

**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 1, Issue 1

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**Stress is nothing more than a socially acceptable form of mental illness!**

-Richard Carlson

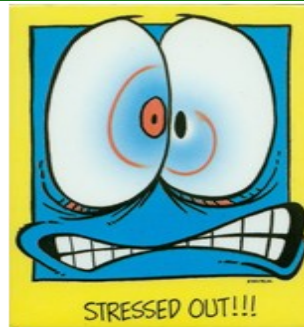
“In times of stress be bold be valiant”

- Horace

The month of October is when midterms fall into place. Make sure you stay stress free before and after this eventful week. The effects of stress can possibly lead to something life threatening. Over time unrelieved stress can lead to increased heart rate, respiration and blood pressure. Emotional stress can burn a person out and in worst case situations lead to suicide. Use the stress management tips to keep stress levels down. Manage your stress and stay positive!

### Tips on Managing Stress!

- \* Take a deep breath and count to ten
- \* Stop and smell the roses
- \* Know your limitations
- \* Eat healthily
- \* Listen to music
- \* Manage your time wisely
- \* Talk about your problems
- \* Exercise
- \* Read a book
- \* Get a good night's



Keep your sense of humor. There's enough stress in the rest of your life to let bad shots ruin a game you're supposed to enjoy.  
Amy Alcott

If life around you is getting a little rocky, steal a moment for yourself and figure things out!

College stress is the worst stress you have to deal with college life along with a social life... but lay out your priorities and your life will fall in place.

### Come Join Us!

October 18th

Mr. & Ms. NSU Pageant  
Come out and support you fellow Spartans and see who brings home the crown!  
**Location:** L. Douglas Wilder

October 25th -31st

It's Homecoming Yall!  
H.O.M.E.C.O.M.I.N.G.  
Come out and enjoy the festivities all week long!  
**Location: NSU CAMPUS**

Upcoming Events

Keep your eyes open for flyers and announcements in your Campus Announcements for upcoming Residence Life & Housing and Spartan Suites events.

Please remember to check your email periodically for Spartan Suites Updates

## Staff Spotlight



### Welcome, Charmyonne Bailey

Charmyonne Bailey is one of the newest members of the Spartan Suites Staff joining us as one of our 4th floor Resident Assistants. Charmyonne has been an R.A. in Midrise Hall and Lee Smith. Charmyonne, a mass communications major from Washington, D.C. is a member of the Spartan Legion Marching Band.

### Favorites

TV Shows: Family Guy, Fresh Prince of Bel-Air, 106 and Park, and Martin

Movies: Classics

Quote: "Do It"



## Suite Life Reminders

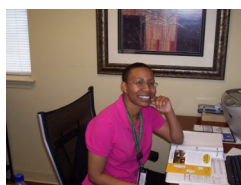
- \* **Please come out and support your Resident Assistant Programs**
  - \* October 7, 2009 A resume for what? - Charmyonne 7:00PM
  - \* October 19, 2009 Higher Learning—Preston 8:00PM
  - \* October 20, 2009 Should I hit the Club or the Books?—Sekia 7:00PM
  - \* October 21, 2009 Where will you be after NSU? - Courtney 7:00PM
  - \* October 22, 2009 Study Skills Workshop—Virginia 7:00PM
  - \* October 27, 2009 Know Your Needs—Jeffie 8:00PM
- \* **Apartment doors should be closed and locked at all times.**
- \* **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 9 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

Editor In Chief and Creator of the Suite Life: Sekia Watson