Conserve energy and Respect our Planet!

On April 22, 2013, Southeastern celebrates National Earth Day! Energy Conservation, Recycling and Managing our renewable resources are ways in which we can limit our impact on our planet. Check out the tips below for ways in which you can conserve energy within the residence hall.

- Turn off your lights when they are not in use.
- Turn off your water faucet while brushing your teeth.
- During the day, open your blinds and use natural light rather than overhead lights.
- Unplug chargers and electronic devices when not in use: laptops, radios, televisions, beauty care items, etc.
- Use power strips to plug in your electronics to have one easy cord to unplug when not in use. (“Phantom” electrical devices waste a large amount of electricity as electricity is still servicing the item when it is not in use.)
- Use online billing, email, and communications methods whenever possible to avoid using paper.

During the Month of April, Physical Plant and Hall Council are working together to host an energy conservation competition, “Lions Unplugged,” within our residence halls. Be aware of your energy use and help your hall win the competition! Total energy usage per hall will be compared to the previous year’s usage per hall to accommodate the difference in building capacities, sizes and utilities. Each resident in the winning hall will receive a prize!

HELP YOUR HALL CONSERVE ENERGY AND WIN.
Graduating Senior Resident Assistant Staff Spotlight

**Ryan Pattison, Washington Hall Resident Assistant (2009-2013)**

**What is your favorite Southeastern memory?** The paint party that Hall Council put on! It was very fun! I also have fond memories of pranks that I have pulled on staff members, residents, and friends.

**What are your plans for life after graduation?** I plan to work as a marketing director of an insurance company in Louisiana.

**Advice for new/young Lions?** GET INVOLVED! When there are events on campus, GO! What fun is sitting in your dorm playing XBox? Get out and experience the other side of college, CAMPUS LIFE!

Favorite place on campus? Sitting by the Katrina Fountain or under Friendship Oak.

Who is a faculty or staff member that you would like to thank for helping you to achieve your degree? I would like to thank Bevann McCartney for every opportunity she has open up for me and University Housing in general for being that network in opening so many opportunities. Bevann McCartney, my area coordinator has been my mentor throughout my college experience and I don’t know where I would be without her!

**Jessica Tabony, Cardinal Newman Hall Resident Assistant (2010-2013)**

**What is your favorite Southeastern memory?** At Orientation! I left my phone in D Vic’s auditorium after a group meeting at the end of the day. I freaked out because they had already locked the doors. I started panicking because I had no idea where my ride was. Then, a fine gentleman named Mr. Parker stopped and asked what was wrong and opened the doors so I could get my phone.

**What are your plans for life after graduation?** I plan on going to graduate school for clinical psychology and get a part time job. After, I would like to open my own clinic.

**Advice for new/young Lions?** Get involved in everything! Working for University Housing has really brought me out of my shell by getting me involved with different resources on campus and just meeting new people. The more involved you get, the better! You can make connections with people that may be able to help you in the future or just make lifelong friends.

Favorite place on campus? Friendship Oak – It’s a beautiful place where I can relax and enjoy a beautiful day! I also love the story.

Who is a faculty or staff member that you would like to thank for helping you to achieve your degree? Honestly, I would have to thank everyone in Housing first - without my Housing family helping me with homework and studying, I couldn’t have done it. As for teachers, I’d also have the thank them all. Without their care and guidance I wouldn’t be graduating!

**Blake Thomas, Southeastern Oaks Resident Assistant (2010-2013)**

**What is your favorite Southeastern memory?** Attending the Equipping Resident Assistants conference my first year as an RA and placing first in Skit, Roll Call and Spirit. The energy on staff was at a high it had never been before.

**What are your plans for life after graduation?** I am attending the University of Southern Mississippi Graduate School for Student Affairs. I am also applying for the Graduate Hall Director position at USM Residence Life.

**Advice for new/young Lions?** I cannot stress enough how many skills you will obtain by becoming involved in your campus. Get involved in something that allows you to make a difference, requires community service and allows you to give back to the Hammond Community, and something you will have fun in. The full college experience does not exist unless you are involved on campus. Take advantage of the time you have here at Southeastern to make a difference by getting involved and leaving the campus a better place than when you arrived.

Favorite place on campus? When I’m running, I really enjoy running past the President’s house towards the baseball field. If I’m having a stressful day, my favorite thing to do is drive to the top of the parking garage and park near the edge where I can look down on campus and clear my head.

Who is a faculty or staff member that you would like to thank for helping you to achieve your degree? Dr. Susan Zee, one of my favorite professors has written me letters of recommendation. Bevann McCartney, who has never been my supervisor but we’ve had many conversations about my future and she gives great advice. Amanda Robbins served as my area coordinator for several years and has helped me pave my way on the path I’m on today. Dr. Kay Maurin has been supportive of my career choice and has done everything to help me continue to be successful in the future. Gene Pregent, my chapter advisor for Delta Tau Delta, was the reason why I decided to look into Student Affairs as a career, I thank him tremendously. Cherie Triffiley and Beth Newell have been helping me transition to USM. Beth has graciously sent in letters of recommendation for me as I look for work opportunities at USM. I would not be where I am today if it weren’t for the support and help from the Southeastern family that I care so much for!

**Laura Woods, Louisiana Hall Resident Assistant (2010-2013)**

**What is your favorite Southeastern memory?** If I had to choose it would be when I met my amazing boyfriend, John Goudeau.

**What are your plans for life after graduation?** I plan on being a probation officer for juveniles at Florida Parish Juvenile Detention Center. I want to help them succeed in their second chance at life because they are our future.

**Advice for new/young Lions?** I would tell them to find an organization, hobby, work or even a club that makes them feel like a family and then hold on tight and don’t let go. Most of my college experience evolved around being a resident assistant and school.

Favorite place on campus? The moss covered trees around friendship circle, especially around sunset time it is so breath-taking!

Who is a faculty or staff member that you would like to thank for helping you to achieve your degree? I cannot narrow it down to one because everyone has helped me when I needed help, but I would say that would have to be Ashley White. Ashley is the newest member of our Housing family, but I gotten so attached to in this short amount of time. Without her I do not believe I would have been able to survive my last semester as a student and a resident assistant.
Eighteen Southeastern resident assistants attended the Louisiana Equipping Resident Assistants Conference at Tall Timbers Retreat Center in Forrest Hill, La., March 14-15. Southeastern's resident assistants won the roll call competition and placed third in the overall spirit competition. Blake Thomas, a third year resident assistant and senior marketing major, was named Louisiana Male RA of the Year. University Housing area coordinator, Bevann McCartney, was the conference coordinator for the second year in a row.

Six RAs from Southeastern also facilitated educational programs for the conference: Blake Thomas and Kevin Lejeune "You Can't Sit with Us," Krista Achor and Deavan Armand "Programs with a Twist," and Haley Burke and Anna Kate Haman "Juggling Tasks is F.U.N."

Ten Louisiana institutions participated in the workshop. Congratulations to these outstanding students!

Hello Humidity!

Humidity is a part of life in south Louisiana and as we ease out of a mild winter, you can expect to experience an increase in humidity. Humidity can cause unpleasant challenges outdoors (think bad hair days) and can even affect your indoor environment. Please assist in controlling moisture levels indoors by keeping your room and bathroom area clean and well-ventilated, particularly when showering, bathing, or washing dishes. Please notify the University Housing office promptly (within 24 hours) if you notice the existence of water leakage or overflow in or around your room.

Important Dates

- March 29 - April 7: Spring Break
- April 15-19: Spring Daze Week
- April 22-25: Health and Safety Inspections
- May 13-17: Finals and Checkouts
- May 17: Final Day to Pay
- May 18: Graduation

From the Office of Student Engagement

Division for Student Affairs Convocation on April 24th at 7pm in Twelve Oaks. All students are welcome to attend!

To maintain a safe and healthful room environment please follow the guidelines below:

- Keep windows and doors closed, especially on hot, humid days during the months of April to October.
- Avoid drying wet clothes or other materials in your room as this only adds to moisture levels.
- Never set the thermostat below 70 degrees. The colder the surface is within a room, the sooner condensation will form.
- Practice good housekeeping. Dirty and/or damp laundry will not only add to room odors but will cause mildew growth.
- Be advised that lengthy showers in a closed bathroom can cause mildew growth. Be sure to properly air-out your bathroom after showering.
- Clean and dry the walls and floors around the sink, bathtub, toilet, and windows using a common household disinfecting cleaner.
- Do not overfill closets or storage areas. Ventilation is important in these spaces.
- Report any air conditioning problems. If you are having any problems with your unit, please submit a work request to the FIXX Line.
What’s happening on campus?

April 19th 12pm
Mud Volleyball
Double Elimination Tournament
$50/team
6-9 players/team
Deadline: April 17th
www.selu.edu/adms/stu_union/swamp_bowl/Invitations.htm
Or Call (985)349-6670

Fais Do Do 2013
Tuesday April 16th,
4:00-7:00 p.m.
Outside Cayman Cafe!
Free T-Shirts, music, games
and more!

THAT
FISH
CRAY
CRAWFISH BOIL
In order to participate, students must either use
one meal from their meal plan,
pay ($10.00) with lagniappe/cub cash
or pay ($12.00 + Tax) using cash, debit or credit.

Crawfish Boil
Southeastern Campus Dining
Lagniappe Program

Hall council presents:
A NIGHT WITH AN ANGEL
Monday April 29th
7pm - Till
Twelve Oaks Reception Hall
Food, Drinks, Pictures, Music, and More!
Dust off your old prom dress
and join us in a prom event for
a great cause!
Baby Jayden Williams battles
Angelman Syndrome everyday and
although he is small, he has made a
huge impact on awareness for his
rare disorder.

Women's Self-Defense Class
Southeastern Louisiana University Police Department Rape Aggression
Defense (R.A.D.) to the women of our community. The next scheduled class is on
May 3rd, 4th and 5th 2013 on the campus of Southeastern Louisiana University.

The Rape Aggression Defense System is a program of realistic, self-defense
tactics and techniques. It is a comprehensive course for women taught by
certified R.A.D. instructors and provides you with a workbook/reference manual.
The R.A.D. System of Physical Defense is currently being taught at many colleges
and universities and in communities throughout the United States and Canada.
The growing, widespread acceptance of this system is primarily due to the ease,
simplicity and effectiveness of our tactics, solid research, and unique teaching
methodology.

For more information or to register for a class, contact Instructor at:
- Scott Thuff at 985-349-2222 or email @RAD@SELU.Edu (Southeastern).