Save the Date!

Domestic Violence Awareness Candlelight Vigil

Tuesday, October 13, 2009 at 6:00 p.m. in the NSU Quadrangle

The vigil is held to raise campus and community awareness about violence against women and to remember those who lost their lives due to Domestic Violence.

Sponsored by:
NSU Women’s Resource and Services Office
Chez Hope Family Violence Crisis Center.

In the case of inclement weather, the vigil will be held in Le Bijou Theater.

**Note: You do NOT need to be in great shape to try this class out; it is oriented towards beginners interested in working towards elite fitness.
You've got Colonel decorations and outfits to cheer on your team and invites out to all your friends. But you're thinking that maybe this weekend's tailgate party should be a little different from usual - maybe it should be a little healthier. Instead of serving a big bag of chips, overstuffed sandwiches, and chicken wings slathered in sauce, what other party goodies are fun and healthy - and still taste good?

**Double Coverage Chips and Salsa** Instead of serving nachos with high-calorie cheese and guacamole, switch to the popular duo - baked chips with salsa - and reap a healthy reward of tomato-based **antioxidants**. Calories saved: 100 - 200

Nutrients added: **Lycopene** and **Vitamin A**

**Hurry Up Teriyaki Chicken Skewer** Instead of serving traditional BBQ chicken wings, which are loaded with high-fat skin and not much healthy meat, try grilling skewers of skinless chicken breast meat with teriyaki sauce. These skewers are easy to grill and easy to eat. Calories saved: 300 - 400

**Touchdown Hearty Chili Bowl** Instead of cream-based clam chowder, score some points with your friends with a pot of warming chili made with hearty beans and extra-lean ground beef. Calories saved: 150 - 250

Nutrients added: **Fiber**, **folic acid**, and various **minerals**

**Shotgun Sandwich** Sandwiches can be very healthy, but not when you slather them with mayonnaise and load them up with layers of salami and cheese. Completely make over your party sandwiches by choosing **whole grain bread** and low-fat deli cuts like roast beef or turkey. Also, go easy on the mayonnaise and spreads – you'll hardly even notice the difference, but you'll save a lot of calories and **fat**. Try low-fat mayo or spreads, or better yet, choose calorie-free mustard. Calories saved: 150 - 250

Nutrients added: **Fiber**, **B vitamins**, and **magnesium**

**Sideline Fruit Kabob** Instead of chocolate chip cookies, try serving cut-up fruits like melons, apples, and grapes on kabobs. To add some zest, serve fruit yogurt on the side as a dip. Calories saved: 100 - 200

Nutrients added: **Fiber**, **Vitamin C**, **antioxidants**, and **probiotics**

**Extra Tricks to Trim Your Tailgate Party's Calories and Fat**

Replace regular beer with **light beer** to save 30 - 50 calories per can

Replace butter-style microwave popcorn with light or low-fat popcorn and save ~ 50 calories per package.
October is Domestic Violence Awareness Month

Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" in October 1981 conceived by the National Coalition Against Domestic Violence. The intent was to connect advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state, and national levels.

The activities conducted were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year marks the initiation of the first national domestic violence toll-free hotline. In 1989 the U.S. Congress passed Public Law 101-112 designating October of that year as National Domestic Violence Awareness Month. Such legislation has passed every year since with NCADV providing key leadership in this effort.

Adapted from the 1996 Domestic Violence Awareness Month Resource Manual of the National Coalition Against Domestic Violence.

November Celebrates The Great American Smokeout

American Smokeout® by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and helps make people aware of the many tools they can use to quit for good.

In many towns and communities, local volunteers support quitters, publicize the event, and press for laws that control tobacco use and discourage teenagers from starting.

Research shows that smokers are most successful in kicking the habit when they have some means of support, such as:
- nicotine replacement products
- counseling
- stop-smoking groups
- telephone smoking cessation hotlines
- prescription medicine to lessen cravings
- guide books
- encouragement and support from friends and family members

Using 2 or more of these measures to help you quit works better than using any one of them alone. For example, some people use a prescription medicine along with nicotine replacement. Other people may use as many as 3 or 4 of the other measures listed above.

Telephone stop smoking hotlines are an easy-to-use resource. And as of 2008, they are available in all 50 states. Call 1-800-ACS-2345 (1-800-227-2345) to find telephone counseling or other support in your area. Support is out there, but the most recent information suggests that fewer than 1 in 4 smokers reports having tried any of the recommended therapies during his or her last quit attempt.

Be on the lookout for Fresh Campus - Tobacco Free Living events associated with the Great American Smokeout in November. For more information, please call 448-4470.
In observance of **Disability Awareness Month**, the Office of Disability Services would like to share the following Disability Etiquette Tips with you.

* When you meet someone with a disability, it is appropriate to shake hands -- even if a person has limited hand use or artificial limbs. Shaking the left hand, a touch on the shoulder/arm or a smile/nod is also fine.

* Usually people with disabilities do not want to make the origin or details of their disability the first topic of conversation. In general, it's best not to ask personal questions until you've become real friends.

* Don't lean on a person's wheelchair -- it's considered an extension of personal space.

* When you talk to a person in a wheelchair for more than a few minutes, try to sit down so that you will be at eye level with that person. Also, speak directly to the person with a disability rather than to a companion or sign language interpreter who may be along.

* Don't pet a guide or companion dog while it's working.

* Give unhurried attention to a person who has difficulty speaking. Don't pretend to understand when you don't -- ask the person to repeat what they said.

* Speak calmly, slowly and directly to a person who is hard of hearing. Don't shout or speak in the person's ear. Your facial expressions, gestures, and body movements help in understanding. If you're not certain that you've been understood, write your message.

* Greet a person who is visually impaired by telling the person your name and where you are. When you offer walking assistance, let the person take your arm and then tell him or her when you are approaching inclines or turning right or left.

* Always ask before you assist a person with a disability, and then listen carefully to any instructions.

* Be aware that there are many people with disabilities that are not apparent. Just because you cannot see a disability does not mean it doesn't exist.

* Whatever you do, don't let fear of saying or doing something "wrong" prevent you from getting to know someone who has a disability. If you are unsure of what to say when you first meet, try "hello."

* Relax. It is OK to use expressions such as "See you later," or "Did you hear about this?" as it is common phrases that everyone uses, including people with disabilities.

* Always focus on the individual, not the disability. Use "people first" language -- meaning, refer to the individual first, then to his or her disability. (It is better to say "the person with a disability" rather than "the disabled.") Some terms that were used in the past, such as "crippled" or "handicapped" are no longer acceptable.

* Help make community events available to everyone. Hold them in wheelchair accessible locations. This makes it easier for everyone.

* As with all other etiquette issues, when mistakes are made, apologize, correct the problem, learn from the mistake, and move on.

If you need further information or have any questions regarding disabilities, please contact the Office of Disability Services at (985) 448-4430 or stop by our office located at 100-A Peltier Hall (Peltier Auditorium lobby).
Feeling Blue?

It’s normal to feel a little depressed from time to time due to stressful events. Break-ups, final exams, financial problems - we all face them from time to time. However, if you are experiencing several symptoms of depression, and those symptoms last for two or more weeks, seeking professional help is encouraged.

So what are symptoms of depression? Well, they include, but are not limited to:

- Depressed, sad, “blue”, empty mood occurring more often than not
- Loss of interest in regular activities
- Excessive crying
- Difficulty sleeping or sleeping excessively
- Sense of hopelessness or helplessness (“There is nothing that can be done to make this better”)

Thoughts of suicide can also occur when someone is experiencing depression, so it is important to seek immediate professional care in that instance (counseling center, suicide hotline, or nearest emergency room).

So, if you think that you might be struggling with depression or suicide, here are some resources:

- University Counseling Center
  224 Elkins Hall
  985-448-4080
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Student Services on the Web!

http://www.nicholls.edu/services/

Serving U

Nicholls Student Services
Newsletter
Office of Student Services
224 Elkins Hall
P.O. Box 2067
Thibodaux, LA 70310
Phone: (985)448-4080
Fax: (985) 448-4890
E-mail: Candace.Park@nicholls.edu
8 a.m. to 4:30 p.m. Mon - Fri

National Suicide Prevention Hotline
1-800-273-TALK
www.suicidepreventionlifeline.org