Hammond Hall staff is excited to #LionUp with you this semester in your new home. Your Resident Assistants have planned an engaging semester of events focused on academic success, career engagement and more. Follow Hammond Hall on Snapchat for the latest events and event photos.
Meet your Area Coordinator:

Ashley White is the Area Coordinator for Hammond, Louisiana, Livingston, and Taylor halls. She has worked in University Housing since Spring 2013. She earned a Master of Arts degree in Psychology at Southeastern in the Spring of 2015, as well as a Bachelor of Science degree in Psychology from Louisiana State University in 2009.

Ashley has worked in both mental health and higher education, with specific interests in trauma psychology and crisis management. A native of New Orleans, she enjoys watching sports, especially Saints football (Who Dat!). Ashley supervises the University Housing Departmental Programming Committee which plans the large scale events hosted by University Housing such as Oktoberfest, Fais Do Do Crawfish Boil and more. Feel free to stop by the Housing Office in Pride Hall to introduce yourself, she loves meeting new people!

University Housing Snapshot:

- **Total Occupancy**: 2,300 students
- **Gender**:
  - 67.5% Women
  - 32.5% Men
- **Classification**:
  - 57% Freshmen
  - 19% Sophomores
  - 13% Juniors
  - 10.5% Seniors
  - .5% Graduates
- **Country of Origin**:
  - 14 Counties, including Nepal, France and New Zealand
- **State of Origin**:
  - 22 States, including California, Maine and Oregon
- **Student Athletes**:
  - 5% of Residential students are student athletes.
Start your roommate relationship off with open conversation! Many roommates become lifelong friends when starting off with open communication.

**Ask your roommate...**
- What are some of your interests or hobbies?
- What kind of movies, music, etc. do you like?
- Have you ever shared a room before?
- Describe your family and friends.
- What is your major?
- Are you nervous about class?
- What do you want to accomplish this year?
- What really annoys you?
- How can I tell when you are stressed or angry?
- How do you relax?
- What are your cleaning habits?
- What do you think we need to agree on as roommates?
- How do you feel about guests?
- How do you like to study? (Music, tv, lights on?)
- When do you like to sleep/wake up?

**What if my roommate and I are not getting along?**
- Communication is key! Talk to your roommate about what is troubling you. If you feel uncomfortable, ask your RA to help you with this conversation.
- Be respectful! Everyone is on their own journey; no two roads are identical. Try to be understanding if your roommate’s path differs from your own.
- Be honest! If something is bothering you, let your roommate know. Sometimes we do not talk about things until they become big problems. Talking about what is going on will help!
- Know where to go to ask for help. Sharing a space for the first time can be tricky... your RA is trained to help you with roommate conflicts! Get to know your Area Coordinator (Your RA’s boss), as well as the Counseling Center. The University Counseling Center is able to advise roommates on having successful relationships!

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**Lasagna in Mug**
- 1 to 2 pieces of lasagna
- 2 1/2 cups baby spinach, chopped
- 1/4 medium bell pepper, diced
- 1/4 cup ricotta cheese
- 3 basil leaves (optional)
- 1/8 tsp granulated garlic
- 6 tsp pasta sauce
- 1/3 shredded mozzarella

**Directions:** Heat bowl of hot water, cut lasagna pieces into small pieces, submerge in bowl until tender. Heat spinach in bowl for 1 minute. Mix spinach with ricotta, pepper, garlic, and salt. Pour pasta sauce in mug, top with pasta, add spinach mixture, 2 tablespoons of mozzarella and pasta. Continue forming layers. Sprinkle mozzarella over last layer. Microwave cup for 1 minute, 30 seconds. Serve.

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### The Lion’s Tales

- **Roommates for the Win**

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### Res Hall Recipes

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**Have you...?**
- Reviewed your Resident Guidebook? (Available on Housing Moodle Page)
- Completed a Roommate Agreement with your Roommate to set the ground rules for your living space?
- Returned your room inventory to your Resident Assistant?
- Attended your section meeting to meet your neighbors?

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**Meet your RHA Officers**

Kirsten Lecompte, VP for Public Relations; J'Micah Wilson, VP for Involvement; Zachary Rogers, VP for Communications; and Kristen Stamp, President.

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Have you...?
August/September 2016

August 14-25
Traditions Week (southeastern.edu/traditions)

August 29-September 1
Health & Safety Inspections

September 5
Labor Day Holiday

September 6
Fire Drill

September 12–14
Informational about RA Positions

September 24
Family Day;
Register at southeastern.edu/admin/stu_dev/family_day

September 28
Mocktails Event with Office of Student Engagement

CAB Fall Movie Series (Check CAB website for movie listing and times)

- Outdoor Movie Night – Captain America: Civil War
  - Tuesday, Aug 16 | 7:00PM | Union Theater

- Grocery Bingo
  - Thursday, Aug 18 | 5:00PM-7:00PM | Pennington Center

- City Sampler
  - Tuesday, Aug 23 | 10:00AM-2:00PM | Student Union Breezeway (On the S)

- CAB Interest Meeting – Get involved with CAB
  - Wednesday, Aug 23 | 5:00PM | Student Union Theater

- Capture the Flag
  - Wednesday, Aug 24 | 8:00PM-11:00PM | Pennington Center Lawn

- Game On, Game Night
  - Tuesday, Aug 30 | 6:00PM-11:00PM | Student Union Theater

- Miss Southeastern 2017 Interest Meeting
  - Sept 7 @ 4PM, Sept 8 @ 4PM, & Sept 9 @ 11AM | Student Union 2203

- Southeastern Birthday Celebration
  - Wednesday, Sept 14 | 10:00AM | Student Union Union Mall/Breezeway

- Donuts for Democracy
  - Tuesday, Sept 27 | 9:00AM | Outside Student Union

For a maintenance concern, call the FIXX line at 985.549.3499 or submit the request at southeastern.edu/admin/phys_plant/fixxit/

Call 985.340.8324 to report a problem with your Internet Connection.
(Please leave a voicemail).

Report pests, cleaning issues and cable problems to the University Housing Office at 985.549.2118.