



## Ever Consider being an RA?

Interested in enhancing your leadership skills? Communication skills? People skills? Be an RA! Resident Advisors (RA) are vital members of the Georgia Southern Department of Housing staff. They are live-in members of the Department of University Housing staff. Compensation includes learning valuable skills, a single room and the lower, double room rate (if the room is intended as a double).

**Applications are due January 20, 2005 for Fall 2005 positions**

For more information on the RA position and to talk with Housing representatives and current RAs, come to one of the Information Sessions.

### Information sessions:

- November 30 in Johnson and Olliff Halls at 6:30 p.m.
- January 9, 2005 in Hendricks and Kennedy Halls at 6:30 p.m.
- January 13, 2005 in Southern Pines at 6:30 p.m.



## Eating Healthy over Break

Here are some basic tips on how to enjoy the holiday season without paying for it later:



- Even though food is a major focus over the holidays, try not to overeat.
- Control your appetite by eating a high-protein snack an hour or two before the main meal.
- Choose low or non-fat dairy products.
- Turkey and ham are better sandwich meats than bologna, and salami. So save those leftovers!
- Use a light margarine instead of butter for cakes, cookies, and pies.
- Eat pretzels instead of potato chips and nuts.
- Drink more water instead of soft drinks and fruit drinks such as lemonade.
- Flavor your food with spices instead of salt.
- Don't automatically salt your food before tasting it.
- Beer, wine, and hard liquor have more calories than carbohydrates and protein, and almost as many calories as fat.
- Some healthy snacks to consider: fresh fruits and vegetables, whole grain muffins and bagels, rice cakes, raisins and other dried fruits, water based sherbet or sorbet, low fat granola, and vegetarian pizza.



For more information contact the Health Education Office at 871-1732 or visit the Health Services web page at [www.georgiasouthern.edu.edu/health](http://www.georgiasouthern.edu.edu/health).

## Thanksgiving Quiz

1. What year did the Pilgrims have their first Thanksgiving Feast?  
a) 1620 b) 1621 c) 1625 d) 1935
2. What president scoffed at the idea of having a national Thanksgiving Day?  
a) Washington b) Jefferson c) Lincoln d) Nixon
3. Who is credited with leading the crusade to establish Thanksgiving Day?  
a) Sarah Jessica Parker b) Sarah Lee c) Sarah Josepha Hale d) Sarah DeVaugh
4. Which president established the date of Thanksgiving as a national celebration?  
a) Lincoln b) Grant c) Teddy Roosevelt d) Hoover
5. Why did FDR move the date of Thanksgiving up a week?  
a) Political reasons b) It was warmer c) To make Christmas shopping season longer



Answers: 1) b; 2) b; 3) c; 4) a; 5) c

## Spotlight On . . . Dr. Michelle Cawthorn



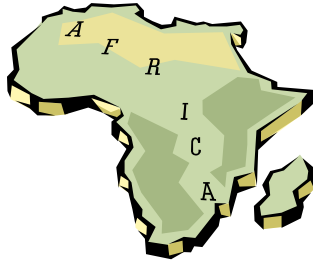
Dr. Michelle Cawthorn is an assistant professor in the Department of Biology. She teaches general biology, environmental biology, evolution, ecology labs, and the first year experience classes. Dr. Cawthorn has been at Georgia Southern for nine years. She received her bachelor's degree and master's degree from Old Dominion University. She received her Ph.D. from Bowling Green State University. When asked what she enjoys most about Georgia Southern, Dr. Cawthorn replied, "The diverse student body and living in the South." In her spare time, she enjoys reading, cooking, gardening, watching baseball, and walking her dog, Mojo. Dr. Cawthorn's advice to students is to "Take a variety of classes, and spend enough time studying, but don't forget to have down time."

### "Books for Africa"



Are you looking for a great way to get rid of those textbooks that the University Store won't buy back? Well, don't throw them away! Consider giving them to "Books for Africa." The Volunteer Services' Student Action Board is sponsoring a book drive to

help the children of Africa. These books will provide educational tools for learning in their schools and libraries. All types of books are accepted, so please make a donation if you can. There are big white boxes scattered throughout the campus. Each one has a "Books for Africa" poster on it. For more information on this event please contact: [studentactionboard@yahoo.com](mailto:studentactionboard@yahoo.com).

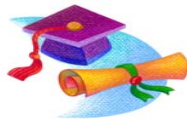


### Closing and Opening

As a reminder, all students should be out of their halls 24 hours after their last final and no later than December 10 at noon. Any appeals to stay later must be made to your building director.

### Career Corner

#### Second Interview Dressing by Monster Finance Careers Expert



Let's say you're interviewing for a finance position and you make the callback cut. You knew what to wear for that first interview, but what are you going to wear this time? If your interviewer works in an office where everyone wears the standard finance uniform -- a dark suit, white shirt and a tie with a small print -- have a second conservative suit ready to go, suggests fashion consultant Mary Lou Andre, editor of the Dressing Well Web site (<http://www.dressingwell.com/resource.htm>). If the office is casual, a man can gear down for the second interview, wearing a tweed jacket with pants, shirt and tie. "For financial services, always a tie and always a jacket," Andre advises. For women, a skirt suit or pants suit in navy or black sets a business tone for the first and second interviews.

### Out and About

#### Monday, November 22

Cinema Arts presents "Standing in the Shadows of Motown," Russell Union Theater, \$2, 7:15 p.m.

Beethoven's "Fifth Symphony,"

Performing Arts Center, 8 p.m.

Mafia Monday, Johnson Lobby, 9 p.m.

#### Wednesday, November 24

Women's Basketball vs. Savannah State, 7 p.m.

#### Saturday, November 27

Women's Basketball vs. Davidson, 5 p.m.

Men's Basketball vs. Brewton-Parker, 7:30 p.m.



### Room/Building Changes

Do you want to move somewhere else in your building or into a completely different building all together before the semester ends? It can happen!

#### For changes within the same building:

Tuesday, November 30, 2004

7 p.m.- 10 p.m.

See your building director for more information.

All students that participate must move by 5 p.m. on Wednesday, December 1, 2004.

#### For changes to a different building:

Wednesday, December 1, 2004

1 p.m. -3 p.m.

Watson Hall Lobby

All students who participate must move by 10 p.m. on Thursday, December 2, 2004.



**Have a safe and happy  
Thanksgiving!  
Come back energized for the last  
week of classes and exams!**