

UL LAFAYETTE

RESIDENTIAL LIFE

NEWSLETTER

MARCH 2020

March is Women's History Month, where women's contributions through out American history, culture, and society are honored. This national holiday time actually began in 1978 as a week-long celebration. Women in a Santa Rosa, California school district planned a "Women's History Week" during the week of International Women's Day (March 8th). Other states took notice and started the annual celebration in their own schools and communities. Just two short years after the first celebration in California, Jimmy Carter made his first Presidential Proclamation of his term to officially make the week of March 8th National Women's History Week. It wasn't until March of 1987 that March became "Women's History Month."

UL is celebrating on campus through the Women's Leadership Conference on Thursday, March 5th.



CONTEST:
It's Women's History Month! Come to the office and share a woman who has made a difference in your life. The first 12 people to do so will receive a button!



IMPORTANT DATES:

- 3 • 1 Health & Safety Ends
- 3 • 2 House Calls
- 3 • 6 Cajun Chats Due
- 3 • 8 EBI Survey Opens

- 3 • 9 Bulletin Board 2
- 3 • 15 RA-Inservice
- 3 • 16–3 • 27 Advising
- 3 • 30 Cajun Chats Start

RA SPOTLIGHT

"I was hired as an RA in the spring of 2019. I now reside in Harris Hall. I am a senior majoring in Chemistry with a minor in Health. Some of my hobbies include watching TikToks, swimming, fishing, shopping and I love to travel. An interesting fact about me is that I removed and weighed every organ from the human body."



"I was hired in spring 2020. I am currently an RA in Huger Hall. I am a sophomore studying Civil Engineering. I like to spend my spare time gaming with friends, playing any sport with a ball, editing videos/photos, and taking pictures. An interesting fact about me would be I have a side hustle in photography and I have a YouTube channel."



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Happy Birthday

3 • 3 Ra-chelle Lewis

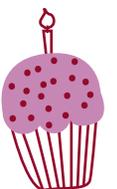
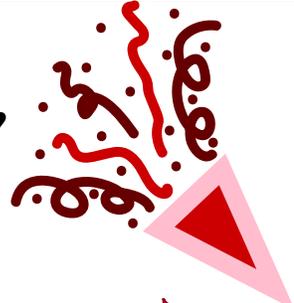
3 • 15 Brandi Cole

3 • 8 Blake Cosey

3 • 16 Daniela Rodriguez

3 • 9 Roland Whitney

3 • 18 Esther Nelson





Venezuelan Arepas

Ingredients

2 cups of water • 1 teaspoon of salt • 1 teaspoon corn oil
1 1/2 cups Harina P.A.N (pre-cooked white maize meal)

Instructions

Wash your hands
In a medium bowl add water and salt. Mix until the salt is dissolved. Slowly add the harina P.A.N. Mix with your hands, making circular movements and breaking with your finger the lumps that may form. Let rest 5 minutes to thicken. **Preheat** a non-stick 11-inch square griddle over medium heat. If you don't have a griddle you can use a skillet instead. After 5 minutes add the oil to the dough and work it in with your hands for 2 minutes. The dough should be firm enough holds its shape without cracking when molded. If it is too soft add a little more of harina P.A.N; if too hard add a little more water. Form balls and flatten them gently until they're about 1/2-inch thick discs. Place the discs on the preheated griddle and cook the arepas for 5-7 minutes on each side or until lightly golden brown. Split each arepa in half and fill them with whatever you like: cheese, ham, egg, beans, chicken, beef, tuna ... your creativity is the limit!
Serve hot.

Notes

- 1- It is common to spread butter inside the arepa before filling. Totally optional but highly recommended.
- 2- To make authentic Venezuelan arepas you must use white Harina P.A.N. Many regular groceries stores sell it(international food aisle). You can also find it at Latino markets..



Movie Recommendation:
Just Mercy starring
Michael B. Jordan

Give one compliment today.

While completing your RA evaluations, write a comment and be descriptive.

Try out Vermilionville Historic Village Restaurant.They have great Cajun Food lunch plates.

Be Great

Maylen's MOTIVATION

"LIFE IS LIKE A CAMERA:

FOCUS on what is important

CAPTURE the good times

DEVELOP from the negatives

and if things don't work out...

take another **SHOT**



Spring-cleaning; fasting for lent; beginning of spring; spring forward – these are just a few events that takes place in the month of March. Many of us started 2020 with new goals for the years and for the decade. Some of can look back at the past two months and reflect on many challenges that have occurred that may have gotten us off track from what we first set out to do. As March brings about the start of many new opportunities, we can still grasp opportunities. Spring-cleaning allows us to start new space and new clothing. Fasting is an opportunity to health and realigning your focus. Spring forward is a when we lose an hour but gain a jump-start on timeless opportunities. The season of spring brings about a season of freshness. It is never too late jump start your future, especially in the month of March. March, like any new month, can be a month of blessings, abundance, growth and change.



"Miss Independent"
by Ne-Yo

"Independent Women pt. 1"
by Destiny's Child

"Run the World (Girls)"
by Beyoncé

"Man! I Feel Like a Woman"
by Shania Twain

"I'm Every Woman"
by Whitney Houston
(originally by Chaka Khan)



When you're about to turn 1!!