



Ramadan



Ramadan is a special month for millions of Muslims around the world. It begins during the ninth month of the Islamic calendar, which is lunar-based (each new month begins with the new moon). Ramadan is a time of intense inner reflection, devotion to God, and self-control. For Muslims, Ramadan is a time to “purify” themselves spiritually and physically. Due to a lack of preoccupation with satisfying bodily needs during daylight hours, fasting becomes a means of becoming closer to God (the primary goal). A secondary goal of fasting is to experience hunger and develop sympathy for those who are less fortunate. Usually fasting is voluntary, but during the month of Ramadan fasting is required. Only those with certain health conditions, pregnant women, and travelers are exempt from the required fasting, and even they must make it up as they are able to do so. The daily period of fasting begins at the break of dawn and ends at sunset. During the daylight hours, Muslims totally abstain from food, drink, smoking, and marital sex. Also, during this time, families get up early before dawn to eat a pre-fast meal known as a *suhoor*. After the sun sets, the fast is broken with a meal known as an *iftar*, which is then followed by a sunset prayer and family dinner. The *iftar* usually consists of dates and sweet drinks that provide a quick energy boost. Many Muslims find that they eat less for dinner during Ramadan than at other times of the year due to stomach contraction. However, most Muslims experience little fatigue during the day as the body becomes accustomed to the altered routine during the first week of Ramadan.



Sources: www.colostate.edu/Orgs/MSA/events/Ramadan.html; www.factmonster.com/spot/ramadan1.html

Congratulations to Homecoming Participants and Award Winnes!

Thanks to everyone who participated in last week’s Homecoming activities. Congratulations to Tony Rouse who received first runner-up for Homecoming King; Southern Courtyard who won the Most Spirited Residence Hall; RHPC and Southern Pines who won 2nd place in the Doo-Dah competition; and to Hendricks for winning 2nd place in the banner competition!



Eagle Court RA of the Month

Jon Sheppard of Southern Courtyard is the RA of the Month for Eagle Court (Brannen/Sanford, Hendricks, Johnson, Southern Courtyard, Veazey and Watson). Congratulations!

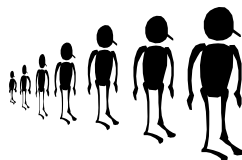


Southern Heights Appreciation Week

November 2-7 is Southern Heights RA Appreciation Week. Residents of Kennedy, Olliff, Southern Pines, Stratford and Winburn, show appreciation for your RA this week by dropping him or her a note or simply saying, “Thanks!”

The 700 Club

Are you one of the 700? Over 700 residence hall students have a registration hold due to the new meningitis requirement. As you know you cannot register for spring semester classes if you have a hold. Please go to your WINGS account to check your status. If you have a hold, go to Health Services. If you have had the vaccine and see a registration hold on your WINGS account, your information has not been updated. Only Health Services can update your account.



Reserved Classes for SIU and FYE

The bulk of the assignments to reserved classes for Success-in-U and First Year Experience/Johnson Hall have been made, and we have mailed letters to your P.O. boxes about your class(es). While most everyone in Johnson and Winburn halls has returned the forms concerning reserved classes for the spring, several people have not and therefore have holds on their registration. If you are in this situation, you will also have received a letter in your P.O. Box. You will need to come to the main Housing office in Watson Hall and complete the required paperwork. We will release the hold as soon as we can.



Spotlight on . . . Ms. Ruthie Hill

Ms. Ruthie Hill is a Custodian II who is responsible for cleaning the A side of the first and second floors of Johnson Hall. Ms. Hill has been working at Georgia Southern since 1984 when Deal and Anderson Halls were still in use as residence halls. She loves working at Georgia Southern because of all the new students she gets to meet. She says that she also gets great satisfaction when the students and RAs show her and the other custodians appreciation for a job well done. In her spare time, Ms. Ruthie (as she is called) loves to shop, cook (she has helped her sister and niece with a catering business for the past ten years), spend time with her three grandchildren, and relax at home watching a good comedy or mystery. When asked where she sees herself in five or ten years, Ms. Ruthie replies, "I'll probably be retired from Georgia Southern, but I will probably continue helping my sister and niece with their catering business." Ms. Ruthie's advice for students is to "keep studying and get all the education you can get. Education is what you need today to be successful."

Out and About Campus

Sunday, November 2

Day of the Dead, Carroll Building,
Room 2240, 2 p.m.



Monday, November 3

Tree-lighting Ceremony (Holiday Helpers), Lakeside
Café, 11 a.m.

General Student Recital, Carol A. Carter Recital Hall,
1 p.m.

Tuesday, November 4

Jazz Ensemble, Performing Arts Center, 8 p.m.
Wednesday, November 5

Saturday, November 8

Okefenokee Swamp Adventure, Museum

National French Week

Wednesday, November 5

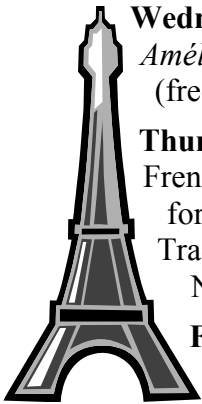
Amélie, Nessmith-Lane Assembly Hall, 7 p.m.
(free admission)

Thursday, November 6

French Buffet, Landrum Cafeteria, Noon (cost
for students is included in meal plan)
Traditional Music and Songs from France
Nessmith-Lane Assembly Hall, 4 p.m.

Friday, November 7

French-Canadian Music Recital, Foy
Building, 8 p.m. (free admission)



Study Bucks Winners!

The Study Bucks winners for this month are Lindsey Herrington of Watson Hall who won a DVD player and Dave Ritchey of Veazey Hall who won a \$50 gift certificate. Congratulations and keep studying! *Come by front desk of Watson Hall to claim your prize. Bring your ID!*



In the Halls . . .



Monday, November 3

Freestyle Rap Battle, Southern Courtyard,
8 p.m.

Movie night: *The Sum of All Fears*, Carolyn Thomas
will facilitate, Johnson, 7 p.m.

Tuesday, November 4

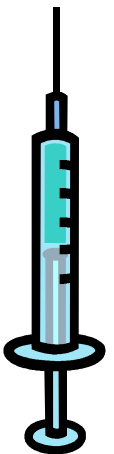
"The Freshmen 15," Charles Sullivan of Health Services
presenting, Veazey, 7 p.m.

Wednesday, November 5

Diversity Stereotypes, Amy Anderson presenting,
Veazey, 8:30 p.m.

Flu Vaccinations

Flu shots are available in the Health Center from 8 a.m.-11:30 a.m. and again from 1:30-4:30 p.m. Monday through Friday. The shot is \$10 and students must NOT have been running a temperature the day before or the day of receiving the vaccination, as you may already have the flu. Those who are allergic to eggs should not receive the vaccination. Health Services advises those who do receive the shot to take a fever reducing medicine such as Tylenol, Motrin, or Advil for the first 24 hours after receiving the shot.



Game Show Week In Southern Pines!



Monday, November 3, "What would you do for a Buck?" 8 p.m.

Tuesday, November 4, "Hollywood Squares," 8 p.m.

Wednesday, November 5, "Trivia Night," 8 p.m.

Thursday, November 6, "Roommate Games," 8 p.m.

Come down and play any game. Get free snacks, win prizes, and social with other residents and staff!