

RESIDENCE LIFE NEWS

OCTOBER 2010

UPCOMING EVENTS:

October 16th—
homecoming game
4pm

October 28th—
Granboory 7pm

November 11th—
Res Life sponsored
Fall Carnival (TBA)

November 19th—
dorms close at 5pm
for Thanksgiving
break

November 28th—
dorms re-open at
2pm

How to Save a Buck: Tips on Improving Your Gas Mileage

It's not surprise the gas has gotten extremely high in the last few years. I am revealing a little about my age here but when I was in college gas was 98 cents a gallon.

So how do you make sure you are getting the most for your money? Here are few tips on how to improve your gas mileage regardless if you drive an SUV or an economy car.

1. Observe the speed limit...gas mileage usually decreases rapidly at speeds about 60MPH. It is safe to assume that for every 5mph you drive over 60mph is like paying an additional \$0.24 per gallon for gas.
2. Drive sensibly...not only

does speeding, rapid acceleration and braking increase your chances of being involved in an accident, it will decrease your gas mileage.

3. Remove excess **weight...hauling unnecessary** items in your vehicle, especially heavy ones like golf clubs, tools and other sporting equipment can reduce your mileage by 2%. This is especially true for smaller vehicles.
4. Avoid excessive idling...sitting in your car with it running gets you 0 miles per gallon and uselessly burns fuel.

5. Use cruise control when you are on the interstate. Driving a steady speed is the best way to get the most miles per gallon.
6. Keep your car serviced...having the oil in your car changed regularly, making sure your tires are properly inflated, using the right grade motor oil and replacing your air filter routinely will greatly impact your cars performance and the quality of gas mileage you are getting.

GRANBOORY

It's that time of year again....GRANBOORY. Residence Life would like to cordially invite the student body to find your best Halloween costume and join us for an evening of fun in Granbury on October 28th.. The fun will kick off at 7pma and go until 10pm. Please

make sure that all costumes are LC appropriate for the event or you will be turned away at the door.

You don't want to miss the food, fun and foot fellowship. See you there!





OCTOBER: Bizarre and Random Holidays

Who knew that October **wasn't just host to Halloween?** Turns out that every day in October has a designated **"unofficial" holiday.**

Here are some of the highlights so take time to celebrate this month:

2nd-Name Your Car Day

3rd-Virus Appreciation Day

9th-Moldy Cheese Day

14th-Be Bald and Free Day

16th-Dictionary Day
"thank you Webster!"

17th-Gaudy Day

18th-No Beard Day

24th-National Bologna Day

25th-Punk for A Day Day

28th-National Chocolate Day

30th-National Candy Corn Day

In celebration of all of **October's special days** we challenge you to name your car, if you **haven't already, and** then post the name of your car as your status on [facebook](#) on October 28th.

If you don't like something change it; if you can't change it, change the way you think about it.

-Mary Engelbrett

RESIDENCE LIFE SURVEY

Coming to a residence **hall near you....the 2010 Residence Life Survey.** At the end of each semester you get the opportunity to evaluate your professors and give feedback about your classes. We realized that you are not given the opportunity to evaluate and give feedback about

your LC student services like the bookstore, **Hattie B's, post office, library, etc....at least not** until you are a graduating senior. We have put this survey together to get your honest feedback on how we can improve students services for you! Please make sure you receive a sur-

vey from your RA. Complete the survey and return it to your RA or to the Residence Life Office. We value your input! There will be a drawing from all forms returned for a \$50 gift card to Wal-Mart..you could be the lucky winner.

What is QEP?

Hopefully by now you have heard the concept QEP and/or FLY used across campus. Or maybe not **QEP and FLY?" Briefly stated, QEP stands for Quality Enhancement Plan** which is a requirement and opportunity that the Southern Association of Colleges and Schools (SACS) required institutions it accredits. This plan must specifically address student learning out-

comes, be in keeping with **the school's mission, and** involve everyone.

The focus of LC's QEP is to enhance student understanding of specific core Christian beliefs through a liberal arts education supported through select central curriculum courses. The two learning outcomes of QEP is that students will be able to explain core Chris-

tian beliefs and will also be able to explain how knowledge of the core Christian beliefs impacts a **Christian's Life.**

These goals will be directly implemented in the following courses: CC100, EN200, EN201, HI101, HI102, RL101, RL102, Biology 101, Earth Science 103 and PI300.



RA OF THE MONTH: MICHAEL SUMNER

Residence Life would like to offer a BIG THANK YOU and congratulations to Michael Sumner on being selected as RA of the month for October. Mike has served on RA staff for three years. Here are some things you may not know about our friend Mike Sumner:

*he is currently serving

as the co-director of LC intramurals *he is actually not on the LC basketball team though everyone thinks he is *Mike has three jobs...RA, master paint mixer at Sherwin Williams and tutoring an autistic child *he has an amazing 3pt shot *he is from Baton Rouge *when his hair is grown out he favors Willie Wonka *he is the only

guy who drives a BMW that has the trunk strapped down with bungee cords *he is the only RA who has lived and served in every dorm aside from **CDA...that's** right...Mike spent some time in Cottingham.

Thanks for all your hard work Mike...and for just being you!



Straighten Up and FLY right!

Have you ever experienced neck or back pain recently? It could be due to poor posture or body mechanics. College life can be a very busy and stressful time. Many students do not take time to consider their posture or the way in which they move to perform routine tasks. Proper posture, from a side view, involves **alignment of one's ear directly over the midpoint of the shoulder, shoulder aligned with the midpoint of the hip, and the hip in line with the knee and ankle.** Deviation from proper alignment places excessive stress on structures of the spine including the muscles involved in maintenance of upright posture which can lead to pain, fatigue, and increased injury. Take a moment to perform a quick assessment of your own posture. If you find yourself

out of proper alignment, practice assuming the posture described above. You may find it difficult to maintain correct posture for long periods of time at first. The muscles responsible for upright posture are muscles of endurance and must be conditioned. The first step to improved posture in becoming mindful of it.

Here are a few helpful tips related to posture and body mechanics:

- Carry your backpack using both straps
- Carry heavy loads close to your body (i.e., laundry baskets, luggage, etc)
- Know your limits. Make multiple trip with smaller loads if necessary.
- Push or pull a load rather than carrying when possible.

- Maintain proper postural alignment in sitting (while sitting at the computer or in class)
- Position your computer screen at or just slightly below eye level.
- Exercise regularly to maintain strength, endurance and flexibility.
- Proper nutrition
- Get adequate rest.

The Louisiana College Physical Therapy Assistant Class of 2011 would like to take this opportunity, in recognition of National Physical Therapy Month, to encourage you to take some time out of your busy schedule to take care of yourself. If you have questions about the information provided or are interested in the PTA Program, please contact us at 487-7162.

We Call It "CONVERGENCE" by Al Quartermont

Many of you have noticed around campus there are no more displays for our student newspaper, The Wildcat.

Does that mean LC no longer has a journalism program? Hardly. All you need to do is look to the Internet.

Wildcatsmedia.com is the name of our new, online version of The Wildcat. We are calling it Wildcats Media (by the way, you can become a fan on Facebook of that same name) because it represents so much more than traditional journalism.

Sure, the old "Wildcat" is there. We have lots of newspaper-style articles covering campus news and events. But, we have a lot more pictures – photo galleries in just about every article. We have a lot of video – each week we post our Thursday chapel services, interviews after LC sporting events, and more.

If you ask any of my journalism or broadcasting students what "convergence" is, I hope they will be able to rattle off the top of their heads something like this: "It's the blending of old media with new media." For that, they will get an A.

Indeed, the era of "convergence" has arrived. In fact, it's been here for a while now. Some have been slower to adapt and adopt than others, but one thing is clear, those media that want to survive in the new digital age must converge. And so we have.

Our planning for wildcatsmedia.com dates back to the summer months of 2009 when I interviewed for the job as journalism instructor. One of the things I was told was that LC needed to model its journalism department more for the 21st Century (translation: website).

For me, that seemed no problem. After all, I had been doing the work of a "convergent" journalist for some time now. At KALB in Alexandria, I had not only worked as a news anchor for several years, but my past experience included digital editing, digital cameras for video and still photos, and of course, writing.

What convergence means to me is the opportunity to take all the skills I've learned as a broadcast journalist and blend them all together. As an instructor, it means an opportunity to challenge our print students to learn elements of broadcasting and to challenge our broadcast student to learn elements of print - and then both groups take both of those skill sets and apply them to the Web.

Our student media website - www.wildcatsmedia.com - only enhances that opportunity.

Getting here has been a methodical process. We wanted to get this website right, and so as we began, we knew that there would still be some tweaking to do. But already we feel we are better poised to server our full LC community - that is, students, faculty, alumni, parents – whomever. It is the opportunity both to watch and participate in our own convergence process.

Our goal is to provide fresh, current content of LC happenings. I realize for some of our students (as it was for me), the full light perhaps hasn't come on yet. That is, they still may not fully see the potential of this new direction. But I know they will. As we continue to add more elements to the website - and continue to get lots of people checking us out, I believe we will be inspired to grow and improve.

WWW.LACOLLEGE.EDU



DAD'S DAY 2010

November 13th we will **host our annual Dad's Day** on campus. Tell your dad to be looking for his invite in the mail. Registration will begin at 10:30am in the Student Center near the game room. Lunch will begin being served at 11am...homemade GUMBO and boudin...a Louisiana favorite. We will be taking pictures of you and your dad and you could be selected to participate in the half time challenge.

Game time 1:00pm

