

YOUR RESIDENT ASSISTANTS AND GRADUATE ASSISTANT

1st Floor R.A.



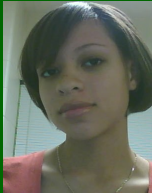
Virginia Caraballo
Senior, Social Work

2nd Floor R.A.



Dominique Johnson
Senior, Political Science

3rd Floor R.A.



Courtney Smith
Senior, Optical Engineering

4th Floor R.A.



Sekia Watson
Senior,
Health Services Management

4th Floor R.A.



Preston Walthour
Senior, Exercise Science

4th Floor R.A.



Charmyonne Bailey
Senior,
Mass Communication

G.A.



Jeffie Powell

Computer Science

The Suite Life

“A Newsletter Dedicated to the Spartan Suites Community”

Volume I, Issue II

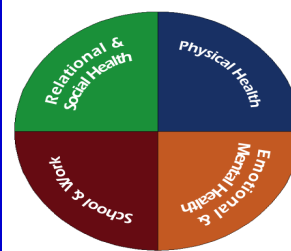
November 2009

Mind & Body

The month of November is **Mental and Physical Health Awareness Month**

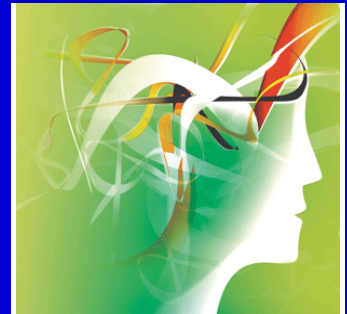
Mental health is how we think, feel and act as we cope with life. It also helps determine how we handle stress, relate to others and make choices. Like physical health, mental health is important at every stage of life, from childhood and adolescence through adulthood.

Everyone feels worried, anxious, sad or stressed sometimes. But with a mental illness, these feelings do not go away and are severe enough to interfere with your daily life. It can make it hard to meet and keep friends, hold a job or enjoy your life.



Mental illnesses are common – they affect about one in five families in the U.S. It is not your fault if you have one. These disorders – depression, phobias, bipolar disorder, schizophrenia and many others - are real diseases that you cannot will or wish away. Fortunately, they are often treatable. Medicines and therapy can improve the life of most people with mental illnesses.

Physical activity or exercise has been shown to improve



upon one's mental health. By adding some physical activity into your daily routine you will help to reduce anxiety and depression, create a positive mood as well as increase your level of self-esteem.

Info from MedlinePlus.

Tips on Maintaining Physical and Mental Health

- *Keep a positive attitude.
- *Accept that there are events that you cannot control.
- *Learn and practice relaxation techniques; try meditation, yoga, or tai-chi.

- *Exercise regularly. Your body can fight stress better when it is fit.
- *Eat healthy, well-balanced meals.
- *Learn to manage your time more effectively.

- *Get enough rest and sleep.
- *Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.
- *Seek out social support. Spend enough time with those you love.

Please remember to check your email periodically for Spartan Suites Updates

Staff Spotlight



Welcome, Dominique Johnson and Sekia Watson

Dominique Johnson is a Senior Political Science major who is a third-year Resident Assistant and a second semester Resident Assistant of the Spartan Suites residing on the 2nd floor. Dominique's future career goals and aspirations are to receive his master's degree in International Affairs and plans to pursue a career as an Intelligence Analyst.

Sekia Watson is a Senior Health Service Management major who is a second-year Resident Assistant and new to the Spartan Suites Resident Assistant Staff residing on the 4th floor. Sekia hopes to receive her master's degree in Community/Clinical Psychology and plans to work with special needs children.

Announcement!

Suite Life Reminders

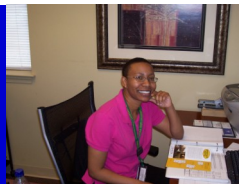
- * Please come out and support your Resident Assistant programs
 - * November 10, 2009 @ 6:00pm You Think You Know But You Have No Idea-Charmyonne
 - * November 10, 2009 @ 7:00pm Graffiti Party -Courtney
 - * November 12, 2009 @ 7:00 Better Mental=Better Physical Learning-Dominique
 - * November 16, 2009 @ 8:00 The Workout Plan-Preston
 - * November 17, 2009 @ 6:00pm Whose Life Is It? Your Values? Your Parents?-Virginia
 - * November 17, 2009 @ 7:00pm I Don't Know How I'm Going To Make It?-Sekia
 - * November 18, 2009 @ 8:00pm Who Are You?-Jeffie
- * Apartment doors should be closed and locked at all times.
- * Speed bumps have been installed in the Spartan Suites Parking Lot.
- * Quiet Hours for all residence halls are 10 p.m. to 8 a.m.
- * Please check your email for frequent updates or building concerns.
- * All guests are required to sign in/out at the front desk and leave a valid ID. Visitation Hours are 8 a.m. to 2 a.m., Sunday through Saturday.

Your Ambling Management and Staff



Dana McDonald

Office Manager



Jeanine Turman

Assistant Property Manager



Callie Johnson

Property Manager

Courtesy Officers

Anna Rosa Ronald Brothers Brady Tuft

Maintenance Technicians and Housekeeping

Derwin Gardner John Coles Russell Myers