey
1 medium onion, finely chopped
2 garlic cloves, minced
½ c. canned pumpkin*
1 c. tomato sauce
3 Tbsp. brown sugar
2 Tbsp. spicy yellow mustard
1 tsp. chili powder

*Amount of pumpkin can be adjusted depending on texture consistency

Menu Idea: Harvest Sloppy Joes (on whole-wheat bun) topped with lettuce greens and pepper jack cheese
Steamed Corn Applesauce
Low-fat or fat-free milk

Stretching Your Dollar
Make a double or triple batch of Harvest Sloppy Joes. Portion the mixture into freezer-safe containers and freeze for later use. Simply thaw, reheat to 165°F and enjoy.

Food Safety Tip
After opening canned pumpkin, transfer the pumpkin into a plastic or glass container, cover and store in the refrigerator. The pumpkin will last up to a week and can be added in everyday meals or baked goods recipes.

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After opening canned pumpkin, transfer the pumpkin into a plastic or glass container, cover and store in the refrigerator. The pumpkin will last up to a week and can be added in everyday meals or baked goods recipes.

HEALTH TIP
Include pumpkin year-round in many of your favorite recipes. Pumpkin provides fiber to help regulate your digestive system. Pumpkin is also a good source of vitamin A for healthy eyes and skin.

Linda Kuster, NEA
NDSU Extension Service / Grand Forks County
701-780-8229  linda.kuster@ndsu.edu

This material was funded in part by USDA’s Supplemental Nutrition Assistance Program. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Social Services office at 701-787-8535. County Commissioners, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU is an equal opportunity institution. This publication will be made available in alternative format to people with disabilities upon request, 701-780-8229. Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request an accommodation, please contact NDSU Extension Service-Grand Forks County at 701-780-8229 by two weeks before the event to make arrangements.
**Police Beat**

Door-to-door sales are prohibited on campus unless the seller has Transient Merchants licenses from both the State of North Dakota and the city of Grand Forks and permission from the University Administration to sell door-to-door on campus.

Should you be approached by a door-to-door salesperson on campus please ask them to show their Transient Merchants Licenses and letter from the University as proof that they are allowed to be on campus selling. If they cannot or will not show you their licenses and letter please do not purchase the product they are selling and feel free to contact the University Police to let us know that there are salespeople on campus who may not be authorized to be on campus.

In recent years police around the nation, including here in North Dakota, have received numerous complaints about fraudulent door-to-door sales being conducted by people especially for magazine subscriptions. To protect citizens in North Dakota and the city of Grand Forks from these fraudulent sales the North Dakota Attorney General and the city of Grand Forks have required sellers to obtain a Transient Merchants licenses. Furthermore, the University of North Dakota does not want unwanted sellers harassing residents in the university housing areas so permission from the University Administration is required of anyone that wants to sell on campus.

For further information you may contact the University Police at 701-777-3491 or you may check the North Dakota Attorney General’s website at [www.ag.state.nd.us](http://www.ag.state.nd.us) or you may call the North Dakota Attorney General’s Consumer Fraud Division at 701-328-3404.

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**UND Counseling Center**

Adjustment to new situations is something everyone experiences. Sometimes when there are a number of things happening at once, we have difficulty managing the stress that comes along with these life events. This can be true even if they are considered positive events, such as a new living situation, job or relationship. The Holmes-Rahe Stress Scale was designed to rate the stress level of life events and can be used as a way to recognize how changes generally impact us. High academic demands, financial stress, loss of a loved one, or family issues are all common stressors for college students and it can be difficult to concentrate when we feel like there is too much going on. In these situations, we may end up feeling stressed and overwhelmed. When we feel unable to cope with life events, our mood is sad, anxious or irritable more than usual, or we experience more intense reactions than we would normally have, these can all be signs of adjustment difficulties. Problems with sleep or changes in weight or appetite are also signals that you may need some help navigating these new situations or developing new coping strategies. Other signs that you may benefit from talking with a counselor include coping by using more alcohol or other substances than usual. Thinking about or engaging in behaviors that might potentially be harmful to yourself or someone else are other clear symptoms of adjustment difficulties or issues that usually require assistance from someone skilled in helping with more complicated life issues. If you are experiencing some of the situations described above and you would like to speak to someone about your concerns, please contact the UND Counseling Center at 777-2127.

The Counseling Center satellite office is located in the Apartment Community Center and open during the academic year while classes are in session. You can make an appointment to be seen by one of the counselors there between 4pm. and 8pm on Wednesdays this semester. The main Counseling Center office located at 200 McCannel Hall is open from 8am-4:30pm throughout the calendar year. Please contact the office at 777-2127 for an appointment or walk-in during business hours.
MONDAY
KICKOFF BREAKFAST
(7:50 – 10 A.M.)
KICKOFF HOMECOMING
WITH FREE BREAKFAST!
Memorial Union Plaza &
Stone House
Sponsored by: Stomping Grounds

TUESDAY
ROYALTY
ICE CREAM SOCIAL
(11 A.M. – 1 P.M.)
ENJOY FREE ICE CREAM &
MEET YOUR CANDIDATES!
Memorial Union
Sponsored by: Cass Clay

FRIDAY
SPIRIT CELEBRATION
(3-4:30 P.M.)
CELEBRATE THE IMPACT OF
PHILANTHROPY ON UND’S
CAMPUS. SPECIAL GUEST
BERT JACOBS, CO-FOUNDER
OF LIFE IS GOOD, WILL SHARE
A MESSAGE OF OPTIMISM!
Chester Fritz Auditorium

WIN 1 OF 5 SCHOLARSHIPS
AND/OR $5000 FOR YOUR
STUDENT ORGANIZATION!

SATURDAY
PARADE
(10 A.M.)
CATCH THE SPIRIT AT THE 2015
UND HOMECOMING PARADE!
University Ave.

FOOTBALL GAME &
CORONATION
(2:30 P.M.)
MEET YOUR 2015
HOMECOMING KING & QUEEN,
CROWNED DURING HALFTIME
OF THE FOOTBALL GAME!
Alerus Center

SUNDAY
GREEN GALLOP
(9:50 A.M.)
SHOW YOUR SPIRIT AT THE
ANNUAL HOMECOMING
5K/10K RUN!
UND Wellness Center

CATCH THE SPIRIT
UND HOMECOMING 2013
HAPPY HOMECOMING 7-13

UNDHOMECOMING
WWW.UNDALUMNI.ORG/HOMECOMING2015
Find the hidden objects from www.highlights.com
ACC hours - Monday—Friday from 9am—9pm and Saturday—Sunday 10am—6:00pm.
Reset hours Monday—Thursday 3pm—10:00pm and Sunday 6pm—10:00pm
Counseling Center hours—Wednesday 4:00pm to 8:00pm.
Writing Center hours—Tuesday 3-7:pm and Thursday 5-7pm

Community Council (aka UACC) are resident-run organizations that address apartment community issues. Volunteering is a must these days for a resume and opportunities are available in your community! We need a representative or two from each area to voice ideas, questions, and concerns for the community.

Contact Troy at 777.6366 or troynoeldner@und.edu for more information or to get involved.

~ Monthly Meals are FREE dinners for all apartment residents and is a great way to meet a few people! Dinner begins at 5:30pm and is served until 6:15 or until supplies last. We could always use volunteers! For more information or to volunteer contact Whitney at 777.9862 or katie.gruening@und.edu.

For more information on any of the programs for this month, please contact the Apartment Community Center at 777-9396.

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<td>Counseling Center Satellite Office Hours 4p-8p</td>
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Pumpkin Patch Program @ 12pm
In the Neighborhood is published on the first day of each month by the University of North Dakota Housing Office for the residents of the UND apartment community. To contact the staff, or to submit an announcement, please write to P.O. Box 9029, Grand Forks, ND 58202, or call (701) 777-4251.

UND Housing Office
525 Stanford Rd Stop 9029
Grand Forks, ND 58202-9029

Phone: 701-777-4251
Fax: 701-777-4298
Email: undapartments@mail.und.edu

We're on the Web!
www.housing.und.edu/apartments

If you are unable to reach your Resident Manager for emergencies during non-business hours, please contact the Resident Manager on Duty by calling Facilities at 777-2591.

~ Notice to Vacate ~

I, __________________________ (print name), will vacate __________________________ (address) and/or, if applicable, garage # _____ by ________________, 20____. As required by my University Apartment lease, a 60-day written notice is necessary to terminate my lease. I understand that I am liable for 60 days’ rent from the day my notice is received by the Housing Office and agree to vacate by the established deadlines. I understand I must call 5 days in advance to schedule a checkout appointment. (*Faculty and Staff should check their leases for specific notification requirements.)

♦ If you are leaving UND at the end of fall semester, you must give notice by November 1 and vacate by December 31.
♦ If you are leaving UND at the end of spring semester, you must give notice by April 1 and vacate by May 31.
♦ If you are leaving UND at the end of summer session, you must give notice by June 10 and vacate by August 10.

I understand that I am responsible for contacting Telecommunications at (777-4111) to disconnect my UND Phone service.

How long have you lived at this current address? __________________________________________________________________________

__________________________________________________________________________________________________________

Leaseholder’s Signature UNID# Telephone # Date

For Office Use Only: Date Apartment Available ____________