NICHOLLS FIT 2010

Start 2010 by getting involved in a fitness routine with the Nicholls FIT 2010 program. The goal of Nicholls FIT 2010 is to offer fitness and wellness activities to students, staff and faculty.

- Yoga with Dr En Mao. Dr. Mao will lead her popular Yoga class each Wednesday from 2:15 until 3:15 in the Bayou Suite of Bollinger Union. No sign-up or equipment required.

- SalsAerobics with Bianca San Martin. SalsAerobics will be taught each Wednesday from 4:15 to 5:15 in the Dance Studio of Shaver Gym. Bianca San Martin is ready to offer her own blend of fiery Salsa dancing and fitness aerobics to the Nicholls community! Classes begin February 3rd.

Become a fan of Nicholls FIT 2010 on Facebook and get the latest updates on fitness and wellness opportunities at Nicholls State University. There are more programs on the way, so check it out!

Fit body...Fit mind... Fit spirit...

GET FIT NOW!

Strengthen Your Heart

Don't let the term "heart failure" scare you. It simply means a weakening of the muscles that control the heart, not a failure to operate. Nonetheless, whatever it's called, it still means your heart is not in the best shape.

There are things you can do to make it stronger. Reduce your intake of salt or use a salt substitute. Salt absorbs water and it makes the body retain it. Water settles in your legs, feet and lungs, forcing the heart to work harder getting blood to those areas. You also gain weight, which increases your risk of heart disease.

Learn how much exercise is good for you and get into a regular regimen.

Most important of all, get regular medical checkups. Get tests done for your blood pressure, cholesterol and blood sugar levels. There are natural and prescriptive products available to help you maintain a healthy heart. Learn what they are and use them.
In 1915, Dr. Carter G. Woodson and Rev. Jesse E. Moorland co-founded the Association for the Study of Negro Life and History (ASNLH). Their goal was to research and bring awareness to the largely ignored, yet crucial role black people played in American and world history. The following year, Woodson published and distributed his findings in The Journal of Negro History. He founded the publication with the hope that it would dispel popular mistruths. He also hoped to educate black people about their cultural background and instill them with a sense of pride in their race.

The son of former slaves and the second black person to receive a degree from Harvard University, Carter Woodson understood the value of education. He also felt the importance of preserving one’s heritage and, upon his urgings, the fraternity Omega Psi Phi created Negro History and Literature Week in 1920. In 1926, Woodson changed the name to Negro History Week. He selected the month of February for the celebration as a way to honor of the birth of two men whose actions drastically altered the future of black Americans. Abraham Lincoln, the U.S. President who issued the Emancipation Proclamation was born on February 12th and Frederick Douglass, one of the nation’s leading abolitionists was born on February 14th.

Woodson and the ANSLH provided learning materials to teachers, black history clubs and the community at large. They also published photographs that depicted important figures in black culture, plays that dramatized black history, and reading materials.

Dr. Carter G. Woodson died in 1950, but his legacy continued on as the celebration of Negro History Week was adopted by cities and organizations across the country. This observance proved especially important during the Civil Rights Movement of the 1950s and 1960s, a time when the inhumane and unequal treatment of black people in America was being challenged and overturned.

The Black Power Movement of the 1970s emphasized racial pride and the significance of collective cultural values. This prompted the ASNLH, now called the Association for the Study of African American Life and History, to change Negro History Week to Black History Week. In 1976, they extended the week to a month-long observance.

Black History Month is now recognized and widely celebrated by the entire nation on both a scholarly and commercial level. The Association for the Study of African American Life and History continues to promote, preserve and research black history and culture year-round.

This article was taken from The Origin of Black History Month and can be found at http://www.biography.com/blackhistory/black-history-month.jsp.

Women's History Month

National Women's History Month’s roots go back to March 8, 1857, when women from New York City factories staged a protest over working conditions. International Women’s Day was first observed in 1909, but it wasn’t until 1981 that Congress established national Women’s History Week to be commemorated the second week of March. In 1987, Congress expanded the week to a month. Every year since, Congress has passed a resolution for Women’s History Month, and the President has issued a proclamation.

The Women’s Movement

Two significant factors contributed to the emergence of women’s history. The women’s movement of the sixties caused women to question their invisibility in traditional American history texts. The movement also raised the aspirations as well as the opportunities of women, and produced a growing number of female historians. Carroll Smith-Rosenberg, one of the early women’s historians, has remarked that “without question, our first inspiration was political. Aroused by feminist charges of economic and political discrimination . . . we turned to our history to trace the origins of women's second-class status.”

March is National Women’s History Month

The Personal Is Political

Since women rarely held leadership positions and until recently had only a marginal influence on politics, the new history, with its emphasis on the sociological and the ordinary, was an ideal vehicle for presenting women’s history. It has covered such subjects as the history of women’s education, birth control, housework, marriage, sexuality, and child rearing. As the field has grown, women’s historians realized that their definition of history needed to expand as well—it focused primarily on white middle-class experience and neglected the full racial and socio-economic spectrum of women.

Statistics

155.8 million The number of females in the US as of Oct 1, 2009.

The number of males was 151.8 million. 82.8 million Estimated number of mother of all ages in the US. $35,745 The median annual earnings of women 15 or older who worked year-round, full time, in 2008, down from $36,451 in 2007 (after adjusting for inflation). Women earned 77 cents for every $1 earned by men. 29.4 million Number of women 25 and older who had only a high school degree or more education in 2008, higher than the corresponding number for men (28.4 million). 197,900 Total number of active duty women in the military, as of Sept. 30, 2008. Of that total, 34,300 women were officers, and 163,000 were enlisted.
The Office of Disability Services (ODS) will work with students, faculty and various offices on campus to assist students with disabilities and adjustment to university life. Services are available to assist them in reaching their full potential. Students that have a documented disability or suspect they may have a disability are encouraged to contact ODS.

Students with disabilities must first self-identify with ODS by providing current documentation of their disability from an appropriate licensed professional. The documentation must include the nature and extent of their disability along with any recommended accommodations. If you are requesting accommodations, you will need to register with ODS for coordination of your accommodations.

**STUDENTS ALREADY REGISTERED WITH ODS:**

Students already registered with ODS should complete a Class Schedule form at the beginning of each semester. Once the completed form is turned in to our office, accommodation letters will be typed and given to the student. It is the student’s responsibility to give the letter to each instructor and have the instructor sign the Instructor Signature form. Once all signatures are obtained, this form should be returned to ODS. Completion of this process, activates the student with ODS for that semester. ODS will not advocate for students who have not completed this process.

The Office of Disability Services is located in 100-A Peltier Hall (Peltier Auditorium Lobby). Office hours are 8:00 a.m. to 4:30 p.m., Monday through Friday. For more information, call (985) 448-4430 or visit our office.

**ATTENTION: TEMPORARY MOVE**

Due to the renovations in Peltier Auditorium, the Office of Disability Services has temporarily moved for the Spring 2010 semester. Rachel Dufrene, Administrative Assistant, is located at 163 Peltier Hall (Dyslexia Center Suite) and Stacey Guidry, Director, is located in University Health Services. Phone numbers will remain the same.

Please note that our testing process will remain the same; however, we will administer and monitor tests in the Dyslexia Center Testing Lab.

If you have any questions, please do not hesitate to call our office.
SEALS; Under New Management...

The Student Organization S.E.A.L.S. (Student Educators And Leaders) is now under new management...Dr. Diane Garvey, Director of University Health Services. It just makes sense that the SEALS organization and the University Health Services office work in tandem to educate, involve, and inform our students about their health and choosing a healthy lifestyle.

Our Executive Board Members for the Spring 2010 semester are:
- Mallory Pecoraro: President
- Madison Martin: Vice President
- Sherena Kerry: Secretary
- Aeriale Bias: SALERS Team Leader
- Alicia Kozak: SAFE Team Leader
- Anastasia Dickerson: IRS Team Leader
- Bianca San Martin: SCREAM Team Leader

We had our first general interest meeting in late January and have increased our membership two-fold. As we start a new semester we are focusing our educational and programming efforts in the Residence Halls as a way to reach our newest members of the Nicholls community—the freshmen students. We will of course have our most popular spring community programs including the Valentine’s Day Candy Grahams and participation in the Spring 2010 Kick-Butts kickball tournament. If you or anyone you know is interested please contact Madison Martin at martm456@its.nicholls.edu for more information on how to join SEALS and become a part of our efforts for a healthy Nicholls State University community.

I Love My Body :)

National Eating Disorder Awareness Week
February 21-27, 2010

The aim of NEDAwareness Week is to ultimately prevent eating disorders and body image issues while reducing the stigma surrounding eating disorders and improving access to treatment. Keep an eye out for more programming on NEDA week from the University Counseling Center.

Interesting websites to checkout:

Now here’s something that is just your size! My True Fit is a website where you simply measure yourself, enter your style preferences, and it will give you a list of jeans that will fit you the best. Check out http://www.mytruefit.com/jeans/

Visit Dove’s website and check out their Campaign for Real Beauty. There you will find videos, a Real Beauty Wall, and self esteem tools that you can download for free.

Check out http://www.dove.us/

3 Ways to Love Your Body

- Donate clothes that no longer fit your body comfortably to charity—someone else will appreciate them and you won’t have to worry about hating the way they fit anymore.
- Find a method of exercise that you enjoy and do it regularly. Don’t exercise to fight your body. Do it to make your body healthy and strong because it makes you feel good.
- Don’t let your shape keep you from doing activities that you enjoy.
Test Your Alcohol Knowledge: Alcohol Awareness Quiz

TRUE OR FALSE
1. Alcohol is a mood altering stimulant.
2. Drinking coffee or taking a cold shower will sober you up.
3. The affects that alcohol has on the body vary according to the individual.
4. The most serious consequence of consuming alcohol is a hangover in the morning.
5. Blood alcohol charts are a safe and accurate means of determining how much alcohol is circulating in your blood stream.
6. If an intoxicated person is semiconscious, you should encourage vomiting.
7. Women respond to alcohol differently than men do.
8. In Louisiana, if you are under 21 and are caught driving with a blood alcohol level of 0.02, you could lose your driver's license for six months.
9. Alcohol increases your sexual drive and ability.
10. It is okay to put your drunk, passed out friend to bed and go back to the party.

Answers to the Alcohol Quiz

1. **FALSE** - Alcohol is a mood altering drug that depresses bodily functions.
2. **FALSE** - Nothing but time will sober a drunk.
3. **TRUE** - The effect that alcohol has on you is dependant on your sex, your weight, how fast you metabolize alcohol, the situation, your mood, and presence of food in the stomach. If you are a woman, the affects also depend on the time of your menstrual cycle and if you are on the birth control pill.
4. **FALSE** - The consumption of enough alcohol will cause death. This level is dependant on the individual.
5. **FALSE** - Often these charts only take into account your weight and the number of drinks that you have drank. These charts can be used as a guideline, but there are no guarantees to their validity in regards to you.
6. **FALSE** - Encouraging the semiconscious person to vomit could cause choking and/or aspiration.
7. **TRUE** - Women respond more quickly to alcohol due to their smaller body size and body fat distribution, a decreased amount of alcohol metabolizing enzyme, and due to increased hormonal changes.
8. **TRUE** - In Louisiana, persons under 21 with a blood alcohol level of 0.02 or higher will lose their driver's license for six months. A blood alcohol level over 0.8 results in a DUI.
9. **TRUE AND FALSE** - Alcohol decreases your inhibitions, which factor into an increased sexual drive. However, alcohol decreases sexual functioning and is linked to the reduction of the male hormone testosterone.
10. **FALSE** - NEVER LEAVE AN INTOXICATED PERSON ALONE. Stay with the person and frequently assess them for alcohol poisoning.

Alcohol Awareness Quiz adapted from http://www.radford.edu/~kcastleb/answers.html