

# Lumberjack Link

A weekly newsletter for the newest members of the Lumberjack family

September 21,  
2009

Issue 5

Class of  
2013



Marcy Roe,  
Editor

SFA 101

Stephen F.  
Austin  
State  
University

## Get Ready for Parent's Day!

### Parent's Day Schedule of Events

(Times are subject to change)

#### Friday, September 26

5:00 p.m.-8:00 p.m.

Check In/Late Registration

7:00 p.m.-11:00 p.m.

Movie (BPSC)

#### Saturday, September 27

9:00 a.m.-11:00 a.m.

Check In/Late Registration

10:00 a.m.-11:00 a.m.

Coffee with the  
administration

11:00 a.m.-11:30 a.m.

Welcome Ceremony

11:30 a.m.-1:00 p.m.

Academic Departments  
Reception

1:00 p.m.-4:00 p.m.

Residence Hall Receptions

2:00 p.m.-4:00 p.m.

Movie (BPSC)

4:00 p.m.-5:30 p.m.

Dinner (East College)

5:00 p.m.-6:00 p.m.

Spirit Rally

6:00 p.m.-9:00 p.m.

Football game: SFA vs  
North Dakota!!

9:30 p.m.-10:30 p.m.

Comedian (BPSC)

After surviving college for a month, you get the chance to show your family your new home at Stephen F. Austin. It's time to do those dishes that have been piling up in the sink, start wading through the piles of laundry (for a laundry refresher, see the article on the next page!), and consider getting a haircut—this Saturday is Parent's Day!

Parent's Day is hosted by SFA's Residence Hall Association and is an event that brings hundreds of friends and family members to experience a day in your life, and they have lots of exciting activities planned for you to share with your loved ones. Hopefully, your parents have already made their hotel arrangements for this weekend. If not, have them visit [http://www.studentorgs.sfasu.edu/RHA/programs/parents\\_day.asp](http://www.studentorgs.sfasu.edu/RHA/programs/parents_day.asp) to get a list of available accommodations. While at the website, they can also register to attend and check out some of the commemorative souvenirs available.

### In This Issue:

- Dealing with Parents.....pg. 2
- Laundry 101.....pg. 3
- Upcoming Events.....pg. 4



# Dealing with Parents

Spotlight on:



While we are on the subject of parents, we realize that some of you may be excitedly anticipating your parent's upcoming visit while others may be filled with dread at the mere thought. Dealing with parents during your first year of college can be especially trying, as both of you struggle to form an adult-to-adult relationship out of the parent-child relationship you have known for the past 18 or so years. Below are a few tips for making this transition a little easier:

**Tip #1: Appreciate what your parents are going through.**

This college thing is a transition for them as well. They are dealing with the possible debt of helping you financially through school, their own aging, and your independence and all the worries associated with it.

**Tip #2: Stay in touch with your parents.**

While daily phone calls from mom or dad seem excessive, they are adjusting to seeing you and spending time with you every day. When they don't hear from you, they worry even more. To help ease their worries, talk with them and agree upon a set day or days that you will call each week. You can also email or instant message frequently.



**Tip #3: Don't unload all of your problems on your parents.**

When mom and dad hear that you are struggling with something (school, relationships, homesickness, etc.) they will worry even more.

It is their instinct to try to take care of you, but this slows the whole "letting go" process. So unless you want Dr. Smith, your biology professor, to get a phone call from your mom in response to your D on the last exam, it is probably wise for you to first visit him during office hours to find out how you can prepare better for the next one. It's okay to let your parents know that you might be having some problems, but it's best to let them know this after you have already come up with some possible solutions.

**Tip #4: Realize that your first trip home might be a little awkward.**

You probably don't even realize all the ways that you have already changed. Coming home at 3 a.m. might not be a problem while you are at school, but expect this type of behavior to be challenged by your parents. With your parents, agree on some new guidelines for you when you are at home, and respect these guidelines. This is no longer about obedience but about courtesy for your parents who are naturally going to worry more about you when you are under their roof than when you are away.

# Laundry 101

If you can't find your textbook because that pile of dirty socks has taken over your room, it might be time to do some laundry. You are in luck because SFA has coinless (i.e. FREE) laundry machines in every residence hall. If you are tempted to throw everything together in one load or don't know whether to use hot or cold, read on for a quick laundry refresher course.....

## Tip #1: Read the tags

Especially important for new items or anytime you are in doubt. You'll be sorry you didn't the first time you ruin a shirt that was clearly labeled "dry clean only," or shrink a sweater by tumble-drying it.

## Tip #2: Sort

Unless you want lavender colored boxer briefs, don't wash them with your new Purple Haze t-shirt. A few guidelines for sorting:

### 1. Delicates (silks, fine washables, beaded items, etc. See tags.)

- Separate these into like colors (lights with lights, darks with darks, etc.) then hand wash in a sink with laundry detergent. Some machines have a "Delicate Wash" setting but hand washing is always safer.

### 2. Towels and other heavy bath linens

- Again, separate into like colors and then wash separate from other clothes. These items are very linty, and will leave lint on your clothes if washed together.
- It is a good idea to wash bath rugs separately from your towels as lots of dirt is usually collected in them.

### 3. Everything else should be separated into groups by color:

- Whites- can usually be bleached (unless tag says otherwise!)
- Reds- red dyes bleed notoriously
- Other darks
- Lights- khakis, pastels, and whites you can't bleach

\*During the sort:

- Check all pockets for keys, money, pens, wallets, etc.
- If you have any stains, pretreat them.

## Tip #3: Products

- Stain Remover- Lots of varieties available. If you don't have any, liquid detergent or a paste made with powder detergent and water rubbed into the stain and left to sit for a few minutes usually does the trick. Your best bet for preventing tough stains is to treat ASAP.
- Detergent- Liquid and powder varieties. Powders need to dissolve first, and are generally messier.
- Fabric softener- If you like it, use it, but it's not essential. It makes your clothes soft, reduces static, increases brightness of colors, and usually contains perfumes to give your laundry a fresh scent. It should be added during the machine's "rinse cycle". Use the machine's automatic dispenser, if provided. If not, you will have to wait for the machine's "rinse cycle", or you can invest in an inexpensive "Downy Ball" that you can throw in at the beginning of the wash.
- Bleach- There are two kinds: oxygen and chlorine. Oxygen bleaches are color safe, and are marketed as such. When a tag instructs not to bleach, that means chlorine bleach. Oxygen bleach is safe to use. Chlorine bleach is much stronger than oxygen bleach. Please use it cautiously and follow directions. When in doubt whether an item may be bleached--don't!

## Tip #4: Washing

1. On the washing machine, select the water level, water temperature, and the cycle, then turn on the machine.
  - Water Level: Estimate the water level for now (later, when you add the clothes, the water level should be high enough to easily cover the clothes when they are loosely loaded). For most college students who go weeks between laundry days, "Large" is probably a safe bet.
  - Temperature guidelines:
    - Hot= whites
    - Cold= darks, reds, or delicates
    - Warm= most everything else
  - Cycle: For simplicity, only use the full, normal cycle. "Delicate" isn't--do delicates by hand.
2. Add detergent first, before the clothes, while the machine is filling.
3. If you are using bleach, add it with the detergent after the machine has filled with a few inches of water and before adding clothes. Some washers have an automatic dispenser for bleach--use it.
4. Once the machine is done filling, add one of your sorted loads. The water level should be high enough to easily cover the clothes when they are loosely loaded. The clothes should be in enough water to move about freely or they will not clean properly.
5. If fabric softener will be used, add it to the automatic dispenser/Downy Ball now. Close the lid and allow the machine to cycle.
6. When the machine shuts off, move clean clothes from the machine into a basket.



## Tip #5: Drying

- Certain items cannot be dried in the machine (bras, certain fabrics, check the tag). Hang dry them indoors from a shower rod (or buy a drying rack). Some items--usually sweaters--may need to be dried flat (again, check the tags).
- **Check the lint filter.** Too much lint will cause the drying process to take even longer.
- Check all items before adding to the dryer. Items that are still dirty or discolored should not be dried. Rewash. Heat from the dryer will set the stain.
- You can dry most items on medium heat, but use high heat for heavy items (ex. denim or towels). Check tags.

## Tip #6: Don't leave your clothes in the dryer after they are done!

- Remove dried items immediately, and fold or hang them. Don't leave them to cool in the dryer, or they will wrinkle terribly.
- It is only courteous to others who are probably waiting for your washer or dryer to promptly remove your clothes.
- While it would be nice to be able to trust everyone, it is not a good idea to leave your clothes unattended. Laundry rooms are common sites of resident hall theft.

## Easy Microwave Cooking- Scrambled Eggs

### Ingredients:

- 2 eggs
- 2 tablespoons milk
- Salt & pepper to taste
- Any of the following optional ingredients:
  - 1/4 teaspoon Worcestershire Sauce
  - 1/3 cup chopped and peeled onion
  - 1/4 cup tomato
  - 1/4 shredded cheese
  - 1/2 cup spinach
  - 1/3 cup of cubed or shredded deli meat

Beat eggs in a bowl and add 2 tablespoons of milk, and salt and pepper to taste. Melt 2 teaspoons of margarine in a 1-quart microwave safe casserole dish in microwave (30 seconds). Pour egg mixture into dish and cook uncovered 3 to 4 minutes. Remove and let stand covered for 2 minutes.

### \*\*\*Tip of the Week\*\*\*

“In Nac the weather is unpredictable.  
ALWAYS carry an umbrella!”

—Veronika Tanguma, Grad. Student

### Upcoming Events:

#### Tuesday, September 22nd

- SFA Ladyjack Volleyball at North Texas, 7:00 p.m.
- John Roberts Faculty Piano Recital, 7:30 p.m., Cole Hall

#### Wednesday, September 23rd

- *SFA Fall Career Fair*, 1-4 p.m., Patillo Student Center Grand Ballroom. You might think it is too soon to begin looking for a job, but career fairs are a great way to network and work on your interview skills. You can speak with numerous business professionals which can help you choose a major or a potential career!

#### Saturday, September 26th

- SFA Lumberjack Football vs. North Dakota, 6:00 p.m., Homer Bryce Stadium
- Lumberjack Alley featuring Kailin Garrity
- SFA Ladyjack Volleyball vs. Northwestern State, 2:00 p.m., Johnson Coliseum
- SAA-Comedian Buzz Sutherland, after football game, Grand Ballroom-BPSC
- Parent’s Day--[http://www.studentorgs.sfasu.edu/RHA/programs/parents\\_day](http://www.studentorgs.sfasu.edu/RHA/programs/parents_day).

***CLEAN YOUR ROOM!***

#### Feel like watching a new movie or seeing a concert?

- Check out what Student Activities is providing this week at <http://www.sfasu.edu/studentactivities/>.