UNIVERSITY HOUSING CELEBRATES TRADITIONS WEEK

August 16’s Move In Mane-ia Event kicked off a week of welcome events at Southeastern. Many joined in the fun activities hosted by Student Engagement, Hall Council, Recreational Sports & Wellness, Athletics and many more.

How to Report Maintenance Concerns:
For a maintenance concern, call the FIXX line at 985.549.3499 or submit the request online 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, mold and cable problems to the University Housing Office at 985.549.2118.

Questions about our guest policy, pet policy, or resident responsibilities? Refer to the 2015 Resident Guidebook available on your Housing Resources Moodle Page.
Welcome, Lions!

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 this past spring, as well as a Bachelor of Science degree in Psychology from LSU 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!). Feel free to stop by the Housing Office in Pride Hall to introduce yourself, she loves meeting new people!

Meet your Area Coordinator

Matthew Olivier
Livingston Hall Resident Assistant
Marketing Major
Hometown: Marrero, LA
Favorite Superhero: Punisher
Favorite Social Media: Facebook
Favorite Campus Spot: Art Building
Looking forward to: Getting a car!

Sashank Suri
Livingston Hall Resident Assistant
Supply Chain Management Major
Hometown: New Delhi
Favorite Superhero: Batman
Favorite Social Media: Twitter
Favorite Campus Spot: Student Union
Looking forward to: Cool activities & finishing my degree!

Shakyra Cooper
Livingston Hall Resident Assistant
Kinesiology Major
Hometown: Garden City, KS
Favorite Superhero: Batman
Favorite Social Media: Facebook
Favorite Campus Spot: Pennington
Looking forward to: Graduating!

Lena Menner
Livingston Hall Resident Assistant
Psychology Major
Hometown: Chalmette, LA
Favorite Superhero: Batman
Favorite Social Media: Instagram
Favorite Campus Spot: 3rd floor of Biology Building
Looking forward to: Not having early classes.

LIVINGSTON HALL
**Your Roommate... BFF for Life?**

**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 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!

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**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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**Hall Council**

**What is Hall Council?**
**HALL COUNCIL** is a student led organization that provides the opportunity to get involved on campus programming.

**Who can join?**
All residents can join Hall Council and are welcome to come to our meetings and see what we're all about.

**Meetings:**
- **AUGUST 26TH @ 7PM**
- **SEPTEMBER 9TH @ 7PM**
- **SEPTEMBER 16TH @ 7PM**
- **OCTOBER 7TH @ 7PM**
- **NOVEMBER 4TH @ 7PM**
- **NOVEMBER 18TH @ 7PM**

All meetings will be located in the Student Union Room 2203.

**Events:**
- **AUGUST 17 @ 7:30PM**
  - Paint Party in Lee Field
- **SEPTEMBER 7TH - 11TH**
  - 9/11 Tribute
- **SEPTEMBER 9TH**
  - Design your own button to purchase in the union lobby
- **SEPTEMBER 29 @ 6:00PM**
  - Fear Factor in the Mane Dish
- **OCTOBER 6TH & 20TH**
  - Buy your favorite resident a bod gram in the union lobby

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**Res Hall Recipes**

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**Events and Activities... #LionUp @OurSoutheastern**

### Fear factor

**When:** Tuesday, September 29 @ 6pm  
**Where:** The Mane Dish  
Bring a few friends to compete through 3 rounds of Unique Cuisine. The winner will take home a prize valued at $75. You don’t want to miss out!  
**Do You Have What It Takes?**  

Sponsored by Hall Council and Dining Services

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### FALL 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>8/16</td>
<td>Welcome Back Luau</td>
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<tr>
<td>9/8</td>
<td>Safleish the Hypnotist</td>
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<td>9/14-28</td>
<td>Monday Night Concerts</td>
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<td>10/8</td>
<td>Bubble Soccer</td>
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<td>10/8</td>
<td>Lazer Crystal</td>
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<td>10/14</td>
<td>Gumbo Ya Ya</td>
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<td>10/24</td>
<td>Miss Southeastern</td>
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| All Semester Long | Tuesday&Wednesday Movie Night  
Massage Chair Mondays  
Snowballs & much more |

### Add to your Calendar...

- August 30-September 2  
  Fraternity Recruitment
- September 7  
  Labor Day Holiday
- September 12  
  Family Day;  
  Register at southeastern.edu/admin/stu_dev/family_day
- September 14-17  
  Health and Safety Inspections
- September 14 & 15  
  Informational about Resident Assistant Positions
- September 23  
  Mocktails Event with Office of Student Engagement
- September 28  
  Fire Drills

### SOAR  
STUDENT OUTREACH & ADVOCACY REPRESENTATIVES

Become a Student Outreach and Advocacy Representative. Help advocate good choices and educate other students about healthy behaviors vs. risky ones! More information about SOAR is available by visiting: www.selu.edu/soar or email: gsalack@selu.edu.

First Interest meeting will be held on September 2 at 4pm in Student Union.

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### Support our Lady Lions Soccer Team at their upcoming home games:

- Sept 1: Southern University  
- Sept 11: University of South Alabama  
- Sept 13: Texas Southern University  
- Sept 25: University of the Incarnate Word  
- Sept 27: Abilene Christian University

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### R.A.D. RAPE DEFENSE SYSTEMS

Rape Aggression Defense (RAD) class will be offered by University Police in September 2015. RAD is a comprehensive basic self-defense course taught by the UPD at Southeastern. For more details and information about the RAD system, visit rad-systems.com or send an email to RAD@selu.edu. The class is for women only.

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### Student Conduct Hearing Board

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

Do you Know the Code?  
southeastern.edu/code

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### Support our Lady Lions Football Team

The Southland Conference Champions are back in town!