



# DREAM

## Delivering Residents Education and Memories

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As the holiday season approaches and the residence halls close, we want you to maximize holiday happiness by following these helpful tips compiled by the American Society of Travel Agents (ASTA).

### Before the Trip Begins

Contact a travel agent well in advance of your trip to secure the lowest-priced airline seats, hotel rooms, and rental cars that usually sell out quickly for holiday travel. Be aware that prices generally escalate during the holiday season, as demand is higher.

Packing light saves time and energy when it comes to filling the trunk with fragile bags packed with gifts or racing to fill the last empty space in the overhead bin. Some airlines place special restrictions during the holidays and allow only one carry-on, so less luggage is vital. For detailed tips on how to pack wisely visit <http://www.travelsense.org/tips/packingtips.cfm>.

### Flying During the Holidays

Your travel agent can secure you a non-stop flight, or one involving the fewest connections and stops. Every time your plane touches the ground during peak travel times, the possibility of delays due to inclement weather or air-traffic problems increases. Also, aim to book morning flights, which tend to be delayed less often than afternoon departures. As flights are sometimes overbooked during the holidays, it's critical to check in early. Domestic travelers should arrive at the airport two hours prior to departure, while international travelers should arrive three hours in advance. Spending an idle hour in the gift shop is much more fun than missing your flight by ten minutes.

### Tips for Navigating the Open Road

The first step to ensure a smooth car trip is to keep your car in good working order. As temperatures drop during November and December, being stuck on the side of the road while waiting for an over-worked tow-truck driver is not the place to be. Before you leave, have a qualified mechanic check all the car's vitals: brakes, battery, fluid levels, tire pressure, light bulbs and any parts that need regular maintenance.

As with all long-distance road trips, it's wise to bring emergency equipment, such as a first-aid kit, flashlight, blankets, drinking water and snacks, along with flares and jumper cables. An ice scraper and chains for the tires will also come in handy. While a white Christmas is great for the memories, it's not ideal for driving conditions. Pad your schedule to allow plenty of time for the drive. Like shopping malls, the roads are busiest on the days right before and after the major holidays. If possible, take an extra day off to reduce the chances of being lodged in a traffic jam.

Once on the road, drive carefully, patiently and stifle any burgeoning impulses of road rage. Try not to view other cars and traffic signals as personal obstacles. Work with your fellow drivers and not against them. Indicate during lane changes and give everyone plenty of room. Also, be forgiving when someone demonstrates reckless driving.

“Holiday Travel Tips,” *American Society of Travel Agents Website*, <http://www.travelsense.org>



## IMPORTANT DATES

As the semester comes to an end, please be mindful of the important dates and information below. We hope that this information will prove helpful in making adequate arrangements for the upcoming semester.

### November 26th—Thanksgiving Holiday

- All residence halls will be closing for the Thanksgiving holiday on Wednesday, November 26, 2008 at 2:00 p.m. and will re-open on Sunday, November 30, 2008 at 10:00 a.m.

### December 12th—End of the Fall 2008 Semester

- All residence halls will be closing for the fall 2008 semester at 2:00 p.m.
- Important Note: Students participating in Commencement Exercises will be allowed to remain in the residence halls until 2:00 p.m. on Saturday, December 13, 2008.

Please discuss all the items mentioned above with your family members to ensure adequate accommodations are made to meet these deadlines. In the event there is a scheduling conflict, please contact the hall coordinator of your building. All residence halls will re-open for the spring 2009 semester Monday, January 5, 2009 at 8:00 a.m.

## Tips for a Stress-Free Closing

- If you are planning to return for the spring semester, you must complete an Intent to Return form. All intent forms were to be submitted by October 21st or students will lose their room assignment for the spring semester.
- Plan your departure from the residence hall within 24 hours after your last exam or by 2:00 p.m. on December 12, 2008, whichever comes first.
- Minimize non-academic stress by cleaning and packing anything that you know you won't need between now and the end of the semester.
- Set up a checkout time in advance with your RA; they will have schedules posted. Remember that they are students and have finals too.

## Closing and Check-out Procedures

All residence halls will be officially closed during the Thanksgiving and winter breaks. Please see the article to the left for the specific dates and times when the halls will open and close.

Before the Thanksgiving break, students must clean their room/suite, take their trash out, and close all windows/blinds.

Before the winter break, a residence hall staff member is assigned to check to condition of the room/suite when a resident checks out. Each resident will be required to defrost their refrigerator, pick up all items off the floor, secure all valuables in their closets, take their trash out, and close all windows/blinds. Damages and discrepancies are noted on the back of the resident's blue card. Normal wear is not penalized. Should the resident in violation not be known, all residents assigned to the room will be charged.

There will be a \$100 charge for all rooms/suites not cleaned and a \$75 per key charge for all keys not returned. In addition, students withdrawing from the residence halls will incur a \$50 charge for improper check-out if they fail to complete any part of the withdrawal process. Students should contact their respective residence hall director if they have questions. Students may also contact the Office of Residence Life & Housing at (757) 823-8407 or email us at [housing@nsu.edu](mailto:housing@nsu.edu).

Damage charges will be added to your account in mid-December. Fees must be paid immediately. An unpaid bill will keep you from receiving transcripts, getting a room assignment for the next semester, or prevent you from registering. To minimize fines, please be sure that any damages, and the people responsible for the damages, are identified before the end of the year.



*"To dream anything that you want to dream. That's the beauty of the human mind. To do anything that you want to do. That is the strength of the human will. To trust yourself to test your limits. That is the courage to succeed."--  
**Bernard Edmonds***

# Residence Life Happenings



## Residence Life & Housing Spotlight

Name: Christopher Wright  
From: Richmond, VA  
Major: Entrepreneurship

Babbette Smith Hall resident assistant (RA) Christopher Wright spent his summer break in Petersburg, VA participating in the Phoenix Project's 2008 Nonprofit Leadership and Social Entrepreneurship Program. The Phoenix Project is a statewide nonprofit organization that educates and engages Virginia's next generation of social entrepreneurs and nonprofit leaders on the front lines of the battle to revitalize Virginia's economically and socially distressed communities.

Wright says "the project taught me how to delegate responsibilities, work in teams, and helped me to become a better leader."

An upcoming December graduate, Christopher plans on attending graduate school, but currently has a few entrepreneurial ventures in the works.

To learn more about the Phoenix Project, visit [www.phoenixproject.org](http://www.phoenixproject.org).

"NSU Student Lives and Learns Nonprofit Leadership with the Phoenix Project",  
Norfolk State University News,

<http://www.nsu.edu/news/press/2008/090808.html>



## Programming for November

### 11/3 - Getting Fit

- ◆ Get fit by exercising in modern dance with Dr. Parker.
- ◆ Mid-Rise Hall Lobby from 6-8 p.m.



### 11/6 - Your view, your race! Does the color of your skin affect your outcome in society?

- ◆ Student Union Ballroom @ 7:00 p.m.

### 11/11 - Psych...It Matters!!!

- ◆ Get a better understanding about the way others think from a psychology standpoint.
- ◆ Rosa Alexander Hall @ 7:30 p.m.

### 11/13 - Service to Leadership

- ◆ Demonstrate how "everybody can be great because anybody can serve."
- ◆ Scott Hall Lobby @ 7:00 p.m.



### 11/13 - The Taste of Scott Hall-Social

- ◆ Experience potluck and poetry reading by exploring different cultures and foods through literature.
- ◆ Scott Hall Lobby @ 7:00 p.m.

### 11/17 - Physical Fitness Day

- ◆ Find out the essential tools needed to have a healthy life.
- ◆ Spartan Suites @ 7:00 p.m.

### 11/19 - Open Mic/Information on STDs

- ◆ Express feelings and emotions through song or poem while being informed on STDs.
- ◆ Charles Smith Hall @ 7:00 p.m.

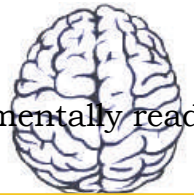


### 11/20 - Why Do People Act the Way They Act?

- ◆ Come and discuss one of the most misunderstood phenomenon - how people develop mentally.
- ◆ Babbette Smith South @ 7:00 p.m.

### 11/25 - Dangerous Minds

- ◆ Discover how important it is to be mentally ready for any challenge throughout life.



Well Done “Freshest Room Contest” Winners!!

**Babbette Smith North**

Ahshah Martin  
Maurquis Richardson

**Babbette Smith South**

Dominique Johnson

**Charles Smith Hall**

Rontae Tanner  
Dominique Griffith

**Lee Smith Hall**

Quivianna Davis  
Virginia Kemp

**Mid-Rise**

Crystal Searcy  
Tammy Thomas

**Rosa Alexander Hall**

Acacia Hinton  
Brittany Humphrey

**Phyllis Wheatley Hall**

Victoria Bourne  
Sydni Arnett

**Samuel Scott Hall**

Devante Teasle  
L.J. Augustine

**Spartan Suites**

Natasha Monroe

Congratulations to the 2008-2009 Residence Hall King and Queen Winners!!

**Babbette Smith North**

*Queen-Jessica Ford*

**Babbette Smith South**

*King-James Humphrey*

**Charles Smith Hall**

*King-Rontae Ramon Tanner*

**Mid-Rise Hall**

*Queen-Taryn Thorn*

**Phyllis Wheatley Hall**

*Queen-Cadeidre Alexander*

**Samuel Scott Hall**

*King- Lamar Russell*

**Spartan Suites**

*Queen- Kierra Tunstall*

**RHA's Ronald McDonald House Thanksgiving Food Drive**

- All donated items will be presented to the Ronald McDonald House at the conclusion of the Thanksgiving Food Drive on Friday, November 11, 2008.
- The Ronald McDonald House wish list includes: Febreze, dish-washing powder, toilet paper, towels, sheets, batteries, canned foods, sugar, cereal, coffee cream, paper towels, and gift cards.



**NOVEMBER IS AMERICAN DIABETES MONTH**

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

Compared to the general population, African Americans are disproportionately affected by diabetes:

- 3.7 million, or 14.7% of all African Americans aged 20 years or older have diabetes.
- African Americans are 1.6 times more likely to have diabetes as non Hispanic whites.
- Twenty-five percent of African Americans between the ages of 65 and 74 have diabetes.
- One in four African American women over 55 years of age has diabetes.

People with diabetes have the same nutritional needs as anyone else. Along with exercise and medications, nutrition is important for good diabetes control. By eating well-balanced meals in the correct amounts, you can learn to thrive with diabetes

For more information on diabetes and other complications, visit diabetes statistics on [diabetes.org](http://www.diabetes.org).

**“All About Diabetes,”** American Diabetes Association Website, <http://www.diabetes.org>



**HAPPY HOLIDAYS FROM THE OFFICE of RESIDENCE LIFE & HOUSING!**

