The Lion’s Tails

October News Updates

What are your plans for the Spring 2013 semester? University Housing will be conducting our “Spring Intent” Campaign between October 22 and November 2. This Spring Intent process will allow our current residents to request roommate changes, building changes as well as submit cancellation requests. Your Resident Assistant will be hosting floor/section meetings to discuss the process and what to expect. Intent forms are completed online (a link has been emailed to your webmail account); these forms are due by Friday, November 2.

Please note the following changes to expect for the Spring 2013 semester:

- Zachary Taylor Hall will close for maintenance.
- Cardinal Newman Hall (across from White Hall and beside St. Albert’s Catholic Student Center) will open for students. This Residence Hall was once the Honors Residence Hall at Southeastern. Many previous residents of the building have cherished memories of their time as a Cardinal Newman resident and still return to campus each year for Cardinal Newman reunions during Homecoming festivities.
**Go for the GOLD**

**HOMECOMING 2012**

**October 20 – 28**

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**Monday, October 22:**
- 11:30: Lunch with the Lions (Student Union Park)
- 7:00: Southeastern Family Reunion, (Student Union Park & Mall)

**Tuesday, October 23:**
- 2:00: Phi Kappa Phi Quiz Bowl (Student Union Theater)
- 5:00: Lion Pride Run (North Campus)

**Wednesday, October 24:**
- 11:00: Gumbo Ya Ya, (Student Union)
- 12:00: Downtown Decorating Contest
- 7:00: Up Till Dawn (Student Union)

**Thursday, October 25:**
- 12:30: Lyceum Lights, Center for Faculty Excellence
- 5:00-7:00: Art Exhibit - Elizabeth Ann Chase (begins Oct. 4)
- 6:45: Bonfire/SGA Blockparty at University Center Field
- 7:00: Lady Lions Volleyball vs. Stephen F. Austin
- 8:00: Lip Sync Competition

**Friday, October 26:**
- 3:00: Lady Lions Soccer vs. Northwestern State
- 7:00: Friday Night Live (Student Union)

**Saturday, October 27:**
- 9:30: Reconnect Flag Football and Volleyball Games (Pennington)
- 3:00: Homecoming Parade
- 4:30: Lion Walk
- 7:00: Southeastern Lions vs. Central Arkansas (Homecoming Football Game)

**For more information, visit**
www.southeastern.edu/homecoming

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**Resident Assistant Staff Spotlight**

**Alex Rogers, RA, Tangipahoa Hall**

“I show my Southeastern spirit through being very active in the campus community. I participate and attend a lot of the events that go on around campus and try to be involved with as many things as possible.”

Favorite Southeastern Memory: “My first college football game! My friends and I had a blast cheering on the team and enjoying the experience.”

My floor theme is... Aqua Team Hunger Force. Major: Business

Favorite Comfort Food: Yellowtail Sushi Rolls

Favorite Movie Quote: “Oh yes, the past can hurt. But you can either run from it, or learn from it” - Rafiki, from the Lion King

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**Kevin Dorhauer, RA, Livingston Hall**

“I show my Southeastern spirit by always wearing my Southeastern hat everywhere I go. I always have it on.”

Favorite Southeastern Memory: “Joining the track team and getting to represent my school colors proudly at track meets.”

My floor theme is... Olympics. Major: Fitness and Human Performance

Favorite Comfort Food: Carrots

Favorite Movie Quote: “Going in one more round when you don’t think you can – that’s what makes all the difference in your life.” - Rocky from Rocky IV

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**Jessie Willmott, RA, Village M Residence Hall**

“I show my Southeastern spirit by often wearing my Southeastern apparel.”

Favorite Southeastern Memory: “My favorite Southeastern memories would be all of the great times that I have shared with many fellow students whose friendships have continuously grown every year as if they are now my extended family.”

My floor theme is... Sports with Inspirational Quotes. Major: Kinesiology

Favorite Comfort Food: Chocolate but I truly love all types of food!

Favorite Movie Quote: “All is fair in love and basketball.” - Love & Basketball

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**Support Relay for Life!**

Southeastern and the Hammond community join together each fall to support Cancer Research by hosting a “Relay for Life” event at North Oak Park. This year’s Relay marks the 16th relay for our area. Student organizations, university departments and individual teams will be working together to raise money and support for cancer survivor programs. Help out with a booth or volunteer to walk a lap for a team today. For more information, check out www.relayforlife.org/HammondLa.

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**T-shirt Relay for Life Fundraiser sold by the Division for Administration and Finance Team:**

**PRICE:**
- $13 each or 2 for $25 (Sizes S, M, L, XL)
- $15 for 2X

**Shirt Color:** Heather Gray with Green & Gold artwork

**Make Check PAYABLE to American Cancer Society**

**To order, contact Kathy Sue Edwards at kathysue.edwards@selu.edu**

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**Saturday, November 17**

At North Oak Park

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**Saturday , November 17**

At North Oak Park
Healthy Relationships

Our students experience multiple types of relationships in their daily lives: parent/child relationships, friendships, instructor/student relationships, and intimate partner relationships. These relationships touch our lives and affect our emotional wellbeing. How do you know when a relationship is healthy? How do you know when a relationship is unhealthy?

Signs of a healthy relationship include: trust, respect, communication, flexibility, shared interests, alone time, friends and family, compromise, arguing fairly, and appreciation of the partner.

Signs of an unhealthy relationship include: insults, extreme jealousy, pressure, wrongful blame, sudden mood changes, emotional blackmail, and physical harm.

How do you seek help when a relationship is not as healthy as you would like? The University Counseling Center (located across from Pursley Hall) offers individual and relationship counseling. These sessions are free to students and can help to improve communication between the individuals in the relationship.

Do you know of a friend who is in an unhealthy relationship? Speaking with a counselor about the situation can help!

Lastly, you may know of someone involved in a physically abusive relationship. Resources are available to help: University Police, University Counseling Center, as well as off-campus resources such as Southeast Advocate for Family Empowerment, www.southeastspouseabuseprogram.com.
What's happening on campus?

REVENGE of CARN EVIL

OCTOBER 17TH 2012
9am - 2pm  Student Union
Free T-shirts  Free Giveaways
Let's clean up Southeastern's beautiful campus!

All Residents that participate will receive Hall Points!

Why be an RA?

Become a Resident Assistant

Benefits
- Networking: You will continuously meet a variety of people, which will help you network for future careers.
- Leadership: You will constantly enhance your leadership skills, which will help open up other opportunities.
- Room/Daivd: Your room and meal plan will be paid for, which is financially helpful while in school.
- Opportunity: You will have the opportunity to grow as an overall individual.

How to Apply?
- Full time enrollment
- Minimum GPA of 2.5
- 2 semesters experience of living in residence halls
- Completed at least 24 credit hours
- Enrolled in Education 204

Print an application and submit to housing office:
http://www.selu.edu/apply/housing/assets/ra_application.pdf

Also, like us on Facebook:
facebook.com/selucampdining

Search Today's Menu Anywhere on Campus
by venue, calories, nutritional information and more.

Download the FREE CampusDish app here!

Southeastern Louisiana University Campus Dining
Present Octoberfest 2012 *REVENGE OF CARN EVIL* October 10, 2012 4PM-7PM on the Cayman Cafe Lawn • Produced by University Housing
LionVision’s Departmental Programming Committee

In order to participate, students must use either their meal plan or $6.35 tax cash

Peace Love No Butts