Hall Council Represents Southeastern at Conference

Southeastern Louisiana University Hall Council attended their first Southwest Affiliate of College and University Residence Halls (SWACURH) Conference at the University of Arkansas during November 6th-9th, 2014. Hall Council executive members and Resident Assistants participated in program sessions, roll call, swap shop, 3D display, and much more at this conference in the spirit of the conference theme, “Get on the Grid.”

Krista Achor, National Communications Coordinator (NCC), and Taylor Williams, President, served as official representatives from the University to the SWACURH delegations, voting on SWACURH legislation and proposals and more. Other delagates included Holly Arroyo, Adeyemi Wheeler, Kane Loupe, Madison Guitreau, Scott Cooper, Catherine Lejeune, Paul Haddican and Advisors Blake Thomas and Amanda Robbins. The students were excited to bring back fresh program ideas to Hammond, America, and look forward to their next conference experience.

“With colleges coming from Louisiana, Texas, Oklahoma, and Arkansas, it was great to be able to meet so many people who were determined to improve their campus environment. We gained insight into so many new ideas for programs to bring back to Southeastern, and we look forward to attending another SWACURH conference. Hall Council was able to get Southeastern Louisiana University on the grid and show others how to Lion Up!”
- Taylor Williams, Hall Council President

How to Report Maintenance Concerns:
For a maintenance concern, call the FIXX line at 985.549.3499 or submit the request online at www.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.

Check out the 2014-2015 Resident Guidebook at www.southeastern.edu/admin/housing/assets/guidebook15.pdf

Contacting University Housing
Located in Pride Hall Email: universityhousing@southeastern.edu
www.southeastern.edu/liveoncampus
www.facebook.com/southeasternuniversityhousing
SPOTLIGHT ON RESIDENT ASSISTANT STAFF

Briya Hood, Washington Hall RA
If you were an animal, which animal would you be? A Puppy! Everyone loves puppies!
Popular phrase you are overusing? “OMG” Popular phrase you dislike? “bye Felicia.”
Favorite Southeastern Memory: When I was a part of the Hurricane Emergency Team with my fellow RA’s, Such a great experience!
Which social media do you use the most? Pinterest...it’s so addicting.
Favorite procrastination time waster? Being on Pinterest and online shopping
Advice for students’ first finals experience: Do not wait till the last minute to start studying. Try studying a little bit each day, weeks in advance. That way you won’t be cramming the night before and/or the morning of the final. You’ll be well rested and ready to go!

Kane Loupe, Zachary Taylor Hall RA
If you were an animal, which animal would you be? Polar Bear because I like Coke!
Popular phrase you are overusing? “Fake it till you make it!”
Popular phrase you dislike? “Yassssss.”
Favorite Southeastern Memory: Getting my decorations done with a group of RAs, I’m going to miss little moments like that.
Which social media do you use the most? Vine
Favorite procrastination time waster? Vine and Eating
Advice for students’ first finals experience: Don’t doubt yourself! You got this! Just study and do the best you can!

Adeyemi Wheeler, Tangipahoa Hall RA
If you were an animal, which animal would you be? A Penguin
Popular phrase you are overusing? “When your homie gives you the aux cord.”
Popular phrase you dislike? “You are the real MVP.”
Favorite Southeastern Memory: Homecoming game of 2013.
Which social media do you use the most? Instagram
Favorite procrastination time waster? Playing FIFA 15
Advice for students’ first finals experience: Start early and don’t procrastinate.

Rebecca Mayeux, Livingston Hall RA
If you were an animal, which animal would you be? I think I would want to be a flamingo!
Popular phrase you are overusing? “It’s legit!” Popular phrase you dislike? Getting “turnt up”. Seriously, what does that even mean? Are you getting turned over or did you just misspell turned?
Favorite Southeastern Memory: Being a part of the RA community and getting to know several students on campus has been my favorite part. The RA family creates a family atmosphere and I think that is unique about Southeastern.
Which social media do you use the most? Facebook & Pinterest
Favorite procrastination time waster? Netflix. Somehow Netflix makes me believe that “one more episode” really means one more episode rather than one whole season.
Advice for students’ first finals experience: Prioritize! Figure out what you need to study the most and start with that subject. Take subjects day by day and don’t wait till the last minute. Don’t forget to take breaks-- go outside, take a deep breath. Finals do not define you.

Joe Smith, Zachary Taylor Hall RA
If you were an animal, which animal would you be? A Penguin German Shepard. Hopefully to become a police or military service dog! They are one of the best animals that exist.
Popular phrase you are overusing? N/A Popular phrase you dislike? All of them
Favorite Southeastern Memory: Being an RA and putting on programs. I love the atmosphere and participation when I am around other college students.
Which social media do you use the most? Cleaning, watching Netflix and Instagram.
Favorite procrastination time waster? Study, but do not cram, make sure you sleep and stay well rested.
**Res Hall Recipes**

**Microwave Lasagna**

15 oz of ricotta cheese  
4 cups baby spinach, chopped  
2 cups shredded mozzarella cheese, divided  
1/4 cup grated Parmesan cheese  
24 oz jar marinara sauce  
6 no- boil lasagna noodles

**Directions:**

In a bowl, combine the ricotta, spinach, 1 1/2 cups mozzarella, 1/4 cup of Parmesan and 1/4 teaspoon of salt and pepper.

In the bottom of a microwave-safe 8” square baking dish, spread 1/5 cup of the sauce. Top with 2 no-bake lasagna noodles, 1/2 cup of sauce and half of the ricotta mixture; repeat. Top with the remaining 2 lasagna noodles, the remaining sauce, 1/2 cup remaining mozzarella and 2 Tablespoons grated Parmesan.

Cover with wax or parchment paper, then place a plate on top of the wax paper. Microwave on high until noodles are tender (12-20 minutes). Let stand 10 minutes before serving.

---

**Housing Academic Appeals Process**

In order to remain in University Housing for the Spring 2015 semester, students must maintain a 2.0 overall GPA or 2.0 on 12 hours or more during the Fall 2014 semester. Students who fail to meet this requirement may submit a University Housing Academic Appeal form to the University Housing Office or on-line at www.southeastern.edu/liveoncampus.

An University Housing Academic Appeal must be submitted by Wednesday, December 17, 2014 at 5pm. Appeals will not be accepted after the deadline. Appeals are reviewed by a committee of faculty, staff and students familiar with student academic requirements.

If the appeal is denied, the student will be notified and encouraged to check-out of the residence hall by Friday, December 19, 2014 with a Resident Assistant.

(If the academically ineligible student chooses to check-out January 5th, he/she will be required to express check-out and will not be allowed to contest any damages in their room. If the student does not properly check-out of their room as required, the student may be fined $250.00 and their property removed at their expense and stored for no more than two weeks. The University will not be responsible for any damages or loss of property during this process.)

Please note that students on University Academic Suspension or Probation must complete the requirements from their University Suspension or probation as well.

Find the Appeal Form at:  
www.southeastern.edu/admin/housing/acad_standards/

---

If you requested a change in assignment (room, hall, roommate) for the Spring 2015 semester, and we were able to accommodate your request, you will receive an email from University Housing within November. Residents with new assignments for the spring semester are required to check out of their current assignment by Friday, December 12, 2014. You may check-in to your new assignment beginning Monday, January 12, 2015.

If you requested a change in assignment for the Spring 2015 semester and do not receive a new assignment letter before winter break, please know that we will continue to work to fulfill these requests as cancellations are received. Email notifications will be sent to residents as these requests are fulfilled.
**Finals Programs by Our Student Government Association**

December 2nd and 9th will be the SGA Scan-Tron Giveaway each day from 10AM to 2PM in the Student Union. Students will be allowed to pick up five scantrons for free!

As a reminder, scantrons, blue books, pens, pencils, coffee, and hot chocolate are available free to students at the SGA office in Mims Hall Room 123 Monday through Thursday from 7:30AM to 5:00PM and Friday from 7:30AM to 12:30PM.

SGA will also be hosting the Stress Less Breakfast on December 9th from 7:30AM to 9:30AM in the Student Union. Free sausage biscuits, scantrons, pens, and pencils will be provided!

---

**Happy Thanksgiving!**

First Presbyterian Church will once again host the Community Thanksgiving Meal from 12p-5p on Thanksgiving Day. It is open to all who would like to come and eat and enjoy the fellowship of others on this holiday. Games and crafts will be provided for children and the church playground will be open (weather providing). Volunteers are welcome for the day of the event or to help prepare over the next few weeks. To volunteer or for more information contact First Presbyterian Church at 985-345-1543 or adm@fpchammond.org.

---

**University Housing Important Dates**

- November 17: Spring 2015 Registration Begins
- November 26-28: University Offices Closed for Thanksgiving Holiday
- December 9: Late Night Breakfast
- December 8-12: Finals/Checkouts for students not returning to on campus Housing
- December 17: Academic Appeals due for residents below 2.0 requirement.

**December 19- January 5:** Campus Closed; All Residence Halls except Taylor and North Campus will be locked.

---

Give thanks with us at the Mane Dish on Monday November 24 from 4-8 pm!

Happy Thanksgiving!

Make sure to follow us for future updates!

www.facebook.com/
southeasterndining

Instagram: @southeasterndining

---

The Hammond Rotary Christmas Parade is scheduled for Friday, December 5th. We are asking interested student organizations if they would like to participate in our “In The Zone” Family event that will take place in the parking lot between the Pennington and the Lab School.

The event provides an alcohol and tobacco free area for families to attend the Christmas Parade. Games and Activities are provided to children as they wait for the parade by various community. We are seeking interested student and GREEK organizations to provide their own children’s activity or game.

Please contact Annette Baldwin at the University Counseling Center 985-549-3894 for more information.

---

Run, Turkey, Run!

Diane Mayr Illustrations by Laura Rader

---

Dining Services

Southeastern Louisiana University