Get information on how to reach the RA on Duty when the Housing Office is closed, registering for winter 2020 classes, find out how to win e-gift cards by doing a dining survey and more. Scroll down for details.

**Nuts & Bolts**
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Nuts & Bolts

Not Returning For Spring?
If you need to request to break your License Agreement for spring 2019 because you’re studying abroad in spring, graduating at the end of fall or withdrawing from the University, you must submit a [Petition to Cancel Form](#) with supporting documentation to justify the reason for your request. Due November 16.

Meal Plan Changes
Residents interested in adding or increasing their Meal Plan for the spring semester may stop by the Housing Office to submit the [Meal Plan Change Form](#), which is due by November 16.

Reaching The RA On Duty After Hours And Weekends
In the event of an emergency or you get locked out of your apartment after business hours or on weekends, call the RA on Duty at (323) 343-4807.

Help Prevent Clogged Sewer Lines and Help Protect Our Environment!
We need your help in preventing clogged sewer lines that result in backup and overflows. A major part of the problem are so-called “flushable” products such as baby wipes and feminine hygiene products. Why? Because even though these may not clog your toilet, they do not break down in the sewer system. That means they clump together with grease and waste in the pipes which leads to a messy, smelly sewer overflow.

A few simple changes to your routine will help prevent this problem and future inconvenience to you and other residents.

Please discard the following items in the trash, instead of your toilet:

- ALL types of wipes, even if they say they are “flushable” (baby, personal cleansing and disinfecting). Simply wrap in bathroom tissue and discard in your trash.
- Facial tissues, napkins and paper towels – these are meant to be more durable and will resist breaking down in water
- Hair
- Cloth items (towels, rags, undergarments)
- Plastic/cardboard applicators and prophylactics
- Toilet bowl scrub pads
- Grease
- Coffee Grounds
- Feminine hygiene products such as Tampons and pads
- Dental Floss
- Mop/cleaning brush refills

Take the Campus Dining Styles Survey Today!
We are conducting a study to better understand your campus dining satisfaction and preferences. By sharing your thoughts, we will gain valuable insight to help improve your overall experience.

This online survey will take no more than 10 minutes and your responses are confidential. At the end of the survey you will have an opportunity to enter your contact information if you wish to enter the drawing for a grand prize of $150 e-card, or 3 first prizes of $50 e-cards.

The survey is mobile-friendly and can be taken on a smartphone, mobile device, or a computer.

Click HERE or copy/paste the URL below into your Internet browser to begin the survey:

www.DiningStylesSurvey.com

We appreciate your time and thank you for your assistance!

Dining Commons - Sunday Hours of Operation
The Dining Commons is now open for dinner on Sundays. You now have more options to use your meal plan during the weekend.

Sunday Hours
- Brunch: Continental 9-11 a.m.; hot foods from 11 a.m.-2 p.m.
- Closed: 2-5 p.m.
- Dinner: 5-7 p.m. (New addition)

Earthquake Preparedness Procedure
In the event of an earthquake, please remain in your apartment and find a secure and sheltered space away from windows and glass. The proper procedure is to drop, cover and hold until the major event has subsided. Based on the type of emergency, it may be necessary to evacuate buildings.
Winter Session 2020
Have you considered taking classes during winter break through the College of Professional and Global Education (PaGE)? Courses are only three weeks long and can help you graduate faster. Registration begins October 16, 2019. Visit the Winter Session 2020 webpage for more information.

Money Matters

FAFSA and Dream Applications
Applications for both FAFSA and Dream have been open since October 1, so don’t forget to apply! Visit Cal State L.A’s Financial Aid webpage for more information. They are also offering Financial Aid workshops. ! No need to RVSP.
October 23, 3-4 p.m., U-SU Montebello Room 309 (Dream Application Information)

Events & Opportunities

Now Hiring Marketing Assistant Graphic Designer and Student Video Content Creator
We currently have 2 different positions open in Housing. We are hiring for Marketing Assistant Graphic Designer and Student Video Content Creator.

If you can create great flyers using Adobe Illustrator and Photoshop, we have the job for you. Apply for the Marketing Assistant Graphic Designer position (# 3162471).

Can you create videos using Adobe Premiere Pro? We’re hiring for Student Video Content Creator (# 3162712). If you can create music from scratch using Garage Band, that’s a plus!

To apply, get job descriptions and information, go to the Career Center’s Handshake webpage. You must register with Handshake to apply for these positions. If you have already registered, go to the bottom of the page to log in.

Housing Event: Running with Res Ed
Join us for our weekly walk/run around campus on Monday’s and Thursday’s at 6:30 p.m. We will meet at the Housing Basketball Courts for a quick stretch before we begin. Please bring your own water bottle to re-fill at the water station near the Housing Office.
Campus Events
Interested in participating in different events and getting involved on campus? Check out these events or go online for more program information: University-Student Union programs and Associated Students Inc.

Let's Talk
Let’s Talk is a drop-in service where currently enrolled students can have a brief informal consultation (not therapy) with a counselor. Let’s Talk is for consultation about a specific problem. Whether it’s anxiety, sadness or relationship problems, sharing your concerns can be helpful. A counselor will listen and provide support, perspective and suggestions for resources. Call CAPS (Counseling and Psychological Services) at 323-343-3300 if you have questions or to make an appointment.
Thursdays, 4-5:30 p.m., Phase II Conference Room

Learning The Basics
Learn the Basics in this workshop series designed to improve knowledge about various exercise training approaches and implement utilization. Workshops will provide attendees with at least 45 minutes of interactive lecture and practical application where the attendees will be able to demo movements with certified instructors.
October 23. Visit the link above for location and times.

Happy Hour
Happy hour is back AT A NEW TIME! Thursday Night Football and free game play will be at The Pit on campus!
• Washington vs. Minnesota: October 24, 2019, 5-6 p.m., The Pit Basement, University-Student Union

Sound Bath Meditation
Sound Bath utilizes frequencies and vibrations to allow the participants to enter a deep meditative state while being enveloped in ambient sound.
October 22, 12 – 2 p.m., Los Angeles Rooms BC, 3rd Floor, University-Student Union

Eat Healthy, Be Active: Healthy Food Choices
Join the Student Health Center for a workshop series based on current dietary and physical activity guidelines. Healthy snacks will be provided at every workshop, while supplies last. A Certificate of Completion is given to participants who attend all six sessions.
October 24, 3:15- 4:15 p.m., Student Health Center Room 210
Larry Itliong Day Celebration
Uncover the true origins of the momentous labor movement with Pilipinx agricultural workers. Celebrate Larry Itliong, Philip Vera Cruz and the Delano Manongs with spoken word, music and food.
October 24, 5 – 7 p.m., University-Student Union Plaza

Veterans & Persons With Disabilities - Career Fair & Workshops
Government agencies and federal contractors are looking to hire veterans and persons with disabilities who are looking for part-time, full-time and internship employment. Register for the Career Fair & Workshops.
October 25, 8 a.m. Registration, U-SU, Los Angeles Room.

Billiards Tournament
BRING YOUR CUE! Compete for bragging rights and a gift card prize. Free snacks and beverages for competitors. Sign up in The Pit by Thursday, October 17.
Tournament on October 25, 10 a.m. - 6 p.m., The Pit (Basement), University-Student Union.

Art & Politics
ASI, in partnership with Arts Department presents a week-long showcase of art work created by students and faculty to express their view on current and past politics and issues in the community and around the globe.
Through October 25, 7 p.m., Library North

Golden Eagles Spirit Games - Men’s and Women’s Soccer vs Cal State San Marcos
Enjoy taquitos, tender and tots on us! Compete in a costume contest or penalty kick challenge. Prizes include tickets to Knott’s Scary Farm and Cal State L.A. gear.
October 31, Women’s at 4:30 p.m. & Men’s at 7 p.m., University Stadium

Harvest Festival
Cal State LA is having a party. You are in for a scare. It’s Halloween, so dress up if you dare! Enjoy food, prizes and activities before the soccer games. See previous event for soccer game details.
October 31, 4:30 p.m., Main Walkway

International Cultural Night & Dinner
Join the International Office as they entertain us with music, dinner and performances from around the world! Tickets are $15 until October 31 and will increase to $20. Buy your tickets online. Click on International Office on the right to get your tickets.
November 22, 6 -8 p.m., University-Student Union, Los Angeles Rooms A, B, C

Reminders

Dining Commons - Sunday Hours of Operation
The Dining Commons is now open for dinner on Sundays. You now have more options to use your meal plan during the weekend.

Sunday Hours
Brunch: Continental 9-11 a.m.; hot foods from 11 a.m. -2 p.m.
Closed: 2-5 p.m.
Dinner: 5-7 p.m. (New addition)

One-To-One Tutoring
Need help writing those term papers? Visit the Center for Academic Success located at the JFK Library, Palmer Wing 1039A. They provide one-to-one tutoring, free of charge.

Food Pantry
The Cal State LA Food Pantry provides currently enrolled students with free food. To receive this free food from, Cal State LA students must provide proof of enrollment by accessing their GET account and must present their student ID. Visit the Food Pantry’s webpage for more information.

Eagle Patrol: Public Safety Escort Service
Public Safety offers a free personal escort services, to and from classes, 24 hours a day. Get additional Public Safety Escort Service information here.

Eagle Alert Emergency Notifications
In case of a campus emergency, Cal State LA automatically notifies currently enrolled students by sending a message to your Cal State LA email and your cell phone. Make sure your number has been updated on file so you can receive Eagle Alerts.

Questions? Contact us at askhousing@calstatela.edu.

Follow us on Instagram, YouTube, Twitter and Facebook. Copies of this email and past ones are on our website.
(This is a University Housing-wide email. Please do not reply.)