

The PRIDE

The Things I Learned
from No Frills 2011



April – National Residence Hall Month

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SEC Spotlight

Louie the Lion

Associate Director of Pride and Ferocity

Hey SAACURH!

This may or may not come as a surprise to all of you, but I am very much a part of the SEC. I have been at every SEC online chat and meeting. I have also been in boardroom watching all of you as you vote on bids and make amendments to legislation. Some of you actually invite me to sit with you and write top-10 lists about me. With that being said, I am writing to you to let you know I am one proud lion. You all have been so active this year on your campuses and within the region to represent SAACURH to the highest standards. You have even taken the effort to share the work you have done through bid writing. I want to take my SEC Spotlight to shine the spotlight on all of the award winners from No Frills 2011...so check it out on the next page!

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No Frills Withdrawals!

If you are going through No Frills withdrawals, don't worry! The PRIDE has got you covered. You can take a trip back down memory lane and see all the good times we had! Just keep reading, there is a lot to cover (as usual :D).

No Frills 2011 Award Winners!

BIDS

1. Evelyn A. Wallington Advisor of the Year Award: Justin Lukasewicz
2. Building RHA Award: Morehouse College
3. OCM NCC of the Year Award: Caleb Lewis
4. SAACURH School of the Year Award: University of North Carolina - Wilmington
5. Distinguished Service Award: Sean Johnson
6. First Year Experience Award: Thomas Sykes
7. NRHH Building Block Chapter of the Year Award: University of North Florida
8. NRHH Outstanding Chapter of the Year Award: University of North Carolina - Wilmington
9. OCM NRHH Member of the Year Award: Michelle Sun
10. NRHH Representative of the Year Award: Jessica Slee
11. SEAHO Student of the Year Award: Lisa Maxwell
12. President of the Year Award: Jordan Winn
13. Commitment to Diversity Award: University of Georgia
14. State Board Member of the Year: Zack Walden
15. No Frills 2012: Valdosta State University

SAAS INDUCTEES

1. Florida Gulf Coast University – Heather Danay
2. Florida Gulf Coast University – Leslie Puzo
3. Florida Gulf Coast University – Rachel James
4. University of Georgia – Barrett Beck
5. University of Georgia – Ryan Hill

GRANTS

1. Affiliation Grants: University of Alabama at Birmingham and the University of West Georgia
2. Programming Grant: Columbus State University

FIERCE PIERCE AWARD

1. NCC Boardroom: Steven Newell – University of Alabama
2. NRHH Boardroom: Brittany Burton – Appalachian State University

Overall, I am very proud of everyone and their participation at No Frills 2011. Keep it up!

Me Love!
(Get it...me love...Louie love!)



First Impressions

Author: Jake Jones
Valdosta State University – NCC
No Frills 2012 Conference Chair

First impressions. They're kind of important. Studies have shown that people create an impression of you within the first seven seconds of meeting you. That means you've got seven seconds to flash your most brilliant smile, firmly shake hands, and put your best foot forward. Eye contact. Confident composure. No slouching. Deodorant. Oh, and don't forget – what you're wearing has got to look like a million bucks.

I've just described how our SEC-Elect was probably feeling when they stood up to give their presentations at No Frills 2011 a couple of weeks ago. Attire is an extremely important part of a first impression. Depending on how someone looks, you can guess a lot of things about them. Look around the room. What are the impressions that

you're getting? Even though as a society we are taught not to judge a book by its cover, the reality is, we all do. Let's face it, attire and professionalism are important – they show others how you view yourself, and how you want to be viewed by the world. Would you want your SAACURH Boardroom run by Joe Blow, in a pair of sweatpants and a grease stained undershirt? Or would you have more confidence in Zack Walden, who wears a three-piece suit?

The same applies to the corporate world. When we all graduate from college and go our separate ways, we need to realize that our employers look at what we wear, and I guarantee you they would pick Zack Walden over Joe Blow any day. The point is, knowing what is appropriate and not appropriate to wear, whether

it be to a conference Boardroom or a job interview, is vital information that everyone should know. Knowing the difference between casual, business casual, and business dress



could set you apart from the crowd and give you a leg up on the competition. Dressing nicely exhibits professionalism, maturity, and class. That is something that I have learned the importance of since becoming a member of SAACRUH, and especially since attending No Frills 2011 at Appalachian State.

Top 10 Things I Learned at No Frills 2011

1. SAACURH is even more fierce-er than I thought.
2. Robert's Rules are to be used as a tool, not a weapon.
3. Read your bids before Boardroom.
4. Apparently Chad is a VIP for top 10 lists.
5. The importance of state associations.
6. Business casual and business dress are not the same as "I look hot."
7. Doodles and candy aren't just for five year olds.
8. The importance of being fiscally responsible and transparent.
9. Paper cranes are really hard to make.
10. A sense of humor is your greatest tool in stressful situations.

National Residence Hall Month

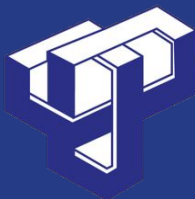


Schedule of Events

- Spring into Service (April 3–9)
- Advocacy Week (April 10–16)
- Recognition Week (April 17–23)
- Programming Week (April 24–30)

Please Remember

1. Keep track of your campus' service hours
2. Email them to nrhm2011@gmail.com
3. We want to reach 720 service hours!
4. Share your ideas and ask questions on our Facebook fan page
5. Tweet us on Twitter (@NRHM2011)
6. Contact SAACURH's NRHM buddy: Corey Scavo (scavo003@connect.wcsu.edu)



Important Dates

- April 10 – National NRHH Pin Day
- April 25 – NRHH's birthday!

R.O.C.K. You Rock You Rock!

This shout-out goes to Appalachian State University and their conference staff. You all did such an amazing job and it is clear how hard you worked to pull the amazing conference known as No Frills 2011 together!

Thank You!

From all of SAACURH to the wonderful Appalachian State University, we want to thank you from the bottom of our hearts for hosting us for No Frills 2011. You all did so much for us to make us feel right at home. We definitely struck G.O.L.D with you as a host for the conference and we appreciate it more than you know!

No Frills 2011 Flashback!

Favorite Top 10 Lists:

Top 10 Celebrities You Would Like to See as NCCs!

- | | |
|---------------------------------------|---------------------------|
| 1. Kanye West (because he interrupts) | 7. Ke\$ha |
| 2. Charlie Sheen | 8. Lady Gaga |
| 3. Rihanna | 9. Perez Hilton |
| 4. Barack Obama | 10. Louie |
| 5. Marilyn Manson | 11. Barney-He's Purple =] |
| 6. Taylor Swift | |

Top 10 Reasons State Associations are awesome!

1. They are MARH-velous
2. They're just TARH-iffic!!!
3. We can GRHO together ;)
4. KARH dominates at riding the pony (bc we have horses)
5. North Carolina...duh
6. Best Friends
7. FARH (second)
8. Matt Lovelace
9. They have the best mom (Megan Dutton)
10. Animal Mascots

Congratulations to the SEC-Elect!

Director – Zack Walden

RCCA – Nicole Verdino

ADBA – Ryan Hill

RCCDE – Beth Bredigam

AD-NRHH – Megan Dutton

RCCNSP – Nikki Swartwood



Final Count: 665



Table Art



NACURH 2011 Western Illinois University

Dates: Friday, May 27 to Monday, May 30

Updates:

1. Conference Registration and Program Submission deadlines have been extended to Friday April 15 at 11:59 CDT
2. The Lake Argyle Philanthropy Project date has been changed to take place on Friday, May 27 from 10 am until 2pm.

More Information: Please see the NACURH 2011 website (www.nacurh2011.com) for more details and updates!

We've Got Spirit, Yes We Do!

Cheers

This NACURH...get ready to learn some new cheers!

Deep in the heart of the fiercest jungle
You can hear those lions rumble
oo-ah, oo-ah, oo-ah (beat your chest on each syllable)

ROAR!

The SAACURH Extended cheer will be re-introduced. It is an extended version, but it will be on the back of the t-shirts, so in case you forget, just look at the person in front of you!

Look for more cheers to come soon! If you need help remembering the rhythm, tell Nontalie and she will help you out!

ROLL CALL!

This year's roll call will be a combo of live dancing and video. The spirit committee is working on the video, but we need your help with the live part!

Part 1: Live to Dance

We need *one or two* people from each school to learn the Hannah Montana Hoedown Throwdown. These people will be on the floor dancing!

<http://www.youtube.com/watch?v=hj3OqMzNin4>

Part 2: Learn a New Language

The *entire* region will need to learn the last two verses of GLEE version of "Imagine" in American Sign Language.

<http://www.youtube.com/watch?v=4fBh2Tcb1E4>

Part 3: Lead Us Louie

Whoever is in the Louie costume will be leading the region in a icebreaker/leadership game.

When that is over, we will all do the extended cheer! <http://www.youtube.com/watch?v=x8R-R1GDd4o>