R.D.A.®
Rape Aggression Defense Systems at Nicholls

Don’t miss this chance to be a part of the RAD self defense class!

DATES: November 10th, 11th and 12th
*Participants must attend all three sessions

TIME: 2:00p – 6:00p

LOCATION: Student Union

INSTRUCTORS:
Dr. Michele Caruso, Sabrina Laurent, Christy Hawxhurst

CONTACT: Student Services for more information or to register at 448-4080.

Submitted by Women’s Resource and Services

Domestic Violence Awareness Candlelight Vigil

Tuesday, October 19, 2010
at 6:00 p.m. in Le Bijou Theater

Race forms are in for the 2010 Bayou Region Race for the Cure!

The race will be held on October 30, 2010, at Nicholls State University. The 1 mile Fun Run/Walk will begin at 8:30 a.m. and the 5K Run/Walk will begin at 9:00 a.m.

This is the first year that the Race will be held at Nicholls State University, so let’s show our support by having the largest Race for the Cure team!

Join the Nicholls STEPs for Breast Health team and receive a team t-shirt and goody bag, along with your Race t-shirt.

Contact University Health Services at 493-2600 for more information!
October is National Breast Cancer Awareness Month

• The first NBCAM program took place in October 1985 as a week-long event to fill the information void in public communication about breast cancer. The founding members of the Board of Sponsors, the American Academy of Family Physicians, AstraZeneca Healthcare Foundation and CancerCare, Inc., distributed brochures, spoke to news reporters, and testified before a U.S. Congressional committee about the crucial need for widespread access to mammography.

• Today the National Breast Cancer Awareness Month (NBCAM) organization is comprised of several national public service organizations, professional medical associations, and government agencies working in partnership to build breast cancer awareness, share information and provide access to screening services.

• October is designated as Breast Cancer Awareness Month, however, at NBCAM, breast cancer awareness and education is a year-round mission.

http://www.nbcam.org/newsroom_nbcam_facts.cfm

November Celebrates The Great American Smokeout

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society’s Great 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.

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.

In conjunction with the nationally recognized Great American Smoke Out, members of the Nicholls community will be able to participate in a Smokeout on Wednesday, November 17th that will challenge smokers to quit for 24 hours. Information tables and activities will be set up by Fresh Campus - Tobacco Free Living outside in the front of the Student Union that will provide assistance and resources to help smokers use the Smokeout as an opportunity to quit smoking for good.

TITLE: Great American Smoke Out: "Spit Seeds, Not Tobacco"
DATE: November 17th
TIME: 10am-1:00pm
LOCATION: Student Union Front
For more information, please call 448-4470.
RFB&D® is Now Accepting Applications for the 52nd Annual National Achievement Awards!

College seniors who are blind or visually impaired and high school seniors with a learning disability are eligible to apply for the 52nd Annual National Achievement Awards. Share your story as an RFB&D member and you could win up to $6,000.

**Deadline: March 1, 2011**

Each year, the Mary P. Oenslager Scholastic Achievement Awards (SAAs) are presented to RFB&D members who are blind or visually impaired and have received, or will be receiving their bachelor’s, master’s or doctoral degree. The awards are given in recognition of academic excellence, outstanding leadership, and service to others.

Mary P. Oenslager, was a friend of Anne Macdonald, the founder of Recording for the Blind & Dyslexic. She began contributing to RFB&D in 1953 and, in 1959, helped them establish the Scholastic Achievement Awards program, personally funding the awards each year. Mary P. Oenslager shaped the program and enjoyed getting to know the winners each year. In addition to her financial support, she was an active volunteer, serving on the Board of Directors and actively recruiting individual and corporate supporters.

These awards are given to a total of nine students who are chosen by a selection committee. RFB&D presents three top winners $6,000 each; three special honors winners $3,000 each; and three honors winners $1,000 each. The three top winners will be presented with their awards at an event to be announced.

Check it out on the web at http://www.rfbd.org/applications_awards.htm/

1800Wheelchair.com would like to take this opportunity to announce the eight scholarship award. Established in 2006, the 1800wheelchair scholarship now awards two $500 scholarship each year. The past essays have explored mobility issues on campus and much more.

**Application deadline is December 22, 2010.**

To enter the scholarship student follow these guidelines:

**Participants must meet the following criteria:**

- Enrolled at an accredited high school, college or university in the U.S.
- Enrolled at the undergraduate level
- Age sixteen (16) years or older
- Legal resident of the U.S. or hold a valid student visa
- Carry a status of “Good Standing” - i.e. currently enrolled
- Maintain a cumulative Grade Point Average (GPA) of at least 3.0
- Submit their essay by 5:00 p.m. EST on December 22th, 2010
- Essay should be about 500 words in length

**Please note**

- This is no formal application, all the information is on the website.
- This is no requirement in terms of physical disability or physical ability. All applications are welcome.
- We do not accept fax or email applications.
- Please send your application via regular mail, no express mail accepted
- No need to print this page, just send your essay and contact information

Form more information, go to http://www.1800wheelchair.com/scholarship/

Help and “how to” tutorials for Accessibility options using Universal Access in Apple’s Mac OS X and Ease of Access in Microsoft Windows.

For more information, visit http://etc.usf.edu/techease/4all/
Did you know October is Domestic Violence Awareness Month?

Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating.

Approximately 33 million people in the United States have been a victim of domestic violence at some point in their lives.* Domestic violence is one of the most serious issues facing Americans today, yet few people know what they can do to help end it. A solution begins when families and communities start openly discussing the issue.

During the month of October, communities in Louisiana and all around the United States coordinate and hold events to raise awareness about the serious issue of domestic violence.

Domestic Violence Awareness Month evolved from the first Day of Unity observed in October, 1981 by the National Coalition Against Domestic Violence. The intent was to connect battered women’s advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became a special week when a range of activities were conducted at the local, state, and national levels.

These activities 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 the first national toll-free hotline was begun. In 1989 the first Domestic Violence Awareness Month Commemorative Legislation was passed by the U.S. Congress. Such legislation has passed every year since with NCADV providing key leadership in this effort.

Please join the Nicholls Women’s Resource and Services Office and Chez Hope Family Violence Crisis Center as we use our voices to raise awareness about domestic violence. We will be holding the annual Candlelight Vigil on October 19th at 6:00p.m. The event will take place in the Nicholls State University LeBijou Theater and on the front steps of the Student Union. We will be remembering all of the victims and the families of those who lost their lives to domestic violence in Louisiana this past year. The program this year includes the Lafourche Parish District Attorney’s Office, Lafourche Parish Sheriff’s Office, Thibodaux Police Department, Nicholls Police Department, S.E.A.L.S (Student Educators and Leaders), Greek Life, SGA, W.I.S.E. (Women Involved in Self Empowerment) and many others. The Mayor’s Office will be presenting the proclamation declaring October in the city of Thibodaux as Domestic Violence Awareness Month.

Ending domestic violence involves discussion, awareness, and action. Take a Stand. Break the Silence.

If you have questions please contact WRSO at 448-4470 or 448-4080.

* Submitted by: Women’s Resource and Services Office for the National Coalition Against Domestic Violence
Easy Steps to Stay Motivated to Lose Weight

Losing weight is hard work. You may find it hard to stay focused everyday on eating right and exercising. But losing your focus can mean a plateau or even regaining the weight you have lost. Here are some easy steps to follow to help you stay motivated and on track.

Create daily short-term goals
Long-term goals are important to give you a target, but they can be discouraging if they are your only focus. Make short-term goals that you can achieve on a daily basis, such as "I will walk for 35 minutes on my lunch break 3 days this week". Short-term goals allow you to feel a daily sense of achievement and the confidence that you can continue to lose weight.

Surround yourself with motivators
A recent 2007 study re-affirmed that a person will be more likely to lose weight if she has friends who have successfully shed pounds. If you spend a lot of time with people who are also trying to maintain a healthy lifestyle, you will have more resolve to stick with your healthy habits.

Reward yourself
Don’t wait until you have lost all the weight to treat yourself well. A new skirt or pair of pants that can be tailored as you lose more weight will make you feel good about yourself right now. Treat yourself to a massage after you have run your first 5k. Enjoy a romantic dinner with your partner after a hectic week.

Seek out new challenges
It is hard to stay motivated doing activities that you have mastered. Keep your workouts challenging. Try a new class at your gym. Keep your meals exciting by signing up for a healthy cooking class. A challenge will keep you mentally engaged and take the boredom out of your routine.

*Submitted by Campus Recreation

WELCOME TO OUR TOBACCO-FREE CAMPUS

Nicholls State University Tobacco Policy Statement

Nicholls State University has a vested interest in creating a healthful and productive atmosphere for its faculty, staff, and students. Providing a generally smoke-free environment is a step in establishing activities that promote a long and health life.

Effective January 1, 2011, Nicholls State University will become a tobacco free campus. The use of any tobacco product in any form (smoking or chewing) will be prohibited effective January 1, 2011. Until that date, the use of Tobacco Products is prohibited in and within 25 feet of university buildings and on university sidewalks.

Thinking about Quitting?
Nicholls is offering one last Freedom from Smoking Cessation Class for the fall semester. It’s FREE and begins Tuesday, October 26 at 3:30 p.m. Dr. Michele Caruso will be leading this class, and it’s available to any students, faculty, and staff interested.

Contact University Health Services at 493-2609 to enroll