Welcome to Hammond Hall!

The Community Cluster program in Hammond Hall is designed to get residents interested and involved in a variety of programming topics. The Resident Assistant staff will work with residents and faculty sponsors to plan programs throughout the semester based on specific topics, such as cultural awareness, book club, health and wellness, hot topics, and music. In addition to the Community Clusters, RAs will also plan several building programs for all residents to meet each other and just have fun! The staff is excited to begin planning these programs, and everyone is invited and encouraged to participate in all cluster programs this semester.

DID YOU KNOW...

University Housing is home to a great group of students, over 2,300 total students live in our facilities! Students who live on campus come to Southeastern from over 24 states throughout the United States of America. Southeastern University Housing is home to students from over 16 countries, spanning 4 continents!
Meet your Area Coordinator

Ashley White is the Area Coordinator for Hammond, Louisiana, Tangipahoa, and Taylor halls since Spring 2013. She earned a Bachelor of Science degree in Psychology from LSU and is currently completing her Master of Arts in Psychology at Southeastern. She 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!). Feel free to stop by the Housing Office in Pride Hall to introduce yourself, she loves meeting new people!

Holly Arroyo
Hammond Hall Resident Assistant
Junior, Social Work Major
Hometown: Bush, LA

Gerard Frommeyer
Hammond Hall Resident Assistant
Sophomore, Physics Major
Hometown: Waveland, MS

Christine Peairs
Hammond Hall Resident Assistant
Freshman, Nursing Major
Hometown: Greenwell Springs, LA

Erin Fernandez
Hammond Hall Resident Assistant
Sophomore, Biological Science Major
Hometown: Marrero, LA

University Police Department is open 24 hours a day, 7 days a week to protect and serve the Southeastern Community. University Police dedicates an officer to work specifically with the on-campus residential community. The Housing Officer, currently Daniel Bergeron, and a support team of student workers, student officers and others frequently patrol the University Housing facilities.

Please report any concerning activity you may see you University Police!

Office: Pride Hall
Phone: 985.549.2222

Follow UPD on social media!
facebook.com/SoutheasternPD

Have an emergency? Contact University Police!

Remember: tobacco products are not allowed within our Residence Halls. Students must exit campus or remain inside their vehicle to use tobacco products.
**Res Hall Recipes**

**Pizza Pita Poppers**
- 1 Whole Grain Pita
- 1/4 Cup Pizza Sauce
- 1 Serving Pepperoni
- 1/4 Cup Mozzarella Cheese

*Directions:*
Layer items on pita. Heat in microwave for 80 seconds. Eat and enjoy!

**Crunchy Cinn-apple Salad**
- 1 egg white
- 5 cups mixed red leaf salad
- 1 tbsp. Raspberry Vinaigrette
- 1/2 apple
- 1/2 serving apple cinnamon granola
- 1/4 cup green pepper

*Directions:*
Mix all ingredients together and enjoy!

**Lite S’mores**
- 1 graham cracker
- 1/2 tbsp. dark chocolate chips
- 1 jumbo marshmallow

*Directions:*
Place chocolate on cracker, microwave for 45 sec. Divide the marshmallow and place the halves on top of the chocolate, microwave 10 sec. Cool & Eat!

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**University Housing Important Dates**

- **August 20-28**
  - Section Meetings
- **September 1**
  - Labor Day Holiday
- **September 6**
  - Family Day; Register at southeastern.edu/admin/stu_dev/family_day/
- **September 8-12**
  - Fraternity Recruitment
- **September 15-18**
  - Health and Safety Inspections
- **September 24-October 3**
  - Spring Intent Campaign *(Students request changes for their Spring 2015 Housing Assignments via online form. Check your webmail for more Information).*
- **October 2-3**
  - Fall Break

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**Roommate 101: Questions to 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?
- 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 life’s 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 small problems 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 RA and ask for their advice should you need their support. Others who are here to help you include 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! Take advantage of this service.

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**GET INVOLVED WITH HALL COUNCIL!**

**Meeting Dates:**
- September 2
- September 16
- October 7
- November 4

**Hall Council is a student–led organization devoted to residential students involvement in their communities. Attend a meeting and help plan an event for our campus!**

**Upcoming Events:**
- Tuesday, September 30: Ice Cream Social (Mane Dish)
- Tuesday, October 21: Paint Party (Lee Field)
- Tuesday, November 18: Dinner & A Movie (Mane Dish)
- Tuesday, December 2: End of Semester Party (TBA)
What's happening on campus?

Registration is open for a Rape Aggression Defense (RAD) class scheduled for the weekend of September 13 and 14, 2014. RAD is a comprehensive basic self-defense course taught by the University Police Department at Southeastern. For more details and information about the RAD system, visit www.rad-systems.com or send an e-mail to RAD@selu.edu. The class is for women only and is free for current Southeastern students and employees, but space is limited so sign-up early if you are interested.

For more information, visit the Student Conduct Office in Mims Hall

Student Outreach and Advocacy Representatives

S.O.A.R. reaches out through prevention initiatives to educate students on how to help be an active part of preventing violence, high risk behaviors, and bystander intervention.

Are you hungry? We can help!

The Southeastern Food Pantry is open to current Southeastern Students who suffer from food insecurity. Whether you need help once or on a regular basis, we are here for you! We ask that everyone who visits the pantry is honest and does have a need for the food they receive.

Please contact us for more information!
Tasha Cooper - tcooper@selu.edu
Brendan Daigle - Brendan.daigle@selu.edu

PHIL the PIG
The Southeastern Food Pantry is sponsored by generous donations given through the Phil the Pig students fundraising campaign.

SUPPORT OUR LIONS AT THE FOLLOWING HOME GAMES:

**Football:**
- August 30: Jacksonville 7 PM
- Sept 6: Southern Utah 7 PM
- October 4: Northwestern State 3 PM

**Volleyball:**
- September 2: Southern 6 PM
- September 25: A&M Corpus Christi 7 PM
- September 16: USM 6 PM
- September 27: Houston 2 PM

**Soccer:**
- September 5: ULM – Monroe 4 PM
- September 7: USM 4 PM
- September 15: Mississippi Valley State 4 PM
- September 19: A&M C. Christi 4 PM
- September 21: McNeese State 1 PM

For more Fall Sports schedules, visit www.LionSports.net

Interested in serving on the Hearing Board with the Office of Student Conduct? Apply at www.southeastern.edu/hearingboard.

Do you Know the Code?
www.southeastern.edu/code

Please visit either Hammond location of Raising Cane’s on September 29th & 30th

proceeds will benefit
Mary Bird Perkins Cancer Center

* * Remember to mention the Geaux Pink Game when ordering!

For more information, visit www.geauxpink.org

At the Block is HOT:

Real Talk Block Party
September 3rd

Free Food
Games & Prizes
DJ RNR
Free snowballs with a completed passport

Place Time
Student Union Ballroom
6:00 pm
Follow us
Facebook: Southeastern Louisiana University
African American Alumni Chapter
Twitter: /instagram: @SLE LUA