

APPENDICES

This section contains the following handy reference guides:

- Appendix A - Conversions
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APPENDIX A - CONVERSIONS

Here you will find handy conversion tables for most general purposes. In addition, see the inside back cover of this handbook for temperature, weight, distance and length. If you can't find it here, convert almost anything you can imagine into any other measurement: www.onlineconversion.com

COOKING

Measurements from recipes in the U.S. are in terms of volume rather than weight for dry as well as liquid ingredients. The standards of measure such as "teaspoon" or "cup" refer to cooking utensils you can buy at any supermarket. The terms do not refer to the common household teaspoon or cup.

COOKBOOK ABBREVIATIONS

tsp. (t)	=	teaspoon
Tbs. (T)	=	tablespoon
C.	=	cup
oz.	=	ounce
pt.	=	pint
qt.	=	quart
lb.	=	pound

SPOONS/CUPS to LIQUID OUNCES

1 tsp	=	1/6 oz
1Tbs	=	1/2 oz
6-2/3 Tbs.	=	3-1/2 oz
1 C. (16Tbs)	=	8 oz
2 C. (1 pt)	=	16oz (1 lb)
4 C. (1 qt)	=	32 oz (2 lbs)
4-1/3 C.	=	2.2 lbs

OVEN TEMPERATURES

	Fahrenheit	Celsius
Cool	200	93
Low	225	107
Slow	300	149
Moderate	350	177
	375	191
Hot	400 or above	205

CLOTHING

Sizes for gloves, socks, and stockings are the same in both the US and Europe. Sock sizes correspond to the length of your foot.

WOMEN'S CLOTHING

U.S.	U.K.	Japan	France	Germany
2 or XXS 4	5	32	30	
4 or XS	6	7	34	32
6 or S	8	9	36	34
8 or M	10	11	38	36
10 or M	12	13	40	38
12 or L	14	15	42	40
14 or L/XL	16	17	44	42
16 or XL/1X	18	19	46	44
18 or 1X/2X	20	21	50	46

MEN'S CLOTHING*Suits, Coats, Sweaters*

U.S.	U.K.	Japan	Continental Europe	<i>Pants (waist or inseam)</i>	
				Inches	Centimeters
32	32	-	42	28	71
34	34	S	44	30	76
36	36	-	46	32	81
38	38	M	48	34	86
40	40	L	50	36	91
42	42	-	52	38	97
44	44	LL	54	40	102
46	46	-	56	42	107
48	48	-	58	44	112

Dress Shirts

US	UK	Japan	Europe		
14	14	36	36	44	112
14 1/2	14 1/2	37	37	46	117
15	15	38	38		
15 1/2	15 1/2	39	39		
16	16	41	41		
16 1/2	16 1/2	42	42		
17	17	43	43		
17 1/2	17 1/2	44	44		

SHOE SIZES**WOMEN'S SHOE SIZES**

U.S.	Europe	Mexico	Japan	UK	Inches	Centimeters
5	35	-	21	2 1/2	9	22.8
6	36	-	22	3 1/2	9.25	23.5
7	37 1/2	-	23	4 1/2	9.5	24.1
8	38 1/2	5	24	5 1/2	9.75	24.8
9	40	6	25	6 1/2	10	25.4
10	42	7	26	7 1/2	10.25	26
12	44	9	28	9 1/2	10.75	27.3
13	45	10	29	10 1/2	11	27.9

MEN'S SHOE SIZES

U.S.	Europe	Mexico	Japan	UK	Inches	Centimeters
7	39	6	25	6 1/2	9.875	25.08
8	41	7	26	7 1/2	10.125	25.72
9	43	8	27	8 1/2	10.375	26.35
10	44	9	28	9 1/2	10.625	26.99
11	45	10	29	10 1/2	10.875	27.62
12	46	11	30	11 1/2	11.125	28.26
13	47	12	31	12 1/2	11.375	28.89
14	48 1/2	13	32	13 1/2	11.625	29.53

APPENDIX B - YALE BUILDINGS GUIDE

With this guide in hand, you will be able to find your way around Yale in spite of the maddening array of abbreviations used for Yale buildings.

YALE BUILDINGS GUIDE**A**

A&A, Art and Architecture Building, 180 York Street
 Admissions, Undergraduate, 38 Hillhouse Avenue
 AKW, Arthur K Watson Hall (Computer Science), 51 Prospect Street
 Allwin Hall, 31 Hillhouse Avenue
 Athletics, RTH, Ray Tompkins House, 20 Tower Parkway

B

BAC, Yale Center for British Art, 1080 Chapel Street
BASS, Bass Center for Molecular & Structural Biology, 266 Whitney Avenue
Battell Chapel, corner of Elm and College Streets (Old Campus)
BB, Boardman Building, 330 Cedar Street
BCT, Becton Engineering and Applied Science Center, 15 Prospect Street
BCMM, Boyer Center for Molecular Medicine, 295 Congress Avenue
Bellamy Hall, 354 Canner Street
Betts House, 393 Prospect Street
BK, Berkeley College, 205 Elm Street
BM, Bingham Hall, 300 College Street
BML, Brady Memorial Laboratory, 310 Cedar Street
BR, Branford College, 74 High Street
Brady Auditorium, 310 Cedar Street
BRBL, Beinecke Rare Book and Manuscript Library, Wall and High Streets

C

C, Connecticut Hall, 344 College Street (Old Campus)
CB, Clinic Building, 789 Howard Avenue
CC, Calhoun College, 189 Elm Street
CCL, Cross Campus Library, 120 High Street
CSC, Child Study Center, 230 South Frontage Road
CLS, Center for Language Studies, 370 Temple Street
CMHC, Connecticut Mental Health Center, 34 Park Street
Collection of Musical Instruments, 15 Hillhouse Avenue
Commons, University, 168 Grove Street
Curtis Hall, 350 Canner Street

D

Durfee Hall, 198 Elm Street
Davies Auditorium, 15 Prospect Street
DC, Davenport College, 248 York Street
Dining Services Administration, 246 Church Street
Divinity Quadrangle, Sterling, 409 Prospect Street
DL, Dunham Laboratory, 10 Hillhouse Avenue
DMCA, Digital Media Center for the Arts, 149 York Street
DW, Dwight Hall, 67 High Street

E

Edward S. Memorial Harkness Hall, 367 Cedar Street
EGC, Economic Growth Center, 27 Hillhouse Avenue
Elizabethan Club, 459 College Street
Environmental Science Center, 21 Sachem Street
EPH, Epidemiology and Public Health, 60 College Street
ES, Ezra Stiles College, 19 Tower Parkway
Evans Hall, 56 Hillhouse Avenue

F

Farnam Hall, 380 College Street
Financial Aid, Undergraduate, 246 Church Street, 1st Floor
Fisher Hall, 352 Canner Street
FMP, Fitkin Memorial Pavilion, 789 Howard Avenue

G

Gibbs Laboratories, 260 Whitney Avenue
GML, Greeley Memorial Laboratory, 370 Prospect Street
GPSCY, Graduate and Professional Student Center at Yale, 204 York Street
Grace Building, 25 Park Street
GRN, Green Hall (School of Art), 1156 Chapel Street

H

Hammond Hall, 14 Mansfield Street
Harkness Auditorium, 333 Cedar Street

Harkness Tower, 74 High Street
HL, Haskins Laboratories, 300 George Street
HEN, Hendrie Hall, 165 Elm Street
HGS, Hall of Graduate Studies, 320 York Street
HHH, Helen Hadley Hall (graduate dormitory), 420 Temple Street
Hope Building (JEH), 315 Cedar Street
Horchow Hall, 55 Hillhouse Avenue
Howard Avenue Garage, 790 Howard Avenue

I

IC, International Center, 421 Temple Street
ID Center, 246 Church Street, Basement
ITS, Information Technology Services, 175 Whitney Avenue, 221 Whitney Avenue
Ingalls Rink ("The Whale"), 73 Sachem Street
ISM, Institute of Sacred Music, 409 Prospect Street (at the Divinity School)
ISPS, Institution for Social and Policy Studies, 77 Prospect Street

J

JE, Jonathan Edwards College, 68 High Street
JPL, John Pierce Laboratory, 290 Congress Avenue

K

K, Kirtland Hall, 2 Hillhouse Avenue
KBT, Kline Biology Tower, 219 Prospect Street
KCL, Kline Chemistry Laboratory, 255 Prospect Street
KGL, Kline Geology Laboratory, 210 Whitney Avenue

L

Lanman-Wright Memorial Hall, 206 Elm Street
LH, Lauder Hall, 310 Cedar Street
Lawrance Hall, 358 College Street
LC, Linsly-Chittenden Hall, 61 High Street
LGH, Leigh Hall, 435 College Street
Library, Medical (SHM-L), 333 Cedar Street
Library, Mudd (MUDD), 38 Mansfield Street
Library, Sterling Memorial (SML), 120 High Street
LOM, Leet Oliver Memorial Hall, 12 Hillhouse Avenue
Luce Hall (MacMillan Center), 34 Hillhouse Avenue

M

Marq, Marquand Chapel, 409 Prospect Street
MRSH, Marsh Hall, 360 Prospect Street
MC, Morse College, 302 York Street
McClellan Hall, 1037 Chapel Street
ML, Mason Laboratory, 9 Hillhouse Avenue

N

New Haven & State Affairs (Office of), 433 Temple Street
NRH, New Residence Hall ("Swing Space"), 100 Tower Parkway
Nursing (School of), 100 Church Street South

O

OAG, Old Art Gallery, 56 High Street
Off Broadway Theatre, 39-41 Broadway
OISS, Office of International Students & Scholars, 421 Temple Street
OML, Osborn Memorial Laboratories, 165 Prospect Street
ONHSA, Office of New Haven & State Affairs, 433 Temple Street
One Century Tower, 265 Church Street
OPA, Office of Public Affairs, 265 Church Street, Suite 901

P

PC, Pierson College, 231 Park Street
PH, Phelps Hall, 344 College Street

Pierson-Sage Parking Garage (Student Parking Facility), 280 Whitney Avenue
PM, Peabody Museum of Natural History, 170 Whitney Avenue
Porter Hall, 409 Prospect Street
Public Affairs (Office of), 265 Church Street, Suite 901
PWG, Payne Whitney Gymnasium, 70 Tower Parkway

R

RAH, Rose Alumni House, 232 York Street
Rosenfeld Hall, 109 Grove Street
RTH, Ray Tompkins House, 20 Tower Parkway

S

SB, Sage Bowers Hall, 205 Prospect Street
SCL, Sterling Chemistry Laboratory, 225 Prospect Street
SDQ, Sterling Divinity Quadrangle, 409 Prospect Street
SHM, Sterling Hall of Medicine, 333 Cedar Street, Wings: B, C, I, L
Slifka Center, 80 Wall Street
SLB, Sterling Law Building, 127 Wall Street
SM, Silliman College, 505 College Street
SMH, Sprague Memorial Hall, 470 College Street
SML, Sterling Memorial Library, 120 High Street
SOM, School of Management, 135 Prospect Street
SPL, Sloane Physics Laboratory, 217 Prospect Street
SSS, Sheffield-Sterling-Strathcona Hall, 1 Prospect Street
Stoeckel Hall, 96 Wall Street
Street Hall, 1071 Chapel Street and 59 High Street
Student Financial Services, 246 Church Street, 1st Floor
SY, Saybrook College, 242 Elm Street

T

TC, Trumbull College, 241 Elm Street
TD, Timothy Dwight College, 345 Temple Street
TMC, Temple Medical Center, 40-60 Temple Street

U

UHSC, University Health Services Center, 17 Hillhouse Avenue
University Commons, 168 Grove Street
UT, University Theatre, 222 York Street

V

Vanderbilt Hall, 1035 Chapel Street
VA Hospital (Veterans Affairs Medical Center), 950 Campbell Avenue, West Haven, CT
Visitor Information Center, 149 Elm Street

W

Weir Hall, 66 High Street
Welch Hall, 330 College Street
WGS, Whitney Grove Square, 2 Whitney Avenue
WHC, Whitney Humanities Center, 53 Wall Street
WLH, William L. Harkness Hall, 100 Wall Street
WOOD, Woodbridge Hall, 105 Wall Street
Woolsey Hall, corner of College and Grove Streets
WWW, William Wirt Winchester Building, 25 York Street

Y

Yale Daily News (YDN) Building, 202 York Street
YPB Yale Physicians Building, 800 Howard Avenue
Yale Travel Services, 96 Grove Street
Yale University Press, 302 Temple Street
Y-NHH, Yale-New Haven Hospital, 20 York Street
YRT, Yale Repertory Theatre, 1120 Chapel Street
YUAG, Yale Art Gallery, 1111 Chapel Street

GLOSSARY OF TERMS

The Blue Dog - Café in the common room of the McDougal Center which serves coffee and other beverages as well as breakfast and lunch, often at prices far lower than local eateries.

The Bulletin - A weekly University-wide newspaper in circulation on campus. Contains mostly on campus and University-relevant news and announcements.

Broadway - Not the same as the one in New York City. New Haven's Broadway is considerably shorter (only one block long) and is home to the University Book Store, some interesting shops, and several eateries.

Cabaret - A small-venue University theatre located between York and Park Streets just off Chapel Street, which offers (usually student-directed, and occasionally student-written) dinner-theatre programs and cabaret shows.

Cross Campus - The grassy area and building around SML bordered by Wall, Elm, York, and College Street. A popular place for hanging out and for outdoor classes on a nice day.

East Rock - 1. A *park* on the northernmost tip of the Graduate Ghetto that offers a playground, basketball courts and other sports areas, as well as hiking and running trails. This park is usually well populated on nice weekend afternoons, and the view from the top of East Rock itself (accessible by car, for those of you who aren't up for the hike) is one of the best in the area. 2. The northern part of the *neighborhood* between Prospect & State Streets.

F3 - First Friday at Five - A graduate student happy hour hosted by the McDougal Center on the first Friday of every month at 5pm, usually in the common room at HGS (see definition) unless otherwise noted. Free snacks and alcoholic and non-alcoholic beverages. It pays to arrive early, since the best stuff usually goes in the first half an hour, although the event can last until 7.

The Game - Football. Yale versus Harvard, the oldest rivalry on the books, and the biggest game of the year. The location of *The Game* alternates every other year between New Haven and Boston. When it's a *home game* (meaning here at Yale), be sure to catch an early shuttle from the Gym out to Yale Bowl in order to enjoy the pre-game free food and drink festival! Students, scholars and partners get in free with their ID.

GPSCY/Griffon's Pub - Graduate and Professional Student Center at Yale. This pub is officially a membership "club" for graduate and professional students (due to technicality). You can join at the beginning of the year for a small fee, and enter for free on regular pub nights as well as receive discounted admission to special events during the year, such as the annual Halloween Bash (the biggest party of the year). Non-members pay a cover charge. Traditionally, Thursday nights have been the big night at the pub, but drink specials are offered every night.

Grad Ghetto - Also known as "the ghetto", this is the area of town where most graduate students live, between Whitney and State Street, from Trumbull all the way up to East Rock Road. In recent years, there has been a political push to call this area "Grad-haven" instead of the Graduate Ghetto. Call it as you choose.

The Green - The incredibly hard-to-miss park at the center of downtown New Haven. There are several concerts and festivals held on the Green during the year, mostly in the summer and early fall.

GSA - Graduate Student Assembly. An assembly of elected student representatives from all of the departments in the graduate school, this group works with Dean Butler and the

graduate school in general to address issues that concern graduate students.

The Gym - On Tower Parkway (just after Grove turns into Tower Parkway). If you're thinking fitness center, you're probably looking for the 4th floor workout center, commonly called "the gym". Confusingly, the building itself (Payne-Whitney Gymnasium or PWG) is also commonly called "the gym", and meant to include all of the building's facilities, including 2 indoor pools, squash courts, a rowing pool, basketball courts, volleyball facilities, dance facilities, locker room, saunas, and many other hidden perks.

HGS - *Hall of Graduate Studies, 320 York Street*. A building complex with a graduate dormitory and dining hall. It also houses several departments, the Grad School's Dean's Offices, registrars, financial aid, provosts and the McDougal Center.

Kline - 1. Kline Biology Tower (KBT). 2. KBT Dining Hall (at the top of the tower). 3. Kline Geology Lab (KGL). 4. Kline Chemistry Lab (KCL).

"In the company of scholars" - An inter-disciplinary lecture series sponsored by the Dean of the Graduate School, which includes several well-known speakers in different disciplines throughout the year.

LC - 1. A designation on a book's call number indicating Library of Congress. 2. Linsly-Chittenden Hall, located on Old Campus near Dwight Chapel.

Long Wharf - Area of New Haven near the water, where you can find the Long Wharf Theater, Ikea, Sports Haven and the Connecticut Limo terminal.

Minibus - The minibus is a nighttime shuttle that will take you from door to door any time of year, as long as one end of the trip is on campus, and it's between 6pm and 6am. The minibus is especially handy when the weather is unpleasant.

Ninth Square - Originally, New Haven was laid out as a grid, much like a tic-tac-toe board, with the Green in the center. The ninth square is a piece of the original grid that fell into disrepair many years ago. In recent years, the city has made a special effort to revitalize the Ninth Square district, and many excellent restaurants and business have opened there.

Old Campus - This is the oldest part of campus. Located between Chapel, College, High, and Elm streets, Old Campus is home to Battell Chapel, Yale Station (the post office), Dwight Hall (undergraduate community service center). Commencement ceremonies in the spring take place here.

Philharmonic - Yale School of Music classical orchestra. Presents free concerts 3-4 times per year on Friday nights in Woolsey Hall.

Potluck - This refers to any gathering that requires everyone to bring some food or drinks to share with one another.

The Rep - The Yale Repertory Theatre. This theatre has an excellent regional reputation, and frequently draws familiar names. Shows can lean towards the less conservative, more experimental side. Students and their spouses can purchase a passbook, which provides inexpensive season's tickets.

Science Hill - Science Hill is located at the northern end of campus, between Prospect, Sagem, Whitney, and Edwards Streets. It houses Astronomy, Biological Sciences, Chemistry, and Physics.

Shuttle - This refers to the Yale Transit service that runs daily, Monday to Friday.

Stacks - The part of the library where books are housed. At Yale, the library stacks tend to be either dark and creepy or brightly lit and creepy anyway.

The Whale - Ingalls Rink, a modern building at Sachem & Prospect that resembles a whale. It houses hockey & ice-skating.

Yale Bowl - This is Yale's football stadium. Located a few miles down Chapel or Whalley, near Westville, this is the site of *The Game* (see definition above) and other football games when they are located in New Haven. Free shuttles on game days, and football games are free with Yale ID.

YHP - Yale Health Plan. Not just a plan, this term also refers to the YUHS building where it is housed at 17 Hillhouse Ave, between Grove and Trumbull Street. This is where you go for immunizations, doctor's visits, most x-rays, prescriptions, and member services.

YDN - Yale Daily News. Yale's only daily student-run newspaper, the YDN has articles about campus and world events (heavier on the campus side), and runs comics and editorials.

Y-NHH - Yale New Haven Hospital. Yale-affiliated teaching hospital. You could end up here if you bike without a helmet! YHP also refers patients to specialists at Y-NHH.

APPENDIX D - KEY TO APARTMENT LISTINGS

A/C = air conditioning
appls = appliances
avail, avl = available
ba = bath
bldg = building
BR, bdr, bdrm = bedroom
C/A = central air
CATV = cable television
coed = males & females
conv = convenient
cpt = carpet
D/W or d/w = dishwasher
dep = deposit
F = female
flr = floor
frpl or fpl = fireplace
furn = furnished
gar = garage
H & HW = heat and hot water included in rent
hdwd = hardwood (floors)
hse = house
hwy = highway
immed occpy = immediate occupancy (can move in now)
incl = included(ing)
kit = kitchen
lg or lge = large
loc = location
LR = living room
lux = luxury
M = male
mi = mile
mod = modern
/mo = per month
newly renovt = newly renovated
pkg = parking
prof = professional
refs = references

reqd = required
rm = room
sec = security
sep = separated
sf = square feet
shr = share
sml = small
svc = service
townhse = townhouse
util incl = utilities (normally heat/hot water) included with rent
w/ = with
W/D hkup = clothes washer/dryer hookup
w/d = washer, dryer
w/w = wall-to-wall (carpet)
wknds = weekends
yd = yard

APPENDIX E - SURVIVING A NEW ENGLAND WINTER

"...skip the fashion trends, ladies, or you will spend your winter with cold, frozen feet!!! New Haven gets very wet and slushy!!!" - Susan Buydos, OISS

TIPS FOR SURVIVING WINTER

Surviving winter is an art, especially if you are a *summer person*. New England winters are typically very cold, dark, and often quite snowy. You'll want to stay warm and healthy and learn to enjoy winter. It's a great time for indoor activities, such as studying, and once you get acclimated, you can bundle up and enjoy a brisk winter walk, or other outdoor pursuits – winter-style of course. Here are lots of tips on how to not just survive, but ENJOY your New England winter!

Don't be a slave to fashion when it comes to your outerwear. Weatherproof and warm are the first things you want to look for when choosing a winter coat. Down-filled and "thinsulate" are two of the warmest linings. The longer in length your coat or jacket is, the warmer you will be. Try to find something that falls comfortably down over your hips or even longer. For maximum warmth, a hood and drawstring or Velcro closings that help keep the wind from rushing up sleeves or bottoms will be much appreciated on those coldest days when you make that walk from Science Hill to the McDougal Center, or the Medical School to Woolsey Hall. Warm, waterproof boots are best for walking on slippery slushy sidewalks.

Layers – Layers – Layers!!! Start with a t-shirt and then pull on a sweater and then a fleece vest and then your winter coat over all for example. This way you can peel off layers to cool off or put on layers to warm up. It's sometimes hard to know just how cold it will be that day, and if you plan to be out for a long time, the temperature will drop considerably at night. Always carry with you or wear a knitted cap, scarf and warm gloves or mittens. Refer to the "Winter Shopping List" for everything you'll need to stay warm.

Watch the weather forecast. The good news is that you may not need to bundle up everyday as if you were planning to spend the day on your snowmobile. Some winter days can be quite pleasant and some years offer up very mild conditions overall, so get to know your weatherman. Don't be deceived by a clear blue sunny day; even the brightest of days can be frightfully cold. For weather forecasts, go to **www.weather.com**.

Dark glasses aren't only for looking cool in winter. On snowy days, the light can be very reflective and you'll want to have a pair of sunglasses that block at least 90% of the ultraviolet light.

Watch out for sunburn and windburn. Chapstick, sunscreen and moisturizers for your hands and face are a must. If you don't apply them frequently, and even if you do, you might be surprised to find your lips to be so chapped that they crack and bleed, or that you have a sunburn after a day of ice skating. A bright, snowy day reflects light everywhere, so you don't want to forget your sunscreen. Moisturizers soothe dry hands and face throughout the day.

Moisturize as often as possible. The winter is very dry and hard on your skin, especially if you already have dry skin. It also dries out your sinuses, which can be very uncomfortable. For your skin, you'll want to you have a good moisturizer to put on your body and your face after your shower or bath, and a humidifier for your bedroom. You'll be especially glad that you do when you have a cold or flu in the winter and your sinuses are crying to be soothed. Make sure you clean your humidifier regularly (at least once per week) according to the manufacturer's directions, so that it doesn't get moldy or clogged with minerals from the water. It also helps to drink plenty of water throughout the day.

Practice cold and flu prevention. Prevention is easier than cure of course. Two of the most important things you can do are to wash your hands often and eat and sleep regularly and healthfully. More tips are available from Yale Health Services, or you can also refer to the health section of this Handbook.

Drink hot soups and fluids and get plenty of rest, if you do get a cold or flu. Do see a doctor if you have a high fever (100 degrees F or higher), if you develop a persistent cough, or have any severe symptoms that you are concerned about. Besides tea or coffee, some other warm beverage options include mulled cider or spiced wine. Hot chocolate or chai is great too. How about steamed milk with a hint of vanilla flavoring (called a "white angel" at coffee shops)? For recipes of hot beverages, go to food.ivillage.com/drinks/hotdrinks/0,,bq38,00.html.

Exercise faithfully – indoors and even outdoors. The Payne Whitney Gym has a wonderful indoor track, but winter walks can be spectacular – especially on one of those bright days when everything stands out in sharp relief against the bluest eye-splitting winter sky. Other ideas for outdoor activities are ice skating, skiing at Ski Sundown (take lessons if you don't know how) and a favorite of many, SLEDDING. Find a snowy hill and you can even slide down with nothing more than a garbage bag tied across your behind. Saucers or other kinds of plastic sleds can also be inexpensively purchased at *Wal-Mart* or *Toy R Us* in Hamden Plaza. Edgerton Park (at Whitney and Cliff streets) has some of the best hills in New Haven for sledding.

Play in the snow. Ideas include making a snow person or a snow angel or simply throwing snowballs (gently and playfully, of course) at someone you think is cute. To make a "snow angel", lie down on your back in the new-fallen snow and sweep your arms up and down and your legs open and closed across the snow. Then stand up carefully to observe your creation.

Get plenty of natural light to help combat the "winter blues". As the days shorten and you begin to suffer from sunlight withdrawal, some believe that natural light, such as sunlight, can lift low spirits. In the middle of winter, most people go to work when it's still dark and come home when it's dark. Take your lunchtime out, and at least go for a walk. Install full spectrum light bulbs (available at grocery stores, hardware stores or *Wal-Mart* or *Target*) in the lamps where you spend the most time – at work, where you study, or the rooms where you relax in the

evenings. Does it really help? Hard to know for sure, but at the very least, you can grow lovely indoor plants, and that of course is very cheerful.

Occasionally give in to the impulse to hibernate. Human beings really weren't designed to go around as if winter didn't exist and the sun weren't setting at 4:15 pm. Every now and then, spend the day snuggled up in your favorite warm flannel pajamas, napping, snacking and relaxing with your favorite indoor activity.

Have a winter project other than your studies or work. This would be a good opportunity to start reading (or maybe writing) that big fat novel you've been putting off. You might want to try knitting a long woolly scarf. If you feel the urge get creative, go to a local arts & crafts store to see what the possibilities are.

Winterize your home. This includes putting down the storm windows if you have them and sealing any outside drafts. Contact your landlord to ask about "winterizing". This will help your home stay warm and reduce your heating costs. You can reduce the heating costs by turning the heat down when you go to sleep or when you go out during the day.

Go to your favorite video store and rent videos the night BEFORE the blizzard hits. Forget about going if it's already snowing and you want a top film. The place will be packed with people who have the same idea. Don't forget that you can borrow DVDs and VHS tapes for FREE from the New Haven Public Library.

Snow needs to be shoveled and managed. If you live in off-campus housing, make sure you have a bag of salt or sand for your sidewalks to make them less slippery and more snow and ice free. You will also want to have a STURDY snow shovel on hand. Talk to your landlord about both – well before the snow hits. Car owners will need to have a heavy duty ice-scraper, preferably with a brush. When parking in your neighborhood, take note of street signs that warn about no parking because of snow removal (you don't want to get ticketed or even worse, towed).

After winter comes spring. Remember that it will get warmer and lighter and greener again, so refer back to this list as often as necessary and make the most of winter while you can!

SUGGESTED WINTER SHOPPING LIST

OUTER CLOTHING

- ✓ WARM SOCKS (natural fibers like wool or cotton are good choices)
- ✓ GLOVES (mittens or gloves; should be waterproof if meant for throwing snowballs; look for cashmere or thinsulate lining)
- ✓ SCARF (very fashionable and functional)
- ✓ WARM HAT
- ✓ EAR MUFFS
- ✓ WARM COAT/WATERPROOF WARM JACKET (down-filled and thinsulate are two of the warmest linings; a longer coat is warmer)
- ✓ WARM BOOTS/WATERPROOF BOOTS (look for good grip soles)

INNER CLOTHING

- ✓ TURTLENECKS or LONG-SLEEVE SHIRTS
- ✓ SWEATERS
- ✓ FLEECE SHIRTS
- ✓ FLEECE LINED PLANTS

- ✓ THERMAL/LONG UNDERWEAR/TIGHTS (to wear underneath jeans; silk thermal-wear is lighter and less bulky than cotton ones; NOTE: long underwear or "long johns" are unisex, but tights are for women)
- ✓ FLEECE/FLANNEL PYJAMAS (to be snugly warm at night)

ESSENTIAL ITEMS

- ✓ CHAPSTICK (also called lip balm; voted #1 essential item)
- ✓ HAND/BODY LOTION (try Curel, Eucerin, Gold Bond or Nivea brands)

FOR YOUR ENTERTAINMENT

- ✓ SNOWBOARD (just make sure you take lessons if you have never done this before; there is at least one international Yalie who broke a bone snowboarding for the first time!!!)
- ✓ BIKINI (hey, those ski resorts always have a jacuzzi or hot tub!!!)

Watch for the OISS Surviving Winter Workshop and Used Coat Giveaway!

APPENDIX F - SOUND ADVICE

SURVIVING YALE

Advice from a former International Post-Doc

You packed up your belongings and traveled from distant lands with family expectations of success to the great university of Yale. What an honor! What a dream! What a nightmare! You don't like your boss, your work load seems infinite, everyone else is working twice as hard as it seems possible, you have no friends and calling home costs more than a meal out! Whether you are a stressed out graduate student, or seemingly isolated post-doc, this barrage of changes can soon take its toll, leaving you depressed, not feeling yourself, even wanting to pack your bags and run for home.

Stop! It doesn't have to be this way. You are not alone in your struggle. I've been there, so have countless others I know. The trick is to turn it around by finding people with similar backgrounds and commonalities to help you, help yourself.

Here's how...Initially you will have to be proactive. Step out of your lab/office/cage and see if there are any groups of people with similar interests. If you like sport try and join a soccer team, or find informal 'pick up games' in the area. Ask around, be persistent. Why not organize a game of tennis or go for a run in East Rock park with a new acquaintance? If you can't find a group, create one, post a flyer with your email address. Check out the Payne Whitney gym, they have a range of fun classes that you can sign up. Soon you will be clay pigeon shooting and practicing yoga, but probably not at the same time!

Aside from sports, pick up a copy of the *Advocate*, a weekly free local newspaper. Find events and take people to them, soon you'll be back to your old social self, enjoying your time here. Why not hang out with a book down a local cafe such as *Lulu's* (on Cottage St) or *Koffee?* (on Audubon St). Invite someone for a game of chess/a play or concert in the park/etc. Make it a weekly event.

You've taken the leap from being a big fish in a small pond to a small fish in a big pond, but there is no need to be flapping around on the bank gasping for oxygen when you can be swimming with the best. Good luck, it's all worth it.

Visit the chapter in this Handbook on Student and Scholar Life for many resources and ideas for connecting to the Yale and New Haven communities.

25 THINGS A YALE COLLEGE FRESHMAN MUST DO

By John Babbie '04 and Denise Bertholin '05

What do we wish someone had told us when we arrived? You should find everything eventually, but read over the following to get a headstart. If you aren't sure what something is, ask any upperclassman who should know!

1. Go to East Rock Park.
2. Go to The Harvard-Yale football Game and hang out with your friends at the tailgates (Even if you don't know anything about American football, you'll enjoy it - it's a social event).
3. Eat in every dining hall at least once.
4. Go to at least one screw dance.
5. Participate in or at least go to KALEIDOSCOPE.
6. Go to at least one music performance (there are TONS to choose from).
7. Participate in at least one IM sport (if you are not a varsity team member, of course).
8. Play frisbee on Old Campus.
9. Take part in a huge snowball fight on Old Campus.
10. Visit New York City and Boston.
11. Have some cups at Mory's.
12. Sign up for as many clubs or organizations as possible at the Bazaar and then decide which ones to join. Be sure and check out the ISO!
13. Go to the Law School for "dinner" and discover the wonderful feeling of getting "free" Haagen-Dazs ice cream and pizza. (Actually, your parents have already paid for it, you just need to swipe your card and transfer your dining hall meal).
14. Try to eat in your college as much as you can so you can meet upperclassmen.
15. Go to the freshman barbecue at the beginning of the year.
16. Go to the Pierson Inferno and then head to the YSO Halloween Concert.
17. Go sailing with the YCYC in August or September.
18. Party in the Branford courtyard.
19. Go skiing in Vermont.
20. Go to at least one Master's Tea.
21. Go to Spring Fling events.
22. Stay up all night talking to friends sometimes, but never to do work.
23. Take a walking tour of the Yale campus.
24. Explore Sterling Memorial and the Beinecke libraries.
25. Eat at Pepe's.

FOR SPOUSES AND PARTNERS AT YALE

An international spouse who has been at Yale and enjoying her time here gives the following excellent tips for where and how to start forging new friendships:

- Join the **ISPY** activities, events and programs. Many of these meet at the International Center. Make sure you sign up for the email list by sending a blank email to **I_SPY-subscribe@yahoogroups.com**
- Join the **Yale University Women's Organization (YUWO)** - go to **www.yale.edu/yuwo** for more information.
- Join **'Round-The-World-Women**.
- Attend **English Conversation Groups** sponsored by the OISS (some co-sponsored by the McDougal Center, and sign up for **One-on-One Conversations** with a language and culture exchange partner.

- Get to know the **McDougal Center** – Nice coffee shop (*Blue Dog Café*) and lounge area (Common Room). They have different events and programs that are open for spouses and some programs for families with young children.
- Join a **club and participate in local e-mail groups**. Search the Yale website for *clubs* or your specific areas of interest. Go to **www.yale.edu** and search for “student organizations”. Many of these are open to spouses and partners.
- Volunteer, volunteer, volunteer! Great opportunity to meet people and do something worthwhile. Go to *Dwight Hall*, 67 High St. and get their current booklet listing volunteer programs and organizations, or contact Johnny Scafidi, Program Director, at 432-2429 or by email **johnny.scafidi@yale.edu**.
- Visit the **OISS** and speak with an adviser if you are having trouble finding what you are looking for, and always remember that **Yale is your university too**. Make yourself at home and **enjoy all of the resources and interesting opportunities** it provides.

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