

UL Lafayette Residential Life Newsletter

NOVEMBER 2019



Homecoming Court



Congratulations
2019 Homecoming Court

KING Mr. Jonathan Alexander
COURT Mr. Yusef Davis

UL Lafayette Homecoming Week 2019 was October 27th to November 2nd. Office of Residential Life is very proud to have two RA Members to be represented in the Homecoming Court. This is the second year that the University of Louisiana at Lafayette have a Homecoming King to be a part of the Homecoming Court. Last week there were many on campus events including the Block Party, Scavenger Hunt, Wear Red, Get Fed, Escape Room, Yell Like Hell, and the Parade along with many others.



Important Dates:

- 11-1** RA Evaluations Due
- 11-7** Last day to drop with a W
- 11-8** Emerging Leaders' Summit Conference
- 11-9** Preview Day #2
- 11-11** Veterans Day
- 11-13** UPC Movie Night: Toy Story 4
- 11-14** Promotion Interviews (Afternoon)
- 11-15** Promotion Interviews (Morning)
- 11-17** RA Inservice
- 11-18** 2nd Round Health & Safety
- 11-20** UPC Movie Night: Lion King
- 11-24** RA Reveal (5:30 pm)
- 11-25** 2nd Cajun Chat Due
- 11-28->11-29** Thanksgiving Break

RA Spotlight

Abigail Kilgore



"I was hired in the Fall of 2018 and have been an RA in Bonin ever since!! AKA the best building on campus :) I am a Junior majoring in Criminal Justice with hopes of eventually making my way to Law School. I enjoy reading and swimming or just spending time with friends in the park or around campus when I have the time. Oh and sleeping, I do that a lot... I guess a fun fact about me would be that I was in a commercial for a local restaurant when I was younger and I thought it would be my big break but instead it only aired for maybe a week and well, I'm still not famous so still waiting on that."



Amaya Bachemin

"I was hired in Spring 2019 and I am currently an LLC RA in Corona Hall. I am currently a sophomore and a Criminal Justice major. In my spare time, I enjoy hanging out with love ones, spending money, and dancing to music. My favorite place in the United States is New York City because of the love, culture, and food."

Happy Birthday!

● 11-3 Maylen Aldana ●

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|--------------|-----------------|---|--------------|------------------|
| 11-9 | Eliza Eligio | ● | 11-20 | Chanelle Labanon |
| 11-15 | Linda Tillis | ● | 11-22 | Nathan Godeaux |
| 11-16 | Lauren Anderson | ● | 11-22 | Patricia Hull |
| 11-19 | Aaron Hotard | ● | 11-24 | Haley Dunagin |





Servings: 2 Loaves
 Prep Time: 20 Minutes
 Cook Time: 65 Minutes
 Total Time: 1.5 Hour

Pumpkin Bread

INGREDIENTS

2 cups all-purpose flour, spooned into measuring cup and leveled-off • 1/2 teaspoon salt • 1 teaspoon baking soda • 1/2 teaspoon baking powder • 1 teaspoon ground cloves • 1 teaspoon ground cinnamon • 1 teaspoon ground nutmeg • 1-1/2 sticks (3/4 cup) unsalted butter, softened • 2 cups sugar • 2 large eggs • 1 15-oz can 100% pure pumpkin

INSTRUCTIONS

Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour (alternatively, use a baking spray with flour in it, such as Pam with Flour or Baker's Joy). In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point - that's okay. Add the flour mixture and mix on low speed until combined. Turn the batter into the prepared pans, dividing evenly, and bake for 65 - 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely. Fresh out of the oven, the loaves have a deliciously crisp crust. If they last beyond a day, you can toast individual slices to get the same fresh-baked effect.



A must watch on Netflix right now is "In the Shadow of the Moon." If you like thrillers, give it a look.

If you have a large amount of assignments due, try working on the hardest assignment first.

Still have you RA calendar? Take a look at it and see what is coming up.

Making connections with your residents is a great start to being a successful RA.

Feeling stressed out? Take a break and dance like no one is watching.

MAYLEN'S MOTIVATION

"Create the highest, grandest vision possible for your life, because you become what you believe."

OPRAH WINFREY

MATT'S MESSAGES

The easiest thing for a person to do when accomplishing a goal is to quit. When a person quits they can discredit the experiences they have been exposed to because of the frustration that led the person to quit. However, redirecting your focus to consider what is this moment in time teaching me may allow for a sense of thankfulness to overwhelm a person. November is a month where Thanksgiving is celebrated and upon reading this article, moments should come to mind where you were thankful for that experience. The list of reasons to be thankful may vary depending on the life experiences of the individual - to have the ability to sleep in a comfortable bed, to have a supportive family, or to have a meal plan to eat just to name a few. A suggested method to keep up with thankfulness is to keep a journal and write down your high moments and low moments. Once you have completed a few days, even a week, review those moments to gauge how far you have come on your journey. Remember everyone has a story to tell and inside that story are thankful moments that shape who we are. What are you most thankful for in your life?

FROM JONATHAN

- "Before I Let Go" by Beyoncé
- "Stand Up and Get Crunk" by Homebwoi & Ying Yang Twins
- "Louisiana Saturday Night" by Mel McDaniel
- "Swag Surfin" by F.L.Y.
- "We are the Champions" by Queen
- "Jolene" by Dolly Parton



When you stay up all night studying the night before a test... and that's the tea